

Please Be Kind
Rewind!

State Library of Louisiana
Services for the Blind and Physically Handicapped
P.O. Box 131
Baton Rouge, LA 70821-0131

**FREE MATTER FOR THE
BLIND OR HANDICAPPED**



Louisiana

HOTLINES

News & Information
about Library
Services for the
Blind and Physically
Handicapped

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SERVICES FOR THE BLIND & PHYSICALLY HANDICAPPED (SBPH)

State Library of Louisiana
701 North Fourth Street
Baton Rouge, LA 70802

TELEPHONE NUMBERS

Toll-Free: 1-800-543-4702

Local: (225) 342-4944

Fax: (225) 342-6817

Braille Service:

1-800-453-4293

EMAIL

sbph@pelican.state.lib.la.us

HOURS

Monday-Friday

8:00 a.m. — 4:30 p.m.

ELIGIBILITY

Any Louisiana resident who is unable to read or use standard print materials as a result of a temporary or permanent visual or physical limitation is eligible to receive free library services.

LIBRARY SERVICES

Recorded Books & Magazines

Braille Books & Magazines

Large Print Books

Get Fit @ The Library



Springtime is the perfect time to consider beginning a fitness program or to get serious about your New Year's resolution for a healthier lifestyle. The advice offered in these books is intended to pique your interest in the many facets of fitness

and to encourage you to develop and maintain a healthy mind, body and spirit. Remember to consult with your health care provider before changing your diet or level of activity.

The American Yoga Association's Easy Does It Yoga: The Safe And Gentle Way To Health And Well-Being

(RC 54110)

by Alice Christensen

A beginning breathing, exercise, and meditation program for older adults and those with medical conditions or a sedentary lifestyle. Discusses nutrition, meditation, philosophy, and stress-reducing techniques. Lists routines that can be used in a wheelchair or bed.

Angela Lansbury's Positive Moves

(RC 33952; LP 6534)

by Angela Lansbury

A gentle guide to healthful living designed especially for older women. Lansbury discusses the need for developing positive attitudes about each day and the need to seek realistic levels of comfort and activity.

Body-For-Life: 12 Weeks To Mental And Physical Strength

(RC 48773)

by Bill Phillips

Physical fitness trainer offers a program for transforming your body in just 12 weeks, without turning your life upside down.

Eating Well For Optimum Health

(RC 4974; LP 10886)

by Andrew Weil

Dr. Weil critiques low-fat and low-carbohydrate diet trends and provides his own nutritional guidelines. Unwilling to sacrifice the pleasure of eating, he offers recipes for "healthful and delicious" dishes.

The Family Fitness Handbook

(RC 49090; BR 08213)

by Bob Glover and Jack Shepherd

The authors have put together a comprehensive fitness program for families with children of all ages.

Fit Happens: Strategies For Living A Healthier, Happier, Fitter Life

(RC 49961)

by Joannie Greggains

The author gives common sense instructions on how to eat right and exercise enough, warning against fad diets and other fitness gimmicks.

The Fit Swimmer

(RC 30796; BR 08147)

by Marianne Brems

Offers a plan for workouts that will give swimmers a change from their normal routine, make them faster swimmers, and challenge them to work harder. Each

workout describes the stroke to be used, the distance to be covered, and the time in which it should be accomplished.

In The Kitchen With Rosie: Oprah's Favorite Recipes

(RC 38862; BR 09543)

by Rosie Daley

When Oprah visited a spa several years ago, she was so impressed with the delicious food that she hired the cook, Daley, as her own chef. Daley shares the low-fat recipes she created for Oprah.

Make The Connection: Ten Steps To A Better Body--And A Better Life

(RC 43178)

by Bob Greene and Oprah Winfrey

Talk-show host Oprah Winfrey's personal trainer details 10 steps he claims will increase metabolism and help shed excess weight.

Managing Your Mind: The Mental Fitness Guide

(RC 43234)

by Gillian Butler

Self-help guidebook on mental fitness and psychological health.

The Man's Guide To Good Health

(RC 36227)

by Allen B. Weisse

Weisse discusses ways to attain and preserve good health.

Optimal Wellness

(RC 44060)

by Ralph Golan

Handbook on health and wellness that emphasizes a naturopathic and preventive approach to health care.

New Titles

Cosbyology

(RC 53738; LP13869)

by Bill Cosby

Humorous sketches from noted comedian Bill Cosby about growing up in the projects of Philadelphia, experiences in school and the navy, and starting on his career and marriage.



A Century Of Great Suspense Stories

(RC 53801)

by Jeffery Deaver

A collection of 36 short mystery and suspense stories from twentieth-century masters including Lawrence Block, Erle Stanley Gardner, Tony Hillerman, John D. MacDonald, Sara Paretsky, Ellery Queen, and Rex Stout.

The Murder At The Murder At The Mimosa Inn

(RC 53930)

by Joan Hess

Bookstore owner Claire Malloy and her fourteen-year-old daughter, Caron, attend a mystery weekend at a friend's inn nearby. A real murder occurs during the costumed, staged event.

The Night Horseman

(RC 53753; LP 8802)

by Max Brand

In this sequel to The Untamed (RC 50459), Whistling Dan, a wild spirit of the desert, has won the heart of Miss Kate Cumberland. Now she struggles to make him settle down, while he still feels the call to adventure with his favorite companions, stallion Satan and wolf dog Black Bart. Some strong language.

Uncle Tungsten: Memories Of A Chemical Boyhood

(RC 53751; LP14034)

by Oliver Sacks

Neurologist and author of such bestselling books as Awakenings (RC 33438) recalls his childhood during World War II in London and at boarding school. Explains how his fascination with science was fostered by his large family, especially his uncle, who manufactured lightbulbs with tungsten wire filaments.

Louisiana HOTLINES is published quarterly by the State Library of Louisiana, Services for the Blind and Physically Handicapped (SBPH), P.O. Box 131, Baton Rouge, LA 70821-0131.

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Emma K. Schroth
Editor

Student Aid Information



The Department of Education's Federal Student Aid office provides information on grants, loans, and work-study to help students pay for their post-secondary education. These materials include publications in alternate formats (audio compact discs and Braille). The disc contains an overview of the department's federal student aid program including:

- Eligibility criteria
- Application procedures
- Loan repayment options
- Deferment
- Nonfederal sources of aid

Students can also listen to an Audio Guide available online (www.studentaid.ed.gov/audioguide).

In addition, several federal student aid print publications are available online through the use of a screen reader. They are also available in Braille, and may be ordered by calling the Federal Student Aid Information Center at **1-800-433-3243**.

Free Application for Federal Student Aid (FAFSA)

Students use the FAFSA to apply for the department's federal student aid programs. Although the Braille FAFSA cannot be submitted, students may use it as a reference aid. Applicants may apply online (www.fafsa.ed.gov).

The Student Guide

This is the most comprehensive resource on student financial aid from the U.S. Department of Education. Grants, loans, and work-study are the three major forms of student financial aid available. The guide explains the programs and how to apply for them. It is available online (www.studentaid.ed.gov/guide).

Funding Your Education

This is an introductory publication for students below the 12th grade. It provides general information about the federal student financial aid programs and how to apply for them. It is available online (www.studentaid.ed.gov/fye).

Repaying Your Student Loans

This publication explains loan repayment plans, offers tips on budgeting, and explains options such as loan consolidation so that borrowers can avoid repayment problems and successfully manage and repay their debts. It is available online (www.studentaid.ed.gov/repayingpub).

Students and parents are encouraged to call the Federal Student Aid Information Center toll-free at **1-800-433-3243** to order materials in Braille or for more information.

PaceWalking: The Balanced Way To Aerobic Health

(RC 30083; BR 07840)
by Steven Jonas and Peter Radetsky
The authors offer suggestions for a walking program in which one's pace is determined by time and heart rate. "Pacewalking" programs for senior citizens and pregnant women are included, along with tips on nutrition, and general cardiovascular maintenance.

Prime Time: The African American Woman's Complete Guide To Midlife Health And Wellness

(RC 52954)
by Marilyn Hughes Gaston
A physician and a clinical psychologist give advice on dealing with medical problems that commonly afflict African American women in middle age, including heart disease, stroke, cancer, and diabetes.

Take Charge Of Your Diabetes

(RC 45429; BR 11447)
by the U.S. Department of Health and Human Services
A guide for people with adult-onset diabetes to help prevent complications. Describes potential problems and how to avoid them. Stresses the need to work with a health-care team to control the blood glucose level.

The Ultimate Fit Or Fat

(RC 52238)
by Covert Bailey
The author describes methods of measuring fitness and body fat and outlines a program to improve both.

It's a Footloose Summer!



Lace up your boots, let down your hair and hit the trail as soon as school is out for summer vacation! This year's summer reading program, "Footloose in Louisiana Libraries," is for children and young adults registered with SBPH and it will run from June 13 to August 11, 2003. There will be lots of cool prizes and fun books to read! Look for an invitation in the mail soon or for more information:

Call
1-800-543-4702

or

email
sbphkids@state.lib.la.us

"Footloose in Louisiana Libraries" is made possible through a grant from the Louisiana Library Foundation and from the ongoing charitable support of the Mrs. W. Carruth Jones Foundation for the Blind and Physically Handicapped.





TRAC 2003 Summer Residential Program

The TRAC 2003 Summer Residential Program is offering two months of computer training and a summer of fun in New Orleans for persons with visual impairments who are preparing for college and other life transitions.

The program will be offered June 1-August 2, 2003, with classes and accommodations at the Training, Resource & Assistive-technology Center (TRAC) facility located on the University of New Orleans Lakefront Campus. Classes will include the basics of Windows, an introduction to word processing, spreadsheets and Power Point, use of the Internet and e-mail and orientation and mobility skills. Optional Braille instruction is available for an additional fee.

Lodging, meals and recreational activities are included. Sponsorships are available through Louisiana Rehabilitation Services. Spaces are limited and early sign-up is suggested.

For additional information, contact Rose Angelocci at 504-280-5700, by fax at 504-280-5707 or e-mail: rangeloc@uno.edu.



TRAC Creative Music & Jazz Camp

A summer residential program for blind & visually impaired teen musicians

Applications are now being taken for the August 8-17, 2003 TRAC Creative Music and Jazz Camp, a summer residential program for blind and visually impaired teen musicians. The camp, sponsored by University of New Orleans Training, Resource & Assistive-technology Center (TRAC) will give fledgling musicians the opportunity to study, perform, write, compose and edit music using a variety of special computer technologies, plus a unique environment to learn about jazz. The camp will also provide a strong focus on leadership skills, independent living skills and an introduction to careers in music.

The camp is open to blind and visually impaired musicians, ages 12-19. Requirements include at least two years of musical training, basic computer literacy, a submitted performance tape and a recommendation from a music instructor. Scholarships are available to all participants and include classes, food, recreational activities and sleeping accommodations in staff-supervised residential rooms at the TRAC facility. Students must supply their own transportation to and from New Orleans.

Positions are limited and students will be chosen based on skills and experience.

Composer and pianist Henry Butler, who is blind since birth, will serve as camp creative director. Butler, who performs all over the world, has a successful recording career and has also taught workshops throughout the country including the Memphis State School for the Blind, New Orleans Public Schools, Arizona State School for Blind and Deaf, Texas School for the Blind and Visually Impaired, California State School for the Blind, Chicago Lighthouse for the Blind and many others.

The camp faculty will include well-known sighted and visually impaired musicians, a physical movement specialist, music business professionals and music technology experts. Classes and recreational activities will also be lead by members of the TRAC staff.

Since 1986, the University of New Orleans Training, Resource and Assistive-technology Center has offered high tech training, career aptitude assessments, rehabilitation services, employment skills, and small business entrepreneurship programs to persons with a wide range of disabilities. The center facility is an architectural-award-winning, disability-accessible building that includes computer labs, testing facilities, conference rooms and residential rooms for clients. The center's mission is to improve the quality of life for individuals with disabilities through training and a significant core of special services such as the music camp.

The TRAC Creative Music and Jazz Camp has been established because musicians with visual impairments need a different approach to musical learning. The camp includes a program designed to benefit participants on many levels. Their musical growth will be complemented by an equal emphasis on physical and social development. The curriculum will also include components to improve Braille and computer skills that will enhance all academic endeavors.

For information on the camp and registration forms, contact Rose Angelocci, 504-280-5705, e-mail: rangeloc@uno.edu or Denise Jett, 504-280-5708, e-mail: djett1@uno.edu

How Long Can I Borrow That Book?



Cassette Books	6 weeks
Large Print Books	4 weeks
Descriptive Videos	2 weeks
Handcopied Braille	4 weeks
Braille	As soon as possible

Magazines are yours to keep unless they have a card that can be turned over to reveal the library's address.

Returning books regularly and promptly assures you of a constant flow of reading material. **If you need to keep a book longer, call the library and ask if it can be renewed.**