

**FOR ADULTS**

**Outdoor Concert in the Library Courtyard**



**The Precisions**

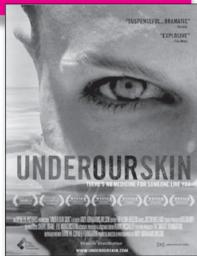
(N) Tuesday, August 17, 7:30 p.m.

The Precisions hit the national record charts with their 1962 arrangement of George and Ira Gershwin's "Someone to Watch Over Me." They have performed with top artists of the era and also with Alan Freed, Murray the K, and the WABC "All Americans" in appearances at the Brooklyn Fox, the New York Paramount, and the legendary Apollo Theater. Registration is now underway at either library building or online. In the event of rain, the concert will be held in the Northport Library's Community Room and ticket holders will be seated first. (NENA187)

**Lyme Disease from a Patient's Perspective**

(N) Thursday, August 5, 6:30 p.m.

The Empire State Lyme Disease Association presents a viewing and discussion of the award-winning documentary *Under Our Skin*. "A gripping tale of microbes, medicine, and money, *Under Our Skin* exposes the hidden story of Lyme disease, one of the fastest growing epidemics of our time. Following the stories of patients and physicians fighting for their lives and livelihoods, the film brings into focus a haunting picture of the health care system and a medical establishment all too willing to put profits ahead of patients." 104 min. No registration required.



**Learn to Be... Tobacco Free Smoking Cessation Program**



(EN) Tuesdays, September 7, 14, 21, 28, October 5 & 12, 6:00-7:00 p.m.

Public Health Educators from the Suffolk County Department of Health Services will conduct this free, six-part smoking cessation program. (A reunion class will be held on Wednesday, October 20.) Based on the CDC's clinical practice guidelines for treating nicotine dependence, the program provides important information about the physical, psychological, and habitual aspects of nicotine dependence. Registration begins August 7 at either library building or online. (NENA190)

**Northport Arts Coalition presents Jazz for a Summer Evening**

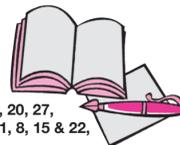
(N) Wednesday, August 11, 7:00 p.m.

The Northport Arts Coalition, in cooperation with the Northport Public Library, is proud to present its 8th Annual Jazz for a Summer Evening. Legendary jazz pianist, teacher, and composer Ranny Reeve will lead professional musician friends and students in a night of jazz classics and spirited improvisations. No registration required.

**Taproot Writers Group**

(EN) Mondays, September 13, 20, 27, October 4, 18, 25, November 1, 8, 15 & 22, 1:30-3:30 p.m.

It is never too late to begin to tell your life's stories! If you are new to writing, Taproot will help you get started. The Taproot Writing Group welcomes new and returning members at a new time for the Fall 2010 session. We will meet on Mondays from 1:00-3:00 p.m. at the East Northport Library. Mark your calendars—our first meeting is Monday, September 13. The cost for the ten-session series is \$70. Registration forms will be available at the first session.



**FOR ADULTS**

**GALLERY EXHIBIT**

**Northport Gallery:**

**"Adventures in Art" Paintings by Frank Ohman**  
Frank Ohman began his critically acclaimed ballet career with the San Francisco Ballet. Following several years in San Francisco, he joined George Balanchine at the New York City Ballet where he rose to soloist. While performing and then eventually teaching dance as director of the New York Dance Theatre and the Ohman School of Ballet, he painted as much as possible in his spare time. His works include land and seascapes as well as dance abstracts.

**Novel Ideas**

(N) Monday, August 2, 7:00 p.m.

Harper Lee's Pulitzer Prize-winning novel *To Kill a Mockingbird* celebrates its fiftieth anniversary this summer. Join us to discuss this American classic. Please pick up your copy of the book at the Northport Library Circulation Desk.

**Page Turners: Afternoon Book Discussion Group**

(N) Thursday, August 12, 2:00 p.m.

Join Donna Diamond for a discussion of *Paths of Glory* by Jeffrey Archer. Copies of the book will be available at the Northport Library Circulation Desk.



**Computer Kindergarten**

(N) Thursday, August 5, 10:00 a.m.-12 noon

Registration begins August 2 at either library building or online. This hands-on workshop for the novice covers using the mouse and the Windows desktop, opening programs, and saving files. (NENC003)

**Computer First Grade**

(EN) Tuesday, August 10, 10:00 a.m.-12:00 noon

Registration begins July 24 at either library or online. This follow-up to Computer Kindergarten introduces word processing and working with text and files. (NENC007)

**Internet Basics**

(EN) Thursday, September 2, 7:30 p.m.

Learn the fundamentals of Internet access at this monthly program. No registration required.

**Computer Second Grade**

(EN) Monday, September 13, 10:00 a.m.-12:00 noon

Registration begins August 23 at either library building or online. Learn how to create spreadsheets and workbooks, input and edit data, use formulas and functions, and work with columns and rows. (NENC008)

**Defensive Driving**

(N) Monday, August 23 & Wednesday, August 25, 7:00-10:00 p.m. Fee: \$36

Applications for this point/insurance reduction safety course are available August 2 at both library buildings.

(EN) Monday, September 13 & Thursday, September 16, 7:00-10:00 p.m. Fee: \$36

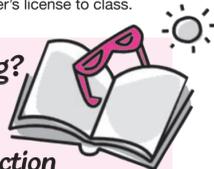
Applications for this point/insurance reduction safety course are available August 16 at both library buildings.

**AARP Driver Safety Program**

(N) Monday, September 13, 9:30 a.m.-4:30 p.m.

Register August 14 at Northport Library. (NENA191) AARP's program is a refresher course designed especially for motorists age 50 and older. There is a \$14 fee (\$12 for AARP members) payable to AARP by check or money order only at registration. Be sure to bring your New York State driver's license to class.

**Summer Reading? Pack Light! Choose a Short Story Collection**



Whether your summer travels take you to a local beach, a park bench, a train ride to Manhattan or a plane ride to destinations near or far, a short story is a perfect summer read.

- Gumbo: A Celebration of African American Writing* edited by Marita Golden & E. Lynn Harris
- In Envy Country* by Joan Frank
- In Sunshine or in Shadow* edited by Kate Cruise O'Brien & Mary Maher
- Language of the Geckos and Other Stories* by Gary Pak
- No Star Too Beautiful: Yiddish Stories from 1382 to the Present* edited and translated by Joachim Neugroschel
- The Portable Promised Land: Stories by Touré*
- Return Trips: Stories* by Alice Adams
- Somehow Tenderness Survives: Stories of Southern Africa* selected by Hazel Rochman
- Unaccustomed Earth* by Jhumpa Lahiri
- Where I'm Calling From* by Raymond Carver

**A Friendly Reminder About Parking**



During afternoon hours when the Northport Library building is very busy, finding a parking space can be difficult. Patrons have asked us to remind those who plan to be in the building for an extended period of time (for example: attending a full-day defensive driving course) to please consider parking across the street from the library in the large William J. Brosnan building lot on Laurel Avenue. Your consideration for your fellow patrons who may have limited time and/or mobility will be greatly appreciated.

**FOR TEENS**

**MAKE WAVES @ YOUR LIBRARY TEEN SUMMER READING CLUB**

Join the fun this summer and participate in the Teen Summer Reading program which continues through August 12. Students entering grades 6-12 are invited to come to the Library and read for prizes as well as take part in special programs. Earn one "Book Buck" for every age-appropriate book that you read. Obtain your "Read and Rate Forms" in the Teen Centers or online at [www.nenpl.org/teens](http://www.nenpl.org/teens). Your Book Bucks will be held at the Reference Desk. These will be redeemable for great prizes.

Final Prize Giveaway:  
(EN) Thursday, August 12  
5:00-6:00 p.m.

Registration for the following programs is underway and limited openings may be available. Teen programs are for students entering grades 6-12.

**Babysitting Workshop**

(N) Tuesday, August 3, 2:00-5:00 p.m. (NENY148)

**Cerealism: Pop Art Collage**

(N) Thursday, August 5, 4:30-5:30 p.m. (NENY150)

**Duct Tape Flip Flops**

(EN) Monday, August 9, 7:00-8:30 p.m. (NENY153)



**Clay Treats**

(N) Wednesday, August 11, 3:00-4:30 p.m. (NENY156)

**Teen Game Night**

(N) Monday, August 16, 7:00-8:30 p.m. (NENY159)

**Glass Etching Workshop**

(EN) Tuesday, August 17, 6:30-8:30 p.m. (NENY160)

**Picture Perfect Scrapbooking**

(EN) Thursday, August 19, 3:30-5:00 p.m. (NENY162)



**Teen Volunteer Opportunities**

Teen volunteer opportunities are open to students entering grades 7-12.

**Helping Hands**

(EN) Tuesday, August 24, 3:30-4:30 p.m. Help prepare patriotic Labor Day wreaths for residents of the VA Hospital in Northport. (NENY170)

**SAT/PSAT Preparation Workshop**

(N) Thursdays, September 16, 23, 30, October 7, 6:15-8:45 p.m.

Registration begins August 31 at the East Northport Library or online.

High school students can prepare for the fall SAT/PSAT exams with teachers Barbara White and Donald Loeffler. A non-refundable check for \$100 payable to the Northport-East Northport Public Library must be brought to the East Northport Library within 3 days of registration. Your registration is not complete until payment is received. (NENY168)



**Attention Incoming 6th Graders!**

Don't forget to bring a parent or guardian to the Library before school begins to upgrade your Library card. Your new Teen card will entitle you to use the computers in the Teen Centers and to sign up for Teen programs. Our Teen collections include fiction, non-fiction, graphic novels, biographies, audiobooks, and magazines. Come in and check out the collection, use the computers, and relax in our comfortable Teen Centers.

**For College-Bound Students:**

Are you packing to leave for college? Stop by the Teen Center at either library building to pick up **Packing for College 101**. It's a handy guide for what you need to bring with you to school.



**August 2010 • Northport-East Northport Public Library • August 2010**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> Applications available for Defensive Driving on 8/23 & 8/25	<b>3</b>	<b>4</b>	<b>5</b> *Computer Kindergarten (N) 10 am	<b>6</b>	<b>7</b>
Library Closed	Registration begins for Computer Kindergarten on 8/5 *Mixed-Up Mice (EN) 10 & 11:30 am *Teen Volunteer Opportunity: Wii Got Game (N) 3:15 pm *Wii Play @ the Library (N) 3:30 pm Novel Ideas (N) 7 pm	Registration begins for Children's Programs from August 11-19 *Babysitting Workshop for Teens (N) 2 pm *Magic Workshop (EN) 3 pm Pajama Storytime (EN) 7 pm	Blood Pressure Check (N) 9:30-10:30 am (EN) 11 am-12 noon *Everything's Ducky (N) 10 & 11 am *Teen Volunteer Opportunity: Wing-It Wednesday (EN) 2:45 pm Wing-It Wednesday (EN) 3 pm	*Cereal Box Art (N) 2 pm *Cerealism: Pop Art Collage for Teens (N) 4:30 pm Lyme Disease from a Patient's Perspective (N) 6:30 pm *Teen Volunteer Opportunity: Chess Club (N) 6:45 pm Chess Club (N) 7 pm	Movie: <i>Clash of the Titans</i> (N) 1:30 pm *Teen Volunteer Opportunity: Book Swap (EN) 3 pm Book Swap (EN) 3 pm	Registration begins for Learn to Be... Tobacco Free Smoking Cessation Program  Saturday Afternoon @ the Movies: <i>Alvin and the Chipmunks: The Squeakquel</i> (N) 2 pm
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Library Closed	*Summer Reading Club Show: SplashTastic (N) 3 pm *Duct Tape Flip Flops for Teens (EN) 7 pm *Summer Reading Club Show: SplashTastic (N) 7 pm	*Computer First Grade (EN) 10 am *Summer Reading Club Show: SplashTastic (N) 11 am *Summer Fruit Smoothies 2 for Teens (EN) 4 pm *Summer Reading Club Show: SplashTastic (N) 7 pm	*Seaweed, Slime & Squish (EN) 10 & 11 am *Clay Treats for Teens (N) 3 pm *Teen Volunteer Opportunity: Reading Buddies (N) 3:30 pm *Book Buddies (N) 4 pm Northport Arts Coalition presents Jazz for a Summer Evening (N) 7 pm *Open for Discussion: The Young Man and the Sea (EN) 7:30 pm	*Mother Goose (N) 10 am Page Turners Book Discussion (N) 2 pm *Catch a Match (EN) 2 & 3 pm *Teen Prize Giveaway (EN) 5 pm *Beach Party Paninis 2 for Teens (EN) 7 pm Newbery Book Club (N) 7 pm	*Babies Boogie (EN) 10 & 11 am *Paper Sculpture (N) 3 pm	Registration begins at Northport for AARP Driver Safety Program on 9/13  Saturday Afternoon @ the Movies: <i>G-Force</i> (EN) 2 pm
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Library Closed	Applications available for Defensive Driving on 9/13 & 9/16 *Picture Book Art: Shape Creations (EN) 10 & 11 am *Teen Volunteer Opportunity: Board Game Bonanza (N) 2:45 pm Board Game Bonanza (N) 3 pm *Teen Game Night (N) 7 pm	*Scrapbooking for Kids (EN) 2 pm *Glass Etching Workshop for Teens (EN) 6:30 pm *The Precisions (N) 7:30 pm	*Teen Volunteer Opportunity: Wing-It-Wednesday (N) 9:45 am Wing-It-Wednesday (N) 10 am *Magic Workshop (EN) 3 pm *Dinosaurs Galore (N) 7 pm	*PlayHooray: Molly & Me (EN) 10 & 11 am	Family Funtime (N) 10 am Movie: <i>Date Night</i> (EN) 10:30 am *Picture Perfect Scrapbooking for Teens (EN) 3:30 pm *Teen Volunteer Opportunity: Chess Club (N) 6:45 pm Chess Club (N) 7 pm	Registration begins at Northport for Book-A-Trip to West Point & River Rose Cruise on 10/21  Sing Around the Campfire (N) 2 pm
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Library Closed	Registration begins for Computer Second Grade on 9/13	*Book-A-Trip to West Point & River Rose Cruise departs at 7:20 am *Teen Volunteer Opportunity: Helping Hands (EN) 3:30 pm			Movie: <i>Date Night</i> (N) 1:30 pm	
<b>29</b>	<b>30</b>	<b>31</b>	<b>Friday Movies for Adults</b> <b>Clash of the Titans</b> (N) Friday, August 6, 1:30 p.m. The ultimate struggle for power pits men against kings and kings against gods. Stars Liam Neeson and Ralph Fiennes. Rated PG-13. 106 min. <b>Date Night</b> (EN) Friday, August 20, 10:30 a.m. (N) Friday, August 27, 1:30 p.m. Tina Fey and Steve Carell star in this comedy about a couple whose "date night" turns into a wild ride they'll never forget! Rated PG-13. 102 min.			
Library Closed		Registration begins for SAT/PSAT Preparation Workshop				

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 Programs is limited to Northport-East Northport Public Library cardholders. Preference is given to Northport-East Northport Public Library cardholders for Adult and Teen 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.



**Featured this Month: Staying Cool in August**

# Your Rx for Health Information: The Library



**The Health Center**  
Looking for information about a health condition, medication, or surgical procedure? Searching for a directory of doctors? Need a recent article from a health magazine? Looking for recipes based on a specific health condition? The Health Center at the Northport-East Northport Public Library has a variety of resources that can help you find information to meet your reference needs. The Health Collection contains reference and circulating materials such as:

- Overviews of medical conditions and diseases
- Guides to prescription and non-prescription medications and supplements
- Directories of physicians and hospitals, including board certifications and ratings
- Descriptions of surgical procedures and tests
- Nutrition and diet information
- Exercise and fitness manuals
- Holistic and alternative health
- Encyclopedias and dictionaries of anatomy, medical terms, etc.
- Magazines including *The Journal of the American Medical Association* and *The New England Journal of Medicine*
- Newsletters including *The Harvard Health Letter* and *The Mayo Clinic Health Letter*

## Databases

To complement our print materials in the Health Center, the Library has a collection of premier health databases that can be accessed online at the Library or from home. Selected by professional Librarians, these databases offer comprehensive, authoritative, and timely information on many aspects of health. Within these databases you can search for news, journal articles, encyclopedias, images, videos, and more. To begin your search, visit [www.nenpl.org](http://www.nenpl.org), click on Online Research, then select Health & Medicine. You will need a valid library barcode and password to access these databases from outside the Library.

## Web Links

Our Reference Librarians have compiled a list of health websites that may also help you with your research needs. These are arranged by category including general health, diseases and conditions, hospitals and health facilities, physicians and health professionals, special topics, and more. To browse the health websites, visit [www.nenpl.org](http://www.nenpl.org), click on Web Links, then click on Health.

## MedlinePlus

MedlinePlus is a comprehensive service provided by the National Library of Medicine and the National Institutes of Health. Visit [www.medlineplus.gov](http://www.medlineplus.gov) to search for 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. You can also access a mobile version of MedlinePlus, a subset of content from the full MedlinePlus website, for reliable health information at your fingertips anytime, anywhere. Visit <http://m.medlineplus.gov> to begin your search.

## Your Rx for Health Information

Please ask a Reference Librarian if you need assistance using any of the Library's health information resources.

## FOR CHILDREN



# MAKE A SPLASH—READ!

## Reading Club Hours

**Monday-Friday**  
June 21 to August 6  
10 am to 8 pm

**Saturday**  
June 26 to August 7  
10 am to 4 pm

*The Summer Reading Club ends on Saturday, August 7 at 4:00 p.m., but there is still time to complete the requirements. Come in and earn a ticket to the Summer Reading Club Grand Finale!*

• • • • • Registration for the following programs begins Tuesday, August 3 at either library building or online. • • • • •

## Seaweed, Slime & Squish

**(EN) Wednesday, August 11, 10:00 a.m. or 11:00 a.m.**  
*Children entering grades 1-2*  
Explore the science of ocean squish by touching different kinds of seaweed and creating your own slime with an educator from the Whaling Museum. (45 min.) (NENJ394)



## Book Buddies

**(N) Wednesday, August 11, 4:00 p.m.**  
*Children ages 4-5 years or entering K*  
Teen volunteers will read specially selected books to your child one-on-one or in small groups. (30 min.) (NENJ395)

## Mother Goose

**(N) Thursday, August 12, 10:00 a.m.**  
*Children birth-1 year with adult; no siblings*  
Children's Librarian Amy Wendol will teach you fingerplays and nursery rhymes to enjoy with your child. (30 min.) (NENJ396)



## Catch a Match

**(EN) Thursday, August 12, 2:00 p.m. or 3:00 p.m.**  
*Children ages 3-5 years or entering K with adult; siblings welcome*  
Catch friendly under-the-sea creatures in a game of pairs you make with educator Jeanne Hall. One project per family. (45 min.) (NENJ397)

## Newbery Book Club

**(N) Thursday, August 12, 7:00 p.m.**  
*Children entering grades 4 and up; adults welcome*  
Join Children's Librarian Doris Gebel to discuss the book that you think should win the coveted Newbery Medal in this ongoing book club. New members are always welcome. (90 min.) No registration required.

## Babies Boogie

**(EN) Friday, August 13, 10:00 a.m. or 11:00 a.m.**  
*Children birth-2 years with adult; siblings welcome*  
Sing, play instruments, and dance to music from around the world with energetic Nicole Sparling. (45 min.) (NENJ398)

## Paper Sculpture

**(N) Friday, August 13, 3:00 p.m.**  
*Children entering grades 3-5*  
Create wild sculptures by folding, cutting, and gluing special papers with artist and teacher Joanne Schoen O'Shaughnessy. (120 min.) (NENJ399)

## Saturday Afternoon @ the Movies: G-Force

**(EN) Saturday, August 14, 2:00 p.m.**  
*Children ages 6 years and up; adults and siblings welcome*  
High-tech spies, who happen to be guinea pigs, discover the fate of the world is in their paws in this Disney film. Rated PG. (90 min.) No registration required.



## Picture Book Art: Shape Creatures

**(EN) Monday, August 16, 10:00 a.m. or 11:00 a.m.**  
*Children ages 4-5 years or entering K*  
Create fantastic animals by mixing different shapes together using illustrators Ed Emberley and Lois Ehler, as well as Children's Librarian Kim Maguire, for inspiration. (45 min.) (NENJ401)

## Board Game Bonanza

**(N) Monday, August 16, 3:00 p.m.**  
*Children entering grades 1-5*  
Parcheesi, Chutes and Ladders, Monopoly . . . come play your favorite board games, or learn a new one, while making new friends. (60 min.) No registration required.



## FOR CHILDREN

## Scrapbooking for Kids

**(EN) Tuesday, August 17, 2:00 p.m.**  
*Children entering grades 3-5*  
Design pages of family memories with Children's Librarian and scrapbooking enthusiast Patty Van Loon. Please bring six personal photographs to the program. (90 min.) (NENJ403)

## Wing-It Wednesday

**(N) Wednesday, August 18, 10:00 a.m.**  
*Children ages 4-10 years, adults and siblings welcome*  
Let your imagination run wild in a room full of art supplies and craft projects. (60 min.) No registration required.



## Magic Workshop

**(EN) Wednesday, August 18, 3:00 p.m.**  
*Children entering grade 5*  
Learn to perform astonishing tricks with Children's Librarian and professional magician James Plath. (60 min.) (NENJ404)



## Dinosaurs Galore

**(N) Wednesday, August 18, 7:00 p.m.**  
*Children ages 3-5 years or entering K with adult; siblings welcome*  
Enjoy an evening of dinosaur ditties with music educator Dara Linthwaite. (40 min.) (NENJ405)

## PlayHooray: Molly & Me

**(EN) Thursday, August 19, 10:00 a.m. or 11:00 a.m.**  
*Children birth-2 years with adult; siblings welcome*  
Sing, dance, and play with your child and Molly Mouse. (45 min.) (NENJ406)

# SplashTastic

## Summer Reading Club Grand Finale

Tickets to one of the four showtimes are issued to children who have completed the Summer Reading Club requirements.

Amazing ventriloquist Steve Petra presents a hilarious show featuring puppet pals Ocho the Octopus, Clark the Shark, and JellyLocks & the Three Eels. (45 min.)

**(N) Monday, August 9, 3:00 p.m.**  
**(N) Monday, August 9, 7:00 p.m.**  
**(N) Tuesday, August 10, 11:00 a.m.**  
**(N) Tuesday, August 10, 7:00 p.m.**

## Traveling Science Museum

**(N) Thursday, August 19, 2:00 p.m.**  
*Children entering grades 1-5 with adult; siblings welcome*  
With more than 50 hands-on exhibits and experiments, families will have fun investigating science together. (60 min.) (NENJ407)



## Chess Club

**(N) Thursday, August 19, 7:00 p.m.**  
*Children entering grades 3-6*  
Learn new skills to better your game while playing matches with other chess enthusiasts. (60 min.) No registration required.

## Family Funtime

**(N) Friday, August 20, 10:00 a.m.**  
*Children ages 1-4 years with adult; siblings welcome*  
Enjoy an open-ended play environment as your child explores a variety of toy stations. (60 min.) No registration required.

## Pajama Storytime

**(N) Friday, August 20, 7:00 p.m.**  
*Children with adult*  
Children can come dressed for bed to enjoy soothing nighttime tales. (30 min.) No registration required.

## Sing Around the Campfire

**(N) Saturday, August 21, 2:00 p.m.**  
*Children entering grades 1-5; adults and siblings welcome*  
With guitar in hand, Children's Librarian Erin McNally will lead sing-along songs and tell spooky stories around the "campfire." (45 min.) No registration required.



## The Bookmark Spot

Stop by the Library and pick up the August bookmark by Julie Sledge. A reading list, compiled by our Children's Librarians, is on the back.



Help your child prepare for a great year at school . . .

make sure they have a Library card. Just go to the Circulation Desk at either library building with two forms of identification with your name and current address. While visiting the Children's Room this summer, ask a Children's Librarian to show you the homework resources that are available online and pick up the Library's updated *Starting School* bibliography.



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

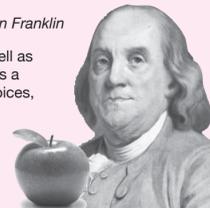
Nationally Recognized  
Four-Star Library

# AUGUST 2010

[www.nenpl.org](http://www.nenpl.org)

## "An Ounce of Prevention is Worth a Pound of Cure"

— Benjamin Franklin



The *Taber's Cyclopedic Medical Dictionary* defines wellness as "good health, as well as its appreciation and enjoyment. Wellness is more than a lack of disease symptoms; it is a state of mental and physical balance and fitness." By encouraging healthy lifestyle choices, the Centers for Disease Control and Prevention, the National Institutes of Health, and the initiatives of other health organizations aim to reduce and prevent illness and promote a sense of wellness. Here is a sampling of books related to wellness, including physical and mental health, that may be of interest to you:

### For Children

*Family Fitness Fun Book: Healthy Living for the Whole Family* by Rose R. Kennedy  
*Healthy Eating* by Cath Senker  
*Healthy Food* by A.R. Schaefer

### For Teens

*Body Fuel: A Guide to Good Nutrition* by Donna Shryer  
*Breathe: Yoga for Teens* by Mary Kaye Chrissyca  
*Chill: Stress-Reducing Techniques for a More Balanced, Peaceful You* by Deborah Reber

### For Adults

*American Medical Association Complete Guide to Prevention and Wellness* by the American Medical Association  
*Chi Walking: The Five Mindful Steps for Lifelong Health and Energy* by Danny Dreyer and Katherine Dreyer  
*Everything Family Nutrition Book* by Leslie Bilderback  
*Fitness & Health* by Brian J. Sharkey  
*Gale Encyclopedia of Diets: A Guide to Health and Nutrition* edited by Jacqueline L. Longe  
*Let Your Body Win: Stress Management Plain & Simple* by Jacquelyn Ferguson  
*Mayo Clinic Family Health Book* edited by Scott C. Litin  
*10 Best-Ever Anxiety Management Techniques* by Margaret Wehrenberg

### Newsletters

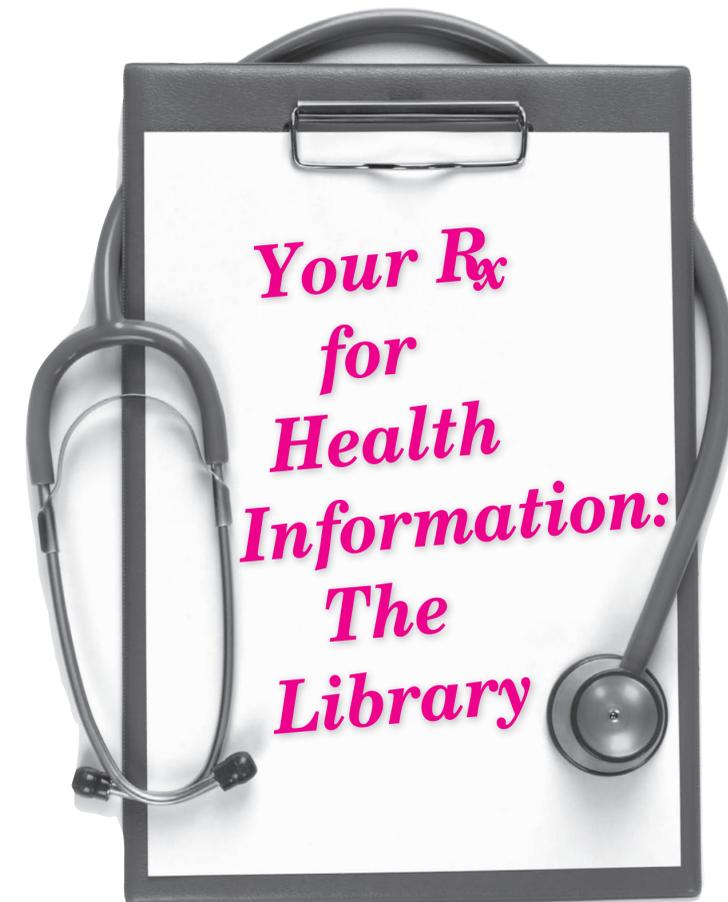
*Consumer Reports on Health*  
*Harvard Health Letter*  
*Mayo Clinic Health Letter*  
*Tufts University Health and Nutrition Letter*

### Websites

<http://www.cdc.gov/HealthyLiving>  
Presents wellness information and research.  
[www.healthfinder.gov](http://www.healthfinder.gov)  
Offers information and tools for a healthy lifestyle.  
[www.healthypeople.gov](http://www.healthypeople.gov)  
Provides a set of health objectives for the nation to achieve.  
[www.letsmove.gov](http://www.letsmove.gov)  
First Lady Michelle Obama's initiative to end childhood obesity within a generation.  
[www.nlm.nih.gov/medlineplus/healthyliving.html](http://www.nlm.nih.gov/medlineplus/healthyliving.html)  
Offers a wide range of information on healthy living.  
[www.nutrition.gov](http://www.nutrition.gov)  
Provides information on dietary food guidelines and more.  
[www.health.gov/paguidelines](http://www.health.gov/paguidelines)  
Describes the types and amounts of physical activity that offer health benefits to Americans.



The LIBRARY  
August 2010  
The Newsletter of the Northport-East Northport Public Library



## Inside this issue:

The Precisions	2	Computer Programs	3
Lyme Disease Documentary	2	Teen Programs	4
Smoking Cessation Program	2	Health Resources at the Library	6
Jazz for a Summer Evening	2	Children's Programs	7-8