

News Release

May 1, 2009

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Free Library Programs Pay Off During Tough Times

When it comes to outlasting troubled times, your library plays a critical role. Not only in providing access to money saving materials for personal entertainment, but as a powerhouse of resources, information and tools for coping with tough times.

That's the focus behind "Survival 101," a new series of programs from the Rock Island Public Library. "With total circulation up nearly 20 percent just in the last month, more and more people are rediscovering what their library can do for their life, as far as saving money on materials. There's also a role for the library as part of the solution to tough times, by serving as a free source of quality tools and information for your life," says Ava Ketter, Rock Island Library director.



Though much of the focus is on saving money by applying "forgotten" skills such as gardening, canning and low-cost cooking to new times, other topics will also promote better living through healthy eating and habits, notes Kristine Cawley, the library's Reference Services director. Cawley notes that future topics will include how to connect to community resources that help users cope with economic hard times, how to search for work and update a resume, how to eat and cook for less money, how to reduce daily expenses and make your money go farther. The first three programs in the series are:

Plant a Seed for Better Eating

Saturday, May 16 at 10 a.m., Rock Island Main Library

Plant and maintain your own vegetable garden and lower your grocery bills! Kent Ackerman and Dallas DeShane, Ri County Master Gardeners

Sense & Low-Cents on a Bicycle

Wednesday, May 20 at 6:30 p.m., Main Library

Save money by bicycling for daily use. Chuck Oestreich, experienced bicyclist and advocate, will illustrate how to use a recreational bike for local trips - and save money, health, the environment, and have a good time doing it.

Eating for Less – the Angel Food Ministry Way

Wednesday, June 3 from 6 p.m. to 7 p.m., Main Library

Feed a family of four for a week for just \$30, with the Angel Food Ministry program from Broadway Presbyterian Church. Each basic unit usually includes 17 products, which works out to about \$75 worth of high quality food for just \$30. Cali Smith and Sarah Nimrick of Broadway Presbyterian will show how to order, use and prepare what's in a typical Angel Food Ministry food box. In addition to the recipe demonstration, information will also be available on the Broadway Store and other assistance programs.

Senior meal bundles of pre-prepared foods are also available, as are special boxes of just meats, fresh fruits and vegetables. The program is open to anyone who would like to save money on their grocery bill, regardless of income, notes Vikki Blair, of Broadway Presbyterian. (A similar program, S.H.A.R.E, is also available through the Martin Luther King Center.)
<http://www.broadwayqc.org/food.php>

Watch for more details on future Survival 101 programs from your library, or sign up for the library's free e-mail newsletter, "Library Lines," at www.rigov.org.

Libraries offer plenty of print, online, visual and audio resources, many of which are free with a library card. For money-saving entertainment, enlightenment and enrichment for all ages, visit the Rock Island Main, 30/31 and Southwest Branch libraries, or check the Rock Island Library online at www.ripl.lib.il.us for details about library cards, services and free events for the family.

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