

# Learn Survival 101 @ Your Library!

## Rock Island Public Library

May 28, 2009

### **Free Rock Island Library Programs Pay Off During Tough Times**

When it comes to outlasting troubled times, your library plays a critical role. Not only by providing access to money saving materials for personal entertainment, but as a powerhouse of resources, information and tools for coping with tough times. “**Survival 101**,” a new series of programs from the Rock Island Public Library, continues to grow, with three programs in June, and more planned for the future. Upcoming programs include:

#### **Eating for Less – the Angel Food Ministry Way**

**Wednesday, June 3 from 6 p.m. to 7 p.m., Main Library**

Learn how to feed a family of four for a week for just \$30, with the Angel Food Ministry program from Broadway Presbyterian Church. Each basic unit usually includes 17 products, which works out to about \$75 worth of high quality food for just \$30. Cali Smith and Sarah Nimrick of Broadway Presbyterian will show how to order, use and prepare what’s in a typical Angel Food Ministry food box. In addition to the recipe demonstration, information will also be available on the Broadway Store and other assistance programs.

The program is open to anyone who would like to save money on their grocery bill, regardless of income. <http://www.broadwayqc.org/food.php>

#### **Living for Less – Saving @ Home**

**Wednesday, June 17, 6:30 p.m., Main Library**

Save money on your monthly energy bill. Gain basic knowledge and confidence to tackle small home repairs yourself. Paul Fessler of Project Now will show how following an ongoing maintenance checklist will help you avoid costly future major repairs.

#### **Metro: It’s My Ride!**

**Thursday, June 18, 6 p.m., Main Library**

Save on the growing cost of gas by taking better advantage of Metro bus service. Learn how!

Watch for more details on future Survival 101 programs from your library, or sign up for the library’s free e-mail newsletter, “Library Lines,” at [www.rigov.org](http://www.rigov.org). Libraries offer plenty of print, online, visual and audio resources, many of which are free with a library card. For money-saving entertainment, enlightenment and enrichment for all ages, visit the Rock Island Main, 30/31 and Southwest Branch libraries, or check the Rock Island Library online at [www.ripl.lib.il.us](http://www.ripl.lib.il.us) for details about library cards, services and free events for the family.