



SEWICKLEY  
PUBLIC  
LIBRARY

October 2016

Monday-Thursday

9:00 AM - 9:00 PM

Friday

9:00 AM - 6:00 PM

Saturday

9:00 AM - 5:00 PM

Sunday

1:00 PM - 5:00 PM

*Great stories start here.*

*Sewickley Public Library of the Quaker Valley School District*

**Savoring 17<sup>th</sup> Sewickley**

**Sunday, October 16, 6:00 - 9:00PM**

Local restaurants featured:

- Cafe Notte
- 424 Walnut
- Sewickley Heights Golf Club
- The Slippery Mermaid
- Ultimate Pastry Shop
- Andorra
- Bruneaux
- Sharp Edge Bistro
- Sewickley Confectionery
- Allegriani Country Club
- Sewickley Speakeasy
- Mario's Italia
- Crazy Mocha
- China Palace
- Salud Juicery
- Edgeworth Club
- Two Rivers Olive Oil Company
- Safran's Supermarket

**\$75 a person - Tickets on SALE now at [SavoringSewickley.com](http://SavoringSewickley.com)**

**Don't miss out on a chance to savor delicious dishes from local restaurants!**

**Savoring Sewickley Raffle - \$10/ticket**

Enter the raffle for a chance to win 4 Pittsburgh Penguins Club Level Tickets Captain Morgan Club at the Consol Energy Center on **January 31, 2017**. Purchase raffle tickets at the library any time before the event. Tickets will also be sold at Savoring Sewickley. Drawing will take place at 8 pm during Savoring Sewickley. Winner need not be present.



Read about more October Programs and News on the next page...



## Join us for a Night with the Vincent Sisters: Psychic Investigators on Thursday, October 20 at 7PM

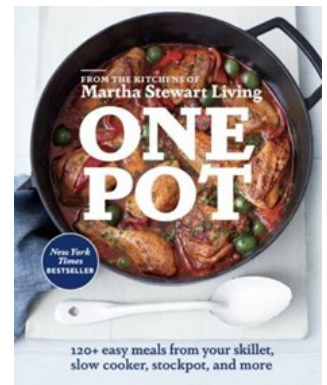
Internationally known Psychic Sisters Suzanne Vincent and Jean Vincent are Psychic Mediums, Psychic Investigators and Paranormal Researchers. The sisters have many stories to tell and will be doing a few readings for selected audience members. Many topics will be discussed and may be but are not limited to: the Caylee Marie Anthony Murder Case, the John Yelenic Murder Case, Mickey Sheller, Cherrie Mahan, Paul Kochu (missing Allegheny Hospital Nurse), missing persons, murder mysteries, ghost stories, scary stories, and haunted places. All who register will be entered

for a chance to win a private psychic medium reading. This event is free but we ask that you please bring a donation of cat or dog food for Animal Friends or a donation for the Friends of the Sewickley Public Library.

The Psychic Vincent Sisters have been on numerous documentaries for their Psychic abilities and have appeared on TV in such programs as: *Psychic Investigators Series* (A&E), *Dead Files Revisited* (Travel Channel), *Six Degrees of Murder* (Investigation Discovery), *Find Our Missing* (TV One), and the Japanese TV Network Asahi. Furthermore, they have been featured in the National Enquirer about their involvement in the Caylee Anthony missing person case.

## Foodie & the Feast: A Cookbook Club

Join us for the fall session of the Foodie & the Feast Cookbook Club on **Thursday, October 13th @ 6:30PM**. Put on a scarf and warm up with a hearty serving of these savory meals! This month's cookbook is *One Pot: 120+ Easy Meals from Your Skillet, Slow Cooker, Stockpot, and More* from the Kitchens of Martha Stewart, and the library will be serving **Gemelli with Pesto and Potatoes**. Please register.



## A Chapter a Day, Keeps the Doctor Away

By Board Member Patty Jones

Your body, as well as your mind, is satisfied with a book. A new study at Yale University discovered that people who regularly read books may add nearly two years to their lives. In a study with over 3,500 people above the age of 50, those who read for more than 30 minutes a day on average were 23% more likely to survive over the course of the 12-year period. The researchers ruled out other variables of health, gender, race or education and distilled it down to the hours spent with a book. They suggest that the turning of pages promotes the cognitive processes such as empathy and emotional intelligence that can boost a longer life. The health benefits of reading were particular to reading a book. If the person just read short tweets, magazine articles and newspapers, then the longevity benefits did not accrue. The cognitive effect came from holding a story, plotline and multiple characters in your mind as you went about the day. Researchers suggest that future analysis could look at



Gala apple with antique books Christopher Stott

“whether there are similar effects reading eBooks and audiobooks, which may be more likely to be read in a non-sedentary manner; and whether nonfiction vs fiction, as well as various genres, have different effects.”

If you think that you can not find 30 minutes in a day to read, then I suggest that you start with 5 minutes and build from there. I have taken to leaving a book in the car for those days when I am away from the home and a second



# Children's Department - **October** 2016

## We would like to THANK:



Mr. Jon Barcaskey for his donation of a Connex ferris wheel.

The 23 teen volunteers who logged 546 hours staffing the Summer Reading desk registering and logging the children's listening and reading time.

### Weekly Programs (No Registration)

**Babies and Books - Tuesdays: 9:30AM, 10:15AM & 1PM** - Nursery and action rhymes, books and songs for children up to 24 months, with caregiver. Please, no older children.

**2-Year-Old Storytime - Wednesdays: 9:30AM & 10:15AM** - A half hour of fingerplays, songs, and stories for 2-year-olds with an adult. Please, no older children.

**Pre-School Storytime - Thursdays: 9:30AM & 1:30PM** - Ages 3-6 without a caregiver, meet for 45 minutes of stories, songs, and finger plays. **10/27: Children may wear costumes.**

**Dance Party - Thursdays: 6:45PM** - Toddlers and Preschoolers with a caregiver come and dance the night away!

*Please Register for the following unless otherwise noted.*

**Green Programs are for School-Aged Children**

**Purple Programs are for Families**

**Blue Programs are for Babies, Toddlers, and Preschool Children.**

**Lego WeDo - Saturday, October 1, 1-2PM** - Lego Night, with a twist! Experiment with Legos and technology! Find out more about programming and robotics. **GRADES 3-5.**

**A Paranormal Party for Peculiar Children – October 4, 7-8PM** - Are you a peculiar child? Join us as we enter the realm of the paranormal and celebrate the movie release of Miss Peregrine's Home for Peculiar Children with spirit boards, ghost photography and MORE! **GRADES 5 & 6.**

**Chess Night - Wednesday, October 5, 7-8PM** - Kings, Queens, Rooks, Knights, Bishops, and Pawns everywhere for everyone to play! All skill levels welcome! Bring a chess set if you're able. **GRADES K-5.**

**Family Storytime – I'm Scared! - Saturday, October 8, 10:30-11AM** - There's a chill in the air! Let's talk about things that make us scared. Listen to some scary stories, sing songs, do a fun scary craft, and have a spooky snack. After our literary adventures, stay to play and make new friends! No need to register. **FAMILY PROGRAM.**



**Dog Tales is BACK! - Sunday, October 9, 3-4PM** - Certified Therapy Dogs LOVE to be read to but we need children to read to them! While snuggling and petting a dog, choose a picture book we provide and read to your furry reading companion. Please register for a 15-minute time slot to read to a dog. **AGES 4-10, WITH CAREGIVER.**

**Lego WeDo, Tuesday, October 11, 7-8PM** - By request, for the younger kiddos! Experiment with Legos and technology! Find out more about programming and robotics. **GRADES K-2.**

**Baby & Toddler Sensory Time - Wednesday, October 12, 6-7PM** - Stop in at any time during this hour-long sensory experience! Babies and toddlers can play and explore our various sensory stations that will encourage your little one's curiosity and sense of wonder through touch, sight and sound. **BABIES & TODDLERS WITH CAREGIVER.**

**American Girl: Halloween Costumes! - Saturday, October 15, 1-2PM** - Is your doll ready for Halloween? Our craft this month is.... Halloween costumes! \$1.00 materials fee. **GRADES 3-5.**



**Stories to Make You Shiver- Monday, October 17, 7-8PM** - Not for the easily scared! Come and listen to some stories sure to give you goosebumps and make some Horror-ogami! **GRADES K-2.**

**Magical Musical Tour - Tuesday, October 18, 6:30-7PM** - Studies show that young children benefit from listening to classical music. So... stop on by the library to meet Mozart! We'll have music, activities, and iPads to help us explore the music of Mozart! Limited Space Available. **AGES 2-5, WITH CAREGIVER.**

**Math and Science Fun: Simple Machines-Incline Planes- Friday, October 21, 1-1:45PM** - Learn about how many times this simple machine is a part of our everyday life. **AGES 2-5 WITH CAREGIVER.**

**Candy Science - Saturday, October 22, 2-3 PM** - Make an erupting volcano with candy pieces. Melt candy and see what happens. Dissolve candy into a colorful mess. Let's experiment with candy! And if we have any left over, take it home with you! **GRADES K-2.**

**Stories to Chill Your Bones - Monday, October 24, 7-8PM** - Not for the easily scared! Come and listen to some stories sure to give you goosebumps and make some Horror-ogami! **GRADES 3-5.**

**PJ Storytime: Dress Up! - Wednesday, October 26, 6:30-7:15 PM** - Wear your favorite costume or outfit to this dress up Storytime! We will read stories, sing songs, and do a fun craft about dressing up. **FAMILY PROGRAM.**

**Halloween Fashion Show - Saturday, October 29, (after the parade)** - Last years' fashion show was such a smashing success; we're doing it again! Come join us after the Halloween Parade to walk the red carpet, eat some yummy treats, take a photo op, and dance to some Halloween music! **FAMILY PROGRAM.**



**Smart Art - Sunday, October 30, 2 - 4PM** - Explore a different famous work of art and the artist behind it. Create your own masterpiece in the same style. **GRADES K-2.**

# SPL TEEN IN OCTOBER

ALL PROGRAMS ARE FREE AND FOR STUDENTS IN GRADES 6-12,  
UNLESS OTHERWISE NOTED.

## SWAGOWEEN IV

SPECTACULAR & SPOOKY FUN - FREE AND FOR TEENS ONLY

SATURDAY, OCTOBER 22 - 8-10 PM

### HAMILTON

THE EPIC SING-ALONG

THURSDAY, OCT. 6 - 7 PM

### TEEN ADVISORY COUNCIL

MONDAY, OCT. 17 - 6-7 PM

MAKE A DIFFERENCE @ YOUR LIBRARY

### Cook It!

PREP IT. COOK IT. EAT IT!

THURSDAY,

OCT. 13 & 27

4-5 PM



### ANIME CLUB

TUESDAY,

OCTOBER 4 & 18

3:30 - 5 PM



### Young Writers' Group

FRI, OCT. 14 - 4:30 - 5:30 PM

MONDAY, OCT. 24 - 6-7 PM

### A PARANOMAL PARTY FOR PECULIAR CHILDREN

FOR GRADES 5 & 6

TUESDAY, OCT. 4 - 7 PM



## Adult Programs - October 2016

**Sahaja Meditation - Every Saturday, 11AM** - Enjoy the silence, peace, and stress release that is always free.

**Cinema Circle Foreign Film Club - Wednesdays, October 5 & 19, 6PM – *Tangerines*** - War in Apkhazeti region in 1990. An Estonian man has stayed behind to harvest his crops of tangerines. In a bloody conflict at his door, a wounded man is left behind, and Ivo is forced to take him in. (2013, NR, 1hr 27min) **10/5 Film Screening, 10/19 Film Discussion**

**Take a Wise Walk at the Library - Thursdays at 9:30 AM** - If you are an active 50+ adult, this 10-week walking program might be just the thing to get you started on an exercise program. Each week we walk between one and two miles and return to the Library for a healthy snack.

**Senior Computer Club - Every Thursday, 11 AM** - Join Norm Mast for the weekly Senior Computer Club (SCC). Designed for those who are interested in expanding their knowledge of computers and the Internet, this club welcomes all adults and seniors to participate.

**Write Now! - Every Friday, 10:30AM** - Conducted by Jeanne Zell, participants enjoy writing from suggested prompts in an encouraging and supportive atmosphere.

**Friday Afternoon Movies - Every Friday, 3:00PM – Classic Horror. Not too scary!**

**10/7 - *Frankenstein* (1931)** - An obsessed scientist assembles a living being from parts of exhumed corpses. (NR, 1hr 10min)

**10/14 - *The Mummy* (1932)** - A living mummy stalks the beautiful woman he believes is the reincarnation of his lover. (NR, 1hr 13min)

**10/21 - *Horror of Dracula* (1958)** - Jonathan begets the ire of Count Dracula after he accepts a job at the vampire's castle under false pretenses. (NR, 1hr 22min)

**10/28 - *Night of the Living Dead* (1968)** - There is panic throughout the nation as the dead suddenly come back to life. (NR, 1hr 36min)

**Query Club Speakers' Series, Monday, October 3, 7:00PM** – The theme for 2016-2017 is "Art and Culture." Marilyn Knotts will speak on "Religious Iconography," and Sandy Inman will present a paper entitled "Technology in Music." You are invited to join us for presentations and discussion. Refreshments will be served during an intermission break.

**Coloring Outside the Lines - Mondays, October 10 & 24** - Come sit with a cuppa and color. Colored pencils, coloring pages, and tea will be provided.

**AAll Financial Planning Special Interest - Death and Money: What Every Woman Should Know Now - Tuesday, October 11, 7PM** - AAll will provide detailed information regarding what every women should know about their personal finances, how to identify gaps in their planning and a checklist of action steps that should be taken to adequately prepare for inevitable financial decision-making transitions. Please register.



**Conversation Salon - Wednesday, October 12, 10AM** - This interesting group of adults meets on the second Wednesday of each month. Coffee and great discussions!

**Senior iPad/iPhone Club - Wednesday, October 12, 11 AM** - The Senior iPad Club is designed for older adults who are interested in expanding their knowledge of iPads and iPhones. We welcome all adults and seniors to participate. Please bring your own device if you already own one. Please Register.

**Reiki Healing Exchange - Wednesday, October 19, 6:30PM** - Learn more about Therapeutic Touch and experience a relaxing, peaceful evening. A \$5.00 donation for the library is requested.

**A Night with the Vincent Sisters: Psychic Investigators – Thursday, October 20, 7PM** - Please see Page 2 of this newsletter for more information about this program.

**The 4th Tuesday Book Group: Discussion of *Rare Objects* with author Kathleen Tessaro – Tuesday, October 25, at 7:00PM** – You are invited to meet with the Fourth Tuesday Book Group for a special evening with author Kathleen Tessaro.



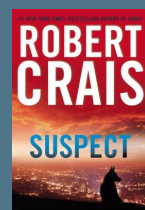
**ADHD – ITS MORE THAN A MATTER OF PAYING**

**ATTENTION - Monday, October 24, 7PM** - This October, in honor of ADHD Awareness Month, local ADHD Coach Susan Lieber will provide an interactive and informative presentation



to help attendees understand: the classic symptoms and challenges, How the symptoms change from childhood to adult life, why doing what seems so simple is often difficult to do, and steps you can take to minimize its interference in your life. If you or someone you know has been diagnosed or suspect that ADHD might be playing a role in day-to-day challenges, come to this presentation, bring your curiosity and participate in the conversation. Presented by SUSAN LIEBER, COC, ACC. Please Register.

### October Book Groups



**Mystery Book Group - Tuesday, Oct. 11, 7PM - *Suspect* by Robert Crais**

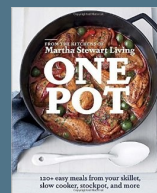
**Get Lit - Tuesday, Oct. 18 7PM** at the Slippery Mermaid– *The Girl with all the Gifts* by Mike Carey

**Brown Bag Book Group –**

Thursday, Oct. 20 11:30AM - *All the Light We Cannot See* by Anthony Doerr

**Foodie & the Feast: A Cookbook Club – Thursday, Oct. 13, 6:30PM -**

*One Pot* by Martha Stewart (The library will be serving Gemelli with Pesto and Potatoes)



**4th Tuesday Book Group - Tuesday, Oct. 25—Please see above for more information.**



SUN

MON

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FRI

SAT

# October 2016

Children's

Adult

Teen

All-Ages

1

11:00-

Meditation

1:00-Lego

WeDo

Bruegger's

Saturday

2

3

10:00-Storytime at  
OTNC  
7:00-Query Club

4

9:30-Babies ST  
10:00-Adv. Tai Chi  
10:15-Babies ST  
11:15-Beg. Tai Chi  
1:00-Babies ST  
3:30-Anime Club  
7:00-Party for  
Peculiar Children

5

9:30-2's ST  
10:15-2's ST  
6:00-Cinema  
Circle Screening  
7:00-Chess  
Night

6

9:30-Wise Walk  
9:30-Pre-school ST  
11:00-SCC  
1:30-Pre-school ST  
6:00-Hamilton Sing-  
A-Long  
6:45-Dance Party

7

10:30-Write  
Now  
3:00-Franken-  
stein

8

11:00-  
Meditation  
10:30-Family  
Storytime

9

3:00-Dog  
Tales

10

10:00-Storytime at  
OTNC  
1:00-Coloring

11

9:30-Babies ST  
10:00-Adv. Tai Chi  
10:15-Babies ST  
11:15-Beg. Tai Chi  
1:00-Babies ST  
7:00-Mystery BG  
7:00-Lego WeDo  
7:00-AAII

12

9:30-2's ST  
10:00-Convo  
10:15-2's ST  
11:00-iPads/  
iPhones  
7:00-Sensory  
Time

13

9:30-Wise Walk  
9:30-Pre-school ST  
11:00-SCC  
1:30-Pre-school ST  
4:00-Cook It  
6:30-Foodie & Feast  
6:45-Dance Party

14

10:30-Write  
Now  
3:00-The  
Mummy  
4:30-Young  
Writers'

15

11:00-  
Meditation  
1:00-  
American Girl

16

6:00  
Savoring  
Sewickley

17

10:00-Storytime at  
OTNC  
6:00-Teen Advisory  
Council  
7:00-Stories to Make  
You Shiver

18

9:30-Babies ST  
10:00-Adv. Tai Chi  
10:15-Babies ST  
11:15-Beg. Tai Chi  
1:00-Babies ST  
3:30-Anime Club  
6:30-Musical Tour  
7:00-Get Lit BG

19

9:30-2's ST  
10:15-2's ST  
6:00-Cinema  
Circle  
Discussion

20

9:30-Wise Walk  
9:30-Pre-school ST  
11:00-SCC  
11:30-BBBG  
1:30-Pre-school ST  
6:45-Dance Party  
7:00-Psychic Sisters

21

10:30-Write  
Now  
1:00-Math &  
Science Fun  
3:00-Horror  
of Dracula

22

11:00-  
Meditation  
2:00-Candy  
Science  
8:00-  
Swagoween  
IV

23

24

10:00-Storytime at  
OTNC  
1:00-Coloring  
6:00-Young Writers'  
7:00-Stories to Chill  
Your Bones  
7:00-ADHD  
Awareness

25

9:30-Babies ST  
10:00-Adv. Tai Chi  
10:15-Babies ST  
11:15-Beg. Tai Chi  
1:00-Babies ST  
7:00-4th Tuesday  
BG

26

9:30-2's ST  
10:15-2's ST  
6:30-PJ  
Storytime  
6:30-Reiki  
Healing

27

9:30-Wise Walk  
9:30-Pre-school ST  
11:00-SCC  
1:30-Pre-school ST  
4:00-Cook It  
6:45-Dance Party

28

10:30-Write  
Now  
3:00-Night of  
the Living  
Dead

29

11:00-  
Meditation  
??-Halloween  
Fashion  
Show

30

2:00-Smart  
Art

31

10:00-Storytime at  
OTNC

6

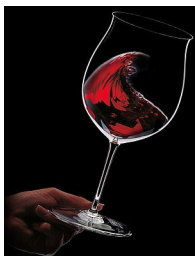


...continued from page 2.

book by my bedside. When my youngest child suggested that I sign up for Lumosity to keep my brain alert, I pointed to my books. Just like a healthy diet and exercise, books appear to promote a survival advantage. "A chapter a day, keeps the doctor away" could become the new tagline of our era. And the benefits of reading books include a longer life in which to read them. Stop by the library to start or extend your cognitive exercise program today.

## Welcome to a Verdant Village!

The Village Garden Club worked hard this summer to provide automatic irrigation to the plants on the Jill Clark Memorial Patio Garden at the library. The consistent early morning watering has certainly helped the plants thrive and has improved what has always been a wonderful asset to the library. They also mounted new flower boxes facing Broad Street that are providing a beautiful entrance to the village. The patio has been a lovely spot to meet or read and relax this summer. Thank you for working to beautify our little corner of 15143!



**Learn more about wines and how to enjoy them with a book or two from the Wine Books book sale, on the shelves in the Colbert Room, beginning Oct. 1. You'll be able to pair wines perfectly with the delectable foods at Savoring Sewickley!**

### Donations

#### Memorial Donations

*Brian and Melanie Davis, in memory of **Karl R. Aigner.***

*Eugene and Nancy Frund, in memory of **Karl R. Aigner.***

*Scott and Karen Jackson, in memory of **Karl Aigner.***

*Gary and Constance Murphy, in memory of **Karl Aigner.***

*William Wytiaz, in memory of **Karl Aigner.***

*Sewickley Music Club,  
in memory of **Dr. Jeanne Gannon-Alvin.***

*Susan Dwyer, in memory of **Betty D. Gillespie.***

*Sewickley Music Club, in memory of **Ruth Ralston.***

#### Honor Donations

*The Little Garden Club of Sewickley, in honor of **Wendy Gordon.***



SEWICKLEY  
PUBLIC  
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# October 2016

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Renewals 412-622-1895

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eiNetwork  
CONNECTING KNOWLEDGE



## General Donations

Frank and Ann Cahouet

William and Carroll Logsdon

## SPL Annual Appeal Donations in August:

Sean and Julie Auth

Milana Bizic

Roger and Lea Brown

Ronald and Bonnie Casper

Mary Cowen

Hanley Cox

David Cukovich

Sandra Drant

Peter and Michele Fedyshin

Ed and Susan Ford

Rebecca Hulme

Mario and Nathalie Lemieux

Sheila Lenehan

Ken and Diane Long

Denise Miller

Harry and Garnette Muders

Martin and Susan O'Brien

Dr. and Mrs. Michael and Linda Orsini

Dr. and Mrs. Thomas and Laura Pangburn

Dr. and Mrs. Gregory and Judith Patrick

Theresa Shuster

Christine Tassari

Richard Thompson

The Tirimacco Family

Susan Turk

Russell and Susan Ulmer

Gloria Vescio

Jeffrey and Suzanne Watters

Robert Wolf

David Yasko and Carol Gray-Yasko

## October Display Cases: Four Ceramicists: Yoko Sekino-Bové, Eric Pardue, Seth Payne, Reiko Yamamoto

This month, the library display cases will contain pieces from four regional ceramicists, whose functional work is innovative and thought-provoking.



Bruegger's Fundraising on the 1st  
Saturday each month. Coupons at:  
[www.sewickleylibrary.org/brueggers-coupons](http://www.sewickleylibrary.org/brueggers-coupons)

Designate Sewickley  
Public Library for Your  
United Way Contributions  
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United  
Way

