

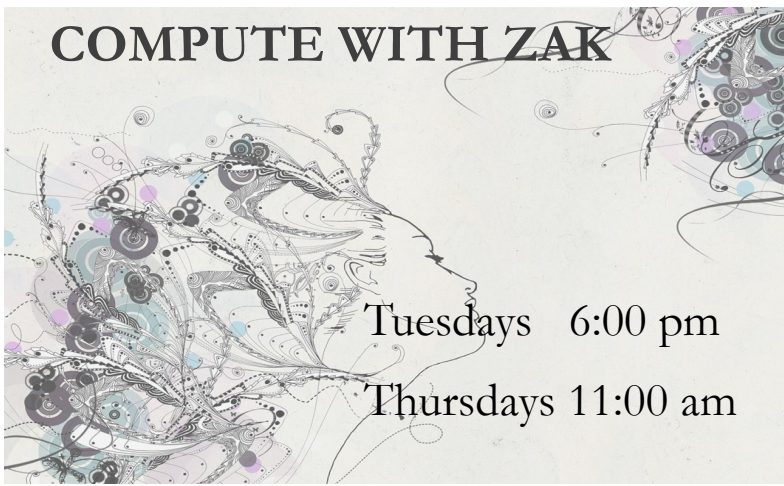
FIRST FRIDAY BOOK SALE

February 3rd 10am- 5:30pm



Amazon Smile: The Friends of the Fulton County Public Library

COMPUTE WITH ZAK



Tuesdays 6:00 pm

Thursdays 11:00 am



Ath·e·nae·um

VOLUME I ISSUE 5



FEBRUARY 2017



MOVIE TIME

Thursday, February 2nd
2:00 pm Meeting Rm. B



BINGO HOUR

Tuesday, February 7th
6:00 pm both Mtg. Rms.

SAVING FOR EMERGENCIES



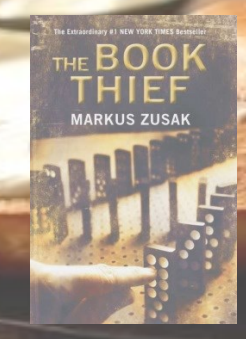
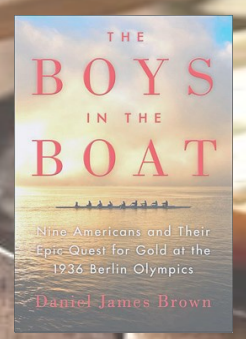
Maintaining an emergency savings account may be the most important difference between those who manage to stay afloat and those who sink in debt. During this workshop, learn key tips on "how to save for family emergencies".

Location: Fulton County Public Library - Rochester
320 West 7th Street
Rochester, IN 46975 - 574-223-1002
Date: Tuesday, February 28, 2017
Time: 6:30 pm to 7:30 pm Meeting Room "B"

BOOK BAGEL AND BREW

February

March



Rochester Branch

.....
320 West 7th St.
Rochester, IN 46975
(574) 223-2713

Fulton Branch

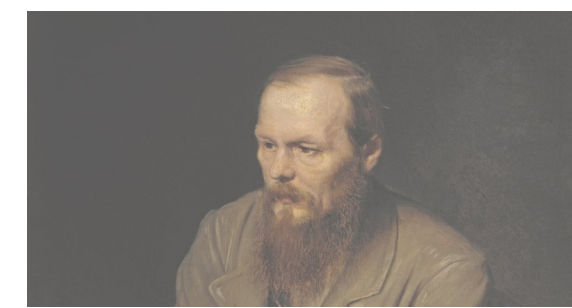
7420 Liberty Ave.
P.O. Box 307
Fulton, IN 46931
(574) 857-3895

Aubbee Branch

7432 Olson Rd.
P.O. Box 566
Leiters Ford, IN 46945
(574) 542-4859

They were renewed by love.
The heart of each held infinite
sources of life for the heart of
the other.

-Fyodor Dostoevsky



Inside this Issue

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4. Rochester Events

Heart: An Apocalypse



Along with Valentine's Day, February marks American Heart Month, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health. The heart is rather enigmatic though. If you put the puzzle pieces together, all ten thousand of them, you may be surprised with what you see. Almost universally the heart symbolizes love. Love, what a violently misunderstood word. Red, what a terribly geometricized color.

Your heart is the gospel, literally four gospels, alchemizing your blood. These said gospels, the scientists call chambers: upper left and right atria, and lower left and right ventricles. The blood selflessly exchanges oxygen and nutrients for nitrogenous waste. Blue and shivering it returns home to warm itself until it once again burns crimson red. Your heart pumps blood in a predestined rhythm. This rhythm is apocalyptic.

By definition, gospel, or εὐαγγέλιον, ου, τὸ in Greek translates loosely in English to mean "good news." To write one must have an understanding of the gospel. I believe most of us have heart dis-ease, our anger and our longing both locked tightly away in Pandora's box, unsafely guarded by fear. Occasionally we open the box and gaze into the abyss, but fear's shadow makes our bodies tremble and we close the box as quickly as we opened it. It is easier to buy a lock and throw the key into the ocean, than prostrate before the vulnerability required to gaze into the abyss.

In a healthy heart, blood flows one way to heart valves, which prevent backflow. A heart valve opens or closes incumbent on a differential force from both sides of the heart, the two sides of our heart, the left and right, intimately in relationship. The scientist's call this tension blood pressure, the prophets call it love. Either way, this tension must remain for a heart to remain healthy. There is a mystery in this tension, a theurgic darkness.

As I was studying the heart, I remembered something I once read by Dionysius the Aeropagite, St. Paul's first disciple. Dionysius said in paraphrase, "Love is not the opposite of anything. Love has no antonym." It confused my mind, because the mind is used to context. If love has no antonym, then how can we understand it? Maybe we are not intended to understand it. Maybe if we understood it, we would lose hope. This paradox devoured me. I sang, with the Russian author of Crime and Punishment, Fyodor Dostoevsky, "the praises of my devourer."

Patron: Kristyn Childers



Kristyn Childers works in our Youth Services Department, crafts blackout poems, and recently self-published.

“Patron” is a column in *Athenaeum* that focuses on someone connected to FCPL. This month I interviewed Kristyn Childers. She works in our Youth Services Department, crafts blackout poems, and recently self-published.

You work at the library. Do you intend on making a career working for libraries?

Yeah, probably. I am working at my own pace towards a degree in library science. Libraries feel like home to me in a certain sense.

What were you like as a kid?

I was a loner. I'd play with others, but as I grew older I preferred to read and write. I enjoyed being alone so I could think.

What do you wish others knew about you?

That I'm more than a girl who happens to love *The Little Mermaid*. I love many other things of interest like serial killers, poetry, and video games. I'm deeper than Disney.

Do you have a favorite book, or genre of writing, that has influenced you?

Too many! But there are a few that have impacted my life. *The Crucible* by Arthur Miller, *Doomed Queen Anne* by Carolyn Meyer, *Night* by Elie Wiesel, and *Speak* by Laurie Anderson. I enjoy reading historical fiction.

Films of influence on your understanding?

My favorite film growing up was *The Little Mermaid* and it has always been “a feel-good classic” for me. Disney films are comforting in their simplicity. In an almost opposite sense I do like historical films like *Valyrie*, *Apocalypto*, and *The Patriot*. I enjoy some comedy, but not all comedies.

Is there an obstacle you overcame in life that has impacted you meaningfully?

Depression. I've overdosed twice, but I feel it was a harsh, but necessary, lesson. Life is the longest thing you'll ever have to do and the key is to live the most of your days, not just see how long you can survive.

If you could answer any question?

Do we have souls and is there a place they go, or do they just wander. I have always wondered about the afterlife.

Does mythology play a role in your life?

I would say yes, a large part. I have studied Greek mythology mostly, but after Disney released *Moana*, I dug into Oceanian/Polynesian mythologies. The movie focuses on the demi-god Maui and how he pulled islands from the sea with his fishhook.

Mythological explanations of nature are inspiring and answer some questions.

You recently self-published?

I published a book of poetry called *un/conscious*. It is sectioned into two parts. One part is my own thoughts and the second is inspired by Dadaism, an anti-art revolution. I expound more in the book to give people a chance to see my thoughts and feelings, to see me in a different light.

Who, or what, inspires you?

People do, sometimes. There are some people I adore, some that I really dislike, and others that I love to hate. I love my Grammie the most. Chloeann Choate has always been my role model, intelligent and caring. Amy Roe is a person that I aspire to be like too, motivated and humble. Certain events and emotions have impacted me enough to write, usually to express or vent.

Do you have any superpowers?

I don't think so. If I could ask whoever gives them for two, I would choose telekinesis and teleportation. Telekinesis would be great to clean a house and teleportation would be awesome because I could get anywhere instantly and be on time.

Do you believe in the concept of fate?

Life seems to be what you make of it— you decide. I do believe there is the luck of chance, like if I wasn't in a certain area at a certain time, I wouldn't have my friends.

If money was no object, what would you do with your time?

I would probably become a hermit. Try to find my favorite spot to live and stay there. I feel like an incarnation of Emily Dickinson at times.

February: Heart Awareness Month

Heart disease is the leading cause of death for men and women in the United States.

Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices. Make a difference in your community: Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives (theheartfoundation.org).

We are heading into month two of our New Year's contemplations. Many of us have already found our way home to the comfort of our self-justifications. Much of this is caused by an inability to build Fibonacci into our lives. According to John Climacus, an ancient Greek psychologist, “The goal of life

is to fall down and get back up. There are only two traps, not falling down and not getting back up.”

What are some of the Fibonacci ways that we can work synergistically with our heart, rather than against it. Some of our lives are governed by genetics, but what can we control? We can control our diets and our exercise. I am going to differentiate the forest for the trees.

Food is such a large part of our culture, family life, celebrations, and traditions. Proportionately changing our diets can be fun. Some people do meatless Mondays, or fat-free Fridays. The more simple your desire, the more likely you will succeed.

The word exercise is an overly-commercialized, theory-driven discipline that has become tiresome itself. The key is simple: movement. Find a way to move. Walk at lunch, ride a bike to work. Make exercise a lifestyle, rather than a theory.



Rhythm and Blues: A Dedication



Akron Area Arts League artist Marilyn Kruger will be presenting the Fulton County Public Library a work that she considers, “A tribute to two men who have contributed a life artistically to the Rochester area.” Many of you already know Mike Kenny and Braxton Eikenberry, both beautiful artists.

Marilyn has been an artist her whole life. Her aunt, a professional artist, guided her at an early age. By 12 years of age, she was already working in oils. Formally, she attended Cincinnati Academy of Art and San Diego University at La Jolla, California. She taught painting and drawing for 46 years.

The piece, titled *Rhythm and Blues*, will be dedicated Saturday, February 18th at 11 am. The dedication will begin with a presentation from Marilyn about the inspiration for the painting. Following the presentation, the artists depicted, Mike Kenny and Braxton Eikenberry, will jam.

Mike, best known as the Sentinel photographer, is in reality a polymath. Braxton, is known for his work with stained glass. He is, as well, a jack-of-all trades. Come out and support three artists who have, in their own way, loved.

“It was a Sunday. The sun came in the windows and the backlighting was too good to pass up... so I asked if I could “immortalize the moment” and paint them. They gave me the ok,” says artist Marilyn Kruger.