FOR ADULTS



Immigration in America: Melting Pot or Salad Bowl?

America has been a "nation of immigrants" for more than 400 years. The vast majority of us can trace our roots to foreign lands. How has America treated its newest residents, and how have they become acculturated and assimilated? How extensive has intermarriage been across ethnic, religious, and racial lines? To what extent has the "American Dream" worked for most immigrants? How can the current immigration debate be examined in the long context of our history?

These are just a few of the issues that will be explored in this fall's six-part discussion series with Michael Libresco-D'Innocenzo of Hofstra University. We will focus on various nationality groups in each program, highlighting the ethnic groups that are most representative of our Northport-East Northpor community. Comparisons will be made in regard to the experiences of various groups, and we will explore how our nation compares to others in terms of immigration policies and experiences. Brief and optional background readings will be available at the Reference Desk in both library buildings beginning September 20. All sessions will take place at the Northport Library. No registration required.

Food Preservation at Home: Freezing & Drying

(N) Wednesday, October 2, 7:00 p.m.

Cornell Extension Master Food Preserver Mark Vosburgh returns to present another program in his series on food preservation. This program will include a history of freezing and drying, the benefits of both methods, the basics of each process, step-by-step methods, and equipment requirements. This interactive discussion will provide attendees with a solid understanding of these popular methods for preserving food. No registration required.



our success are those that we build ourselves or those we allow others to build around us. Join career development expert Constance Hallinan Lagan who will discuss how to overcome barriers to success by changing your perspective and constructing a new belief system. This seminar will provide you with an opportunity for growth in all areas, including career advancement, business development, and personal relationships. No registration required.

Friday, October 4, 10:00 a.m. The Challenges of American Pluralism

Friday, October 18, 10:00 a.m. Italians and "La Famiglia:" Staying Close or Moving Out/Up?

Friday, November 1, 10:00 a.m. Jewish Experiences During the 8 Phases of American Immigration

Friday, November 8, 10:00 a.m. The Urban Irish: Catholicism and Xenophobic Responses

The Frontier's Allure for Germans & Scandinavians: Striving for the American Dream and Being Part of "The People of Plenty"

Friday, November 22, 10:00 a.m.

African-Americans and Asians: Color Perceptions and American Principles

Friday, December 13, 10:00 a.m. Hispanics, the Newest of the New Immigrants "Crossing the Blvd" in Queens

Landmarks and Historic Sites of Long Island

(N) Monday, October 7, 7:00 p.m.

Everyone lucky enough to live on Long Island already knows that it's like nowhere else in the world. From lighthouses and a 100-year-old carousel to World War II camps and missile sites, author Ralph Brady will take you on a journey into Long Island's past. Through historical commentary and an extensive collection of photographs, Mr. Brady will explore dozens of historic sites. Copies of his book, Landmarks and Historic Sites of Long Island, will be available to purchase. No registration required.

Haunted Long Island (N) Thursday, October 24,

7:00 p.m.



Join Eco-Photo Explorers as they

uncover the spine-tingling stories of Long Island's resident ghosts, ghouls, and monsters. Learn the real story behind "The Amityville Horror," and hear about Oyster Bay's haunted Raynham Hall. We will explore numerous other "hauntings" across Long Island while also examining the stories behind the Montauk Monster and the rumors of strange animal experiments at Plum Island. This is a fun-filled program sure to raise more than a few goosebumps! No registration required.

Staying Independent for Life (EN) Tuesday, October 1, 9:30 a.m.

Falls are the leading cause of injury for older adults. A health professional from The Suffolk County Department of Health Services will present this workshop on building confidence and reducing falls. Topics will include balance and strength training, vision and medication review, and how to keep the home environment safe. Registration is underway at either library or online. (NENA408)

Breast Health & Women's Imaging: The Full Picture (N) Wednesday, October 16, 7:00 p.m.

When should I go for my first mammogram? Do I need a screening or diagnostic mammogram? Should I get a breast sonogram? What questions should I ask my doctor? Dr. Eliza Pile-Spellman, Director of Breast Imaging at North Shore-LIJ Imaging at Syosset, will explore these and many other questions concerning breast health and imaging. Your questions are welcome. No registration required.

Health Insurance Counseling

(N) Tuesday, October 8, 9:30-11:30 a.m.

A volunteer from the Health Insurance Information Counseling & Assistance Program (HIICAP) will provide individual counseling to answer your questions about Medicare and supplementary insurance. Registration begins October 1 at either library or online. (NENA411)



Book-A-Trip

Behind the Scenes at Lincoln Center Monday, December 9, 2013

Departure: 8:00 a.m. from the William J. Brosnan building parking lot (across from Northport Library) Return: 5:30 p.m.

- Cost: \$90 per person (checks only, non-refundable, payable to Northport-East Northport Public Library)
- **Itinerary:** Our day begins with a guided tour of Lincoln Center's iconic landmarks where a spectacular range of artists have performed. Each tour is unique and may include seeing a rehearsal or meeting a star as we visit Alice Tully Hall and the Metropolitan Opera House. Lunch at Petrasanta Italian Restaurant will be followed by a stop to browse the Holiday Shops at Bryant Park.
- Registration: Register in person beginning Saturday, October 19, 9:00 a.m. at the Northport Library. Ticket limit: 2 per patron on first 2 days of sale. NENPL card required. (NENA412)

FOR ADULTS

FOR ADULTS

Do-ing Music presents Pianist Mirna Lekic

(N) Friday, October 25, 7:30 p.m.

The Northport Arts Coalition, in cooperation with the Library, presents

pianist Mirna Lekic in a recital that captures the fantasies of childhood. Ms. Lekic celebrates the centenary of Debussy's touching ballet La Boîte à joujoux. In addition to the solo piano version of the ballet, the program will include works by Haydn, Liszt, Ali-Zadeh, and Villa Lobos. A fresh twist will be added to the music by an accompanying slide presentation. Mirna Lekic has performed in the United States, Canada, and Europe, appearing in concert at Carnegie-Weill Hall, Symphony Space, and St. Martinin-The-Fields in London, among others. A meet-the-artists reception will follow. No registration required.

Northport Arts Coalition presents "Child's Breath," A Butoh Dance (N) Wednesday, October 9, 7:00 p.m.

The Northport Arts Coalition, in cooperation with the Library, presents an international collaboration which brings together four artists. Butoh dancers Susanne Daeppen and Christoph Lauener will perform a Butoh piece based on local playright Bruce Teifer's "Child's Breath." They will be accompanied by internationallyknown composer and violinist Matthew Pierce as well as readings by Bruce Teifer and Charlotte Koons. This beautiful Butoh piece underscored by a haunting violin accompaniment will be enhanced by the Library's new lighting and sound system, funded by a NAC grant. No registration required.

Let's Read Poetry!

(EN) Wednesdays, October 16, 23, 30, November 6, 13 & 20, 2:30 p.m.

Join the Library's poetry reading and discussion group led by Bob Little. This season we will explore the works of some little-known but intriguing poets and sample some of the works that have stood the test of time. Come stretch your mind and build your repertoire as we read and discuss writers who challenge and entertain us. No registration required.

Gluten-Free Italian Cooking

(N) Tuesday, October 29, 7:00 p.m. Chef Christine Puleo will show you how easy

it is to create delicious Italian meals, including pizza, with gluten-free ingredients. Whether you are on

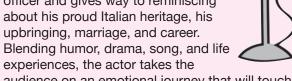
a gluten-restricted diet or not, these scrumptious dishes will satisfy your cravings for authentic Italian fare and delight your family and friends as well. All those attending may sample the foods prepared and take home the recipes. There is a non-refundable \$4 materials fee payable at registration which begins October 9 at the Northport building only. (NENA413)





The Class of Life (N) Friday, November 1, 7:30 p.m.

Join actor Paul Failla for his hilarious and poignant one-man show about family, honor, respect, and growing up Italian. The story begins on the last day of his distinguished career as a police officer and gives way to reminiscing about his proud Italian heritage, his upbringing, marriage, and career.



audience on an emotional journey that will touch the lives of those who value family, tradition, and comedy. Mr. Failla's acting credits include the Off Broadway production of Spaghetti and Matzo Balls Fuhgeddaboudit; regional theater productions of Lend Me a Tenor, Rumors, Biloxi Blues, Broadway Bound; and the feature films Chelsea Walls and Unfaithful. No registration required. Those showing an NENPL card will be seated first.



AARP Driver Safety Program

(N) Monday, October 21, 9:30 a.m.-4:00 p.m. Registration begins October 5 at the Northport building only. (NENA414)

(EN) Saturday, October 26, 9:30 a.m.-4:00 p.m. Registration begins October 12 at the East Northport building only. (NENA415)

(N) Monday, November 4, 9:30 a.m.-4:00 p.m. Registration begins October 23 at the Northport building only. (NENA416)

AARP's program is a refresher course designed especially for motorists age 50 and older. There is a \$19 fee (\$17 for AARP members) payable to AARP by *check or money order only* at registration.

Defensive Driving

(N) Saturday, October 19, 9:00 a.m.-3:30 p.m. Fee: \$36 Applications for this point/insurance reduction safety course are available now at both library buildings.



Now You See Me

(EN) Friday, October 4, 1:30 p.m. (N) Friday, October 11, 1:30 p.m. An FBI agent and an Interpol detective track a team of illusionists. Rated PG-13. 115 min.

Much Ado About Nothing

(EN) Friday, October 18, 1:30 p.m. (N) Friday, October 25, 1:30 p.m. A modern retelling of Shakespeare's classic comedy. Rated PG-13. 109 min.

Save More, Spend Less on Holiday Shopping and Traveling

(N) Wednesday, November 6, 7:00 p.m. Join Rob Scott for this entertaining and informative class on the many ways to save money around the holidays. Topics will include how to save on toys, electronics, travel. and holiday food; what not to buy on travel, and holiday food; what not to buy on

Black Friday; how to spot a great deal; how to sell your unwanted gift cards; and more. No registration required.

Page Turners

(N) Thursday, October 10, 2:00 p.m.

Join Donna Diamond for a discussion of Istanbul Passage by Joseph Kanon. Copies of the book are available at the Northport Library Circulation Desk.

Novel Ideas

(N) Monday, October 28, 7:00 p.m.

This month we take a look at *The Paris Wife* by Paula McLain. Please pick up your copy of the book at the Northport Library Circulation Desk

Short Story Central

(N) Tuesday, October 1, 7:00 p.m. Short Story Central begins its 2013-2014 season with stories from Brief Encounters with the Enemy by Said Sayrafiezadeh. Please pick up your copies of the stories at the Circulation Desk in either library building.



UND BREAKING Congratulations!

... to Sharyn Lorber, who won the Library's Groundbreaking Reads Adult Summer Reading Club

raffle. She is the recipient of two tickets, to the show of her choice, compliments of Theatre Three in Port Jefferson. Runners up Doris Nostrand and Joan Holliday received a Little Wilson Band music CD compliments of the popular band.

GALLERY EXHIBIT

Northport Gallery:

Wood Carvings and Nature Scenes in Traditional Asian Style by Cho, Hyon Hee (Hartberger)

Cho, Hyon Hee (Hartberger) was born in South Korea and studied under master artists Hwajung Kim, Moo-Ho, and Kim Jin Kuk. She has entered numerous artistic competitions in Korea, winning accolades for her style. Cho, Hyon Hee (Hartberger) uses the artist pen name of Hae Jung. She continually works to perfect her own style based upon traditional Asian art principles.

East Northport Gallery & Display Case: Garish Rubbish by Mei-Mei

Why make landfill when we can make art? That's the motto of artist Mei-Mei. A former corporate product designer. Mei-Mei "shops" for her raw materials in a variety of unusual places including parking lots, lost & founds, clearance bins, junk stores, garage sales, and her own backyard. She imaginatively upcycles these found objects to make sock toys, bird houses, and other clever creations.

October 2013 • Northport-East Northport Public Library • October 2013

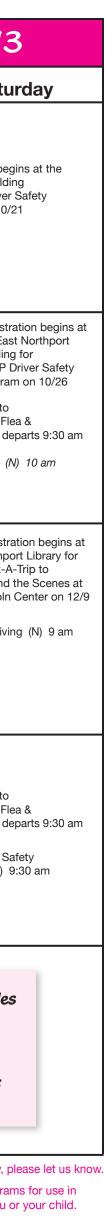
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Satu
		Registration begins for Teen Programs and Volunteer Opportunities Registration begins for Health	2 *Stories in Motion (EN) 9:30 am	3 Registration begins The Road to Reading Preschool programs	4 Books a Poppin' (N) 10 am	5
		Insurance Counseling on 10/8 *Preschool Storytime (EN) 9:30 am	Blood Pressure Check (N) 9:30-10:30 am (EN) 11 am-12 noon	*1-2-3 Learn with Me (N) 10 am	Immigration in America (N) 10 am	Registration begi Northport buildin for AARP Driver S Program on 10/2
		*Staying Independent for Life (EN) 9:30 am	*Preschool Storytime (N) 1:30 pm	*Computers 201 (EN) 10 am Books a Poppin' (EN) 2 pm	Movie: <i>Now You See Me</i> (EN) 1:30 pm	
		*Rock-a-Bye Readers (N) 9:30 am	Food Preservation at Home:	*PSAT/SAT Preparation	*Apple Pie Pops (N) 6:30 pm *English as a Second Language	
		Short Story Central (N) 7 pm	Freezing & Drying (N) 7 pm	Workshop (N) 6:15 pm	for Adults (EN) 7 pm	
6	7	8 Registration begins for No Sew Pillow Cover on 10/22	9 Registration begins at the Northport building for Gluten-Free Italian	10 Registration begins for Working with Your Digital Photos on 10/24	Books a Poppin' (N) 10 am	12 Registrat the East building
	*Sing & Play (EN) 10 am & 11 am	*Preschool Storytime (EN) 9:30 am	Cooking on 10/29 *Stories in Motion	*1-2-3 Learn with Me (N) 10 am	Movie: Now You See Me	AARP Di Program
		*Health Insurance Counseling (N) 9:30-11 am by appt.	(EN) 9:30 am	Books a Poppin' (EN) 2 pm	(N) 1:30 pm	*Book-A-Trip to The Brooklyn Flea
	*Taproot Writers Group (EN) 1 pm	*Rock-a-Bye Readers (N) 9:30 am	*Preschool Storytime (N) 1:30 pm	Page Turners (N) 2 pm	*Teen Scrabble Club Volunteers (EN) 6:45 pm	Smorgasburg dep
		Monkey Business! PJ Storytime	Northport Arts Coalition presents	Newbery Book Club (N) 7 pm	Scrabble Club (EN) 7 pm	Tots and Toys (N)
	Landmarks and Historic Sites of Long Island (N) 7 pm	<i>(EN) 7 pm</i> All About the iPad (N) 7 pm	"Child's Breath," A Butoh Dance (N) 7 pm	*How to Pay "Wholesale" for College (N) 7 pm	*Friday Night Craft for Teens: Monster Beanie Hat (N) 7 pm	
13	14	15	16	Library Board of Trustees Meeting (N)	*AARP Driver Safety Program (N) 9:30 am	19 Registrat Northpor Book-A-
	Columbus Day—	*Preschool Storytime (EN) 9:30 am	*Moms' Group (EN) 10 am	*1-2-3 Learn with Me (N) 10 am		Behind th Lincoln C
	Library Open	*Mother Goose Rhyme Time	*Preschool Storytime (N) 1:30 pm	Books a Poppin' (EN) 2 pm	Immigration in America (N) 10 am	*Defensive Driving
	*Taproot Writers Group (EN) 1 pm	(N) 9:30 am	Let's Read Poetry! (EN) 2:30 pm		Movie: <i>Much Ado About Nothing</i> (EN) 1:30 pm	
			Friends of the Library (EN) 3 pm	*Teen Chess Club Volunteers (N) 6:45 pm		
		*Coffee and Questions (EN) 7 pm	Breast Health & Women's Imaging (N) 7 pm	Chess Club (N) 7 pm	*English as a Second Language for Adults (EN) 7 pm	
20 Sunday Family Special: Nick Jacinto's Animal Adventures (N) 2 pm	21	22 Registration begins for What's In Your Toolbox? on 11/5	Registration begins at the Northport building for AARP Smart Driver	24	25	26
	*AARP Driver Safety Program (N) 9:30 am	Registration begins for	Course on 11/4	*1-2-3 Learn with Me (N) 10 am	Books a Poppin' (N) 10 am	*Book-A-Trip to The Brooklyn Flea
	*Sing & Play (EN) 10 am & 11 am	Introduction to Computers on 11/5 *Preschool Storytime (EN) 9:30 am	*Moms' Group (EN) 10 am	Books a Poppin' (EN) 2 pm	Movie: <i>Much Ado About Nothing</i> (N) 1:30 pm	Smorgasburg dep
	*Taproot Writers Group (EN) 1 pm	*Mother Goose Rhyme Time (N) 9:30 am	*Preschool Storytime (N) 1:30 pm	*Working with Your Digital Photos: Hands On (EN) 7 pm	*English as a Second Language for Adults (EN) 7 pm	*AARP Driver Saf Program (EN) 9:
		*No Sew Pillow Cover (N) 4 pm	Let's Read Poetry! (EN) 2:30 pm		Block Play (N) 7 pm	
		*Teen Advisory Board (N) 7 pm		Haunted Long Island (N) 7 pm	Do-ing Music presents Pianist Mirna Lekic (N) 7:30 pm	
27	*Book-A-Trip to Grand Central Terminal departs 8 am	29	30	31		
	*Sing & Play (EN) 10 am & 11 am	*Preschool Storytime (EN) 9:30 am	*Moms' Group (EN) 10 am	Halloween Parade (N) 10 am		isplay Tables in the Libraries
	*Taproot Writers Group	*Mother Goose Rhyme Time (N) 9:30 am	*Preschool Storytime (N) 1:30 pm	Halloween Parade (EN) 2 pm	Easting	d in October:
	(EN) 1 pm		Let's Read Poetry! (EN) 2:30 pm		T and	Pets
	Novel Ideas (N) 7 pm	*Gluten-Free Italian Cooking (N) 7 pm	Overcoming Your Barriers to Success (N) 7 pm			
N = Northport Library	*Dro_registratio	n or tickets required for this program		If you require a	any special accommodations becau	so of a disability pl

N = Northport Library **EN = East Northport Library** Italic type indicates Children's Programs *Pre-registration or tickets required for this program.

Registration for Children's and Teen Programs is limited to Northport-East Northport Library cardholders. Library staff may take photographs or recordings at Library programs for use in Preference is given to Northport-East Northport Public Library cardholders for Adult programs.

If you require any special accommodations because of a disability, please let us know

publicity. Please inform us if you do not want photos taken of you or your child.





October is Computer Learning Month

four Library is the place for lifelong mputer learning

Computers 201

(EN) Thursday, October 3, 10:00 a.m.

This workshop provides an introduction to a spreadsheet program which can be used for personal finances and much more. Prerequisite: Computers 101. Registration is underway at either library or online. (NENC105)

All About the iPad

(N) Tuesday, October 8, 7:00 p.m.

Join Apple-certified trainer John Budacovich to learn about the iPad. This class will cover iPad basics including operation, backups, iCloud, music, the App Store, as well as popular apps you may enjoy. Bring your iPad or iPhone and learn the secrets of getting the most out of your device. Come with your questions and be ready for an interesting and fun evening. No registration required.

SeniorNet: The iPhone Camera

(N) Thursday, October 17, 4:00 p.m.

When world-famous photographer Annie Leibovitz was asked in an interview what kind of camera people should buy, she responded "An iPhone." One reason for this is the iPhone's ease of use. Also, there are many photography apps available for the iPhone. Join us to see a demonstration of apps for taking, correcting, and enhancing photos. Many of these apps are also available on Android phones. Bring your smartphone or just join us to listen. No registration required.

Working with Your Digital Photos: Hands On

(EN) Thursday, October 24, 7:00 p.m.

You have a digital camera and know how to take pictures, but how do you move the images from the camera to the computer? How do you organize your pictures and edit them? In this class you will learn the answers to these questions and much more. We will cover using an image editing program that allows you to resize, crop, adjust light levels, and more. Learn how to organize, name, and save your pictures. Registration begins October 10 at either library or online. (NENC089)

Introduction to Computers

(EN) Tuesday, November 5, 7:00 p.m.

Designed for the computer novice, this class will help you learn the basics right from the beginning. Learn about using the desktop, working with the mouse, opening and closing programs, understanding Windows elements, and more. Registration begins October 22 at either library or online. (NENC100)



FOR CHILDREN

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In the

For families

Apple Pie Pops

(N) Friday, October 4, 6:30 p.m.

either library or online. (NENJ223)

No Sew Pillow Cover

(N) Tuesday, October 22, 4:00 p.m.

either library or online. (NENJ225)

What's In Your Toolbox?

(N) Tuesday, November 5, 11:00 a.m.

Children in grades 3-5

Children in grades K-3

Join an instructor from the Baking Coach and

create your own apple pie pops to take home and bake.

Designer Kathryn Hunt will teach participants how

Come to the Museum Cove and learn all about differ-

ent types of tools! Explore the uses for and try your hand

at using a hammer, screwdriver, pliers, tape measure,

sandpaper, and more. (45 min.) Registration begins

October 22 at either library or online. (NENJ226)

Children birth-3 years with mother; siblings welcome

In this weekly discussion for moms and their children,

Moms' Group at the Library

(EN) Wednesdays, October 16, 23, 30,

November 6, 13, 20, 10:00 a.m.

to make a fleece pillow cover using a simple cut and tie

technique. (60 min.) Registration begins October 8 at

Participants will also enjoy a demonstration of making

homemade jam. (90 min.) Registration is underway at

Books a Poppin

(EN) Thursdays, October 3, 10, 17, 24, 2:00 p.m. (N) Fridays, October 4, 11, 25, 10:00 a.m. Children birth-5 years not yet in kindergarten with adult; siblings welcome

Join us for this drop-in storytime. We'll read stories, sing songs, share rhymes and fingerplays, and have fun in this interactive program for families. (30 min.) No registration required, however space is limited.

Monkey Business! PJ Storytime

(EN) Tuesday, October 8, 7:00 p.m. Children with adult; siblings welcome

Join us to monkey around in this family storytime designed with stories and songs to get you swingin'! (30 min.) No registration required.

Tots and Tovs

(N) Saturday, October 12, 10:00 a.m. Children 1-4 years with adult; siblings welcome Meet new friends and enjoy open-ended free play with a circle storytime and art activity. (60 min.) No registration required, however space is limited.

Chess Club

(N) Thursday, October 17, 7:00 p.m. Children in grades 3-6

Come on down and flex your neural muscles in our Chess Club! Learn new strategies to better your game while playing matches with other kids and teen volunteers. (45 min.) No registration required.

drop Z Block Play

(N) Friday, October 25, 7:00 p.m.

Children 1-4 years with adult; siblings welcome Children learn to use their minds as well as their muscles while having fun playing with other children. (45 min.) No registration required, however space is

Registration for the following series programs begins October 3.

program for children and accompanying adult no siblings please

at either library or online. (NENJ218)

Mother Goose Rhyme Time

Children 6-23 months with adult; no siblings

Enjoy rhymes and songs with your young child in this program focusing on nursery rhymes. The natural rhythm of the language encourages an awareness of the sounds that are the building blocks of words and are so important for language development and early literacy. (30 min.) (NENJ230)

Northport: Tuesdavs, 9:30 a.m October 15, 22, 29

programs for families

1, 2, 3, Learn with Me

Children 1-3 years with adult; siblings welcom Chat and learn with child development experts while your children play with ageappropriate toys in a safe environment with) other kids their own age. Included is an openended art activity and a circle time with stories and songs. (60 min.) (NENJ229)

East Northport: Fridavs, 10:00 a.m. November 1, 8, 15, 22

Sing & Play

Children 1-3 years with adult; siblings welcome Sing songs and rhymes while using scarves,

bells, balls, and hoops that engage children in musical and physical activity to reinforce early literacy skills and foster a love of language. (30 min.) (NENJ228)

East Northport: Mondays, 10:00 or 11:00 a.m. October 21, 28, November 4

independent program

Preschool Storvtime

Children 4-5 years

not yet in kindergarten Children listen to stories, sing songs and rhymes that increase vocabulary) and letter knowledge, and participate in hands-on activities to recreate the narrative elements of the story. (30 min.)

Northport: (NENJ232) Wednesdays, 1:30 p.m. November 6, 13, 20, 27

East Northport: (NENJ231) Tuesdavs. 9:30 a.m. November 12, 19, 26, Dec. 3

a trained facilitator will introduce various topics and activities that celebrate and explore motherhood while your children play with toys beside you. (90 min.) Registration is underway

FOR CHILDREN

Spot

Stop by the Library and pick up the Octob ookmark by Connor Quinn-DeWitt. A reading list. compiled by our Children's Librarians, is



Connor Quinn-DeWitt

Halloween Parade

(N) Thursday, October 31, 10:00 a.m. (EN) Thursday, October 31, 2:00 p.m. Join us for a special Halloween storytime featuring spooky tales and songs. We'll finish with a parade and a special treat. Don't forget to wear your costume! (45 min.) No registration required.

FOR TEENS

Coffee and Questions (EN) Tuesday, October 15, 7:00 p.m.

Coffee & Questions is a monthly



opportunity for parents to meet and discuss topics related to creating healthy, well-adjusted young adults. Local experts will provide information on a variety of topics of interest to parents. This program is sponsored by Youth Directions and Alternatives (YDA) with support from the Library. Registration

Teen Volunteer Opportunities

Teen volunteer opportunities are open to students in grades 7-12. Registration begins October 1 at either library or online.

Scrabble Club Volunteers

(EN) Friday, October 11, 6:45-7:45 p.m. Calling all spelling whizzes! Assist children in grades 3-6 as you earn volunteer credit. (NENY512)

Chess Club Volunteers

(N) Thursday, October 17, 6:45-8:00 p.m. Earn volunteer credit while you help children learn chess. A basic knowledge of the game is required for all volunteers. (NENY509)

Teen Advisory Board

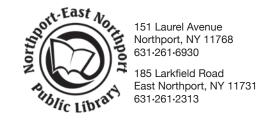
(N) Tuesday, October 22, 7:00-8:00 p.m. Learn about homework and volunteer resources available at the Library and in the community. (NENY510)



he Bookmark

on the back.





LIBRARY TRUSTEES

Patricia Flynn, Chairperson Margaret Hartough, Vice Chairperson Elizabeth McGrail Robert R. Little Andrea Gladding

LIBRARY DIRECTOR: James Olney ASSISTANT DIRECTOR: Nancy Morcerf

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HOURS

9 to 9 Monday thru Friday 9 to 5 Saturdav 1 to 5 Sunday



According to the Health Online 2013 survey by the Pew Research Center's Internet & American Life Project, 59% of U.S. adults say they have looked online for health information and 35% have gone online to figure out what medical condition they might have. While there is an abundance of online health information available, do you know how to sort the good from the bad? Finding out the credentials of the authors, who is funding the research or website, when the information was last updated, and who the information is intended for are all factors in finding credible information so that you can have thoughtful conversations with your doctor and make informed decisions.

Evaluating Health & Medical Information:

The following websites suggest important factors to consider when evaluating online health information:

Family Doctor

www.familydoctor.org

Health information and resources about illnesses, conditions, and diseases provided by the American Academy of Family Physicians.

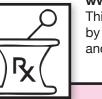
HON Code

www.hon.ch The Health On the Net Foundation has established a Code of Conduct to help standardize the reliability of medical and health information available on the Web.

Medical Library Association www.mlanet.org

The Medical Library Association maintains this user's guide to finding and evaluating health information.

MedlinePlus



www.medlineplus.gov This comprehensive service provided by the National Library of Medicine and the National Institutes of Health

How to Pay "Wholesale"

for College

(N) Thursday, October 10, 7:00 p.m. Join college finance consultant

Andy Lockwood for an informative and entertaining seminar on the best-kept secrets of securing the ideal financial aid package. This program is geared for the forgotten middle class families who think that they cannot qualify for financial aid. **Registration is** underway at either library or online. (NENY507)

Friday Night Craft: Monster Beanie Hat

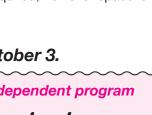
(N) Friday, October 11, 7:00 p.m. Zombies, vampires and werewolves,

oh my! Get ready for the cool weather and Halloween by making your own monster beanie out of a knit cap and felt. Registration begins October 1 at either library or online. (NENY511)











Edrop 3 Newbery

Book Club

Children in grades 4 and up

Election ballot. Check the

(N) Thursday, October 10, 7:00 p.m.

Club members will choose

two books for the Mock Newberv

Newbery Book Club website for

the book discussion title and to

read reviews by club members:

www.nenpl.org/childrens/

newbery/index.php (60 min.)



Seek the Unknown @ Your Library

October 13-19, 2013

This fall the Young Adult Library Services Association (YALSA) encourages teens to "Seek the Unknown" during Teen Read Week, October 13-19. Come into the Library's Teen Centers to enter our free raffle and pick up a book, magazine, or audiobook and read for the fun of it!

Sundav

Family Special

For adults and children

in grades K and up

Animal Adventures

(N) Sunday, October 20, 2:00 p.m.

Mark your calendar . . . you won't

want to miss Nick Jacinto's Animal Adventures, a

usual cast of characters include Tarzan the monkey

Barbie the falcon, Cheesecake the python, Warlock

the owl, Sprinkles the hedgehog, Leona the lemur,

required. Those showing an NENPL Library card

h

fun and educational animal show. Some of his

and Tinkerbell the African fox. No registration

Make new friends and play Scrabble at the

Library! Scrabble is not only fun to play, but it boosts

math, reading, and spelling skills. Prizes will be given

for high scores! (45 min.) No registration required.

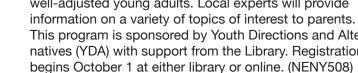
(EN) Friday, October 11, 7:00 p.m.

Nick Jacinto's

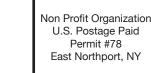
will be seated first.

Strop Scrabble Club

Children in grades 3-6



ECR SWS POSTAL CUSTOMER EAST NORTHPORT. NY 11731





OCTOBER 2013

www.nenpl.org





800 topics on conditions, diseases and wellness, drugs and supplements, medical encyclopedias, news, clinical trials, videos, senior health, special topics, and more. Among the "Cool Tools" on MedlinePlus is a tutorial that teaches you how to evaluate the health information that you find on the Web.

The links to these websites can also be found on the Library's Health Web Links page.

Databases

The Library subscribes to many health databases that provide comprehensive, authoritative, and timely information on various aspects of health. Selected by Librarians, these databases include news, journal articles, encyclopedias, images, videos, and more. To begin your search, visit www.nenpl.org, click on Online Research, then select Health and Medicine. The databases are accessible from within the Library or at home with your valid Library barcode and password.

Web Links

A list of health websites, selected by our Reference Librarians, may also help you with your research needs. The list contains reputable consumer health websites such as MedlinePlus, Mayo Clinic, and more. To browse the health websites, visit www.nenpl.org, click on Web Links, then click on Health Reference.

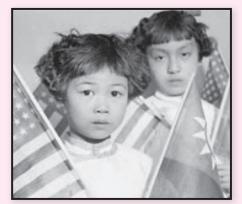
Stop by or call the Reference Desk in either building for assistance using the health databases or web links. In addition, check out our Health Center for print materials and periodicals about health conditions, medications,

surgical procedures, doctors, nutrition, fitness, and more. Our Reference Librarians will be happy to help you.



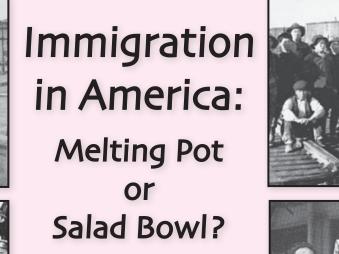












Michael Libresco-D'Innocenzo moderates a new discussion series beginning this month. See page 2 for details.







Inside this issue:

Overcoming Barriers to Success Haunted Long Island **Breast Health Pianist Mirna Lekic**





- **Computer Programs**
- **Children's Programs**
- **Teen Programs**
- 3 Health Literacy Month



