<table>
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<tr>
<th>Book Review for Your New Year’s Resolution</th>
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**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 satiation 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—into 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.

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<tr>
<th>Here’s What’s Happening in January @ Your Library</th>
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**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 Valparaiso 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 Juilliard School of Music, and the New York Public Library.

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<tr>
<th>Hoboken History Collection Digitized</th>
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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](http://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 6-12 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

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<tr>
<th>Monday</th>
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<tr>
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Children's and YA Room Hours

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The Library will be closed:
January 1, 2006
January 15, 2006
Have a Happy New Year!