

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 Northport 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.

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

Food Preservation at Home: Freezing & Drying

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.

Overcoming Your Barriers to Success

It has been said that the only barriers to 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.

Landmarks and Historic Sites of Long Island

Everyone lucky enough to live on Long Island already knows that it's like nowhere else in the world. From light-houses 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

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.



FOR ADULTS

Staying Independent for Life

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

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

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)



Do-ing Music presents Pianist Mirna Lekic

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 Boite 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. Martin-in-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

The Northport Arts Coalition, in cooperation with the Library, presents an international collaboration which brings together four artists. Butoh dancers Susanne Daepfen and Christoph Lauener will perform a Butoh piece based on local playwright Bruce Teifer's "Child's Breath." They will be accompanied by internationally-known 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!

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

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)



FOR ADULTS

Save More, Spend Less on Holiday Shopping and Traveling

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



Page Turners

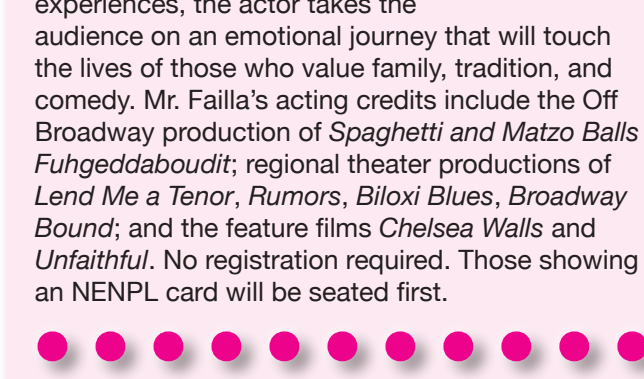
Join Donna Diamond for a discussion of Istanbul Passage by Joseph Kanon. Copies of the book are available at the Northport Library Circulation Desk.

Novel Ideas

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

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.



AARP Driver Safety Program

Registration begins October 5 at the East Northport building only. (NENA414)

Defensive Driving

Registration begins October 23 at the Northport building only. (NENA416)

Friday Movies

Now You See Me (N) 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

(N) 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.

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.



Friday Movies

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

Calendar table with columns for Sunday through Saturday and rows for dates 1-31. Each date cell contains event details including time, location, and registration information. Includes a pumpkin illustration on the 1st and a witch illustration on the 31st.

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. 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. Library staff may take photographs or recordings at Library programs for use in publicity. Please inform us if you do not want photos taken of you or your child.



Display Tables in the Libraries

Featured in October: Pets





October is Computer Learning Month

Your Library is the place for lifelong computer 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. (NENJ205)

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. (NENJ089)

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. (NENJ100)

FOR CHILDREN



In the

Apple Pie Pops

(N) Friday, October 4, 6:30 p.m.
For families
Join an instructor from the Baking Coach and create your own apple pie pops to take home and bake. Participants will also enjoy a demonstration of making homemade jam. (90 min.) Registration is underway at either library or online. (NENJ223)

No Sew Pillow Cover

(N) Tuesday, October 22, 4:00 p.m.
Children in grades 3-5
Designer Kathryn Hunt will teach participants how to make a fleece pillow cover using a simple cut and tie technique. (60 min.) Registration begins October 8 at either library or online. (NENJ225)

What's In Your Toolbox?

(N) Tuesday, November 5, 11:00 a.m.
Children in grades K-3
Come to the Museum Cove and learn all about different 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)

Moms' Group at the Library

(EN) Wednesdays, October 16, 23, 30, November 6, 13, 20, 10:00 a.m.
Children birth-3 years with mother; siblings welcome
In this weekly discussion for moms and their children, 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 at either library or online. (NENJ218)

Registration for the following series programs begins October 3.

program for children and accompanying adult; no siblings please

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: Tuesdays, 9:30 a.m. October 15, 22, 29

programs for families

1, 2, 3, Learn with Me

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

East Northport: Fridays, 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 Storytime

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) Tuesdays, 9:30 a.m. November 12, 19, 26, Dec. 3

FOR CHILDREN

Sunday Family Special

For adults and children in grades K and up

Nick Jacinto's 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 fun and educational animal show. Some of his usual cast of characters include Tarzan the monkey, Barbie the falcon, Cheesecake the python, Warlock the owl, Sprinkles the hedgehog, Leona the lemur, and Tinkerbell the African fox. No registration required. Those showing an NENPL Library card will be seated first.



Newbery Book Club

(N) Thursday, October 10, 7:00 p.m.
Children in grades 4 and up
Club members will choose two books for the Mock Newbery Election ballot. Check the 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.)



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.

Scrabble Club

(EN) Friday, October 11, 7:00 p.m.
Children in grades 3-6
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.

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 Toys

(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.

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 limited.

FOR TEENS



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!

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)



The Bookmark Spot

Stop by the Library and pick up the October bookmark by Connor Quinn-DeWitt. A reading list, compiled by our Children's Librarians, is on the back.



151 Laurel Avenue
Northport, NY 11768
631-261-6930
185 Larkfield Road
East Northport, NY 11731
631-261-2313

ECR SWS
POSTAL CUSTOMER
EAST NORTHPORT, NY 11731

Non Profit Organization
U.S. Postage Paid
Permit #78
East Northport, NY

Nationally Recognized
Four-Star Library

OCTOBER 2013

www.nenpl.org



October is Health Literacy Month

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.

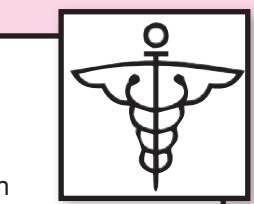
Evaluating Health & Medical Information:
The following websites suggest important factors to consider when evaluating online health information:

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



provides information on more than 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.



The LIBRARY

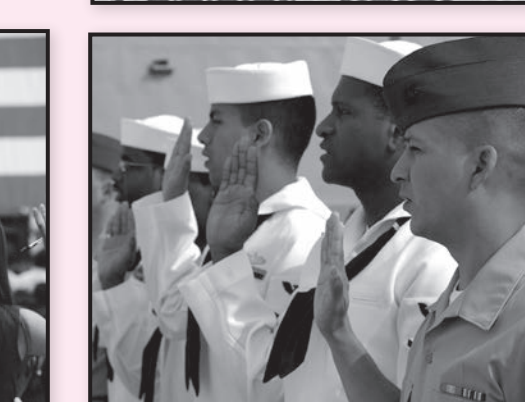
The Newsletter of the Northport-East Northport Public Library

October 2013



Immigration in America: Melting Pot or Salad Bowl?

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



Inside this issue:

Overcoming Barriers to Success	2	Computer Programs	6
Haunted Long Island	2	Children's Programs	7
Breast Health	3	Teen Programs	8
Pianist Mirna Lekic	3	Health Literacy Month	back