



Book Review for Your New Year's Resolution

You on a Diet: The Owner's Manual to Waist Management

If losing weight is on your resolution list then this book, *You on a Diet* is for you. According to Roizen and Oz, the book's authors, waist measurement, not weight, is the most important factor in mortality related to obesity. They also stated that understanding



the relationship between chemicals and hormones influencing hunger and signaling satiety is the key to ending yo-yo dieting. Most diets fail, Roizen and Oz conclude, because body chemistry overrules the best plans and intentions. Roizen and Oz pack in a lot of material—quizzes, "factoids" and "myth busters" along with diet and exercise plans, recipes and a two-week "rebooting" program—in bite-sized portions, giving readers a chance to absorb and apply what they learn. Check with your doctor before starting any new diet or exercise plan.

Here's What's Happening in January @ Your Library

Aesop's Fables

On January 6th at 2:00 PM the Friends of the Library will be sponsoring Aesop's Fables performed by the Fairytale Castle Puppet Theater. The magical show will weave seven of Aesop's Fables into one larger story told by puppets.



Afghanistan: Hope on a Pinpoint

On Wednesday, January 24th, at 6:00 P.M. in the second floor reference room, the Library will present Dr. Janet Larson who will give a slide lecture and discussion on her

travels through Afghanistan. Dr. Larson is an Associate



Professor of English, and Director of the English Master's Program at Rutgers University in Newark. She received her B.A. in English and Political Science from Valpariso University in Indiana and her Ph.D. in Victorian Literature and Culture from Northwestern.

Penguins Reference Display

Get chilly in the month of January with the Hoboken Library display on penguins. Of the many species the three discussed



will be the Emperor, the Adelie, and the Rock Hopper. Learn about their locations, physical characteristics, and diets. A small display will also contain information about penguins in popular culture.

Salsa Music

On Tuesday January 30th, at 6:00 P.M. in the second floor reference room, the Library will present the salsa music and lecture program of Mr. Jose Obando. Mr. Obando has worked with the Department of Musical Instruments at the Metropolitan Museum of Art, the Julliard School of Music, and the New York Public Library.



Hoboken History Collection Digitized

In addition to our extensive print collection of Hoboken history, the Library will soon offer digital images of selected city records and historical events. Patrons can make appointments with the library staff to view the images stored on an external computer hard drive.

The Library has also partnered with Rutgers University and the New Jersey Digital Highway project to



offer nearly five hundred photographs of Hoboken history on the internet. The photographs offer a look back at over one hundred years of history. Choose Hoboken Historical Photographs under collections in the advanced search at www.njdigitalhighway.org

Calendar of Events

January 2007 @your library



Computer tutorials require pre-registration. Priority is given to Hoboken and Hudson County residents. For information call 201-420-2347 to set up a time convenient for you. Weekday children's programs are open to the 1st 15 Hoboken resident children who show a parent's Hoboken Library card with a Hoboken address on the day the program meets. For information call 201-420-2348. Unless announced, Saturday programs and adult special events do not require registration and are open to everyone.

January Events for Teens

Thursday is teen night at the library. Teens in grades 6-12th join us for the following events beginning at 6pm:

January 4th: Film showing.

January 11th: Board Game Night.

January 18th: Video Game Night.

January 25th: Teen Advisory Board Meeting. Earn community Service credit while helping to plan fun events. New board members always welcome. Refreshments will be served.

Children's Programs

Jan. 2 @ 10:30 Toddler time 1- for children ages 19 to 30 months.

Jan. 3 @ 10:30 Toddler time 2 – for children ages 31 months and 4 yrs.

Jan. 6 @ 2:00 - Puppets-All Ages.

Jan. 9 @ 10:30 Toddler time 1- for children ages 19 to 30 months.

Jan. 10 @ 10:30 Toddler time 2 – for children 31 months to 4 yrs of age.

Jan. 16 @ 10:30 Toddler time 1- for children ages 19 to 30 months.

Jan. 17 @ 10:30 Toddler time 2 – for children ages of 31 months to 4 yrs.

Jan. 23 @ 10:30 Toddler time 1- for children ages 19 to 30 months.

Jan. 24 @ 10:30 Toddler time 2 – for

children ages 31 months to 4 yrs.

Jan. 29 @ 11 Baby & Me– for children 6 to 18 months.

Jan. 30 @ 10:30 Toddler time 1- for children ages 19 to 30 months.

Jan. 31 @ 10:30 Toddler time 2 – for children ages 31 months to 4 yrs.

Adult Special Program

Wednesday, January 24th, at 6:00
Afghanistan: Hope on a Pinpoint

Tuesday, January 30th, at 6:00
Salsa Music

Computer Tutorials for Adults

Computer Basics

Learn mouse use and basics of using Windows based programs.

Internet Basics

Learn the basics of Internet Explorer.

Advanced Searching

Different types of search engines will be discussed with a focus on Google.

Email Basics

Get a free Yahoo email account and learn email basics.

Microsoft Word Basics

Learn Word Basics such as how to save and print a document.

Resume Writing

Learn to create or improve resumes.

Library Catalog Basics

Learn how to search for items in the catalog and how to request items.

Library Hours

Monday

10:00 am—8:00 pm

Tuesday— Thursday

9:00 am—8:00 pm

Friday

9:00 am—5:00 pm

Saturday

10:00 am—5:00 pm

Sunday

Closed

Children's and YA Room Hours

Monday

10:00 am—5:00 pm

Tuesday & Thursday

9:00 am—8:00 pm

Wednesday & Friday

9:00 am—5:00 pm

Saturday

10:00 am—5:00 pm

Sunday

Closed



The Library will be closed:

January 1, 2006

January 15, 2006

Have a Happy New Year!