



# CENTER MORICHES FREE PUBLIC LIBRARY NEWSLETTER

SEPTEMBER/OCTOBER 2010

Serving Center Moriches, East Moriches, Eastport, Manorville, Remsenburg, and Speonk

## Become a Senior Companion

**Thursday, September 2<sup>nd</sup>, from 10:00-11:00am.**

The Senior Companion Program is a federally funded program that provides seniors ages 60 and older with assistance in their homes from volunteers who are at least 55 years old. Each Senior Companion will offer direct support, encouragement and companionship for up to three individuals who are frail and or homebound and may have special needs. The program is of no cost to the recipients and the assistance provided by these devoted and compassionate volunteers has been extremely successful in helping seniors to live independently in their own homes.

Volunteers must provide a minimum of 15 hours per week to their assigned clients. Also, volunteers can receive many benefits including a tax-free stipend of \$2.65 per hour, paid time off, mileage reimbursement, pre-service and on-going training, and the opportunity to meet new friends. But most importantly, they will enjoy a feeling of accomplishment and have the rewarding experience of helping others.

This program is open to anyone who meets the age requirement. **Registration begins on Saturday, August 21<sup>st</sup>.**



## THEATER IN THE LIBRARY Same Time Next Year

**Sunday, October 10<sup>th</sup>, 2:00-4:00pm.**

The Gercharel Players will be presenting the comedic play: **"Same Time, Next Year"**, written by Bernard Slade. The plot focuses on two people, married to others, who meet for a romantic tryst once a year for two dozen years. New Jersey accountant George and Oakland, California housewife Doris meet at a Northern California inn in February 1951. They have an affair, then agree to meet once a year, despite the fact both are married to others and have six children between them. Over the course of the next 24 years, they develop an emotional intimacy deeper than what one would expect to find between two people meeting for a clandestine relationship just once a year. During the time they spend with each other, they discuss the births, deaths, and marital problems each is experiencing at home, while they adapt themselves to the social changes affecting their lives. Refreshments will be served. All are welcome to attend.

**Registration begins on Saturday, September 25<sup>th</sup>.**



**FOR ADULTS EVERY 2<sup>ND</sup> FRIDAY, 7:00-8:30PM.**

## Live-brary.com

### Redefining Your World

Get ready for a brand new look to Suffolk County's Digital Library service. Live-brary brings together all the great services already available to you as a member of the Suffolk County Library System but in a more appealing and accessible format. Be sure to take advantage of them. Here are two you will certainly want to try.

### SuffolkWave

Your free resource for downloadable ebooks, audiobooks, video and music. Check it out at [suffolkwave.org](http://suffolkwave.org) and take the guided tour.

**(Be sure to check the list of compatible devices.)**

### Live Study Help – For All Ages

With your library card live assistance is available daily between 2:pm and 11:00pm. There is something for everyone, from kindergarten to college and beyond.

Live-brary also incorporates popular social networking services; Facebook, YouTube, Twitter and Flickr. Live-brary becomes the official face of Suffolk County's Digital Library this September, but you can start exploring right now. Visit <http://live-brary.com> today!

## Joe Pastorelli's Charades

**Sunday, September 12<sup>th</sup>, 2:00-3:00pm.**

Back and better than ever! Join Joe and the Charades in an unforgettable a cappella performance covering the hits of the 50's and 60's. You'll be singing and dancing in the aisles! **All are welcome.**

**Registration begins on Saturday, September 4<sup>th</sup>.**

## SPECIAL TEEN MUSIC VIDEO PROGRAM

**SEE DETAILS BOTTOM OF PAGE 5..**

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**Center Moriches Free Public Library**  
235 Main Street, Center Moriches, NY 11934  
Telephone (631) 878-0940  
Website [www.centermoricheslibrary.org](http://www.centermoricheslibrary.org)

**Hours**  
Monday 9:30am – 6:00pm  
Tuesday-Friday 9:30am – 8:30pm  
Saturday 9:30am – 5:00pm  
Sunday (Sept.-May) 12:00pm-5:00pm

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# Calendar of Events for Children

Please note age/grade requirements. Register in person with a valid Center Moriches Library Card. You may have a Friend or neighbor come to the library to register your child. Some programs do not allow siblings. Children under the age of nine must have their parent or caregiver remain in the Library.

## September is Library Card Sign-Up Month!

Children who show their own Center Moriches library card in the Children's Department can fill out a raffle ticket for a prize. Remember, a library card is the most important school supply of all!

## PRESCHOOL PROGRAMS

### Kidnastics

**Ages 6 Months – Not yet in Kindergarten.  
Mondays, Tuesdays, and Thursdays  
in September and October.**

Physical activity for early childhood learning with exercise equipment.

See flyers in the Children's Department for exact ages, dates and times.

Registration begins on Wednesday, September 8<sup>th</sup>.



### Mother Goose

**Ages Birth-17 Months.**

**Fridays, 9:45am (No Siblings)  
or 10:45am (Siblings Welcome).**

**September 24<sup>th</sup>, October 1<sup>st</sup>, 8<sup>th</sup>, and 15<sup>th</sup>.**

A 20 minute lap time program with traditional nursery rhymes and songs followed by an optional 20 minutes of play and socialization.

Registration begins on Monday, September 13<sup>th</sup>.

### Mother Goose (Siblings Welcome)

**Ages Birth-17 Months.**

**Saturday, October 30<sup>th</sup>, 11:30am.**

Come in costume (if you like) to this lap time program with traditional nursery rhymes and songs.

Registration begins on Saturday, October 23<sup>rd</sup>.

### Rhythm and Rhymes (Siblings Welcome)

**Ages 18 Months-35 Months.**

**Wednesdays, September 22<sup>nd</sup>, 29<sup>th</sup>, October 6<sup>th</sup>  
and 20<sup>th</sup>, 10:30am or 11:15am.**

Join Debbie for a fun filled circle time where rhymes and songs are experienced through music.

Registration begins on Monday, September 13<sup>th</sup>.

### Little Listeners (Siblings Welcome)

**Ages 3-not yet 4 Years.**

**Wednesdays, September 22<sup>nd</sup>, 29<sup>th</sup>, October 6<sup>th</sup>,  
and 20<sup>th</sup>, 12:00pm.**

A half-hour lap time program with stories, songs, flannel boards, and activities.

Registration begins on Monday, September 13<sup>th</sup>.

### On My Own

**Ages 4-not yet in Kindergarten.  
Wednesdays, September 22<sup>nd</sup>, 29<sup>th</sup>,  
October 6<sup>th</sup>, and 20<sup>th</sup>, 1:30pm.**

Children enter the Community Room independently and listen to stories, songs, fingerplays, and activities.

Registration begins on Monday, September 13<sup>th</sup>.

### Storycraft (Siblings Welcome)

**Ages 3-Not yet in Kindergarten.**

**Fridays, September 24<sup>th</sup>,  
October 1<sup>st</sup>, 8<sup>th</sup>, and 15<sup>th</sup>, 1:00pm.**

Listen to stories and make a simple craft.

Registration begins on Monday, September 13<sup>th</sup>.

### Fall Songs

*"Apples, pumpkins, spiders, and the color of leaves."*

**Ages Birth-Not yet in Kindergarten.**

**Friday, October 1<sup>st</sup>, 6:30pm.**

Join Dara with her guitar and sing about the changing season.

Registration begins on Friday, September 24<sup>th</sup>.

### Tots Night Out

**Ages 18 Months-Not yet in Kindergarten.**

**Friday, October 15<sup>th</sup>, 6:30pm.**

*A Time for Kids is back!*

Enjoy a special educational evening with your little one as you sing, dance, listen to a story and do a craft!

Registration begins on Friday, October 8<sup>th</sup>.

### Halloween Craft (Siblings Welcome)

**Ages 3-Not yet in Kindergarten.**

**Thursday, October 28<sup>th</sup>, 11:30am or 1:00pm.**

Joanne Manning is back to make a Halloween craft.

Registration begins on Thursday, October 21<sup>st</sup>.

## SPECIAL FAMILY EVENT

\*\*\*\*\*

### The Singing School Bus Driver

*School is Back in Session!*

**Ages 3 and up.**

**Friday, September 17<sup>th</sup>, 6:30pm.**

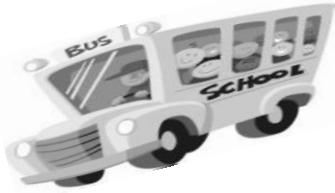
Join Joe Guida as he gets you back into the spirit with this musical program.

Registration begins on Friday, September 10<sup>th</sup>.

<http://singingschoolbusdriver.com>

# Children's Program Registration Information

Registrants must present a valid Center Moriches Library Card in order to register. Registration is done in person only. If circumstances prohibit you from coming to the library in person (work, vacation, etc.), you may have a friend or neighbor come to the library to register your child, maximum of 2 extra families per person. Please provide them with the program you are interested in taking and the barcode number on your library card. In fairness to all patrons, please **do not ask to register early or over the phone.**



## SCHOOL AGE

Unless otherwise noted, children enter the Community Room independently.



### Time Tokens

Grades K-6<sup>th</sup>.

Beginning Wednesday, September 8<sup>th</sup> children may come to the Children's Department to pick up a time tally sheet for our reading program that runs during the school year until May 27<sup>th</sup>. For every 15 minutes read, 1 token will be earned.

Collect your tokens to 'spend' at the library store.

**Complete details are available in the Children's Room.**

### Take Home Craft

Grades K-6<sup>th</sup>.

September and October.

Can't make it to the library for programs? Then just stop by the Children's Reference Desk and we'll give you a craft to take home and make. There is a new craft for each month. One per child please. *Remember to bring your library card!*

### Candy Wrapper Journal

Grades 2<sup>nd</sup>-6<sup>th</sup>.

Wednesday, September 1<sup>st</sup>, 10:00am or 11:30am.

Why go to school with a boring notebook?

Jazz up your journal covers by creating a colorful collage with candy printed paper. *Great fun!*

**Registration begins on Wednesday, August 25<sup>th</sup>.**



### Bingo

Grades 2<sup>nd</sup>-6<sup>th</sup>.

Friday, September 10<sup>th</sup>, 4:45pm.

Come have some fun where everyone is a winner!

**Registration begins on Friday, September 3<sup>rd</sup>.**

### Yoga for Kids

Grades 2<sup>nd</sup>-6<sup>th</sup>.

Thursdays, September 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>,  
and October 7<sup>th</sup>, 4:30pm.

What do a cow, cat, dog, and lion all have in common?

They are yoga poses that you will learn in this class!

Join instructor Diane Corey for this great exercise class.

Wear comfortable clothing and bring a towel or mat to class.

**Registration begins on Wednesday, September 8<sup>th</sup>.**

### Storycraft

Grades K-3<sup>rd</sup>.

Fridays, September 24<sup>th</sup>,  
October 1<sup>st</sup>, 8<sup>th</sup>, and 15<sup>th</sup>, 4:30pm.

Listen to stories and make a simple craft with Jeanne Hall.

**Registration begins on Monday, September 13<sup>th</sup>.**

### Mummy Cupcakes\*

Grades K-6<sup>th</sup>.

Thursday, October 21<sup>st</sup> or Friday, October 29<sup>th</sup>,  
4:45pm.

Have fun decorating these cupcakes that are too cute to scare anyone!

**Register for either date beginning on Thursday, October 14<sup>th</sup>.**

*\*This program may not be suitable for participants with food allergies.*



### Halloween Craft

Grades K-6<sup>th</sup>.

Wednesday, October 27<sup>th</sup>, 4:30pm.

Joanne Manning has a spooky craft!

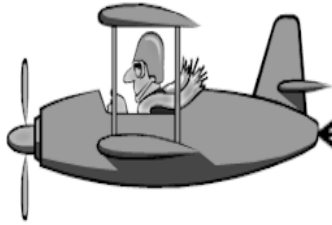
**Registration begins on Wednesday, October 20<sup>th</sup>.**

## UNATTENDED CHILD POLICY

"Parents or guardians are prohibited from leaving children under the age of nine unattended."  
To insure a happy and positive library experience, please remain in the library with your child.

## Calendar of Events for Adults

Programs are free, except the S.A.T. Preparation & AARP Defensive Driving. For upcoming AARP Defensive Driving programs, call the Library (878-0940) and ask for the Reference Desk. **Programs requiring registration are limited to patrons with a library card from the Center Moriches Library, except when advertised as "all are welcome".**



### **ADULT PROGRAM REGISTRATIONS MUST BE DONE IN PERSON**

PATRONS MAY REGISTER A MAXIMUM OF TWO ADDITIONAL LIBRARY MEMBERS AS LONG AS ALL LIBRARY CARDS ARE PRESENTED AT TIME OF REGISTRATION.

### **Yogalates with Michelle**

**Wednesdays, September 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, and 29<sup>th</sup>, 5:00-6:00pm.**

Combining the best of Yoga and Pilates, this workout is a great way to enhance your fitness. Bring your mat!

**Registration begins on Saturday, August 21<sup>st</sup>.**

### **Jasper Pendant Necklace**

**(Choose one)**

**Wednesdays, September 8<sup>th</sup>, 15<sup>th</sup>, or 22<sup>nd</sup>, 6:30-8:00pm.**

Use beautiful round fancy jasper beads, silver cube beads and a jasper pendant to make a necklace.

*(Matching bracelet and earrings class to be held in October.)*

**Registration begins on Saturday, August 21<sup>st</sup>.**

### **Introduction to Falun Dafa**

**(Choose one)**

**Thursday, September 9<sup>th</sup>, from 6:30-8:00pm or Wednesday, September 15<sup>th</sup>, 1:30-3:00pm.**

Learn how this form of slow breathing and gentle movement can benefit your life. Falun Dafa is a cultivation practice guided by the characteristics of Truthfulness, Benevolence, and Forbearance. The exercise can help to reduce stress and promote improvements in health and fitness. There will be an exercise demonstration during the presentation.

**All are welcome.**

**Registration begins on Saturday, August 28<sup>th</sup>.**

### **Gentle Yoga with Susan**

**Thursdays, September 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, and 30<sup>th</sup>, 1:30-2:30pm.**

Certified Yoga instructor Susan Semerade demonstrates how to incorporate yoga into your life while sitting in a chair.

Great for beginners or those who have physical injuries.

**Registration begins on Saturday, August 28<sup>th</sup>.**

### **Zumba!**

**Saturdays, September 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>, and October 2<sup>nd</sup>, 10:00-11:00am.**

Zumba is a dynamic and effective dance fitness system practiced with a fusion of Latin and International music. Join certified Zumba instructor Carol Klein as she guides you through this exciting workout.

**Registration begins on Saturday, August 28<sup>th</sup>.**

### **Machu Picchu and the Galapagos:**

**A Multi-media Journey with Carole and Richard Witkover.**

**Sunday, September 19<sup>th</sup>, 2:30-3:45pm.**

Featured in the May 10<sup>th</sup>, 2010 edition of Newsday, Carole and Richard Witkover have traveled the world and have won numerous awards for their photographs of far-flung places rarely seen by tourists. This fascinating multi-media presentation includes not only the sights, but also a soundtrack of regional music and will be followed by a question and answer period.

**All are welcome.**

**Registration begins on Saturday, September 4<sup>th</sup>.**

### **Apple Cinnamon Scones**

**(Choose one): Thursdays, September 30<sup>th</sup>, October 7<sup>th</sup>, or October 14<sup>th</sup>, 7:00-8:00pm.**

Have you tried to make scones, only to have them turn out crumbly and dry? Learn how to make this tasty fall treat with the help of the Baking Coach.

**Registration begins on Saturday, September 18<sup>th</sup>.**

### **HOT JAZZ ON A FALL AFTERNOON**

#### **The Shenole Latimer Trio**

**Sunday, October 3<sup>rd</sup>, 2:00-3:15pm.**

Award winning saxophonist and recording artist Shenole Latimer and his band will entertain you with some smooth and hot jazz! Feeding on inspiration from one of the greatest jazz saxophone trios to ever be recorded, Sonny Rollins' Blue Note release "Live at the Village Vanguard", the Shenole Latimer Trio puts out a sound and texture that does not easily betray the fact that they are only three musicians. The best way to listen to this group is to do so while wearing a seat belt!

**All are welcome.**

**Registration begins on Saturday, September 25<sup>th</sup>.**



### **Jasper Bracelet and Earring Set**

**(Choose one)**

**Wednesdays, October 6<sup>th</sup>, 13<sup>th</sup>, or 20<sup>th</sup>, 6:30-8:00pm.**

Make a pretty bracelet and earrings set out of round fancy jasper beads and silver cube beads.

**Registration begins on Saturday, September 25<sup>th</sup>.**

### Afternoon Reiki

**Thursdays, October 7<sup>th</sup>, 14<sup>th</sup> and 21<sup>st</sup>, 1:00-2:15pm.**

Join certified facilitator Patti Alessi as she guides you through Reiki, a Japanese technique for stress reduction and relaxation that also promotes healing.

**All are welcome.**

**Registration begins on Saturday, September 25<sup>th</sup>.**

### Fall/Winter Watercolor with Mary Jane

**Sundays, October 17<sup>th</sup>, 24<sup>th</sup>, 30<sup>th</sup>, November 7<sup>th</sup> and 14<sup>th</sup>, 1:00-4:00pm.**

Join Local artist Mary Jane Stevens as she shows you how to create beautiful fall and winter watercolor scenes. Pick up materials list when registering.

**Registration begins on Saturday, October 2<sup>nd</sup>.**



## HANDS-ON COMPUTER CLASSES FOR ADULTS

#### COMPUTER KINDERGARTEN

**Tuesday, September 14<sup>th</sup>, 6:30-8:30pm.**

This unique class covers the basics. Including, turning the computer on, the desktop, using the mouse, opening and closing programs, understanding windows elements, getting out of trouble, and turning the computer off.

All versions of Windows will be addressed.

**Registration begins on Saturday, September 4<sup>th</sup>.**

#### COMPUTER 1<sup>ST</sup> GRADE

**Tuesday, September 21<sup>st</sup>, 6:30-8:30pm.**

Learn how to work with text including inputting, inserting, moving, and erasing, learn basic word processing skills, and understand files and commands.

**Registration begins on Saturday, September 4<sup>th</sup>.**

#### COMPUTER 2<sup>ND</sup> GRADE

**Tuesday, September 28<sup>th</sup>, 6:30-8:30pm.**

An introduction to spreadsheets. (Working with numbers in columns and rows.) Learn about spreadsheet design and how to create a workbook.

**Registration begins on Saturday, September 18<sup>th</sup>.**

#### COMPUTER 3<sup>RD</sup> GRADE

**Tuesday, October 5<sup>th</sup>, 6:30-8:30pm.**

Covers multitasking and Windows drawing and painting tools. Learn to copy, cut and paste within a document or to another document.

**Registration begins on Saturday, September 18<sup>th</sup>.**

#### COMPUTER 4<sup>TH</sup> GRADE

**Tuesday, October 12<sup>th</sup>, 6:30-8:30pm.**

Learn to view and manipulate drives, folders and files via Windows Explorer.

**Registration begins on Saturday, September 25<sup>th</sup>.**

#### COMPUTER 5<sup>TH</sup> GRADE

**Tuesday, October 19<sup>th</sup>, 6:30-8:30pm.**

Set the Windows Desktop to enhance your work environment by creating folders, saving and moving files.

**Registration begins on Saturday, September 25<sup>th</sup>.**

### Basi Pilates with Carol

**Saturdays, October 30<sup>th</sup>, November 6<sup>th</sup>, skipping November 13<sup>th</sup>, November 20<sup>th</sup> and 27<sup>th</sup> 10:00-11:00am.**

Certified instructor Carol Klein demonstrates how to strengthen and tone your body with this evolutionary form of Pilates. *Bring your mat!*

**Registration begins on Saturday, October 16<sup>th</sup>.**

## TEEN PROGRAMS

FOR KIDS 11 & OLDER

### SAT Preparation

**Saturdays, September 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>, October 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, and 23<sup>rd</sup>.**

**Verbal/Writing: 11:30-1:00pm.**

**Math: 2:00-3:30pm.**

Includes both verbal and math. Students will break for lunch between sessions. Fee is \$35.00 per person and includes SAT book to be given out at time of registration.

**Registration begins on Saturday, August 21<sup>st</sup>.**

### Jasper Pendant Necklace

**Friday, September 24<sup>th</sup>, 6:30-8:00pm.**

Use beautiful round fancy jasper beads, silver cube beads and a jasper pendant to make a necklace. (*Matching bracelet and earring program held in October.*)

**Registration begins on Saturday, September 11<sup>th</sup>.**

### Frankenstein Cupcakes

(Choose one)

**Thursday, October 21<sup>st</sup>, from 6:30-7:30pm or Friday, October 29<sup>th</sup>, 6:30-7:30pm.**

Make your own edible monstrous creation with the help from the Baking Coach. Frightfully tasty!

**Registration begins on Saturday, October 9<sup>th</sup>.**

### Jasper Bracelet and Earring Set

**Friday, October 22<sup>nd</sup>, 6:30-8:00pm.**

Make a pretty bracelet and earrings set out of round fancy Jasper beads and silver cube beads.

**Registration begins on Saturday, October 9<sup>th</sup>.**

### Goth Leather Cuffs

**Wednesday, October 27<sup>th</sup>, 7:00-8:00pm.**

Use "Goth" inspired metal stamps, decorative brads, and permanent markers to create your own leather wristband.

The use of symbols, text and dark color schemes will be explored during this fun program.

(*If preferred, non-leather cuffs will also be available.*)

**Registration begins on Saturday, October 16<sup>th</sup>.**

### Making a Music Video

**Saturday, October 30<sup>th</sup>, 2:00-4:00pm.**

In this hands on class, you will take your pictures, graphics and music and create a music video using Movie Magic. Learn to create timelines, effects, transitions and more.

Then you will upload your video to YouTube.

**Bring a USB drive with your favorite song and pictures.**

Prerequisite: Basic Computer knowledge.

**Registration begins on Saturday, October 16<sup>th</sup>.**

# Dedications in Memory of...

Stanley Dahlen

*47 Secret Veterans' Benefits for Seniors*  
Nancy & Jim Tauben

Joseph G. Edwards

*The Illustrated History of the Moriches*  
East Moriches Retired Teachers & Staff

Abby Judge

*Goodnight Moon*  
Aunt Bonnie, Uncle Richie & Kate

Gilbert W. La Clair

*Long Island Railroad*  
East Moriches Retired Teachers & Staff

Charlie Levine

*The Art of the Automobile • Car Science • Cars & Trucks & Things That Go*  
• *Cool Cars & Trucks • If I Built a Car •*  
*Legendary Race Cars • Million-Dollar Muscle Cars*  
Ann Marie Erickson

Sonya Murray

*Shirley Temple*  
East Moriches Retired Teachers & Staff

Ann & Jim O'Brien

*Historic Photos of Brooklyn*  
Maureen O'Brien

Mary J. Schulz

*Between Mother and Daughter*  
Pat DiBella

Blaese Seebaugh

*Bonding with Your Dog • Inside of a Dog • Made for Each Other • Scream Like a Banshee*  
• *Unchain My Heart • Wicked Plants • The Wolf in the Parlor*  
Dianna M. Seebaugh

Michael M. Stachnik, Jr.

*Turkeys*  
East Moriches Retired Teachers & Staff

## Dedications in Honor of...

*Brooke & Avery Huwer*  
*The Wonder Book*  
Nicole Horn

*His Ordination as a Priest*  
*Henry Patrick Leuthardt*  
*A History of Christianity • Seek Find: The Bible*  
*for All People*  
Dee Levine & The Goldstein Family

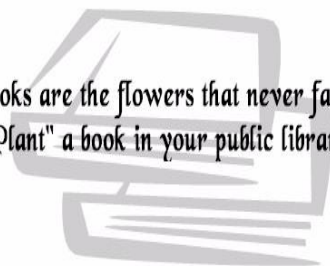
*The 50th Wedding Anniversary of*  
*Angela & Dick Ruffing*  
*Cape Cod and the National Seashore •*  
*Cape Cod: Illustrated Edition of the American Classic*  
Jeanette & Joe McHeffey

*Mrs. Carolyn Danielle Shiminsky*  
*DK Children's Cookbook • Making Rounds with Oscar •*  
*On Food and Cooking • Warriors: Cats of the Clans*  
Mrs. Shiminsky's First Grade Class, 2009-2010

*The Birth of*  
*Jake Thomas Teuschler*  
*Red, Green, Blue: A First Book of Colors*  
Grandma & Grandpa Teck

To make a book dedication, either to memorialize a departed loved one or to honor someone on a special occasion (birthday, anniversary, etc.) pick up one of our Book Dedication forms at the Library's Circulation Desk (or call the Library at 631-878-0940). Your tax-deductible donation will be applied towards the purchase of a new library book representing some aspect of the life and interests of the person whom you are remembering in this very special way.

*Books are the flowers that never fade...*  
*"Plant" a book in your public library!*



## **Natural Therapies for the Age of Green**

By Maurine R. Donnelly

*The Encyclopedia of Bach Flower Therapy* by Mechthild Scheffer (615.321) is a complete program for preventive health care to strengthen our immune system and to support overall health. Developed by Edward Bach, who said, "The actions of certain flowers, shrubs and trees that grow in the wild raise our vibrations...they are able, like beautiful music, to give us inspiration, bring us peace and relieve our sufferings. There is no true healing unless there is a change in outlook, peace of mind and inner happiness."

In *Aromatherapy Blends and Remedies*, (615.323) author Franzesa Watson says, "Essential oils are applied externally but their penetrative power is so great that they act on the nerves and internal organs."

"A Fragrant Harvest: Summer's Pleasures, to Inhale Anytime," an article in *The New York Times* (June 10, 2010 p. D10) details the process of making tincture of flowers with natural ingredients. Use fresh leaves or flower petals in their prime with oils or 190 proof alcohol to make a natural perfume.

The healing power of aroma has also made its way into fiction. Helen Hunt Jackson wrote in 1884 in *Ramona*, "under her window was a stone balcony full of growing musk, which so filled the room with its odor that I was like to faint. But she said it cured her of diseases, and without it she fell ill." The plant was the musk thistle, a European weed (*Carduus nutans*) which has a heady aroma, a large dark pink flower and was accidentally introduced into the United States in the 1880's.

*The Bootstrap Guide to Medicinal Herbs in the Garden, Field and Marketplace* by Sturdivant and Blakley (633.88) and *Motly's Handbook of Herbs and Natural Supplements* by Skidmore-Roth (633.88) an E-Book, which requires Library Card Identification to read, will tell you how you can use herbs to achieve good health.

The place to go for herbs of all kinds on Long Island is the Peconic Herb Farm in Calverton, described in an article, "Cuttings: Herb Heaven Must Be Something Like This" by Anne Raver in the *New York Times*, 5/29/94, available online.

Each time you arrive at the library, please note the flowers, herbs, bulbs and bushes in the garden on the west bank of the driveway, built in 2002 by the Friends of the Center Moriches Free Public Library. The Friends continue to care for the garden, adding donated plants each spring and fall.

**Friends of the Library**  
Come down and join the Friends of the Library.  
Meetings are every second Monday of the month at 7:00pm.



# BUS TRIP

**Wednesday, December 8<sup>th</sup>, 2010**

## Annual, Ever Popular "Do As You Please" NYC.

\$ 26.00    Bus leaves library at 9:00am.    Bus leaves NYC at 6:00pm.

To reserve a seat for a trip, make checks **payable to: "Friends of the Library"** mail to: **Friends of the Library, P.O. Box 704, Center Moriches, NY 11934**

**PLEASE INCLUDE A PHONE NUMBER ON YOUR CHECK!**

**Be a "Library Angel"** and share the ride. Please car pool to the Library the day of the trip, so there are spaces left for folks using the library during the day.

*Thanks for your cooperation!*

**Cost for bus trips include tip for the driver.**  
**For information: Call 878-2179, 878-4098 or 878-0786.**



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