

February 2010 Programs



To register : call (812) 379-1266 or
email reference@barth.lib.in.us

Romance Book Sale Starts February 1

Eating Healthy with Diabetes

Monday February 1. 7:00 PM. Red Room

Cristin McKinley, Certified Diabetes Educator, will present an overview of the recommendations for eating healthfully when you have diabetes and offer some basic tips and resources.

Office Workouts

Thursday February 4. 5:30 PM. Red Room

Led by Rita Fisher of Fit Employee LLC, learn easy exercises to do at work with simple tools like your desk and chair. Session will last about 30 minutes.

Biblical Herbs

Thursday February 4. 6:30 PM. Red Room

Carolyn Behrman, owner of Natural Choices for Healthful Living, will discuss the history of herbs. Learn of Biblical herbs, how they were used, uses today and their history and symbolism.

NASA: What Can You See?

Saturday February 6.
2 PM. Red Room. ALL AGES

What do you see when you look into the sky? What do telescopes see? Take a tour with of the Invisible Universe Janet Moore, NASA Education Ambassador and complete hands-on activities.

Build a Basic Budget: Brown Bag Lunch Seminar

Monday February 8. 12-12:45 PM. Conference Room

A Centra Credit Union representative will cover how to set realistic spending goals for your family, how to identify spending leaks, how to track where your money goes, and more.

Distinguished Speaker Debra Slone

"Every Apron Tells a Story"

Tuesday February 9. 6:30 PM. Red Room

Debra takes you through a century of apron fashion, history, and stories. Reminisce and try on your favorite aprons from Debra's extensive collection.

Columbus Indiana Architectural Archives Annual Meeting

Thursday February 11 5:00 PM. Red Room.

Marsh Davis, National Historical Landmarks Foundation of Indiana president, presents "Celebrating 50 Years of Preservation."

Find Your Mojo!

Monday February 15. 6:30 PM. Conference Room.

Dr. Leah Jackman-Wheitner will share ideas to get that "get up and go" feeling back and also share ideas for what may have caused the lack of enthusiasm. Dr. Leah is a life coach, psychologist, author, and consultant.

Please flip over for more programs

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Black History Month Celebration

Tuesday February 16. 6:30 PM. Red Room.

This celebration is brought to you by the NAACP. Come for a celebration with music and readings!

**The library will be closed
February 18th for computer
upgrades.**

Preservation for the Non-Professional

Monday February 22. 6:30 PM. Red Room.

Mark Vopelak, Manuscripts & Rare Books Collection Area Supervisor at the Indiana State Library, will discuss safeguarding papers, photos, scrapbooks and other memorabilia outside of digital formats.

Job Searching Tips

Tuesday February 23. 1-3 PM. Red Room.

Kirk Kuhn of Indiana Workforce has more than 20 years of professional experience in human resource and workforce development programs. He will help attendees make steps forward into the workforce by focusing on skills identification and interviewing skills.

Distinguished Speaker

Gene Stratton-Porter interpreter

Glory-June Greiff

Tuesday February 23. 7:00 PM. Red Room

This presentation will focus on the works of Gene Stratton-Porter and her environmental views. The informal talk will feature readings and a question and answer period.

People's Law

Wednesday February 24. 6:30 PM. Red Room.

Topic to be announced

Local Speakers Series

Dr. John Fry

"How To Keep Your Heart Healthy"

Thursday February 25. 6:30 PM. Red Room.

This is American Heart Month and cardiologist Dr. John Fry wants all of us to have healthy hearts! During his program Dr. Fry will cover cardiovascular risk factors and methods to prevent heart disease.

Author Visit

Roberta Hoffer

Saturday February 27. 1:00 PM. Red Room.

Roberta Hoffer was born in Columbus and lived here during her childhood. Researching her father's family left many unanswered questions into her ancestor's deaths, and she incorporated these mysteries into her book *Silentheart*.

Many Columbus locations are referenced, including a house on Lafayette Avenue that is part of a recurring dream.

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