

**COOKING UP A GOOD MYSTERY  
- READ IT AND EAT IT...Culinary  
Mysteries Served Up With Step-  
By-Step Recipes**

**Body In The Bonfire: A Faith  
Fairchild Mystery, by Katherine Hall  
Page.** Caterer Faith Fairchild teaches  
cooking at a local boys boarding  
school in order to find out who is  
anonymously harassing an African  
American student. Recipes provided.  
**RC 54609**

**Gruel And Unusual Punishment:  
A Pennsylvania Dutch Mystery,  
by Tamar Myers.** Predator and  
conman Clarence Webber dies of  
arsenic poisoning after eating grits  
from Magdalena Yoder's Mennonite  
Inn. Includes recipes. **RC 55000**

**Lemon Meringue Pie Murder: A  
Hannah Swensen Mystery, by  
Joanne Fluke.** Middle-aged flirt  
Rhonda Scharf is murdered after  
consuming one of Hannah Swensen's  
pies. Seven original cookie and  
dessert recipes included. **RC 57480**

**Blue Corn Murders: A Eugenia  
Potter Mystery by Nancy Pickard.**  
Genia gets far more than she  
bargained for when she signs up  
for a learning/hiking tour at Medicine  
Wheel Archaeological Camp.  
Includes recipes. **RC 49664**

## LBPH COMPUTER CLUB

By Kim Verschaeve

The LBPH Computer Club was  
formed by Cathy McAdam and Dori  
Middleton. It has been in existence  
for just a little over a year and meets  
the second Thursday of the month  
at the Frederick Douglass Library. It  
has just changed the meeting time to  
5:00 - 6:30 P.M.

It is recommended that people  
interested in joining the Club have  
at least some basic knowledge of  
computers and the keyboard. If they  
are unable to see the screen well,  
they should be familiar with JAWS  
or other screen reading programs.  
The purpose of starting the LBPH  
Computer Club was so that members  
can share information. It is also  
meant for members to ask questions  
and get answers. It is also a resource  
for getting assistance on where to  
get computers.

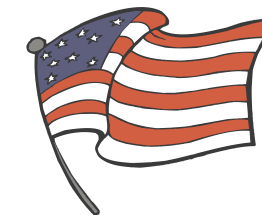
The Computer Club has been very  
helpful. I've learned how to delete  
cookies, how to attach an e-mail  
account to Outlook Express, and how

to add things in a document. I have  
also demonstrated MSN for the Club  
with another Club member, and I've  
explained how to take messages off  
the computer and put them on a  
disk.

When I requested information about  
blind carbon copies and how to cut,  
copy, and paste, those became the  
topics for the next meeting. I like  
the fact that I learn something new at  
each LBPH Computer Club meeting.

If you are interested in participating in  
the Club, call Cathy at 313-563-1412  
or LBPH at 313-833-5494.

## !! VOTE !!



Please remember to  
vote November 2. If  
you require special  
access, contact the  
clerk's office ahead of  
time to make sure your  
voting site is free of  
obstruction. If you require voting  
assistance, you may ask the election  
workers for help.

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This publication is available upon  
request in alternative formats.*

313.833.5494  
Detroit, MI 48208  
3666 Grand River Avenue

Detroit Public Library  
and Physically Handicapped

Free matter  
for the  
blind or  
physically  
handicapped.

## **LIBRARY HOURS**

Fall/Winter hours for LBPH are Monday, Wednesday, and Saturday, 10:00 AM - 6:00 PM, Tuesday and Thursday, 12:00 - 8:00 PM. Closed Friday and Sunday.

## **LBPH JUDO CLASS**

By Nicole Andrews

As I stepped onto the Metro Lift, I felt nervous about the event awaiting me. I sat thinking about the self defense class I was about to attend, and hoped I was ready for it.

As the Metro Lift pulled up to the library where my Judo class was scheduled, my excitement grew. I felt a little nervous as the driver walked me up to the building's doors. We began to walk towards the front desk. A man appeared to my right and asked if I was there for the Judo class. I told him I was and took his arm. The driver turned from me and left the building. We turned left. The man and I walked down the hall. We then entered the room where the instructor was waiting. He turned from whomever he was talking to. I felt the presence of a small group of people near me and my nervousness lessened. After the introductions had been made, he guided me to a chair. He then had me remove my jewelry, socks, and shoes. I wasn't sure what to think! I did as he asked, first removing my jewelry, putting it in my

purse and placing it on the chair, then slipping off my socks and shoes. I stuffed my socks into my shoes and put them under the chair.

The instructor guided me to a mat and had me walk around to get the feel of it. A trainer showed me how to sweep my feet as I walked around the mat. I sat down in the middle of the mat where some of the other students were. We talked a bit about what we'd be learning that day and my excitement returned.



The instructor paired us up so we could work together doing the techniques he was planning to teach us. My partners and I tried to work through the steps that were demonstrated for us, but found them difficult to learn.

Our instructor came over to assist us and was able to help me learn the moves he was teaching us. We then took a short break. It seemed like

it was the five-minute type. Then we discussed our fears on the street, such as being raped. He showed us some self-defense techniques we could use for protection in those situations. Our partners were changed during each activity. I figured that way it wouldn't be so routine. I didn't mind. The instructor assisted my partners in grabbing me and playing attacker.

The instructor asked what we had learned from the whole experience. I told him that I was shocked to realize that I had so much power in me!

I thought the class was great! I learned a lot and was glad to participate in it. I liked the instructor who made me laugh and showed me that I have more power than I ever knew I had!

I also enjoyed working with my partners who seemed to enjoy working with me. They were also friendly towards me, which made me calm. This experience has made me ready and more willing to protect myself if needed. I had a great time and it was a great learning experience for me.

I hope the library will continue to offer this class to totally blind and visually impaired people alike so that we can have the knowledge to better

protect ourselves and not feel that just because we have a disability, we have neither the knowledge or necessary training needed to protect ourselves.

## **SHOWTIME AT THE APOLLO**

Don't forget our Evening At the Apollo on Thursday October 28, 2004 from 6 to 7:30 P.M. Come in time to enjoy the musical interlude before the Show gets started. Also, please call to let us know if you, and how many of your friends and family will be coming at 313-833-5494 or 313-833-5497.

P.S. It's not too late to be on the program - just give us a call!

## **LBPH BOOK CLUB**

The Book Club will begin meeting again September 28. The Club meets the fourth Tuesday of each month from 6:00 - 7:30 PM. Books are selected by the group. Please call to request current selections and join us! 313-833-5494

## **INTERNET TRAINING WITH ASSISTIVE TECHNOLOGY**

Training on the INTERNET with the screen reader program JAWS, and screen enlargement program MAGIC is offered at LBPH by volunteers. Please call 313-833-5494 to schedule a training appointment.