



LOWELL LIBRARY LINES



A PUBLICATION OF THE LOWELL PUBLIC LIBRARY

MARCH 1994

WORKING OUT !

Watching the Winter Olympics was certainly exciting! Downhill racing, the giant slalom, the luge, and bobsled races. Our sister town of Cedar Lake was proud when one of its own, Brian Leturgez, made the bobsled team. At the speed skating events Dan Jansen proved persistence pays and Bonnie Blair really brought in the gold. What a thrill!!

The downside of watching the Olympics is when you try to imagine that once upon a time your body may have been capable of doing the athletic feats you saw during those two magical weeks in Lillehammer, Norway.

The library can't turn anyone into an Olympian but we can provide books and videos on physical fitness that can help you tone up those muscles and diet away those extra pounds in time for summer. Check out these!

BOOKS

- . FIT OR FAT
- . WALK IT OFF
- . VICTORIA PRINCIPAL'S THE DIET PRINCIPAL
- . BODY BY GILDA
- . MAX O2
- . CROSS TRAINING
- . LOW IMPACT AEROBICS
- . FITNESS FOR THE UNFIT
- . ANGELA LANSBURY'S POSITIVE MOVES

VIDEOS

- . BODY AND MIND
- . SLIDING INTO SHAPE
- . JANE FONDA'S WORKOUT LEAN ROUTINE
- . CHER'S FITNESS: A NEW ATTITUDE
- . LIGHT AND EASY WORKOUT
- . MODERATE IMPACT AEROBICS
- . SUPER WORKOUT

FEED ME !

Volunteers are needed to "feed" the new genealogy computer located in the Reference Section of the library.

If you would like to donate some time to the library, your help is needed to enter vital statistics into the genealogy computer. Volunteers will be entering data such as birth and marriage announcements, obituaries, marriage license applications, etc.

You do not need computer experience. All that's required is the ability to type accurately and like detailed work. If you would like to volunteer, contact Reference Librarian Darlene Rigg at 696-7704.



SAFE PLACE

The large yellow sign located at the entrance to the Library Drive is posted to let young people of the community know that the library is a designated "Safe Place".

Public institutions and businesses assist the Safe Place project in reaching out to young people who are seeking help from conflict in their home. The program offers easy access to services such as Alternative House, which provides shelter and counseling aimed at resolving family problems.

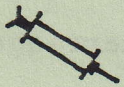
Safe Place is under the auspices of the Crisis Center, which is funded in part by the Runaway & Homeless Youth Act, the Indiana Department of Human Services and the Lake County Department of Public Welfare.



FRIENDS OF THE LIBRARY

Friends had a swell time during their February outing at Marty's Place at Ramsey's Landing. While enjoying the cuisine, Friends delved into the lively art of conversation, discussing current events and, of course, the new library.

At their March 16 meeting Friends will present their nominating slate for election of officers in April. They will also make plans for National Library Week (April 17-22).



ANOTHER DAY

February 17 was not your typical day at the Lowell Public Library. Before staff opened the doors for the day's business, they were surprised to see dozens of moms and dads with little children in tow, lined up outside waiting for the library to open.

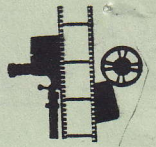
Free childhood immunizations were given throughout the day to infants and children participating in the state-wide IAP (Immunization Action Program). The program is sponsored by the Indiana State Board of Health and is offered at the library by the Lake County Health Department.

By late afternoon the visiting health nurse had given over 200 immunizations and TB tests. Such an overwhelming response at the library site prompted the health department and the library to provide an additional day each month for IAP program.

Immunizations will be given on the second Monday and the third Thursday of each month from 9 AM - 3 PM, beginning in March.

Parents or guardians are asked to bring their children's immunization records. Immunizations are given on a first-come, first-served, basis.

VIDEO VIEWS



New arrivals in the library's video collection provide something for everyone.

Fresh from box office success is "Sleepless in Seattle", starring Tom Hanks and Meg Ryan. Stallone fans can check out the breathtaking scenery and hair-raising adventure of "Cliffhanger".

Heading the cast of "Rising Sun" is Sean Connery. "High Desert Kill" is a Sci-Fi action thriller pitting man against alien. "Dave" and "Chaplin" also received rave reviews from media critics.

"Cry of the Black Wolves", set in the wilds of the Alaskan frontier, matches man against the elements. Charles Bronson heats up the screen in "Hot Lead" as does Arnold Schwarzenegger in "Raw Deal".

Summer is almost here, and one of the most popular fitness videos for getting in shape for summer fun is Susan Powter's "Lean, Strong and Healthy." It can be checked out for a 7-day period.

Children will fall in love with Willy the whale in "Free Willy", and thrill to the adventures of the "Black Stallion". "Frog Prince" and "Richard Scary's Best Busy People Video Ever" will also become favorites with young patrons.



LIBRARY BOARD TO MEET

The Lowell Public Library Board of Trustees will hold their regular meeting Monday, March 21, at 7:30 PM following a joint meeting of the Leasing Corporation at 6:30 PM and an Executive Meeting at 7 PM.



March

ADULT PROGRAMS

LIBRARY QUILTERS MEET - LOWELL

9 AM - 12 Noon, Each Monday

TAX AID FOR SENIOR CITIZENS

LOWELL/SHELBY/SCHNEIDER

By Appointment Only

LOWELL - Each Friday

9 AM - 1 PM

SHELBY - Each Saturday

10 AM - 2 PM

SCHNEIDER - Each Tuesday

4 PM - 6 PM



F.A.S.T. (FIREARMS AWARENESS & SAFETY TRAINING) WORKSHOP - LOWELL

March 1, 8, 15 (Tuesdays) 7 PM

The workshop will be conducted by Chief Tom Felder and Sergeant David Wilson of the Lowell Police Department. The final class will take place at the Lowell Police Firing Range. Fee \$25

ESTATE PLANNING - LOWELL

March 2, Wednesday - 2 PM

Presented by Nelson Schoon of Delco Financial Services.

MAKE A TOTE BASKET - SHELBY

March 3, Thursday - 9 AM

March 7, Monday - 9 AM

Julie Duttlinger will teach participants to make a tote basket to take home. Fee \$22.

CHILDHOOD IMMUNIZATIONS - LOWELL

March 14, Monday - 9 AM - 3 PM

March 17, Thursday - 9 AM - 3 PM

Free immunizations will be given by technicians of the Lake County Health IAP (IMMUNIZATION ACTION PROGRAM), a State of Indiana sponsored program.

CERAMIC "BUNNY" CRAFT - SCHNEIDER

March 10, Thursday - 7:00 PM

Kristy Stravos will teach participants to create an Easter Bunny from a ceramic mold. There is a fee for materials. Call 552-1000 for more information.

To pre-register call:

LOWELL - 696-7704

SCHNEIDER - 552-1000

SHELBY - 552-0809

BLOOD PRESSURE TESTING

LOWELL - March 8, Tuesday

9 AM - 10:30 AM

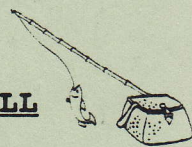
SHELBY - March 10, Thursday

9 AM - 11 AM

FISHING THE KANKAKEE - LOWELL

March 16, Wednesday, 7 PM

Din Beckrich will give techniques for catching the "big ones" on the Kankakee!



EASTER EGG DECORATING - LOWELL

March 22, Tuesday, 6:30 PM

Anita Heath will teach participants to create charming printed fabric Easter decorations using pastel colored ribbon and lace. Fee \$8. Refreshments will be served.

BABYSITTING COURSE OFFERED TO YOUNG ADULTS



For many young adults, babysitting is their first opportunity to earn money. Learning the skills that are expected of a babysitter will make their first-hand experiences as a sitter a little easier to handle.

A Red Cross Babysitting Course will be held at the Lowell Public Library from 9 AM - 1 PM beginning Saturday, March 19 and concluding March 26. The free two-week course for young adults, ages 11 and older, provides instruction on infant and child care.

Participants will have hands-on instruction for bathing, diapering and feeding an infant, and emergency first-aid procedures. They will learn how to supervise children of different ages and the stages of emotional development that take place as children grow. Problem solving techniques will be taught, such as positive ways to set limits on telephone or television use, and snack times.

Participants attending both sessions will receive a Red Cross Babysitting Certificate.

LOWELL PUBLIC LIBRARY
1505 E. COMMERCIAL AVENUE
LOWELL, IN 46356

BULK RATE
U.S. POSTAGE
PAID
LOWELL, IN 46356
PERMIT NO. 159

Happy St. Patrick's Day



EASTER CRAFTS !



Dudley Duck will seem to come alive when pre-schoolers attending Craft Corner create him out of brightly colored paper. School age crafters will create a colorful yarn Easter egg.

LOWELL - Thurs., March 10 - 10:00 AM
Pre-schoolers

Thurs., March 10 - 3:30 PM
School age

SCHNEIDER - Thurs., March 17
3:30 PM - BOTH CRAFTS

SHELBY - Thurs., March 24 - 3:30 PM
Pre-schoolers

Thurs., March 24 - 4:00 PM
School age



STORY TIME IS HERE !

Story Time can be a fun way for your child, 3-5 years of age, to begin to develop social and learning skills. At Story Time children will listen as Children's Program Coordinator, Miss Chris, reads new and exciting books. Children will also learn songs and finger plays.

SHELBY - 9:30 AM
Mondays - March 21 - April 25

LOWELL - 10:00 AM & 1:30 PM
Tuesdays --- March 22 - April 26
Wednesdays - March 23 - April 27

SCHNEIDER - 9:30 AM
Thursdays -- March 24 - April 28

