

# Enhance Learning

In-Person and Online Programs

Fall 2024



740-363-6677

[MySourcePoint.org](http://MySourcePoint.org)



**Sept. 30, 2024–Jan. 4, 2025**

Hours of operation:

Monday–Thursday, 8 a.m.–8 p.m.

Friday, 8 a.m.–5 p.m.

Saturday, 8 a.m.–noon.

Close at 4 p.m. Nov. 27, Dec. 31;

Close at 2 p.m. Dec. 6 and 24;

Closed Oct. 11, Nov. 28–30,

Dec. 25, Jan. 1.

**Registration is required** and begins Sept. 16 at [MySourcePoint.org/EC](http://MySourcePoint.org/EC) or with customer service.

All programs take place at 800 Cheshire Road, Delaware unless otherwise indicated. Programs subject to change.

**Scholarships** are available and applying is easy! Contact Annette at 740-363-6677 or [aleatherman@MySourcePoint.org](mailto:aleatherman@MySourcePoint.org) or apply online.

**Cancellation Policy:** You will receive a refund for fee-based programs canceled by SourcePoint or for programs from which you withdraw before the deadline. Refunds are not available for programs you're unable to attend.

*Lifelong learning can enhance our understanding of the world around us, provide us with more and better opportunities, and improve our quality of life.*

## Special Events

**VOLUNTEERS NEEDED TO BUILD NESTBOXES *REGISTRATION REQUIRED***

**Wednesday, Oct. 2, 1–2:30 p.m.**

Returning by request, conservationist Darlene Sillick and volunteers will guide you in how to build a bluebird box or a wren box for a trail in Ohio. Help assemble pre-cut and pre-drilled kits. Please bring a cordless drill with a Phillips head drill bit if possible. Write your name and the date on the bottom of the boxes you build. You never know where they will turn up in Ohio. This is a great volunteer citizen science project. Darlene will share videos of birds building their nest. She will teach step by step how to construct these boxes. Bring your charged drill and make a difference! If you wish to purchase the box that you build, it is \$15 cash to Darlene. **REGISTRATION IS REQUIRED.** There is a limited number of spots available.

**PRESENTATION ON TEACHING ART TO CHILDREN IN GHANA**

**Tuesday, Nov. 5, 1–2:15 p.m.**

Arts and Education Specialist Carol Wallenfelsz will share stories and photographs of the unique opportunity she had to travel to Sunyani, Ghana this past September for a second time to teach art to 64 boys living in a boys' home.

**DELAWARE POLICE DEPARTMENT: TOUR *REGISTRATION REQUIRED***

**Tuesday, Nov. 19, 8:30–9:30 a.m. or 10–11 a.m. at 70 N. Union St., Delaware**

Tour the Delaware Police Department, check out some of the equipment officers use, and if possible, meet Chief Moore. There are two levels with stairs. Please choose only one time, 8:30 a.m. start or 10 a.m. start. Registration required. Park in the main

parking lot and meet inside the main doors to the lobby.

## **Discussion & Interest Groups**

### **MEDITATION**

**Mondays, Wednesdays, and Thursdays, 8:30–9:05 a.m.**

*(See Wellness flyer for details.)*

### **CARE, SHARE, AND CONNECT**

**Mondays, 12:45–2 p.m. (No facilitator Oct. 28, Nov. 25, Dec. 23 and 30.)**

We experience different losses in life—loved ones, pets to things or illnesses in our everyday lives. Come share or listen as topics are discussed with Facilitator RJ Jones the first through the third Mondays. Last Monday of the month the group meets without a facilitator.

### **BOOK CLUB: NONFICTION NAVIGATORS**

**Third Monday of each month, noon–1:30 p.m.**

Read and discuss the books noted. Share insights and ponder perspectives with others. Books may be borrowed from the Delaware County District Library or downloaded. Pick up at Main and Orange branches of Delaware County District Library, using your library card.

Oct. 21: Discuss "His Truth is Moving On: John Lewis and

the Power of Hope" by Jon Meacham; 2020.

Nov. 18: Discuss "In Love: A Memoir of Love and Loss" by Amy Bloom; 2022.

Dec. 16: Discuss "Dinners with Ruth: A Memoir on the Power of Friendships" by Nina Totenberg; 2022.

### **PRESERVATION PARKS NATURE TABLE**

**Wednesday, Dec. 11, 11 a.m.–1 p.m.**

Check out the nature table. You never know what you might learn about nature around us!

### **BOOK CLUB: FICTION ADDICTION**

**Third Wednesday of each month, 1–2 p.m.**

Join facilitator and member Annette Schorr as she leads this book discussion group. Enjoy sharing and experiencing others' thoughts and perspectives. Please get the book on your own. For questions, email [apschorr2@gmail.com](mailto:apschorr2@gmail.com).

Oct. 16: "Yellow Crocus" by Laila Ibrahim.

Nov. 20: "The River We Remember" by William Kent Krueger.

Dec. 18: "The One Hundred Years of Lenni and Margot" by Marianne Cronin.

### **CONVERSATIONAL ENGLISH**

**Wednesdays, Oct. 23, 30, Nov.**

**6, 13, 1–2:15 p.m.**

Do you want to improve your English? Would you enjoy talking with people whose first language is English? Volunteers will encourage you to speak in sentences and help you pronounce English words correctly. Please join us.

### **MODEL TRAIN GROUP**

**Thursdays, 9:30-10:30 a.m.**

Calling all train fans! Discuss running layouts, scenery and tips. Come and watch or bring in your trains, engines and cars to run. Come when you can. The group runs weekly and there is no cost to attend. Summer quarter is peer led.

### **PINBALL GROUP *NEW!***

**Thursdays, 10:30–11:30 a.m. beginning Nov. 7 (No group Dec. 19.)**

Let's talk pinball. Anything pinball is ok, even just memories of playing. Do you have a game that needs repair? Leader Rob Santos may be able to guide you. If you have a machine that needs a home Rob can share tips on selling.

### **IT'S GREEK TO ME**

**Thursdays, Oct. 24, Dec. 19, 1–2 p.m.**

We spend our days steeped in Greek history without knowing it. We have friends whose names are George or Agatha; we notice the heartbreaking

incidents of tragic accidents; we avoid people who are troublesome; we talk of sports events; and we watch once a year our President give a State of the Union address. We take for granted our virtues and hope others do too. In all these things we are remembering the Greeks and their contribution to our way of life. Plato wrote that the world is saturated with value. Wouldn't it be fine to reacquaint ourselves in these gifts of form, philosophy, farming, food, architecture, and government? Come and explore these topics with discussion leader, Sylvia Zimmerman who has a MA in psychology and a M.Div from Methodist Theological Seminary. She has served as a business owner, trustee of several organizations, teacher, chaplain, and more.

### **COIN COLLECTING *NEW TOPICS***

**Second Saturday of each month, 10–11:30 a.m.**

Are you interested in learning about coin collecting? Join member Bill Kamb, a long-time coin collector, once a month and the special speakers that share their expertise.

Oct. 12: Speaker Mike Rupert started collecting Lincoln Cents 50 years ago and when he acquired his set of steel cents (1943) he was hooked. His interests

soon expanded to Jefferson nickels and Roosevelt dimes. Recently he has been collecting silver coins from the British Commonwealth and has completed a date set of Bust Quarters from 1831 through 1838. Mike is going to talk about the challenges in putting together his high grade set of quarters.

Nov. 9: Speaker Bill Kamb, a collector of over 60 years, will conduct a grading seminar on Lincoln cents. For the past couple of years he has been collecting coins out of circulation and has accumulated thousands of wheat pennies. Attendees will search through these and assemble a grading set from good to uncirculated condition, which they can keep.

Dec. 14: Speaker John Schatz, a U. S. collector for over 40 years and also a coin dealer, will talk about his specialty, early type coins, from 1/2 cents through silver dollars. His talk will also touch on the early mint and coining process.

### **Educational Classes & Presentations**

*To ensure proper planning, register at least two business days prior to the class. Programs are listed in chronological order.*

### **FINDING YOUR ROOTS 1:1 SESSIONS BY APPT.**

**Tuesdays, Oct. 1–Dec. 17, 1–3 p.m. or 3–5 p.m. at Delaware County District Library, 84 W. Winter St., Delaware.**

**Thursdays, Oct. 3–Dec. 19, 10 a.m.–noon or 1–3 p.m. at Delaware County District Library, 84 W. Winter St., Delaware.**

Join a volunteer from the Delaware County Genealogy Society at the library as you work with an experienced researcher using both online and paper resources for genealogical research. To schedule your session, register for an available time slot. Limit of one session per month.

### **ASK AL 1:1 SESSIONS ON PHOTOGRAPHY: CAMERA BASICS**

**Wednesdays, Oct. 2, 9, 16, 23, Nov. 6, 13, Dec. 4, 11, 18, 9–10:30 a.m. by appointment.**

Do you want to know more about photography? Learn about basic camera procedures and camera controls such as composition, multiple exposure, time lapse photography, etc. Ask Al Smith 1:1. Please answer questions at registration so that Al is better prepared to help you. Limit: one session per month.

### **ASK AL 1:1 SESSIONS ON PHOTOGRAPHY: PHOTOSHOP**

**Wednesday, Oct. 30, 9–10:30 a.m. by appointment.**

Do you want to know more about photography? Learn about Photoshop. Ask Al Smith 1:1. Please answer questions at registration so that Al is better prepared to help you. Limit: one session per month.

**ASK AL 1:1 SESSIONS ON PHOTOGRAPHY: LIGHTROOM Wednesdays, Nov. 20, 9–10:30 a.m. by appointment.**

Do you want to know more about photography? Learn about Lightroom. Ask Al Smith 1:1. Please answer questions at registration so that Al is better prepared to help you. Limit: one session per month.

**FRAUD AND SCAMS: IT COULD HAPPEN TO YOU *NEW!***

**Thursday, Oct. 3, 1–2:30 p.m.**

Jarren Ringle leads this important session on scams. The Federal Trade Commission's published data for 2023 should cause anyone concern. Over \$10 BILLION were reported lost in 2023. That's a 14% increase from 2022. In 2023, 2,566,261 frauds were reported and 690,984 of those reports show a dollar loss. Those 60 and over lost almost \$2 billion of the \$10 billion reported by the FTC. It should be noted these stats are only for frauds/scams reported and we know many

are not reported. So, these numbers are certainly low! How do you recognize a fraud or scam, how can you reduce your risk, and how can you get help if you are impacted? To learn some answers to these questions and more, attend this session!

**BIRDING WALK AT DEER HAVEN *NEW!***

**Friday, Oct. 4, 8:30–10:30 a.m. at 4183 Liberty Road, Delaware.**

Join experienced birder Susan Wasmund as she takes you on a short hike through Deer Haven Park on a gravel trail. Bring your binoculars, wear your hiking shoes, and bring water. Enjoy nature with fellow members as you participate in this bird discovery hike. Park in the parking lot and meet in front of the nature center. This walk will be cancelled if raining or severe weather. Registration required.

**MIND AEROBICS *HYBRID***

**Fridays, 11 a.m.–noon.**

Challenge yourself each Friday morning with Joan Pearse as you listen, focus, laugh, and problem solve in a comfortable setting. Each week is different, with segments that encourage you to think. We will all be together in this hybrid experience!

*Fee: \$20 for the quarter.*

**TECHNOLOGY: 1:1 ASSISTANCE**

**Mondays, Oct. 7, 14, 21, 28, Nov. 4, 11, 18, Dec. 2, 9, 16, 10 a.m.–12:45 by appointment.**

Jarren Ringle provides guidance on technology in a 45-minute time slot. Do you have questions regarding a cell phone, PC, laptop, or tablet? Share your device and your questions at registration.

**TECHNOLOGY 1:1 ASSISTANCE: WAITING LIST**

**Mondays, Oct. 7–Dec. 16, 10 a.m.–12:45 by appointment.**

Jarren Ringle provides guidance on technology in a 45-minute time slot. If the timeslots are full, please register for this waiting list. We will contact those on the waiting list in order of enrollment if appointments become available.

**LET'S TALK BATS! *NEW!***

**Tuesday, Oct. 8, 5–6 p.m. at Alum Creek Visitor Center, 5905 Lewis Center Road, Lewis Center.**

Meet at the Visitor Center. Talk about bats with Park Ranger Aubrey from Alum Creek Lake, then go on a short stroll to look for bats. Registration required.

**GENEALOGY: U.S. CENSUS**

***NEW!***

**Wednesday, Oct. 9, 1–2:30 p.m.**

The decennial U.S. census is a primary resource for

researching your U.S. ancestors. In Part 1, we looked at what each decennial census included, what the enumerators were told, and how to search for your ancestors' records in free and subscription sites. Next, we'll examine special schedules, such as those for slaves, social statistics, mortality, agriculture, industry, and veterans. We'll also look at state and local censuses. Carol Singer is a retired librarian and a volunteer at the Delaware County Genealogical Society.

**RAPTORS: HAWKS, OWLS, EAGLES, OH, MY! *NEW!***  
**Wednesday, Oct. 9, 10–11:30 a.m.**

Join birder Darlene Sillick as she reviews by PowerPoint, the common raptors of Ohio. Darlene will also share spots in which to view these amazing birds.

**BIRDS: WINTER VISITORS *NEW!***  
**Saturday, Nov. 16, 9–10:30 a.m.**  
Join Darlene Sillick as she gives an overview by PowerPoint of the more common winter bird visitors to Central Ohio. She will suggest some hot spots to see some of these species.

**NATIONAL AUDUBON'S CHRISTMAS BIRD COUNT *NEW!***  
**Monday, Dec. 2, 10–11:30 a.m.**

Join Darlene Sillick as she shares how you can join a bird count. Through PowerPoint, Darlene will share the history of the Christmas Bird count and how you can join a circle to count birds. The "CBC" is an annual event that takes place from Dec. 14 to Jan. 5. The first count was held in 1900. This is the longest running citizen science conservation effort. Learn how to get involved in Ohio or wherever you are as this is a global effort.

**NATIVE TREES: EDUCATION PART 1 *NEW!***  
**Thursday, Oct. 10, 10:30–11:30 a.m.**

Do you wonder how to tell the difference between our many native trees? Master Gardeners Nora Hiland and Jon Kerr will help you take the mystery out of identifying some of the natives. The class is in two sessions. During the first session you will focus on 5 to 10 trees indoors at SourcePoint and play Tree Bingo. Yes, there will be prizes! Our second session will be held at Deer Haven Preservation Park on Saturday, Oct. 12.

Nora Hiland earned a Bachelor of Science degree in ornamental horticulture from California State University, Fresno. She worked as a research assistant in horticulture for a few years,

then went back to school to earn a teaching credential in California. When Nora moved to Ohio she worked as a horticulturalist and educator at the Columbus Zoo, Franklin Park Conservatory and Franklin Soil and Water Conservation District. She has been a Master Gardener since 2009. She enjoys sharing her knowledge by teaching gardening, pruning, plant identification and about invasive plants. Jon Kerr has been a Master Gardener since 2005 and is an Ohio Certified Volunteer Naturalist. He has increased his horticultural activities since retiring and has earned advanced specializations in Soils, Local Foods, Weeds, and Trees through the Master Gardener program. Jon volunteers regularly at Inniswood Metro Gardens and enjoys working in his own garden.

**NATIVE TREES: IN NATURE PART 2 *NEW!***  
**Saturday, Oct. 12, 10:30–11:30 a.m. at Deer Haven Park, 4183 Liberty Road, Delaware.**

Join Master Gardeners Nora Hiland and Jon Kerr as you walk the level, gravel path near the nature center and have fun identifying the trees you learned about in the first session on Oct. 10 at SourcePoint. Meet in front of the nature center.

## **AYURVEDA: MIND BODY TYPE**

**NEW!**

**Tuesday, Oct. 15, 1–2:15 p.m.**

According to Ayurveda, we are born with our own unique mind and body type, and each of us has a unique blend of physical, emotional, and mental characteristics. In this class, you'll learn how to identify your dominant dosha—Vata, Pitta, or Kapha—and understand how imbalances can affect your physical, mental, and emotional health. Vandana Baranwal is a BAMS, MD(Ay-BHU). She is an Ayurveda Consultant and Educator, the Founder and President of the Ayurveda Association of Ohio and on the faculty of Kerala Ayurveda Academy and the Boston Ayurveda School.

## **AYURVEDA: FOOD TO**

**BALANCE YOUR DOSHAS NEW!**

**Tuesday, Nov. 26, 1–2:15 p.m.**

Are you interested in learning about the best foods for you? Your food choices are related to your Dosha, following a diet that aligns with your Dosha helps to maintain balance or address any Dosha imbalances you may have. Learn about Dosha balancing grains, lentils, meat, vegetables, fruits, dairy produce, oils, spices, and best food for each Dosha.

## **AYURVEDA: LIFESTYLE TO**

**BALANCE YOUR DOSHAS NEW!**

**Tuesday, Dec. 17, 1–2:15 p.m.**

Discover the key to optimal health and well-being with our "Dosha Balancing Lifestyle Class." This enlightening one-hour session will guide you in creating a lifestyle that harmonizes your unique constitution (dosha). This class provides the tools and knowledge to achieve holistic well-being by following a daily routine aligned to your Doshas.

## **BIRDS AND MIGRATION NEW!**

**Monday, Nov. 4, 1–2:15 p.m.**

Biologist, Ohio Certified Naturalist and Heritage Interpreter, Carl Gleditsch will share information on local birds, bird migration and attracting birds to your back yard. Carl grew up in Pennsylvania, graduating with Bachelor of Science degrees in both Wildlife Biology and Chemistry. He worked with USS Chemicals as an industrial chemist for 31 years. In 2018 he graduated from Ohio State's central Ohio OCVN (Ohio Certified Volunteer Naturalist) program and started volunteering with the Columbus Metro Parks, Stratford Ecological Center, Delaware County Preservation Parks and the City of Dublin. Carl has been a beekeeper since high school and, in

2020 graduated from the Ohio State's VPS (Volunteer Pollinator Specialist) program. Along with having a small apiary in his backyard, Carl also helps take care of the apiary at Stratford. Loving all things natural, he also has helped design, install and monitor bluebird trails with the City of Dublin, Columbus's Glacier Ridge and Highbanks Metro Parks and Plain City. He just retired from the board of trustees for the Ohio Bluebird Society, an active member of the Cornell Lab of Ornithology and helps with various citizen science projects involving bird, butterfly, plant and bee surveys.

## **STROKE AWARENESS**

**Thursday, Nov. 7, 1–2 p.m.**

Cardiovascular disease is the number one cause of death in the U.S. Stroke is number three. This is a class about risk factors for stroke and what we can do to reduce our risk. Presenter Cathy Hulse, Registered Nurse for more than 40 years, has a background in Critical Care and is certified as a neurological nurse specializing in stroke care. She has been instrumental in obtaining Primary and Comprehensive Stroke Center certification at OhioHealth Hospitals and in assisting in developing their Stroke Network.

## **NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)**

**Tuesday, Nov. 12, 1–2 p.m.**

Ron Graham and Tracie Bayer from the National Alliance on Mental Illness will share a presentation on mental illness. What is it like to live with a mental illness? A presentation will be broken into three sections: What Happened, What Helps, and What's Next? This presentation is for everyone. Don't miss this presentation that will include true life experiences.

## **GENEALOGY: CREATING A RESEARCH PLAN & KEEPING GOOD RECORDS**

**Wednesday, Dec. 4, 1–2:30 p.m.**

Member Larry Schaaf will introduce you to the steps you need to follow to create a genealogy research plan and keep good records. Coming up with a genealogy research strategy means more effective and efficient research, which means you can find the answers to your research questions faster and with less frustration. Larry Schaaf was a researcher at the Ohio State University Comprehensive Cancer Center. His interest in genealogy began in 2012 when he completed DNA testing to discover his ethnicity since he was an adoptee. Six years later, he discovered both sides of his biological family including

23 half brothers and sisters. In 2021, Larry completed a 7-week Genealogical Principles Course sponsored by Boston University.

## **GROWING NUTRIENT PACKED MICROGREENS *NEW!***

**Thursday, Dec. 5, 1–3 p.m.**

Master Gardeners Susan Liechty and Gayle O'Sullivan will share the benefits of nutrient rich microgreens and how easy it is to grow your own at home. Participants will plant their first box of these little powerhouse greens in class to take home and harvest in days. *Fee: \$7.*

## **Education Package**

*Register for as many of the following classes (pages 7-9) as you wish to attend for one low fee—up to 12 presentations available for \$15!*

*Register for all presentations you plan to attend. If you wish to register for more later, customer service can assist you. All Instructors are informed of attendance numbers prior to class. If you cannot attend, call 740-363-6677.*

## **TRAVEL HISTORY: THE LINCOLN HIGHWAY *NEW!***

**Thursday, Oct. 10, 1–2 p.m.**

Member John Jackson will present the story of the Lincoln Highway's formation in 1913,

taking us through the gigantic effort over the ensuing fifteen years to open a practical coast to coast motorway from New York City to San Francisco with little assistance from the federal government. It's a route that is still drivable a hundred years later attracting motorists to experience the feel of bygone driving conditions. John Jackson is an author and transportation consultant who has held many senior positions in logistics management for private enterprises. He joined The Lincoln Highway Association in 2009 and has led efforts to better publicize the story of this crucial but little-known part of our national transportation picture.

## **AGATHA CHRISTIE *NEW!***

**Wednesday, Oct. 16, 1–2:15 p.m.**

Member Sylvia Zimmerman will share Agatha Christie's life and mysteries while in costume. Currently Hercule Poirot and Miss Marple charm us on Sunday evenings. Christie's mystery, *The Mousetrap*, still plays in London theaters. Sylvia will share information from her autobiography including her riches, mysteries and glimpses into Victorian times and war-torn England. Her attraction even today lies within her character—quiet, unassuming, courageous, given to humor, good food and great homes;

she owned eight at one time. She is a woman worth knowing beyond her writings. Sylvia captures a bit of Christie's uniqueness as she highlights the many nooks and crannies of Agatha's life—the pint of Devonshire cream she drank every day of her early life, her second marriage to a man some 20 years plus her junior, and more.

### **PRESIDENTIAL POLICIES *NEW!***

**Thursday, Oct. 17, 1–2:15 p.m.**

Robert J. Gitter, Joseph A. Meek Professor of Economics (Emeritus) at Ohio Wesleyan University will discuss the proposed economic policies of the major presidential candidates. He will present and analyze the candidates' proposals on jobs, inflation, trade, regulation and more. Don't miss this objective and informative presentation.

### **THE SOUTHWEST BORDER DILEMMA *NEW!***

**Tuesday, Oct. 22, 1–3 p.m.**

Join local historian Van Young as he discusses the Southwest border. There are many problems occurring along our southwest border. Some say we are being "overrun" by undocumented or "unauthorized," immigrants. Others suggest we should extend comfort and aid to those oppressed from other

countries. Not an easy problem to fix. The presentation will present the most recent facts and statistics on this issue and outline the policies both parties' candidates say they will do to resolve it. Plenty of time for open discussion and remarks. One of the key topics every American is concerned about.

### **OCULOPLASTIC SOLUTIONS *NEW!***

**Monday, Oct. 28, 1–2 p.m.**

Dr. Brandon Cho, M.D. is a Board Certified Ophthalmologist with fellowship training in Oculoplastic, orbital and facial plastics. He is currently a partner and surgeon at Gallo & Cho Eye & Facial Plastic Surgery. Dr. Cho will discuss surgical solutions for common conditions effecting the eye area and face including droopy lids, ocular lumps, brow lifts and facial skin cancers. He will also share how oculoplastic solutions help patients achieve a more clear field of vision while delivering added comfort and confidence in appearance. Dr. Cho is an advocate for providing the highest level of patient care and delivering transformative results.

### **DOC TALK: FOOT & ANKLE CARE *NEW!***

**Monday, Nov. 4, 11 a.m.–**

**noon.**

Dr. Heather Fuhrman from Orthopedic One will discuss care of feet and ankles.

### **MORE TRAVELING 101: READY, SET, GO! *NEW!***

**Friday, Nov. 8, 1–2 p.m.**

Join Lisa Busch from Prime Tours as she shares valuable "Tips and Tricks for the Savvy Traveler"—how to travel well based on her decades of experience. Join us for an engaging, educational presentation on how to maximize your travel experiences and get the most of your tour packages. Sharing stories of actual travelers, she will discuss travel by land, sea, and air and the pros and cons of best times of year to travel. Lisa Busch is co-owner of Prime Tours and a collaborating travel partner with SourcePoint. Time is allotted for your questions and answers.

### **HISTORICAL DELAWARE *NEW!*** **Tuesday, Nov. 12, 10–11:30 a.m.**

Historical Society Oral History Volunteer and retired OWU Professor Dick Leavy shares stories recorded in Delaware Historical Society oral history projects. Join him as he shares parts of transcripts from interviews that he has conducted about the Little Brown Jug, the Delaware



Gazette, Ohio Wesleyan University, and what it was like to be a black kid in town during the 50s and 60s. Learn even more about this unique place, Delaware, Ohio.

### **OHIOHEALTH SERIES: HEART HEALTH *NEW!***

**Wednesday, Nov. 20, 2–3 p.m.**

Dr. Julie Cantrell will provide an overview of heart health; what to look, risk factors, preventative measures like nutrition and exercise and information on how to stay healthy. Dr. Cantrell attended medical school at THE Ohio State University. She completed a residency in Family Medicine at Riverside Methodist Hospital. She is board certified in Family Medicine as well as Obesity Medicine. She currently serves as Medical Director for the OhioHealth cardiac rehabilitation programs in Central Ohio (9 locations), and also sees patients in the Medical Weight Management clinic. She has a passion for prevention.

### **THE 1950s: THE TIMES AND THE POLITICS**

**Thursday, Nov. 21, 1–3 p.m.**

Local historian Van Young takes you on a trip down memory lane as he reviews the times and politics of the 1950's. Starting with the Truman administration and ending

with the Eisenhower era, the talk reviews key events and happenings that lead up to the Cold War and many of the attitudes on race, politics, and morals that we have imbedded in us today. It's a review of our entertainment and social culture, and how we lived, played, and worked during the decade of the 1950s.

### **GEOMAGNETIC STORM: NORTHERN LIGHTS *NEW!***

**Thursday, Dec. 19, 11**

**a.m.–12:15 p.m.**

Alex McCarthy, Director of the Delaware County Office of Homeland Security and Emergency Management will discuss the geomagnetic storm that led to the northern lights display we had on May 10, 2024.

### **THE LIFE AND SERVICE OF BOB HOPE *NEW!***

**Friday, Dec. 20, 1–3 p.m.**

Local historian Van Young shares the life and service of Bob Hope. He was a staple of American cinema and television for decades; a fixture with his many NBC specials and Oscar night award shows. Yet Bob Hope's real contributions were to the many men serving their country overseas in time of war. His Christmas shows were viewed by millions of Americans each year and his dedication to

providing entertainment to our serviceman overseas was unparalleled. Come learn about the life of this remarkable entertainer and why he is still remembered for his charm, wit and comedy. Come learn about and then "thank him for the memories."

*CHECK OUT YOUR LIBRARY on the Lower Level!*

*When classes are not in session, books may be borrowed. Returning books is easy: Place them on the cart in the hallway.*