



Mountainside Public Library Newsletter - September 2017

The Mountainside Public Library will be closed on Monday, September 4th, in observance of Labor Day.

Regular Saturday hours resume on September 9th.

MUSEUM PASS PROGRAM: The Friends have purchased passes to 12 local (NJ/NY) museums for residents who have Library cards to borrow. Check our website for details.



“BROWN BAG ACADEMY” Mondays 1:15 to 2:45 PM

Experience the joy of learning with **THE GREAT COURSES**. Watch three lectures each week, with a 15 minute break after the first hour to digest what you have learned and discuss with other audience members.

Our “Late Summer School” course, ***Optimizing Brain Fitness*** presented by Richard Restak, MD, Clinical Professor of Neurology at The George Washington University School of Medicine and Health Sciences began on August 21st and will run through September 18th. A new course will then be selected for “Fall Semester”.

Coffee, tea and cookies will be provided. Come early to get your seat!

Please call the library at 908-233-0115 to register.

Brown Bag Academy is sponsored by the Friends of the Mountainside Library.



“TEA KNOWLEDGE - - A BASIC TEA PRIMER”, with Judith Krall-Russo

Thursday, September 7th, 7:00 PM.

Join Judith Krall-Russo for tips on buying, brewing, and storing tea for the professional and non-professional. You will discover the differences among teas and what countries are noted for their tea growing traditions. Learn what to look for when buying loose tea and tea bags. Did you know that each tea has its own recipe for brewing in order to bring out its best flavor and aroma? You will learn methods of properly brewing different teas as well as the correct storage methods to preserve the wonderful taste and aroma.

Please call the Library at 908-233-0115 to register.

This program is sponsored by the Friends of the Mountainside Library.

SCOTCH PLAINS & MOUNTAINSIDE LIBRARIES’ CAREER NETWORKING GROUP

Monday, September 11th, 6:30 PM, at the Mountainside Public Library

BODY LANGUAGE FOR INTERVIEW SUCCESS, with Alex Freund

Your body language may qualify (or disqualify) you for a position. If you are like most people, you probably spend hours preparing for interview questions and answers and no time on *how* to communicate most effectively. Yet body language is the most significant factor in influencing the interviewer. It is how the interviewer is making judgments and decisions about you. Science has shown that it is not what you say, but how you say it. More than 55% of communication is non-verbal suggesting it is imperative that it should be a part of your interview preparation. Alex Freund, "The Landing Expert," will show you smart body language techniques and how to align your verbal and body language cues for powerful, clear, concise communication – for interviews and networking.

RSVP TO THE MOUNTAINSIDE PUBLIC LIBRARY at 908-233-0115.

This program is free and open to the public.

Connect with the libraries’ Career Networking Group on LinkedIn, Career Networking Group at SPPL.

MONTHLY GUIDED MEDITATION SERIES with Sally Younghans

Thursday, September 21st, 7:30 to 8:30 PM.

Sally Younghans returns after a summer break for her monthly meditation series. Join us each month as we explore and experience the most talked about evidence based meditation techniques for inner peace, overall well-being and stress reduction. This month Sally Younghans will explore the Counting Breath Technique—a simple technique that you can access anytime, anywhere you need it. Immediately tap into your parasympathetic nervous system to reduce anxiety and stress.



Please call the Library at 908-233-0115 to register.

The Guided Meditation Series is sponsored by the Friends of the Mountainside Library.

SATURDAY MUSICAL GETAWAYS: "PETER BIEDERMANN - - ACOUSTIC GUITAR"

Saturday, September 23rd, 2:00 to 3:00 PM

Peter Biedermann, a solo instrumental guitarist based in Arizona, returns to the library for the third time. His hybrid style melds elements of American and European folk with jazz and blues shading underpinned by subtle ambient electronics. He will be focusing on pieces from his latest recording "Tales from the Desert" on a variety of 6 and 12 string guitars. He will take questions from the audience and will also be discussing the history and evolution of the steel string guitar. His CDs will be available for purchase. For more information, go to www.peterbiedermann.com.

Please call the Library at 908-233-0115 to register.

Saturday Musical Getaways are sponsored by the Friends of the Mountainside Library.

TUESDAY NIGHT MOVIES

Shown in our Community Room at 6:30 PM. Please see our website for details.

<u>September 5:</u> Rated:	A DOG'S PURPOSE (2017) Comedy/Drama – 2 hours PG for thematic elements and some peril.
<u>September 12:</u> Rated:	PATRIOTS DAY (2017) Drama – 2 hours, 10 minutes. R for violence, realistically graphic injury images, language and some drug use.
<u>September 19:</u> Rated:	THE ACCOUNTANT (2016) Drama – 2 hours, 8 minutes R for strong violence and language throughout.
<u>September 26:</u> Rated:	A TALE OF LOVE AND DARKNESS (2016) Drama – 1 hour, 35 minutes. PG-13 for thematic content and some disturbing violent images.

OPERA FESTIVAL Second Friday of each month. Show starts at 1 PM.

Our very popular Opera Series returns for a sixth season on Friday September 8th. Featuring acclaimed operas on DVD, presented on our theatre system. Sponsored by the T. ROBEL HILL FOUNDATION and Mena Clemson.



Aida by Giuseppe Verdi – Starring Placido Domingo as Radames and Maria Chiara as Aida. The Chorus & Orchestra & Chorus La Scala is conducted by Lorin Mazzel. Time is 2 hours.

All programs are presented for the purpose of public education and/or entertainment. Programs presented by the Mountainside Public Library do not imply an endorsement of any product, service, method or philosophy by the library.

Mountainside Public Library
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