# The Language of Love (N) Sunday, February 8, 2:00 p.m.

Nothing puts those Valentine's Day feelings into words like the love songs of famous composers. Join us for a lively afternoon of opera, musical theatre, and art songs with soprano Paige Cutrona and bass-baritone Jack White as they present the love stories of their favorite stage characters. Whether it's a beautiful Puccini aria, a rousing Mozart duet, or a heart-wrenching scene by Bernstein, the universal language of love is heard loud and clear. Ms. Cutrona has performed in musical theatre and opera and has performed with the New York Philharmonic, the New York Pops, and The Princeton Festival productions. She has twice toured the U.S. and Canada with the Royal Philharmonic Orchestra's A Royal Christmas. Free tickets are available now at both library buildings. (NENA033)

## Valentine Cake Decorating

(N) Thursday, February 5, 7:00 p.m.

Join the Baking Coach and learn how to use bakers' tools to decorate a small raspberry-filled chocolate Valentine cake. You will adorn your cake with a piped border and take it home in a bakery box to share with someone special. There is a non-refundable \$8 materials fee payable at registration which is now underway at both library buildings. (NENA030)



## Book-A-Trip

The Culinary Institute & Franklin D. Roosevelt **Library and Museum** 

Thursday, April 30, 2009 **Departure:** 7:15 a.m. from the William J. Brosnan

building parking lot (across from Northport Library)

**Return:** 7:30 p.m.

Cost: \$89 per person (checks only, non-refundable, payable to Northport-East Northport Public Library)

**Itinerary:** Our day begins with a guided tour of The Culinary Institute in Hyde Park. Our lunch. prepared and served by Culinary students, will be at the Caterina de Medici Restaurant. In the afternoon we will enjoy a guided tour of the Franklin D. Roosevelt Library and Museum.

Ticket sale: Saturday, February 14, 9:00 a.m. at Northport Library. Ticket limit: 2 per patron on the first day of sale. N-EN Library card required. (NENA035)

## FOR ADULTS

# & Friends of Jazz

(N) Friday, February 27, 7:30 p.m. Friends of Jazz, an ensemble of six

musicians from various walks of life, returns to our Library for an evening of jazz standards for all ages. The ensemble includes Peter Kaufmann on trumpet, Steve Witthoft on trombone, Jerry Rosenberg on tenor and soprano sax, Fred Novumestky on bass, and Andy Squillacioti on drums. The sweet and sassy sounds of vocalist Linda Catania will bring back those fabulous memories of yesterday. The group's leader, pianist Glenn Baldwin, is a retired English teacher from Northport High School, and has led Friends of Jazz for the past seven years, playing engagements from Mattituck to Manhattan. Free tickets are available February 7 at both library buildings. (NENA036)

## Northport Arts Coalition A Family Nigh with Storytell **Heather Forest** (N) Wednesday,

February 11, 7:00 p.m. The Northport Arts

Coalition, in cooperation with the Library, presents internationally known storyteller, performer, and author Heather Forest. Heather Forest's unique minstrel style of storytelling blends original music, folk guitar, poetry, prose, and song. She has performed her repertoire of world folktales in theatres, major storytelling festivals, and conferences throughout the United States and abroad. This magical storytelling evening for the entire family will feature Valentine's Day themes of love and understanding. Refreshments will be served following the

## **Current Events in Perspective**

(N) Thursday, February 19, 7:30 p.m.

Join Michael D'Innocenzo, professor of history at Hofstra University, to explore significant national and international developments. Mr. D'Innocenzo is the 2008 winner of the American Historical Association's Distinguished Teaching Award. All attending the program are welcome to share their views. No registration required.

### Short Story Central

(N) Tuesday, February 3, 7:00 p.m.

This month we will focus on stories from Wrestling with Angels by John J. Clayton. Please pick up your copies of the stories at the Circulation Desk in either library building.

#### Novel Ideas

(N) Monday, February 9, 7:00 p.m.

This month we take a look at Bridge of Sighs by Richard Russo. Please pick up your copy of the book at the Northport Library Circulation Desk.

## **Perfecting Your** Fashion Style

(N) Thursday, February 12, 7:30 p.m. Discover the fashion secrets

known by models and stylists. Professional model and actress Susan Bodell will explain how to choose the best colors for your personal skin tone, how to add color to your wardrobe, easy figure fixes for problem areas, shopping advice to stretch your dollar, and how to accessorize any outfit. You will also learn important shopping tips such as how to choose quality apparel

## AARP Driver Safety Program

(EN) Tuesday, February 17 & Thursday, February 19, 6:30-10:30 p.m. Register February 4 at East Northport Library. (NENA037)

(N) Monday, February 23, 9:30 a.m.-4:30 p.m. Register February 7 at Northport Library. (NENA038)

AARP's program is a refresher course designed especially for motorists age 50 and older. There is a \$12 fee payable to AARP by **check or money order only** at registration. A Northport-East Northport Library card is required to register.

#### **Defensive Driving**

and shoes. No registration required.

(EN) Mondays, March 23 & 30, 7:00-10:00 p.m. Fee: \$35 Applications for this point/insurance reduction safety course are available February 21 at both library buildings.

## Internet User Group

(N) Wednesday, February 4, 7:30 p.m. No registration required.

#### Computer Second Grade

(N) Thursday, February 12, 10:00 a.m.-12:00 noon Register February 2 at either library building.

Learn how to create spreadsheets and workbooks. input and edit data, use formulas and functions, and work with columns and rows. A non-refundable \$5 fee is payable at registration. (NENC005)

#### Introduction to SquirrelMail (N) Thursday, February 19, 7:00-9:00 p.m.

SuffolkWeb has a new email program that is userfriendly and handles attachments and graphics more effectively. Learn about these new features including a calendar and bookmarks. No registration required.

## Introduction to Photoshop Elements

(N) Tuesday, February 24, 6:30-8:30 p.m. Register February 10 at either library building.

This basic workshop will give you an overview of the workspace, tools, options bar, and palettes in Photoshop Elements. (NENC037)

## FIRESIDE FRIDAYS

## East Northport Middle School Musical Revue

(EN) Friday, February 6, 7:30 p.m. Join the talented students of the East Northport Middle School for an evening of string, woodwind, brass, and vocal music. Songs from the students' recent production of "Bye, Bye, Birdie" will be featured. All are welcome.

### A Fireside Chat: Storytime for Grownups (EN) Friday, February 27, 7:30 p.m.

Remember when . . . Jericho Turnpike and Lark-

field Road were rural byways surrounded by farms? When the Pickle Brothers were on the Ed Sullivan Show? When life was hard? When life was simple? Or was it?

Come join our local Taproot memoir writers and hear their stories of vesteryear. They will read stories "of times and places far away." You are invited to share a story of your own (three minutes maximum) at an "open mic." Cookies will be served. Perhaps you'll decide to become a "Taprooter" too. No registration

at registration. (NENC010)

Explore iPhoto/iMovie

No registration required.

PowerPoint 2007

(EN) Thursday, February 26, 7:00-9:00 p.m.

Learn more about iPhoto, iMovie, and your Apple

computer. An Apple-certified trainer will explain how

to import, edit, and share your movies and photos

with family and friends using iPhoto and iMovie.

Introduction to Microsoft

(EN) Tuesday, March 3, 7:00-9:00 p.m.

fee payable at registration. (NENC038)

Register February 11 at either library building.

In this hands-on course you will learn the basics

of creating a slideshow presentation including creating,

saving, editing, formatting, adding multimedia objects,

and animation effects. There is a non-refundable \$5

required.

## Computer Third Grade

ools. There is a non-refundable \$5 fee payable

(EN) Tuesday, February 24, 7:00-9:00 p.m. Register February 10 at either library building. This workshop covers multitasking, working can Libraries magazine: with graphics, and using drawing and painting

> "People always mention libraries in terms of just being sources for reading material or research. But I probably would not be in Chicago were it not for the Manhattan Public Library, because I was looking for an organizing job . . . and was having great trouble. The Mid-Manhattan Library had books of lists of organizations, and the Librarian helped me find them up being the organization in Chicago that I got a job

> > -President Barack Obama

The Northport-East Northport Public Library's Career Centers contain resources that enable the iob seeker and the college-bound to find the kind

- occupational opportunities and outlooks
- licensing agencies and requirements
- college and graduate school information

Sunday

Registration begins

at Northport for

Valentine's Day

Family Concert

Winter Family

Reading Club

\*The Language

\*Sunday Family

Special:

(N) 2 pm

Bill White &

Magic the Doc

(N) 2 pm

on 2/14

Monday

Grade on 2/12

aistration begins at

Sculpture on 2/18 and

Songs & Stories

(EN) 10 & 11 am

ast Northport for Wii™ for

een Volunteer Opportunities

On My Own (N) 9:30 am

\*Pre-K Storytime (N) 1:30 pm

On My Own (N) 9:30 am

\*Pre-K Storytime (N) 1:30 pm

Teen Advisory Board (EN)

Novel Ideas (N) 7 pm

Presidents' Day -

Registration begins for

AARP Driver Safety

rogram (N) 9:30 am

lavHoorav!

To find out if the Library is closed for

• tune in to Cablevision News 12 or radio

station WBAB at 102.3 FM or

• go to the Library's website at www.nenpl.org

• call the Library for a taped message.

inclement weather:

N = Northport Library

**EN = East Northport Library** 

Italic type indicates Children's Programs.

ibrary Closed

eens on 2/17, Chocolate

Registration begins

for Computer Second

**Taproot Writers Group** (EN) Tuesdays, March 3-May 12, 1:30-3:30 p.m.

FOR ADULTS

The spring season of the Library's Taproot Writers Group begins March 3 at the East Northport Library. Taproot instructors help participants recreate their experiences in stories, poems, and memoirs. The cost for the ten-session series is \$70. Registration forms are available in both library buildings.

### The Irish in New York

(N) Thursday, March 5, 7:30 p.m.

Throughout the 19th and early 20th centuries, many Irish citizens emigrated to the U.S., often to escape religious persecution and economic hardship. Most left family, friends, and loved ones behind, and upon arrival in America encountered widespread hatred and prejudice. Join Tara Rider of SUNY Stony Brook for a fascinating multi-media look at the history and culture of the Irish of New York from their immigrant beginnings to the present day. No registration required.

#### From Liverpool to Abbey Road (N) Sunday, March 8, 2:00 p.m.

More than forty years after their arrival on American soil, The Beatles' influence is undeniable. Join Beatles fan and rock historian Vincent Bruno for a look and listen back at the remarkable band that captured the hearts of fans worldwide. "From Liverpool to Abbey Road" is a "magical history tour" of the Beatles as seen through musical clips, images, and stories. No Beatles question will go unanswered. No registration required.

## "I Got My Job Through the Public Library"

As a reminder that local libraries offer extensive job search resources, here's how one man found his community organizing job in Chicago after graduating from Columbia University. In 2005 he told Ameri-

and I wrote to every organization. One of them wound

of information they need including:

- wages and salaries
- job search tools

Our Reference Librarians will be happy to help you find what you need.

## From the **Board of Trustees**

The Board of Trustees has set the annual Library Vote for Tuesday, April 1-2009. Voting will be for two purposes: to vote on the Library budget for 2009/2010 and to elect one trustee whose term will commence on July 1, 2009.

Petitions for nominating candidates for the office of trustee will be available from the Clerk of the Library Vote at the Northport Library, 151 Laure Avenue, Monday through Friday from 9:00 a.m. to 4:00 p.m., beginning February 17. The last filing date is March 16, 2009.

### **Board Game Afternoon**

Call 261-6930 for an appointment.

(EN) Fridays, February 6 & 20, 1:00-3:00 p.m.

Attention board game players. The Library has set aside two Friday afternoons each month for you at the East Northport Library. Bring your own games; we will supply the tables and chairs. No registration required.

## Health Insurance Information. Counseling & Assistance Program

(N) Friday, February 20, 6:00-8:00 p.m. A HIICAP volunteer will provide individual counseling to answer your questions about Medicare, supplementary insurance, and HMOs designed for Medicare recipients.

## GALLERY EXHIBITS

Northport & East Northport Galleries: **Reflections Showcase by Elementary Schools of** 

the Northport-East Northport School District The Reflections Program is sponsored by the National PTA as a vehicle to foster appreciation of and participation in the arts. These exhibits will includes drawing, painting, photography, and literary

#### **East Northport Display Case: Hologram Exhibit by Dave Battin**

Explore the wonders of holography in this fascinating display of holograms submitted by amateaur holographers from around the country. Help judge which hologram you think is this year's best.

## AARP Tax Aid

(EN) Thursdays, 9:00 a.m.-12:00 p.m. (N) Fridays, 9:00 a.m.-12:30 p.m. AARP counselors, trained by the IRS, will be available in both library buildings beginning February 5 and continuing through April 10. Free e-filing is available.

No registration is necessary. If possible, please bring last year's tax forms with you. Assistance is available on a first-come, first-served basis.



\*Pre-registration or tickets required for this program.

Display Tables in the Libraries

Featured this Months Science Fiction & Fantasy

February 2009 • Northport-East Northport Public Library • February 2009

Registration begins at

AARP Driver Program

nternet User Group (N) 7:30 pm Workshop (N) 7 pm

Thursday

AARP Tax Aid

AARP Tax Aid

(N) 10 am

(N) 6:45 pm

(N) 7:30 pm

Meeting (N)

(EN) 6:30 pm

(N) 7:30 pm

AARP Tax Aid

(EN) 7 pm

(EN) 9 am-12 pm

Explore iPhoto/iMovie

\*Dealing with Anger

(EN) 9 am-12 pm

\*Computer Second Grade

\*Our First Storytime (EN) 10 ar

Teen Chess Club Volunteers

Perfecting Your Fashion Style

AARP Tax Aid

(EN) 9 am-12 pm

Library Board of Trustees

Teen Volunteer Opportunity:

AARP Driver Safety Program

Introduction to SquirrelMail

Current Events in Perspective

Registration begins at Northpo

for Siblings with Rivalry

Crafty Teens (N) 1:45 pm

\*Crafty Kids (N) 2 pm

Chess Club (N) 7 pm

(EN) 9 am-12 pm

Our First Storytime

\*On My Own (N) 1:30 pm

Story Parade (EN) 4 pm

Valentine Cake Decorating

Registration begins at

Northport for Dealing

with Anger on 2/26

Wednesday

East Northport for

on 2/17 & 2/19

Our First Storytime (N) 10 am

On My Own (EN) 1:30 pm

Story Parade (N) 4 pm

Registration begins for

ntroduction to Microsof

owerPoint 2007 on 3/3

Story Parade (N) 4 pm

Northport Arts Coalition presents

A Family Night with Storyteller

Heather Forest (N) 7 pm

Chocolate Sculpture

Vorkshop for Teens (N) 3 pm

Registration begins at East

Northport for Strategies for

Alcohol Free

Keeping Your Child Drug and

ood Pressure Check

(N) 9:30-10:30 am

Stories in Motion

(EN) 11 am-12 noon

(EN) 9:30 & 10:30 am

**Tuesday** 

Registration begins for Dulce

Candvland on 2/17 and Craft Ki

\*Pre-K Storytime (EN) 9:30 am

Rock-a-Bye Readers (N) 9:30 a

\*Pre-K Storytime (EN) 1:30 pm

Pajama Storytime (EN) 7 pm

\*Short Story Central (N) 7 pm

eaistration begins for

Registration begins for

YouTube, Facebook

7:30 pm

(EN) 1:45 pm

(EN) 6:30 pm

Photoshop Elements on 2/24

Computer Third Grade on 2/24

\*High Tech Teens: MvSpace.

\*Teen Volunteer Opportunity:

\*Dulce Candyland (EN) 2 pm

\*AARP Driver Safety Program

\*Wii™ for Teens (N) 3 pm

\*Introduction to Photoshop

Elements (N) 6:30 pm

\*Computer Third Grade

Board Game en Español

(Northport Middle School)

Tickets available for

Bill White & Magic

the Dog on 2/22

## ·

Friday Movies for Adults

Friday

AARP Tax Aid

(N) 9 am-12 pm

(EN) 1-3 pm

(EN) 7:30 pm

AARP Tax Aid

(N) 1:30 pm

AARP Tax Aid

AARP Tax Aid

(N) 1:30 pm

(N) 9 am-12 pm

\*Family Fun (EN) 10 am

Movie: The Secret Life of Bees

A Fireside Chat: Storytime for

Friends of Jazz (N) 7:30 pm

Grownups (EN) 7:30 pm

\*Glenn Baldwin &

(N) 9 am-12 pm

Board Game Afternoon

HIICAP (N) 6-8 pm by appt.

(N) 9 am-12 pm

Family Fun (EN) 10 am

Pajama Storytime (N) 7 pm

Movie: Bottle Shock

\*Family Fun (EN) 10 am

\*Pre-K Storytime (N) 1:30 pm

ireside Friday: East Northport

Middle School Musical Revue

Board Game Afternoon

Saturday

Tickets available for

of Jazz on 2/27

Registration begins at

Program on 2/23

Northport for AARP Driver

Defensive Driving (N) 9 am

Family Storytime (N) 10 am

Ticket sale begins 9 am at

to The Culinary Institute &

Northport for Book-A-Trip

FDR Museum on 4/30

'Valentine's Day Family

Concert (N) 10 am

Applications available

\*Chill Out and Read

Mike Soloway (N) 2 pm

Reward Show with

3/23 & 3/30

for Defensive Driving on

Glenn Baldwin & Friends

Bottle Shock

(N) Friday, February 13, 1:30 p.m. A small American winery and its workers are about to show the French something about winemaking. Rated PG-13. 108 min.

(N) Friday, February 27, 1:30 p.m. 14-year-old Lilly Owens flees to a South Carolina town that holds the secret to her mother's past. Rated PG-13. 110 min.

The Secret Life of Bees

Registration for Children's Programs is limited to Northport-East Northport Public Library cardholders.

to participate in programs and activities. If you require any special Preference is given to Northport-East Northport Public Library cardholders for Adult and Teen programs. accommodations because of a disability, please let us know.

- 3 -



# WINTER FAMILY READING CLUB

For families with children (preschool through fifth grade)

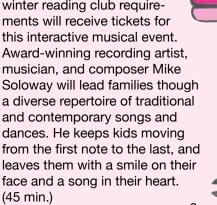
Join the Library's Winter Family Reading Club and experience the pleasure of reading books together! Pick up a Family Reading Packet in the Children's Room between February 1 and February 14. Record the books your family reads throughout the month. Return to the library during the last week of February and show your completed reading record to a Children's Librarian and receive your tickets to the "Chill Out and Read Reward Show."

Families are challenged to read together as many ageappropriate books as they wish (minimum of 5 titles). Our Children's Librarians will be happy to provide you with book suggestions.

## Chill Out and Read Reward Show with Mike Soloway

(N) Saturday, February 28, 2:00 p.m.

Families completing the winter reading club requirements will receive tickets for this interactive musical event. Award-winning recording artist, musician, and composer Mike Soloway will lead families though a diverse repertoire of traditional and contemporary songs and dances. He keeps kids moving leaves them with a smile on their face and a song in their heart.





# Family Concert

(N) Saturday February 14, 10:00 a.m.

Children ages 2-5 years with adult; siblings welcome

Professional musician Lee Knight will present an interactive concert featuring original and popular songs. Your preschooler will be engaged with singing, dancing, and fingerplays encompassing a wide variety of musical styles. Registration begins February 1 at either library. (45 min.) (NENJ046)

## Paiama Storvtime

(EN) Tuesday, February 3, 7:00 p.m. (N) Friday, February 13, 7:00 p.m. Children with an adult

Children can come in their PJs ready to listen to some great stories. Children must be accompanied by an adult. No registration required. (30 min.)

## **Dulce Candyland**

(EN) Tuesday, February 17, 2:00 p.m. Children ages 4 & 5 years, not yet in kindergarten (an independent program)

Learn the colors in Spanish while you meet new friends and play Candyland. Registration begins February 3 at either library. (45 min.) (NENJ044)

#### he Bookmarl Spot

Children in grades 3-6

All skill levels are welcome, but a basic knowledge

of the game is needed. Come

on down and flex your mental

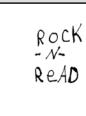
muscles! No registration is

required. (60 min.)

Craftv Kids

2:00 p.m.

Stop by the Library and pick up the February kmark by Allison Mack N) Thursday, February 12, reading list, compiled by our Children's Librarians, s on the back.





Kids can come out of the cold and create their own winter scene with cool materials and the help of our teen volunteers. Registration begins February 3 at either

## PlayHooray!

library. (45 min.) (NENJ045)

(EN) Mondays, March 9, 16, 23, 30, 10:00 a.m. or 11:00 a.m.

Children 1, 2, and 3 years old; with adult and siblings Music and fun for your little one! Come sing, dance, and PlayHooray with your child in this special 4-week session. This interactive program will get you up and moving with nursery rhymes, books, music, dancing, parades, and more. Registration begins February 23 at either library. (NENJ047)



Sundav Family Specia

or adults and children in grades K and up

# Magic the Dog

Sunday, February 22, 2:00 p.m. **Northport Library** 

Have you ever seen a dog add, subtract, answer the phone, or perform card tricks? Join in the fun and excitement as Magic the Dog dances, spins, and jumps through hoops to music. You'll love her comedy jailbreak routine, her mind-reading skills, and her canine hypnosis. Magic's sidekick, Bill White, will throw in some of his own tricks too! Don't miss this nationally famous team who have appeared on Animal Planet and The View. Free tickets are available February 3 at both library buildings. (NENA039)

**SUFFOLK** HOMEWORK HELP

# **Online Tutoring**

a partnership of the Libraries of Suffolk County and the Suffolk Cooperative Library System

Parents—do your children have homework nelp needs that exceed your abilities to assist? Children, teens, and adult learners—do you need help with a math problem? Are you having difficulty beginning your English essay? Are you confused by a science formula?

Enlist the guidance of Suffolk Homework Help Online Tutoring, available from 2:00-10:00 p.m. seven days a week. This new service utilizes the expertise of credentialed educators from Tutor.com.

**Suffolk Homework Help Online Tutoring** is accessible through the Library's website at www.nenpl.org. Click on the link to chat online with a subject expert who can assist you with homework projects, papers, and test preparation. If you need help accessing Suffolk Homework Help Online **Tutoring**, please ask a Librarian for assistance.

## FOR TEENS

plan teen library programs,

will be served. (NENY028)

(N) Thursday, February 12,

Would you like to

volunteer at a monthly

is needed. (NENY027)

Children's Chess Club?

Chess Club

Volunteers

6:45-8:15 p.m.

develop the teen webpage,

service activities. Refreshments

#### High Tech Teens: MySpace, Strategies for Keeping YouTube, Facebook

FOR PARENTS

To be held in the

Northport Middle School, Room N93 Tuesday, February 10, 7:30-8:30 p.m.

Ever wonder why MySpace signs up 250,000 new users per day, or why viewers look at three billion videos per month on YouTube? Come find out why these sites and others—are so attractive to our elementary, middle, and high school students. What are the dangers, and what you can do as a parent to keep your child from emotional and physical harm? Computer teacher Craig Stanton and health teacher Linda Sykes will facilitate the program. Registration is underway at either library.

### Dealing with Anger

(N) Thursday, February 26, 7:30-8:30 p.m.

Elementary counselor Beth Theofield will give parents the tools to help children recognize the warning signs of anger. Concrete strategies will be provided that will teach elementary age children to express anger appropriately and cope effectively. Registration begins February 12 at either library. (NENJ039)

## Your Child Drug and Alcohol Free

(EN) Wednesdays, March 11, 18 & 25, 7:30-8:30 p.m.

Anthony Ferrandino, drug and alcohol counselor at the school district, will present this workshop to help parents establish an atmosphere that will prevent their child from getting involved with alcohol and drugs. We will discuss ideas to empower parents to discuss these issues with their children. Prevention and at-risk behaviors will be discussed and resources will be available. Registration begins February 25 at either library. (NENJ040)

## Siblings Without Rivalry

(N) Thursdays, March 12, 19 & 26, 7:30-8:30 p.m. If the constant bickering, tattling, and teasing is

taking its toll on your family life, this workshop is for you. Elementary counselors Nancy Armbruster and Margaret Stoduto will discuss simple, effective ways to reduce antagonism between children and restore peace to the family. Registration begins February 26 at either library. (NENJ041)

## Teen Volunteer Opportunities

Teen volunteer opportunities are open to students in grades 7-12. Please choose one volunteer opportunity in addition to Teen Advisory Board. Registration begins February 2 at the East Northport Library.

# Sculpture

Library. (NENY017)

(N) Wednesday, February 18, 3:00-4:00 p.m.

Wii™ for Teens

(N) Tuesday, February 17, 3:00-4:00 p.m.

Show us your best moves and

win some cool prizes. Register

February 2 at the East Northport

Create a chocolate sculpture using fun and delicious ingredients such as marshmallows, cookies, pretzels, candy, and more. A non-refundable \$4 materials fee is payable at registration which begins February 2 at the East Northport Library. (NENY029)

## Teen Valentine Candy Contest

Don't forget to stop by the Teen Reference Desks before February 14 to take a guess at how many candies fill the jar. The closest guess, without going over, will win the jar!

#### Teen Advisory Board **Board Game** (EN) Monday, February 9, 7:00-8:00 p.m.

en Español (EN) Tuesday, February 17, Earn volunteer credit as we 1:45-3:00 p.m.

Volunteers will need at least 2 years of Spanish discuss books, and plan community instruction. Assist young children as they learn colors and numbers in Spanish while playing Candyland. (NENY025)

#### Crafty Teens (N) Thursday, February 19, 1:45-3:00 p.m.

Help children complete a seasonal craft while you earn volunteer credit. (NENY026) A basic knowledge of the game

## **Northport-East Northport Public Library**

151 Laurel Avenue Northport, NY 11768 (631) 261-6930

185 Larkfield Road East Northport, NY 11731 (631) 261-2313

February is American Heart Month

The word "heart" has many meanings. It is the organ of blood circulation and the

Love in the Time of Cholesterol: A Memoir with

Mind Your Heart: A Mind/Body Approach to Stress

Positive Energy: 10 Extraordinary Prescriptions for

Transforming Fatigue, Stress, and Fear into

The Road to a Healthy Heart Runs through the

Kitchen by Joseph C. Piscatella

Vibrance, Strength, And Love by Judith Orloff

Total Heart Health for Men: A Life-Enriching Plan for

Treating the Aching Heart: A Guide to Depression,

What Every 21st-Century Parent Needs to Know:

Why Mars & Venus Collide: Improving Relationships

Differently with Stress by John Gray

Power of Nature by Gerald G. May

The Woman's Heart: An Owner's Guide

by John A. Elefteriades

by Kathy Kastan

by Understanding How Men and Women Cope

The Wisdom of Wilderness: Experiencing the Healing

Womenheart's All Heart Family Cookbook: Featuring

the 40 Foods Proven to Promote Heart Health

Non Profit Organization

U.S. Postage Paid

Permit #78

East Northport, NY

Stress, and Heart Disease by Lawson R. Wulsin

Facing Today's Challenges with Wisdom and Heart

Physical & Spiritual Well-Being by Ed Young, et al

Management, Exercise, and Nutrition for Heart

Recipes by Cecily Ross

Health by Aggie Casey

by Debra W. Haffner

by Bob Sharples

Meditation & Relaxation in Plain English

seat of feeling and intuition. Our heart gives us the capacity for affection, sympathy,

sampling of books that deal with many aspects of the heart.

American Medical

Preventing and

Betty Crocker Healthy Heart Cookbook

Cookbook by Bonnie Sanders Polin

by Reader's Digest Association

Diabetes & Heart Healthy Meals for Two

Heart Disease by Kathy Kastan

Pressure by Bruce C. Wilson

Purpose by Robin McGraw

and Listening by Daniel Gottlieb

of Your Life by Larry Katzenstein

Self-Healing by Colleen Deatsman

by American Diabetes Association

Cleveland Clinic Healthy Heart Lifestyle Guide and

Coming to Our Senses: Healing Ourselves and the

World through Mindfulness by Jon Kabat-Zinn

Cooking Smart for a Healthy Heart: Over 150 Flavorful

From The Heart: A Woman's Guide to Living Well with

The Proven, Natural Way to Lower Your Blood

Inner Power: Six Techniques for Increased Energy &

Inside My Heart: Choosing to Live with Passion and

earning from the Heart: Lessons on Living, Loving,

iving with Heart Disease: Everything You Need to

Know to Safeguard Your Health and Take Control

Heartmath Approach to Managing Hypertension:

Eat-Right Recipes to Lose Weight and Live Longer

Association Guide to

reating Heart Disease

by Martin S. Lipsky

and courage. Since February is American Heart Month, our Librarians have compiled a

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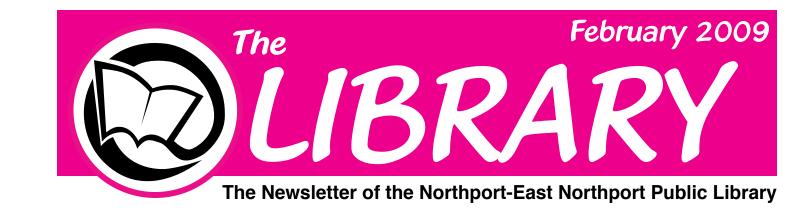
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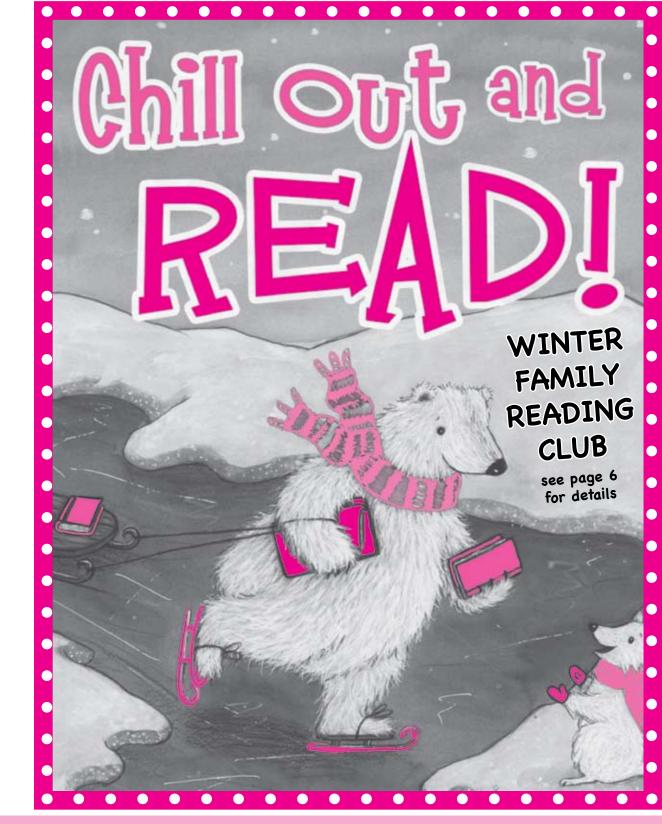
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