

AT LARGE

Winter 2014

St. Charles Public Library News for Large Print Readers

Champagne Cork Safety

Some celebrations call for champagne. Enjoying responsibly might include proper cork handling to protect everyone's eyes. Some tips:

- Chill sparkling wine and champagne to 45 degrees or colder. When not sufficiently chilled, the cork can pop unexpectedly.
- Hold the cork down with the palm of your hand while removing the wire hood from the bottom. Point the bottle at a 45 degree angle, away from all bystanders.
- For extra protection in a crowded room, grasp the cork and cover the bottle with a towel.
- Keeping the bottle at a 45 degree angle, twist the bottle while holding the cork.

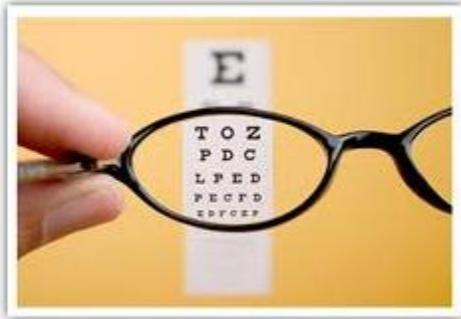


Low Vision Means Increased Risk of Falls

In a study published in the June issue of *JAMA Ophthalmology*, scientists found that people with vision impairments and those in need of vision correction are at increased risk for falls. The study showed there is a clear correlation between diminished vision and diminished balance. If you lose your balance, you are more apt to fall.

According to the [Centers for Disease Control and Prevention](#), one in three adults age 65 and older falls each year. Those falls require medical treatment and often mean loss of mobility and independence. To prevent

falls, work to optimize vision and balance and check that your home is free of tripping hazards:



If you are over 60, have yearly eye exams. Annual exams will ensure proper correction and detect glaucoma or cataracts at a treatable stage.

Improve your body balance with exercise. If you don't already have one, establish a regular exercise program. Exercise can improve your

balance and flexibility. These are especially important for people over age 50. If you have not exercised regularly, check with your doctor before starting something new.

Take steps to reduce the risk of tripping at home.

- Make sure your floors, stairs and walking paths are clear of items you might trip on: books, shoes, clothes, electrical cords, etc.
- Secure rugs to the floor with double-sided tape, or don't use them at all.
- Make sure all your stairways have handrails.
- Use bright, low-glare light bulbs in rooms, stairways and hallways.



Be aware that medications may cause side effects. Be sure to talk with your doctor or pharmacist about the side effects of the drugs you are taking. Be sure to tell your medical professional about over-the-counter drugs cold and flu medication or herbal remedies. These may also cause reactions.

Senior Spelling Bee



Have fun and keep your brain active this spring by participating in the Illinois Senior Spelling Bee local competition. The [Pottawatomie Community Center](#) at the St. Charles Park District will host a practice meet on April 18, 2014, followed by the actual Bee competition on May 9.

This event is for adults aged 50+, who will compete at the local level. Qualifying participants will advance to the regional competition. Finalists will compete at the Illinois State Fair on Monday, August 11.

New Large Print Books

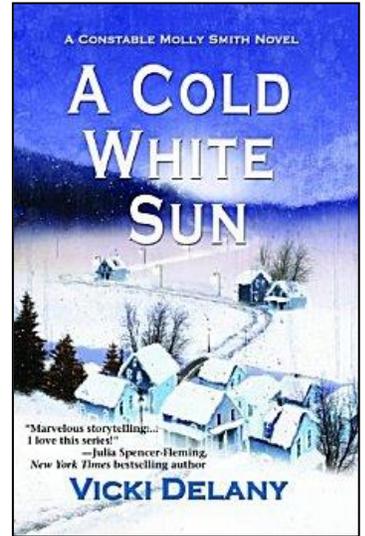
The books listed below feature female investigators. At the heart of each story there is a mystery, but the settings and heroines are all quite different.

[A Cold White Sun: A Constable Molly Smith Mystery](#),

Vicki Delany

LARGE PRINT FIC DELANY

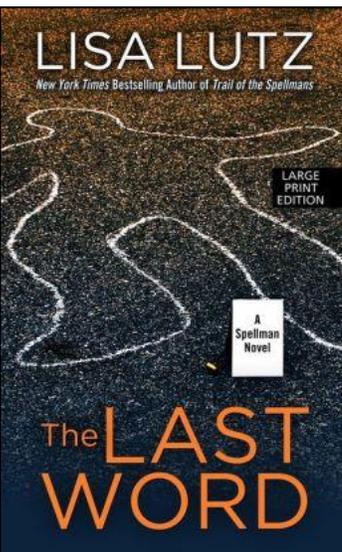
A teacher is shot and killed by a sniper in this story of determined police work in the small town of Trafalgar, British Columbia. Constable Molly Smith, hoping to be promoted to detective at some point, assists Detective Sergeant John Winters in the murder investigation.



[Rituals: A Faye Longchamp Mystery](#), Mary Anna Evans

LARGE PRINT FIC EVANS

Archeologist Faye Longchamp is in the small town of Rosebower, New York with her adopted daughter, Amande. Their job is to sort through the stockpiled donations at the local museum, looking for valuable artifacts. Soon they find themselves investigating murder by arson. Evans is noted for her intricate plots and rich descriptions of place.



[The Last Word: A Spellman Novel](#), Lisa Lutz

LARGE PRINT FIC LUTZ

Have you met the Spellman family? The eccentric Spellmans run Spellman Investigations in San Francisco. Our heroine is the smart and spunky Isabel "Izzy" Spellman. Izzy is currently at odds with members of her family, who resent her hostile takeover of the family business. When Izzy is accused of embezzling from a client who has Alzheimer's, she finds she must call on old friends for help, including former boyfriend and San Francisco cop, Henry Stone.

[Brush with Death: A Gray Whale Inn Mystery](#), Karen MacInerney

LARGE PRINT FIC MACINERNEY

This cozy is set on Cranberry Island, Maine. Natalie Barnes is the owner of the Gray Whale Inn and amateur sleuth. In the midst of the holiday season,

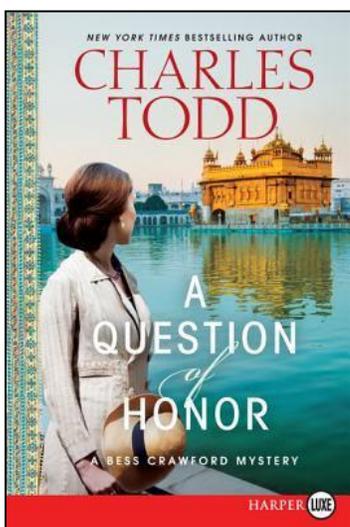
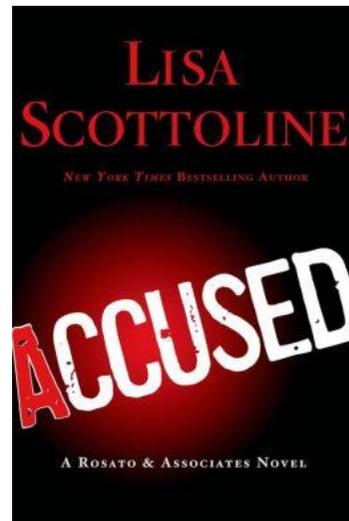
she is gearing up for an art show. Her niece Gwen, will exhibit, but there are complications. The new owner of the gallery hates Gwen's art and Gwen won't be able to improve her style before the show. When Gwen's mentor is found dead of an apparent suicide, Natalie is not buying it. This series is noted for complex characters, vibrant scenery and wonderful recipes.

[Accused: A Rosato & Associates Novel,](#)

Lisa Scottoline

LARGE PRINT FIC SCOTTOLINE

Lisa Scottoline has been writing about the all-female, Philadelphia-based law firm of Rosato & Associates for about 20 years now. In this novel, 12th in the series, the partners take a second look at a murder case. The sister of the victim believes the wrong man was convicted and wants justice. This series is noted for palpable suspense and strong, intelligent and very likeable women.



[A Question of Honor,](#) Charles Todd
LARGE PRINT FIC TODD

Bess Crawford is a World War I nurse and an amateur sleuth. In this mystery, Bess is tending to the wounded in France when she learns from a dying man that a murderer is serving on the Front. The murderer, who served in her father's regiment in India, managed to avoid prosecution while leaving a stain on his comrades. It was thought the man was dead. Bess is compelled to discover the truth, and spends her leave investigating.

We have more suggestions for you! Ask Us!

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