

December 2009 Programs

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

The Night Before Christmas

Tuesday December 1. 6:30 pm, Red Room

Rhonda Bolner has been collecting copies of Clement Clarke Moore's *Twas The Night Before Christmas* for many years. Her smallest is the size of a postage stamp! She will cover the history of the book and share her collection.

Local Speaker

Inflammation– It's a Pain!

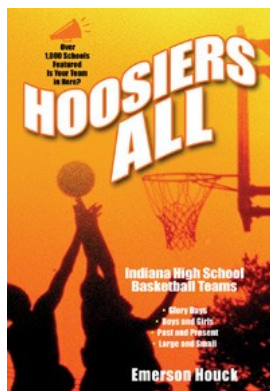
Thursday December 3. 7 pm. Red Room

Dr. Scott Taulman, C.C.W.P, will present 8 lifestyle changes that will go a long way toward reducing chronic inflammation in your body.

Distinguished Speaker

Hoosiers All

Monday December 7. 7 pm. Red Room



Emerson Houck, the author of *Hoosiers All*, will speak about interviewing those connected with the history of Indiana high school basketball.

Sam Simmermaker will introduce Mr. Houck. Copies of the book will be available for purchase.

Bartholomew County **Public Library**

When Does Panic Become Panic Disorder?

Tuesday December 8. 7 pm, Red Room

What is an anxiety/panic attack and when is it part of a larger disorder or illness? John Goll, Licensed Marriage and Family Therapist will answer this question, discuss professional help, and discuss resources and treatments.

Fit For The Holidays

Thursday December 10. 7 pm, Red Room

Ian McGriff, Head Trainer and Director of Fitness at Tipton Lakes Athletic Club, will present simple steps to help keep you fit and able to keep those New Years resolutions.

White Christmas Movie Matinee

Saturday December 19. 2 pm, Red Room

Watch this classic film starring Bing Crosby, Danny Kaye, Rosemary Clooney, and Vera-Ellen.
All ages!



Local Author Fair

Saturday, December 19. 1-4pm. Lower Level

Sponsored by the Bartholomew County Library Associates and the Bartholomew County Writers Group
Purchase gifts for family, friends and yourself! Buy local!