



# Check it out!

Shaler North Hills Library February 2015 [www.shalerlibrary.org](http://www.shalerlibrary.org) 412-486-0211

## Mark your calendars Library Hours

Monday 10– 8  
Tuesday 10 –9  
Wednesday 10-8  
Thursday 10 –9  
Friday 10-6  
Saturday 10-5  
Sunday 1 to 5  
(until May 18)

## Extended hours for adults

Mondays and Fridays the adult section of the library opens at 8:30AM

## Mark Your Calendars

SNHL will be closed

Friday, February 27 for staff in-service.

The SNHL Library Board will meet Wed, February 11 at 7:30PM

Friends of SNHL Meeting Monday, February 23 at 6:30PM

Save the date and think spring!  
Friends of SNHL Spring Book Sale April 25 and 26.

We accept donations of gently used books, games, puzzles, music and film anytime.  
Thanks!

## Exploring Women's Health Issues Monday, February 3 at 6:30PM

A free discussion revealing the latest science regarding the treatment of women's health issues such as hormone imbalance, heart disease, obesity, stress, anti-aging, food and diet myths. Presented by Dr. William Howrilla, Your Health Investigator and Coach Fred Como, OneSource Wellness Coaching. Please register by calling 724-713-1581.

## Japanese Calligraphy Class for Beginners with Mayo Kohama Fridays February 6 - March 13 9:30AM to 11:30AM

In this 6-week class you will learn the basic techniques to write your favorite Japanese kanji characters. The cost for the 6-week class is \$90 which includes professional instruction and all materials. Please register.

## Love your Library Raffle!

### Wednesday, February 4 to Saturday, February 28

February is love your library month! Show your love for a chance to win (2) tickets to see Taylor Swift in June, a 9-hole golf package from Wildwood Country Club and the "Mystery Basket"! Tickets are \$1.00 each or (6) for \$5.00. All proceeds benefit SNHL.

## Distributism: Economics for the Future Friday, February 13 at 1:30PM

This event is free and open to the public and will be video-recorded as a student project for the Don Bosco Conference of the Franciscan University of Steubenville.

## Art and Inspiration with William Rock presents Pat DiCesare, author *Hard Days Hard Nights: from the Beatles to the Doors to the Stones...insider stories from a legendary concert promoter*

### Friday, February 20 at 7:00PM

This unique biographical presentation depicts behind the scenes of Rock and Roll concerts as Pat DiCesare brings to life remarkably talented performers. Join us to find out how Pat DiCesare was instrumental in making their connection to the public a success. All are welcome. This program is part of the **Meet the Author Series** sponsored by the **Friends of the Shaler North Hills Library**.

## Friends of SNHL 3rd Annual Caddy Stacks! Mini Golf FORE Your Library!

### Saturday, February 21 from 10AM to 4:30PM—All Players

### Saturday, February 21 from 7PM to 9PM—Teen Players

### Sunday, February 22 from 1PM to 4:30PM—All Players

It's the Third Annual "Caddy Stacks," a "FUN"raiser sponsored by the Friends of SNHL! Come play mini golf right in the library stacks and enjoy refreshments and raffles on the 19th hole! Putt for books and programs! The cost is \$5.00 per player or \$2.50 for players 12 and under.

## J.J. Hensley, author of *Resolve* and *Measure Twice*

### Friday, February 27 at 7:00 p.m.

J. J. Hensley, a former police officer and former Secret Service agent draws upon his experiences in law enforcement to write suspenseful, insightful crime novels and thrillers. All are welcome. This program is part of the **Meet the Author Series** sponsored by the **Friends of the Shaler North Hills Library**.

## Madagascar Hissing Cockroaches for adults with Pat Milliken-Exotic Approaches Saturday, February 28 at 7PM

Join us for an exciting and educational hands-on experience with Pat Milliken, science professional. Pat will give us lots of great information about these curious and endearing creatures, and we will participate in various activities such as cockroach races, obstacle course, food preferences, and other comparison-type activities. **This will be a great date night – adults only.** (The children have their turn with this program at 2PM.) There will be wine. Please register at 412-486-0211.

**A Blizzard of Great Reads! Monday, February 16 at 12:15PM**

Come play a few rounds of book bingo with other adults and chat with others about some great reads! Resolve to read!

**Check out Good Reads! Monday, February 23 at 6:30PM**

Take the Good Reads reading challenge! Learn about this outstanding online reading tool! Track your reading lists, ratings and touch base with others about what's coming up! Great for book groups!

**We need therapy dog volunteers for our monthly Tail Waggin' tutors program**

Please contact **Caroline Horgan at 412-536-1057** for information on how to get involved with this library program that is a collaboration with certified therapy dogs. Thank you.

In honor of Women's History month, please join us in welcoming **Jennifer Nagle Myers** as our first ever **Art and Inspiration resident artist at Shaler North Hills Library**. Jennifer is a visual artist and director of site-specific performances. During the month, she will conduct art events involving the entire community with the library acting as performance site. Her art piece, **The Never-Ending Book of Women's Rights**, will be a focal point of Jennifer's residency at SNHL. For more information on Jennifer, visit her website <http://www.punkypip.com/neverendingbook>

**Art Show to benefit the SAHS National Art Honor Society**

**March 2 through March 20**

Shaler Area High School art students Art Show in the SNHL Community Room is a fundraiser for the National Art Honor Society (NAHS). They are raising funds for a trip to the Smithsonian Museums in Washington, DC. Join us in supporting our artists. And, acquire beautiful original art with all proceeds benefiting the students.

**Introduction to Essential Oils: Essential Oils for Everyday Use**

**Saturday, March 7 from 2PM to 4PM**

This free, introductory session will explain how to use essential oils that can be used in your everyday life to support your health and address a variety of health concerns. Janice Polansky of Young Living will present information about the anti-inflammatory, antibiotic, antiviral, antifungal and antiseptic properties of various essential oils. Discover ways you can use pure, quality, organic essential oils in your daily life to support and help to regain your physical, mental, emotional, and spiritual health.

**Readings in Alternative Everything—a new book group facilitated by Richard Kajuth, Eds, DD**

**2nd Wednesday of each month starting March 11 at 6:15PM**

Are you interested in the various mysteries of the mind investigated by parapsychology, or the fields of alternative and holistic healing? Would you like to explore theories about the nature of consciousness, mind/body/spirit connections and your health, or intriguing archeological findings that don't fit existing historical paradigms?

Authors such as Deepak Chopra, Greg Braden, Eckhart Tolle, Graham Hancock, Zecharia Sitchin, and many more are representative names of the types of works the group will consider in the months to come. Since this is a book "study" group, discussion will focus on the central themes of each book for at least two to three monthly sessions, the maximum time allowable for books to be checked out from the library. The goal of the group is not to see how many books we can get through, but to see how much of each book gets through to us!

The book study is being facilitated by **Richard Kajuth, EdS, DD**. Richard is a former educational consultant, now retired from the Ohio Department of Education. Please register at 412-486-0211.

**Social Security and Retirement Income presented by Ian Knott of New York Life**

**Thursday, March 12 at 6:30PM**

Join us for an informational workshop on the planning for your retirement and the ways in which Social Security can assist you. All are welcome.

**Meet Bob Cranmer, author of *The Demon of Brownsville Road: a Pittsburgh family's battle with evil in their home\****

**Sunday, March 22 at 2PM**

The author, Bob Cranmer, is a former commander in the 101st Airborne, and County Commissioner in Pennsylvania. Join us to meet and talk about his account of events that culminated in an exorcism over 2004-2005. The events are verified by dozens of witnesses. All are welcome. This program is part of the **Meet the Author Series** sponsored by the **Friends of the Shaler North Hills Library**.

*\*This book is the February selection of the SNHL Nonfiction Book Group scheduled to meet on Tuesday, February 24 at 2PM.*

## **Ongoing events at SNHL**

### **Art and Inspiration with William Rock**

#### **Class is ongoing—Every Thursday at 7:00PM**

Artist William Rock facilitates a forum for artists, poets, writers, and musicians to discuss creativity and explore technique in their work. Artists are encouraged to share their work and bring ideas, theories and inspirations to share with others. Dialogue the ways in which inspiration and mysticism inform each other throughout the creative process. Explore your inner self and realize that now is the time to rediscover your creative nature. Suggested donation is \$5.00 per class. All are welcome.

### **Monday Morning Exercise Class with John Uddstrom, Instructor\*\***

#### **Class is ongoing—Monday and Friday mornings 8:45AM to 9:45AM**

Class focuses on stretching, balance, body toning and Tai Chi. **NEW for 2015!** The class is now offered twice per week, Monday and Friday mornings. The cost will be \$2.00 per class, \$10.00 per month or \$100.00 for the entire year. Fees are payable to Shaler North Hills Library, and collected at the checkout desk.

### **Acrylic painting with James Guentner**

#### **Class is ongoing—Every Wednesday at 2:00PM**

Contact James Guentner 412-486-7516 for details about supplies and fees.

### **Wednesday Night Painters with Teri Geever**

#### **Class is ongoing—Every Wednesday at 6:30PM**

Bring your art supplies and join us from 6:30PM to 8:00PM each week. Fee is \$10.00 per session payable to *Teri Geever*.

### **The Artist's Way presented by Elaine Bergstrom**

#### **Tuesdays, January 13 through March 3 from 1:00PM to 3:00PM**

This 12-week class will cover concepts presented in the book *The Artist's Way: a spiritual path to higher creativity* by Julia Cameron. Please contact Elaine Bergstrom at 412-358-8789.

### **Elaine Bergstrom teaches Watercolors with Six Tubes of Paint**

#### **Thursdays, January 15 through March 5, from 10:00AM to 12:00PM**

Simplify your watercolor painting with just six colors. Learn about color bias, Glazing vs. Mixing. Seeing values and how to create form. All levels are welcome. Supply list provided. Contact Elaine Bergstrom at 412-358-8789.

### **Take a WISE Walk**

#### **Every Friday at 8:00 AM—resumes in the spring**

Are you a 50+ adult (or under too)? Want to get moving? Enjoy having company? This program is brought to you by the Allegheny County Library Association, UPMC for Life and AARP. We meet at the library. Fridays at 8:00AM, weather permitting. Please register at the library or call 412-486-0211.

### **Art Gallery at SNHL hosts artists each month**

On the first floor of the library in the computer area SNHL hosts an Art Gallery that is available for artists to show their work. It is a changing gallery that features a new artist each month. Some of the art is for sale. Please inquire at the Reference Desk. Would you like to display your work in the SNHL Art Gallery? Please see Marie Jackson, or contact her: 412.486.0211 or [jacksonm@einetnetwork.net](mailto:jacksonm@einetnetwork.net)

## **NEW IDEAS FOR PROGRAMS AT SNHL**

### **DO YOU LIKE TO KNIT OR CROCHET?**

Let us know if you'd be interested in "Crafting For A Cause" at SNHL making "Knitted Knockers" and "Hats for the Homeless" during the day and/or evening beginning in January 2015. We'll provide the pattern, you provide the yarn and your skills! Please contact Jan Watson at 412-486-0211 or email [watsonj@einetnetwork.net](mailto:watsonj@einetnetwork.net)

### **INTERESTED IN PLAYING CARD GAMES AT SNHL?**

We're hoping to establish a **Card Club at SNHL** to meet during the day and/or evening. Please call the library at 412-486-0211 and let us know if you'd be interested in participating and your preference of meeting during the day or evening.

### ONGOING PROGRAMS

All programs are free unless otherwise noted. For programs that require registration, call the library at 412-486-0211 or stop by the checkout desk.

#### **BOOK GROUPS**

##### **Afternoon Mystery Book Club**

**Meets the third Thursday of the month at 2:30PM**

February 19—*Measure Twice* by J. J. Hensley

March 19—*Ripper* by Isabelle Allende

**April 16\***—*The Bone Collector* by Jefferey Deaver, with movie **\*start time for today is 1:30PM**

##### **Nonfiction Book Club**

**Meets the fourth Tuesday of the month at 2:00PM**

February 24—*The demon of Brownsville Road: a Pittsburgh family's battle with evil in their home* by Bob Cranmer (Author visit scheduled for Sunday, March 22 at 2PM)

March 24—*River of Doubt* by Candice Millard

April 28—*How We Got to Now: Six Innovations That Made the Modern World* by Steven Johnson

##### **Monday Night Book Group**

**Meets the second Monday of the month at 6:30PM**

New members are welcome to attend. Reading picks include contemporary fiction and nonfiction.

February 9—*Neverhome*, by Laird Hunt

March 9—*Storied Life of A J Fikry*, by Gabrielle Zevin

##### **Food for Thought Book Group**

**Meets the third Wednesday of the month at 6:30PM**

This group is a cookbook discussion group. Each month we will choose a "food theme" and you simply check out a library cookbook based on that theme, prepare a dish from the cookbook, and talk about your recipe and book.

**\*February 11**—Luau food

**\*Date change for February only**

March 18—Green food

April 15—TBD

##### **Book Banter**

**Meets the second Tuesday of the month at 2:00PM**

Join us for conversation about the books you have read or are currently reading.

##### **Books to Film! NEW!**

Let's meet up quarterly to watch a movie based on a book! We can chat briefly about the differences too! (It's ok if you haven't read the book—but be prepared to check it out after watching the film!).

Saturday, March 28th at 7PM — *Before I Go To Sleep*

##### **Game Night for Adults**

**Meets the first Thursday of every month at 6:30PM**

Bring a favorite game, a friend, and a snack to share.

##### **Knit by the Books!**

**Every WEDNESDAY at 2:00PM** Bring your knitting projects and join us for an hour of knitting together at the library. We meet downstairs.

##### **Quilt Group**

**Each Friday at 12:00PM**

Hang out with other quilters, share ideas and just have a great time!

#### **MOVIE PROGRAMS**

##### **The Trip is On Us!**

**Meets the third Tuesday of the month at 1:30PM**

February 17—*Troy, the true story of love, power, honor and the pursuit of glory*—a documentary

March 17—*Over America* in high definition

April 21—*Cruise Western Europe*

##### **Classic Movies in the Afternoon**

**Meets the last Friday of each month at 1:30PM**

February 20—*Love Story* starring Ryan O'Neal and Ali MacGraw

March 27—*The Bells of St. Mary's* starring Bing Crosby and Ingrid Bergman

April 24—*Midnight in Paris* starring Owen Wilson

##### **Book-A-Librarian**

Simply contact us about the best time for you and we will arrange a **customized class just for you**. 412-486-0211

##### **Language Exploration with Mango**

Learn in a small group setting to practice language skills using the Mango Language database provided by the library. The database is accessible from your home computer, free, with your library card!

**Wednesdays at 2:00PM—Explore Italian**

