

THE NEWS *of* ORANGE COUNTY

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At the Library: Get off to a good start at OCPL

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Barely holding on to your New Year's resolutions? Don't let 2014 be the year that happened to you.

Orange County Public Library will help you stick to wellness and financial resolutions with two upcoming programs.

Join health and wellness coach, Marit Weikel, for "Make It Stick!" a lively presentation at 6:30 p.m. on Wednesday, Jan. 29, at the OCPL Main Library. Weikel will share information and tools to help you understand what makes change difficult and how to navigate the obstacles in your way.

Whether you're looking to adopt healthier habits, lose weight or make other positive changes, learn how to make those changes stick for good.

Does your resolution this year revolve around finances? OCPL, in partnership with the Compass Center for Women and Families, is pleased to announce a new financial literacy workshop series.

This three-session series will be held at the OCPL Main Library on the first Saturday of the month from February through April. Each workshop will run from 10 a.m. to noon.

The series kicks off Saturday, Feb. 1, with "Budgeting: How to Stay Financially Fit?" This workshop will cover how to use budgeting to identify the signs of financial distress and how to take steps that can help remedy the situation.

The second session, on March 1, will be "Take Control of Your Credit." What does your credit report say? Who gets to read it and why? How is a credit report different from a credit score? This workshop will answer these questions and ensure you know how to get free credit reports. It will also provide information about how to improve your credit report and credit score.

The final session of the series, on April 5, is "Me, Myself, and Identity Theft" and will cover the most common ways your personal information could be stolen and how you can prevent this theft.

These workshops are free and open to the public. Advance registration for the series is required, with preference given to those able to attend all three sessions. Contact the library at 919-245-2536 to register.

Art at the library

OCPL is committed to supporting the arts in Orange County through regular exhibitions of local artwork. Two exhibits debut this month in Hillsborough and Carrboro.

The first is "Life Is a Beautiful Thing – A Tribute to Sophie Steiner and Her Peers."

Chapel Hill teen Sophie Steiner lost her courageous battle with cancer last year. This photography exhibit, which runs Jan. 16 through March 31 at the OCPL Carrboro Branch Library, features Steiner's own photography and writings, as well as photography by her peers. A reception will also be held Saturday, Jan. 26, from 2 to 4:30 p.m. More information is available at www.orangecountync.gov/library/cbart.asp.

The second exhibit is "Road Trip: Folk Art From Mike's Art Truck."

From Jan. 24 through March 24, folk art by self-taught artists, as curated by Greg and Karen Mack of Mike's Art Truck, will grace the walls at the OCPL Main Library. The artwork will be offered for sale and a reception will be held Saturday, Feb. 1, from 2 to 5 p.m. Check out www.orangecountync.gov/library/mainart.asp for more details.