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North Dakota State Library Services for the Disabled



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Readers Rewarded

The participants of the Governor's Summer Reading Program were rewarded for their efforts at a ceremony this past July on the state capitol grounds. Governor Edward Schafer

presented the kids with certificates and prizes for their efforts.



Summer reading participant Chad Forderer receives an award from Governor Schafer

The top readers in the 6-8 year old group were Bryce Olson, Underwood, 1st place and Candace Rivinius, Bismarck, 2nd place. The winners in the 9-11 year old group were Devon Friesz, Bismarck, 1st place; Steven Mattern, Rugby, 2nd place; and Chad Forderer, Bismarck, 3rd place. The winners in 12-14 year old group were Stephanie Spangelo, Cavalier, 1st place; Nathaniel Redington, Minot,

2nd place; and Kenneth Bohl, Knox, 3rd place. The winner in 15-18 year old age group was Alexis Read, Williston, 1st place. The prizes included McDonald's gift certificates, tee shirts, book bags and certificates signed by the Governor.

The North Dakota State Library and the Governor's office sponsored the summer reading program.

North Dakota State Library Services for the Disabled 1-800-843-9948

Machine Lending Agency 1-800-421-1181

Ski for Light Invites You to Alaska

Whether you're an accomplished athlete or a couch potato longing for change, Ski for Light 1999 could be the perfect week for you. It will be held in Anchorage, Alaska, February 21 through 28, 1999. The 24th annual Ski for Light will invite more than 100 blind and visually impaired people to enjoy a week filled with cross-country skiing, good food and fellowship.

Ski for Light matches each visually impaired skier with a sighted ski guide. With the aid of pre-set tracks and verbal instruction by a ski guide, blind skiers are able to enjoy the exhilaration of cross-country skiing and the quiet beauty of winter. Pace and distance are determined by each individual skier guide team. Skiers range in age from 18 to 81, and in ability from beginner to advanced. The 1999 event will be held at the Hotel Captain Hook in Anchorage, Alaska, with skiing at nearby Russian Jack Springs Park.

Cost of the week will be \$650 for double-occupancy or \$790 for single occupancy and will include all meals, ski instruction, equipment for first time skiers and after-hours activities. Partial stipends are available on a limited basis for first time participants and based on financial need.

Applications must be submitted by November 1. No prior knowledge of cross-country skiing is necessary. For an application, contact Larry Showalter, 15002 N.E. 9th Place, Bellevue, WA, 98007; phone (425) 644-5663 or download application, from the Ski for Light home page at www.sfl.org.

New Address

If you are a patron who e-mails your requests or would like to, we have a new e-mail address. The new address is: tbooks@state.nd.us.

You can also check out the N.D. State Library's website on the Internet at <http://ndsl.lib.state.nd.us/>

This address will give you access to this newsletter as well as other information about the State Library and it's services.

On the Shelf
Self Help Books



RC 39215
Healing Words: The Power of Prayer and the Practice of Medicine
Author: Larry Dossey

Length: 2 cassettes
A physician describes his search for scientific proof that prayer heals.

RC 44145
Do It! Let's Get Off Our Buts
Author: Peter McWilliams

Length: 2 cassettes
"How-to" book on successful living urges the reader to discover a dream and pursue it with passion.

RC 41631
Taking Charge: Overcoming Long Term Illness
Author: Susan Golant

Length: 2 cassettes
A book to help chronically ill people and their families preserve their quality of life.

RC 40591
Spontaneous Healing
Author: Andrew Weil

Length: 3 cassettes
Conventional and alternative treatments for managing illness.

RC 39904
Positive Solitude: A Practical Program for Mastering Loneliness and Achieving Self-Fulfillment.

Author: Rae Andre
Length: 2 cassettes
A book written to change the negative view of being alone.

RC 36913
Happiness is a Choice
Author: Barry Neil Kaufman

Length: 2 cassettes
A book filled with suggestions about how to make happiness a personal priority in one's life.

RC 22319
Making Life More Livable
Author: Irving Dickman

Length: 1 cassette
Simple adaptations for the homes of visually impaired people.

RC 26281
How to Raise Your Self-Esteem
Author: Nathaniel Branden

Length: 1 cassette
A psychotherapist discusses the components of healthy self-esteem.

RC 45257**Don't Sweat the Small Stuff and it's All Small Stuff: Simple Ways to Keep the Little Things from Taking Over Your Life****Author: Richard Carlson**

Length: 1 cassette

A guide for achieving personal serenity by altering and practicing a more relaxed lifestyle.

RC 33525**The Doctors Book of Home Remedies****Author: Debra Tkac**

Length: 5 cassettes

A collection of self-help techniques on more than 100 health topics.

RC 44039**Student Guide to Doing Research****Author: Dave Campbell**

Length: 5 cassettes

This handbook gives instructions on various Internet tools and the World Wide Web.

RC 42416**Washington Online****Author: Bruce Maxwell**

Length: 2 cassettes

A guide to more than 200 federal government bulletin boards, government speeches and employment opportunities.

RC 33461**Natural Health, Natural Medicine: A Comprehensive Manual for Wellness and Self-Care****Author: Andrew Weil**

Length: 3 cassettes

A guide to adopting a healthy lifestyle and the treating many ailments with home remedies.

RC 42308**Kiplinger Invest Your Way to Wealth****Author: Theodore Miller**

Length: 3 cassettes

A how-to-guide for building a diversified investment portfolio.

RC 42674**A Guide to Independence for the Visually Impaired.****Author: Vivian Younger**

Length: 2 cassettes

A guide on how to perform basic tasks of daily living.

RC 38001**Diabetes Self-Manager Series****Author: Joslin Diabetes Center**

Length: 2 cassettes

Six booklets containing information for diabetes patients including: planning menus, losing weight, exercise program and fighting long term complications.

A Trip of a Lifetime

(Editor's Note: Alexis Read wrote the article below. She is a senior at Williston High School this year and an active patron of the talking books program.)

In June of this year, I spent three weeks in Germany with a school group. It was a trip of a lifetime.

I was worried about how the people over there would treat me once they knew about my disability, but they treated me just as they would a normal person. When I was with a group of people, I only had to tell them once that I couldn't see the steps, and they told me whenever we reached a step. I mean they said, "Stufe," or "Treppen," which both mean step whenever we came to even the smallest step. I only missed a few steps on the trip.

My favorite part of the trip was being able to talk German



Alexis at a sidewalk café in Cologne, Germany

24 hours a day. It was great to be able to sit down and have a conversation with someone and be understood. I only made a few mistakes over there. The funniest one was I meant to ask someone if they were looking forward to going to England, but instead said, "Be careful for England." OOPS!!!!!!

Another part of the trip I enjoyed was going on a boat tour of the Rhine in Cologne. When we first talked about going to Germany, I knew that I

wanted to go on the Rhine. So, when mom and I went to Cologne one of the first things we did was take a boat tour. It just went around Cologne, but I thought that was enough. All I wanted to do was be on the Rhine.

Another favorite part was touching the Brandenburg Gate. When our group went to Berlin, my tour guide knew that I was visually impaired, so he let me touch the gate. It really meant a lot to me to be able to touch a piece of history.

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I thought the German food was fabulous. My favorite dish was Wienerschnitzel with some kind of sauce over it. I think the best food I had over there was spinach. I think it was creamed or something because it was runny, not stringy like ours.

The desserts were great too. The best dessert I had was pudding the host mother made. It was vanilla with fruit in it. It was a lot better than ours.

All in all, I had a great trip. If any of you out there are thinking of traveling, don't let your disability hold you back.

(Editors Note: Alexis will have another article about her trip to Germany in the next edition of Discovery.)

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