

This and That

Have you ever compared your public library to the Energizer Bunny? Just think of this - even though we are coming to the end of 2009 and many people, places and things begin to slow down until the New Year - your library just keeps going and going and going!

We have lots of "stuff" going on in the next month to, as our library tag line states; provide resources for life-long learning and enjoyment.

On November 30 at 6:30 p.m. massage therapist Dana Greathouse will talk about what massage can and cannot do for a person. Reflexology, Reiki and massage during pregnancy and for cancer patients will also be covered.

If you are feeling a tad "Scroggy" *Twas the Night Before Christmas* presented by Rhonda Bolner, December 1 at 6:30 p.m., will do wonders for you! Rhonda has been collecting copies/different editions of the book *Twas the Night Before Christmas* by Clement Clarke Moore for many years. Her smallest edition is the size of a postage stamp! Rhonda will cover the history of *Twas the Night Before Christmas* and bring her collection for participants to view.

On a more serious note - normal inflammation is necessary to protect and heal your body but it can get out of control. Inflammation is the source of many of today's chronic diseases; such as heart disease, cancer, Alzheimer's or auto-immune diseases. On December 3 at 7:00 p.m., Dr. Scott Taulman, D.C., C.C.W.P will present *Inflammation- It's a Pain*. During the session Dr. Taulman will present 8 lifestyle changes that will go a long way toward reducing chronic inflammation in your body so that you can be healthier.

Our last Distinguished Speaker of 2009 is the author of *Hoosiers All: Indiana High School Basketball Teams*. Emerson Houck will be at the library on December 7 at 7:00 p.m. Mr. Houck traveled the byroads of Indiana for ten years collecting old photos from alumni and hearing the fabled stories of "the one big season." His book covers outstanding seasons, coaches and more. Copies of the book will be available for purchase and as an added treat Sam Simmermaker will introduce Mr. Houck!

Two timely programs for this time of year round out our December programs. *When Does Panic Become Panic Disorder?* will be held December 8 at 7:00 p.m. John Goll, Licensed Marriage and Family Therapist, will describe anxiety/panic attacks and when they become part of an anxiety disorder or other psychiatric illness. A discussion concerning when to seek professional help, as well as what resources and treatments are available to help sufferers is part of the session.

If you are you tired of the holiday weight gain and the New Years resolution that goes nowhere then attend *Fit For the Holidays* on December 10 at 7:00 p.m. Ian McGriff, Head Trainer and Director of Fitness at Tipton Lakes Athletic Club, believes there is a solution and anyone can do it! Just follow the simple steps McGriff will provide and you will find the success you strive for!

Of course programs for kids and teens will go on for most of December also. You can always go to www.barth.lib.in.us and click on Calendar of Events in the right column to see what your library is offering.

Before the Energizer Bunny goes elsewhere I must tell you about December 19.

A Local Author Fair runs from 1-4:00 p.m. on the 19th. This will give you the chance to purchase books for Christmas gifts and/or for yourself from people you may already know! We all are thinking a lot more these days about buying local and this is one opportunity to do so! The Fair will be held in the lower level of your library.

Also on the 19th the classic film White Christmas will be shown at your library in the Red Room at 2:00 p.m. What a great way to celebrate the holidays with family and friends!

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