

## **DBI Calendar October 1 – October 15, 2016**

### **Brick Blast**

**Tuesday, October 4 at 4:30 PM**

Build for the monthly challenge or build for fun. Open to all ages.

### **Plant Swap**

**Monday, October 5 at 6:00 PM**

Do you have seeds, bulbs, outdoor plants, shrubs and/or houseplants that you'd like to pass along to someone else while refreshing the greenery at your home? Come out to the plant swap! Sort your donated plants beginning at 6 and stay for the plant swap beginning promptly at 6:30.

Volunteer Su Clausen-Wicker will facilitate.

### **Paws to Read with VT Helping P.A.W.S.: Dog Edition**

**Saturday, October 8 at 12 PM**

Reserve a ten minute reading slot for your child to practice reading aloud to therapy dog Yogi in a one-on-one environment.

### **Fermented Vegetables with Ini Beckman**

**Wednesday, October 5, 6:30 p.m. at the Blacksburg Library**

Did you know the microflora that lives in fermented foods creates a protective lining in the intestines and shields it against pathogenic factors, such as salmonella and E. Coli? Have you heard that these probiotic foods can lead to an increase of antibodies and a stronger immune system; plus, they regulate the appetite and reduce sugar and refined carb cravings? Learn about the advantages of eating raw fermented vegetables, why they are so good for us, and what they actually do as Certified Health Coach Ini Beckman shares the wonderful benefits of eating fermented foods and demonstrates how to make home-made sauerkraut, fermented pickles, yogurt, and kefir. Attendees will sample the products, learn where they can get quality ingredients, and leave with Ini's very own recipes. This program will include a unique tasting experience you don't want to miss!

### **Meet the Artist: Ron Campbell for a presentation and demonstration during the Town of Blacksburg Art Walk**

**Friday, October 7, 5:30 p.m. at the Blacksburg Library**

**Attendees will register to win the artist's autographed drawing made during the program.**

The library will offer extended hours in partnership with Downtown Blacksburg Inc. Art Walk to host Artist Ron Campbell. Attendees will enjoy a presentation and demonstration from Ron and also register to win the artist's autographed drawing made during the program! Be sure to take the self-guided tour throughout Blacksburg- @BlacksburgArtWalks.

Floyd artist Ron Campbell finds scenes worthy of canvas at every turn in the road in the mountains of Southwest Virginia and he does his best to capture them with pen and ink, watercolor, oils, stained glass, and wood. His home and studio, Dreamcatcher Meadows Farm, represents the fulfillment of a dream of his to live in a log home in the mountains of Virginia and

to be surrounded by country living, farm animals, pets, wildlife, and friendly people. In addition to the artwork he creates, Ron offers custom picture framing and pen and ink classes. His pen and ink drawings of the landscapes, streetscapes, and artwork of Floyd County as well as his whimsical tree house drawings will be on display throughout October for all to enjoy.

**Meet the Artist: Jonathan Evans for a presentation and demonstration**

**Thursday, October 13, 6:30 p.m. at the Blacksburg Library**

Jonathan Evans, known by most as Feuer, has been carving antlers and gemstones for over 20 years. The antlers are humanely harvested, mostly from sheds, and trades along his travels. An accident involving a 15 foot fall, in which he broke four bricks with his head, led Jonathan to the Colorado Traumatic Brain Injury Institute. There he received the help needed to navigate the path of rehabilitation. While he struggles with math, people's names, and memory, his art and carving skills have improved. Come see the simply amazing art Jonathan has on display throughout October and watch him demonstrate his art form with an antler or gemstone during his program.

**The 50-Something Woman's Secret to Living Her Dream**

**Saturday, October 15, 2:00 p.m. to 4:00 p.m. at the Blacksburg Library**

Feeling stressed, overwhelmed, frustrated or anxious? Discover a systematic approach to creating optimal well-being in your life so that you can live your dream, release stress, and enjoy more success in your life. Janelle Anderson, Life Coach at *Emerging Life Coaching*, will share a wealth of information so attendees will leave this uniquely interactive workshop with strategies and techniques they can put into action in their life right away!

**Star Wars Reads**

**Saturday, October 15**

Celebrate all things Star Wars with activities at the library!