

# Senior Readers Newsletter

from your

## Muskingum County Library System

220 N. 5th St. - Zanesville, OH  
740/453.0391

*"A little madness in the spring  
Is wholesome even for the King."*

- Emily Dickinson  
(1830-1886)  
US Poet

April 2005

### Cholesterol Profiles

Muskingum Respiratory Care Association (Rambo Health Center) provides a cholesterol lipid profile by appointment for \$18.00. The profile includes total cholesterol, HDL (good) cholesterol, LDL (bad) cholesterol, triglycerides, and blood sugar.

They can be scheduled Monday-Friday, at the Rambo Health Center, 53 S. Fourth St.

For more information and to set-up an appointment, call 740/452.5401.

### Free Blood

#### Pressure Screenings

The Rambo Health Center provides FREE blood pressure screenings Monday-Friday, 8:00 a.m. - 4:30 p.m. at the Rambo Health Center, 53 S. Fourth Street. Glucose (blood sugar) screenings are also available for \$3.00. No appointment is necessary. For additional information call 740/452.5401.

## Get Lively this Spring

Spring is in the air. Shake off those winter blues by getting out and enjoying the weather. Are you still functioning at that winter level? Here are some ideas to get you up and moving about.



Get involved in community theatre:

Zanesville Community Theatre  
Zane Trace Players

Get involved with your church's spring plays and activities.

Volunteer at a local agency:

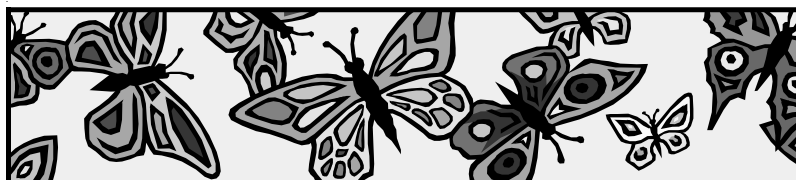
Friends of the Library  
Genesis  
Big Brothers/Big Sisters

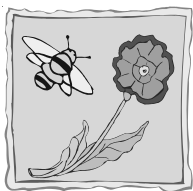
Visit historic sites and museums in our area:

Putnam Mansion  
Dr. Increase Matthews Museum  
Stone Academy  
Regional Artworks  
Zanesville Art Center

**And of course...visit your local library!**

For information on the places listed above contact the library at 740/453.0391.

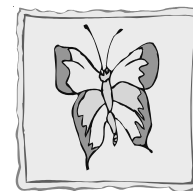




# *What's New in Large Print*

*at your*

*Muskingum County Library System*



## **Honeymoon**

**By James Patterson**

How does it feel to be desired by every man and envied by every woman? This is the life Nora Sinclair has dreamed about, the life she will never give up. So why is the FBI interested in Nora? Mysterious things happen to the people around her, especially men.

There is something dangerously alluring about Nora. But as Agent O'Hara spends more time getting to know her, is he pursuing justice or his own obsession? Honeymoon is a tale of a woman's deadly appetite and the men who dare to fall for her. In his scariest novel yet, James Patterson confirms that he always "takes thrills to the next level".

## **Crown Jewel**

**By Fern Michaels**

Ricky Lam had it all, a thriving film career, the adoration of his fans, incredible wealth and a cocaine and alcohol problem that was about to destroy him. Luckily, he also had a manager, his straight arrow older brother Philip, who strong armed him into an addiction clinic. But not even the passage of fifteen years, Ricky's rehabilitation, and unimagined success for both men can mend the rift that opened during those dark days. When tragedy erases Ricky's dreams of winning Philip's forgiveness, he resets his priorities and dedicates himself over to his brother's dream of owning a unique resort called the Crown Jewel.

## **Tested by Fire**

**By Kathryn Springer**

Scarred ex-cop John Gabriel doesn't need anyone else's problems, but he can't refuse a request from his former chief. Then John learns what the favor to Chief Kelly entails: keeping an eye on his granddaughter, Fiona, a young police officer facing a dangerous work situation. John quickly sees that Fiona is in trouble and when the attractive rookie is trapped in a burning building, John is the one who ends up rescuing her. Could Fiona's strong faith rub off on the cynic and make John believe in the Lord...and in the love that is miraculously blossoming in the stony soil of his heart?

## **Emma's Secret**

**By Barbara Bradford Taylor**

Paula O'Neill, the beloved granddaughter of the legendary Emma Harte and the guardian of her vast business empire, believes that everything Emma left the family is secure. Beneath the surface, however, sibling rivalry and discontent flare. Her daughters, Linnet and Tessa, are as different as they can be, and one of them desperately wants the empire to be hers. Into this volatile mix walks Evan Hughes, a young American designer looking for Emma Harte. But Emma has been dead for years and Evan bears an uncanny resemblance to Paula O'Neill. Troubled by Evan's presence Paula turns to her grandmother's wartime diaries to find the truth, and Emma comes vividly back to life.

## April is National Poetry Month

Stop by the library and “check out” our selection of poetry to celebrate National Poetry Month.

**Complete Tales and Poems of Edgar Allan Poe** by Edgar Allan Poe

**The Prophet** by Kahlil Gibran

**The Iliad** and **The Odyssey** by Homer

**Leaves of Grass** by Walk Whitman

**The Divine Comedy** and **The Inferno**  
by Dante Alighieri

**Journey through Heartstrings**  
by Mattie J.T. Stepanek

**The Complete Collected Poems of Maya Angelou** by Maya Angelou

**Stopping by the Woods on a Snowy Evening** by Robert Frost

**Delights and Shadows** by Ted Kooser

**Paradise Lost** by John Milton

## Breakfast in a Mug

This is a time saving and fun recipe to make for yourself and even better to share with the grandchildren.



Place butter in 12 oz.  
microwave safe mug or small bowl.

Microwave on High 30-45 seconds, or until melted.

Add egg (s), milk, salt and pepper.

Stir or whip with a fork.

Microwave one egg on High 35-45 seconds; two eggs 1 1/4 to 1 3/4 minutes.

Remove eggs when they are still soft and moist. You may have to play with the time depending on your microwave. Let stand about 2 minutes.

While eggs are standing crumble bacon and add to eggs.

Eggs will firm up while standing.

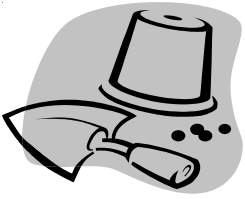
If desired sprinkle with shredded cheese during standing time.

## Friends of the Muskingum County Library System



The Friends of the Muskingum County Library system is a membership organization committed to focusing attention on the importance of public libraries. They lend support to the library and raise money for library programs, resources, and materials through special events, book sales, projects and the Friends Book Store.

Friends of the Library have fun while meeting and making new friends. If you would like more information on the Friends of the Library or the Friends Book Store, please call 740/453.0391 ext. 31 or 13.



# SPRING Into Action



**Muskingum County  
Library System**  
220 N. 5th Street  
Zanesville, OH 43701

Non-Profit Org.  
U.S. Postage  
**PAID**  
Permit No. 774  
Zanesville, OH