

What's Happening!

Volume 5 Number 2

February 2009

"We write our own destiny.
We become what we do."

Madame Chiang Kai Shek



Information for you



American Heart Month

American Heart Month was established in 1964.

This month also focuses on women with an educational movement "Go Red for Women" for all women who have been affected by cardiovascular disease

Library Lovers' Month

A celebration of libraries of all types. It is a time for everyone to recognize the value of libraries and to work to ensure that the nation's libraries will continue to serve.

Valentine's Day - the popular festival of love and romances traces its origin to ancient Roman festival and has not been created by card companies as some people believe it to be.

It is due to the efforts and daring of a priest St Valentine that the festival got its name and clearer meaning.

One legend states the priest was put to death for helping Christians escape from Roman prison.

Another states that he was put to death for marrying couples after Emperor



Claudius outlawed marriage in order to have more soldiers to fight his battles.

By the Middle Ages, Valentine assumed the image of heroic and romantic figure.

Pope Gelasius declared February 14 as St. Valentine's Day to honor the martyr.

Hours of Operation

- Monday—Thursday
7:45 am— 9:00 pm
- Friday
7:45 am—5:00 pm
- Saturday

North:

Feb. 21, Mar. 21, May 2

South:

Feb. 28, Mar.,28, May 8

Good Reading When It's Cold



BF 575 .A6 G665 2001
Fight your fear and win : seven skills for performing your best under pressure--at work, in sports, on stage

RA 785 T87 1998
Stress management for busy people

BF 575.A6 B34 1995
From panic to power : proven techniques to calm your anxieties, conquer your fears, and put your life



The LRC PRESENTS



Compensatory Education will present a program for Black History Month on February 17, 2009 at 9:00 am in the LRC (Library) on South campus. There will be dancing, singing and speeches given in honor of black leaders.

Please set aside the time to visit the LRC and enjoy the program and light refreshments.