

NEWSNOTES

VOLUME 31 ISSUE 1

JANUARY 2016

GOING FOR HEALTH & WELLNESS IN JANUARY

Get ready to make a fresh start in the new year when the library marks Health & Wellness Month in January.

Essential Oils: what are they & how do you use them presented by Kristi Henry
Tuesday, January 5th at 6:00 pm

Coffee & Conversation: Massage for therapy and relaxation with massage therapists Madonna Duran and Emily Graber. Enjoy coffee from The Glass Bonsai in Portland.
Wednesday, January 6th at 11:30am

Power of Creative Energy: create a book flower and feed your creative side
Saturday, January 9th at 2:00 pm

Cookbook Club: Healthy Recipes January's regular meeting will focus on healthy eating
Monday, January 11th at 6:15 pm

Body, Mind & Soul: finding the healthy balance in all parts of your life
presented by Pastor Paul VanCise of Bryant Wesleyan Church
Tuesday, January 12th at 6:00 pm

Arthritis & Exercise: the benefits and best practices to stay mobile with arthritis
presented by physical therapist Brian Ison from Jay County Hospital Rehab Facility
Friday, January 15th at 1:30 pm

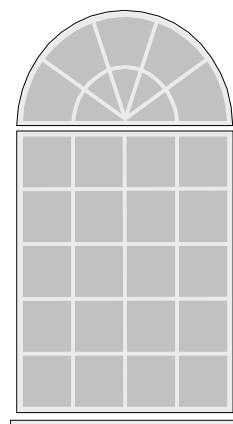
Coffee & Conversation: Exercise at Every Age, an informal talk and Q&A with Trainer Dave and Jamie from the Jay Community Center. Enjoy coffee from The Glass Bonsai.
Wednesday, January 20th at 11:30 am



To help you start the New Year off on the right foot, the Friends of the Jay County Public Library will be giving pedometers away at each event while supplies last.

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HEARD AT THE LIBRARY

*"Hey, that's new!
Cool."*

The little girl spotted the train table recently added to the children's area and made a beeline for it. Lots of kids have done the same.

That kind of delighted discovery is a goal at the library. It may be accomplished with a bulletin board, an interactive display, or a program. It could be in print, online or in an audiovisual format for kids, adults, teens or all.

Check the back page for a picture of the new train table.



Check the library to see what *you* might discover.

GIFTS TO THE LIBRARY

Many thanks to those who have made gifts to the library in memory or in honor of friends and loved ones.

Given by Alan & Rebecca Peterson

American Blood / Ben Sanders (fiction)

Meet the New You / Elisa Pulliam (non-fiction)

All the Light We Cannot See / Anthony Doerr (fiction)

All in audiobook format

Would you like to make a gift to the library?
Ask for a gift form at the circulation desk or
print one from our website. Drop it off or return
it by mail.



Gifts may also be made to the library's endowment at The Portland Foundation.

TECH HELP OFFERED AT TECH TABLE

Looking for help with your new electronic device?

Want to check out library ebooks but don't know how?

Stop in and get some help at our Tech Table.

Saturday, January 9th
10:00 am to noon

Bring your device!



Let's do this health and wellness at the library thing!

In the new year you *might* see your library's staff members consulting their pedometers.

They are challenging each other to count steps toward individual and group goals.



BORROW A STATE PARK PASS IN 2016

The Indiana State Library is honored to announce a partnership with the State Parks division of the Indiana Department of Natural Resources to provide one annual park pass to each library system in Indiana.

The park pass may be used by library borrowers to visit any State park in 2016. This partnership and program is in recognition of the Indiana State Parks system turning 100 in 2016 and is part of Indiana's Bicentennial Celebration.

Check out the pass for one week and return it to the library.
No renewals, and the pass is subject to overdue fines.

What park might you visit in 2016?

NEW YEAR'S THOUGHTS

An optimist stays up until midnight to see the new year in.
A pessimist stays up to make sure the old year leaves.

Bill Vaughan, 1915-1977, journalist

Year's end is neither an end nor a beginning, but a going on
with all the wisdom that experience can instill in us.

Hal Borland, 1900-1978, author

CLUB DATES

Cookbook Club Monday, January 11th, 6:15 pm
Theme: Healthy Recipes

JayCPL Book Club Monday, January 18th, 7:00 pm
Discussing Ragged Company by Richard Wagamese

Hook & Needles Club Tuesday, January 26th, 5:00-6:30 pm
It's serious cabin fever season now. What are you working on?
Bring ideas to share or items to brag on and your own supplies.

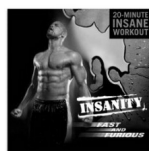
JayCPL Writers Guild Monday, January 25th, 6:30 pm
Come for support, ideas, and input from peers.

TRAIN AT HOME WITH DVDs

If the gym isn't possible, if the weather is keeping you inside, if you're not sure which kind of exercise you want to try, the DVD collection at the library can help out.

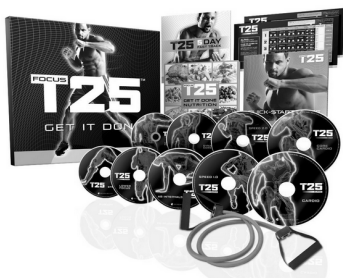
Remember the magic number 613. That's the number in the non-fiction DVD section where you'll find a sampling of lots of fitness methods and instructors. Toning, stretching, walking, dancing, Pilates, Zumba, yoga and tai chi are represented. Some titles have general fitness goals and audiences, others are quite specific. What about Arthritis RX: exercises to keep you active and pain-free? Or Plus Size Workouts?

New DVDs are coming in January, including these titles:



INSANITY Fast & Furious

Shaun T's
Focus T25 Base Kit



XTF MAX One-on-One Find Your Shape

From simple stretches to fitness insanity, find your fit at the library.



FRIENDS OF THE LIBRARY NEWS

It's time to renew your Friend-ship!

The arrival of a new year means membership renewals of all kinds. Don't forget your Friends of the Library membership is on that list.

Or, if you're not a Friend already, resolve to join the Friends of the Library in 2016 to support your local library.

Next regular Friends meeting will be
Tuesday, January 18th at 6:30 pm.

**Friendship is unnecessary, like philosophy, like art...
It has no survival value; rather it is one of those
things which give value to survival.**

C.S. Lewis

EVERGREEN DOWN FOR UPGRADE

Evergreen Indiana will undergo a system upgrade over the New Year holiday, from 9:00 pm December 30th until 8:00 am January 4th.. Service will be interrupted during that time.

At the library you'll notice that services will be limited on Saturday, January 2nd. The catalog will not be available, and staff will not be able to accept payment for fines. Also, there will be changes in the way users log on to the public Internet computers and public wireless Internet.

Online you'll notice the same limitations as well as not being able to renew items or place holds on materials. You can still call the library during our regular hours to request a renewal or work with staff to place a hold that will be processed as soon as the system is back up on January 4th.



**"Reading gives us someplace to go
when we have to stay where we are."**

Mason Cooley

Homebound Delivery Service can help when you are no longer able to come to the library yourself, whether it's during a temporary recovery period or an ongoing situation.

Call the library for more details and an application.



JAY COUNTY PUBLIC LIBRARY
315 N. SHIP STREET
PORTLAND, IN 47371
TELEPHONE: (260) 726-7890

WWW.JAYCPL.LIB.IN.US

Nonprofit
PRSRT STD
US Postage Paid
Portland, IN
Permit No. 36

LIBRARY HOURS

MONDAY-FRIDAY 8:00 A.M. TO 8:00 P.M.
SATURDAY 8:00 A.M. TO 5:00 P.M.

Sign up for the NEWSNOTES e-mail list.



Cut paper & postage costs!
Receive a monthly e-mail
reminder and link to an online
version of the newsletter.

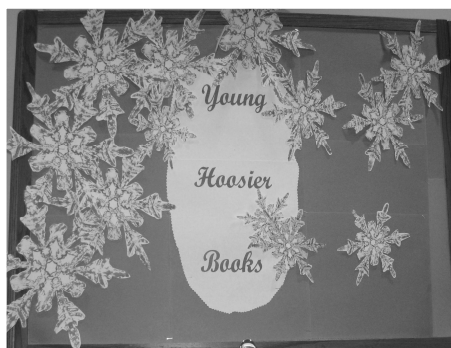
Send request to: newsnotes@jaycpl.lib.in.us

Return Service Requested

Address label

What's new?

**Young Hoosier
and new books
are extra cool
this winter.**



**What did you see
on your last visit?**



**The train table is the latest
(and very popular) addition
to the children's area.**