



UTA LIBRARIES

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Not Your Father's Radio!

Like most new Internet phenomenon, podcasting arrived with the potential to rewrite the rules of communication by bypassing conventional media. Listeners can now program their own radio station and listen to it whenever they choose without tuning into mainstream, advertising-supported broadcast radio (see insert at right for more details about podcasting).

While podcasting offers individuals a convenient way to self-publish audio files, many non-profit organizations are also adopting the idea. Listeners with an iPod or portable MP3 player can tune into Science@NASA and explore the universe while exercising or driving to work.¹ Public radio fans can automatically download WNYC in New York, WGBH in Boston, or the United Kingdom's BBC 4 to enjoy while drinking coffee in the morning. Additionally, they can keep in touch with political candidates and national parties through podcasts

of interviews and press releases.² Recently, the National Learning Infrastructure Initiative (NLII) promoted podcasting as a new way to connect students to higher education.³ When Duke University distributed iPods to incoming freshmen in the Fall of 2004, the faculty began developing innovative ways to use the devices. In Spring 2005 they began podcasting audio recordings for classes over the Internet.⁴ The Missouri School of Journalism is already podcasting speeches, seminars, and other items of interest to subscribers.⁵

Libraries have just begun to use the new technology. In January, Greg Schwartz, Circulation Support Supervisor at

. . .but, what's a podcast?

The term, only in use for a year, is a combination of the word broadcasting and the name of a popular MP3 player, iPod. Podcasts are prerecorded audio files posted to the Internet. Listeners download the programs to their iPods, MP3 players, PDAs, or computers and listen to them whenever they want.

It is somewhat similar to TiVo which lets users record and store television programs for later viewing or to magazine subscriptions where readers register for a magazine and the publisher sends it directly to the reader at set intervals.

While it is possible to go directly to a site and listen to a podcast, the audio files are usually delivered directly to the listener's device using the XML-based file format RSS (Really Simple Syndication) and an RSS feed. This automatic feature distinguishes podcasts from traditional Internet broadcasts in that listeners no longer have to tune in to web radio on schedule or search for and download individual files from their source.

the Louisville Free Public Library, started *Open Stacks*, a podcast about library and information science topics. In his initial podcast, he comments that he hopes to encourage other LIS profession-

Connections

Not Your Father's Radio! (cont.)

“We have created a demonstration podcast called *Connections at Podcast.net*. . .”

Thanks to Evelyn Barker for editing the transcript, Mark Mustacchio for announcing, Kris Swenson and Scott Holmes for assisting with the recording, and Danny Word for technical assistance.

als to put their own podcasts on the web.⁶

Should libraries podcast?

As with anything new, the question should always be whether there are opportunities for libraries. Some of the reasons to consider podcasting include:

- *Matching patron's communication preferences.* Almost one in five of those under age 30 have iPods/MP3 players.⁷ Podcasts, like blogs, are a popular method of communication where news and information appear long before it is printed.
- *Breaking out of the mold.* Libraries are stereotyped as dull, quiet places with books. Podcasting is an opportunity for libraries to let patrons know about their high-tech resources.
- *Promoting the library and library issues.* Podcasts can be used to promote library resources and programs as well as serve as a forum to inform the world about issues facing libraries and librarians.
- *Building community.* Podcasts can serve to build community as others begin to listen to what we have to say. Libraries that

podcast will become a progressive part of the LIS community.

- *Keeping current.* Broadcasting encourages current awareness and active engagement in the process of information seeking.

Want to hear our podcast?

We have created a demonstration podcast called *Connections at Podcast.net* (<http://www.podcast.net>) which you can hear with a computer or MP3 device. Podcast.net has a searchable directory organized by subject as well as links to information and software for individuals interested in receiving podcasts.

To hear our program, type *connections* in the search box and click “Search”. Select *Connections* in the search results, click on the green “play” button next to “Not Your Father’s Radio”, and wait while an audio player loads in a separate window and begins to play. Remember to check the sound level on your computer by clicking the volume icon on the taskbar at the bottom of your screen. Once the pop-up menu appears, make certain that there is no check next to “mute” and adjust the volume level.

Your comments and suggestions for how UTA Libraries can incorporate podcasting into our services are welcome. Please feel free to share them with me at lworceste@uta.edu or phone 25747.

—Lea Worcester

Sources

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4. Missouri School of Journalism. *Missouri Journalism Podcasts.* <http://journalism.missouri.edu/podcast/>.
5. Cohen, Steven. *Greg Schwartz Podcasts! Library Stuff.* [blog] <http://www.librarystuff.net/2005/01/greg-schwartz-podcasts.html>.

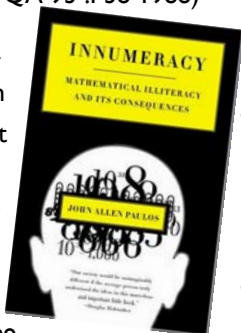
C.D.'s Picks

Science for Everyone

Recommendations for the non-scientist who loves science.

Innumeracy: Mathematical illiteracy and its consequences, by John Allen Paulos (SEL: Books QA 93 .P38 1988)

Illiteracy is a huge issue in America, but what about innumeracy? This book was published in 1988, yet today it is as relevant as ever. Our confused responses to numbers result in much more dire consequences than low scores on a grade report. Widespread innumeracy leaves us vulnerable to clever statistical manipulations by politicians, interest groups and the media. And, misunderstanding numbers results in panic about statistically negligible dangers (terrorism) while we neglect protecting ourselves from less terrifying, but more probable, dangers (heart disease). The book is short (135 pages) and easy reading; and you'll thank yourself for reading it during your next encounter with the news media.



The Central Library collection has a few more books by John Allen Paulos that I haven't yet read, though I certainly intend to read everything by this entertaining and enlightening author:

- *A mathematician plays the stock market* (Central: G4515.15 .P38 2003)
- *I think, therefore I laugh : an alternative approach to philosophy* (Central: BC 71 .P38 1985)
- *Mathematics and humor* (Central: PN6149.P5 P3).

I have also read and recommend two more books by Dr. Paulos that are not available at UTA. *A mathematician reads the newspaper*, which reveals the ways statistics are used (and abused) in the media and how we can educate ourselves to read between the lines, and *Once Upon a Number : The Hidden Mathematical Logic of Stories*, which connects numbers and narrative, illustrating how stories contain numeric logic and how numbers are meaningless without some sort of narrative to give them context.

On the lighter side

Non-scientific reading available from UTA Libraries.

Reading Lolita in Tehran: A memoir in books, by Azar Nafisi (Central: PE64.N34 A3 2003)

Readers who appreciate literature will find a lot to love about this book. It is the best illustration that I have ever encountered of the relevance of literature in our daily lives. On the surface, it is the story of a group of women meeting in a home to discuss English-language literary works banned by the Ayatollah Khomeini's regime. It is organized into four parts: Lolita, Gatsby, James, and Austen. Each section goes beyond merely discussing the related works of literature; it applies its themes and issues to some aspect of (then) current Iranian society, and then personalizes those themes by applying them to individuals' lives.

Nafisi's prose is beautiful. In *Reading Lolita*, she illuminates other works of art by creating her own.
—C.D. Walter



Not Your Father's Radio (cont.)

6. Rainie, Lee. PIP Comments: iPods and MP3 Players Storm the Market. Pew

Internet & American Life Project. <http://www.pewinternet.org/>

Connections

10 Tips to De-stress for Success at Work

“Your work is to discover your work, and then with all of your heart to give yourself to it.”

Some of us are fortunate to possess a passion about our work, getting totally absorbed in what we’re doing and losing track of time. However, most of us settle into a routine and a regular paycheck. There is a Zen saying, “Your work is to discover your work, and then with all of your heart to give yourself to it.” While this philosophy makes for a good life strategy, it may also have the tendency to make us more sensitive to daily stressors. Here are 10 tips which might help you to relax and ultimately become more productive and fulfilled at work.

- **Eat properly!** Start your day off with a good breakfast. Snack throughout the day if you’re hungry; your body needs that fuel. Humans are not creatures of deprivation! Snack on fruits or nuts. Avoid stimulants such as sugar and caffeine. Drink herbal teas instead. Drink plenty of water, especially if you are feeling tired. Fatigue can be a symptom of dehydration. Also avoid indulging in a big lunch, which will make you feel sluggish in the afternoon.
- **Give me a break!** Avoid staring at your computer screen for long periods of

time. Take short breaks from tedious computer work. Look out the window or if you have no window, just close your eyes and mentally picture a nice view. Rub your palms together to generate heat and then gently place them over your eyes for thirty seconds.

- **Breathe in, breathe out!** Regulated and deep breathing can also be beneficial. If you are feeling distracted and having difficulty concentrating, be in the moment by focusing on your breath. Inhale two counts through the nose, exhale four counts through the nose. It helps to visualize a white fog on inhalation and a dark fog on exhalation. Repeat this for ten breaths.
- **Stretch!** When you are experiencing tension in your muscles, particularly in the lower back, make sure to stretch. While sitting in your chair, plop your upper body down like a rag doll. Make your body relaxed and limp, breathing in and out. Then stand up tall and perform an overhead palm press up. In order to prevent carpal tunnel syn-

drome simply rotate your wrists clockwise and then counterclockwise. To release tension gently pull on each finger. Another good idea is to utilize your lunch hour to your benefit, by taking some time to take a brisk walk outside in the fresh air and light; this is important when the days are shorter to help deal with seasonal affective disorder.

- **To do lists!** Prioritize your work by making a daily list and, as you accomplish each task, cross it off of the list. Learn to delegate some tasks and strive to be a team player. Be willing to share information with your coworkers, don’t hoard information. Don’t hesitate to ask for support when you need it and be willing to be supportive when others need it. Develop a support system.
- **Inspire!** Use an inspirational quote or song lyric which holds special meaning for you. Use it as a screen saver or add it to a post-it and display it in your work area.
- **Picture this!** Keep a photo of your last, or fa-

10 Tips to De-stress for Success at Work (cont.)

avorite, vacation on your desk or in your work area to remind you to take a vacation.

- **Time is on your side.** Allow yourself more time for a project than you might anticipate. A deadline is a deadline. If you complete it prior to the due date you are a hero!
- **Tidy up!** Unclutter and organize your desk and work space. A tidy environment makes you feel better over all.
- **Don't forget to laugh!** Develop and use your sense of humor. Viewing certain things and situations with a comic eye can benefit you each day and in the long run.

Being good to yourself each day should not end at work. On your way home do something enjoyable for yourself before you meet and greet your family and their problems. Visit the gym and work your stress away and raise your endorphins. Listen to music, or even listen to audio books during your commute. If you are experiencing difficulties, speak to a positive coworker or friend; expend your energy on finding a solution, rather than on worrying. Be calmly active and actively calm: this is the secret to success at work!

This was originally written by Debbie Mandel, MA, the author of *Turn On Your Inner Light: Fitness for Body, Mind and*

Soul, a stress-reduction specialist, motivational speaker, a personal trainer and mind/body lecturer at Southampton College. She is also the host of the weekly *Turn On Your Inner Light* show on WLIE 540AM in New York City, produces a weekly newsletter, and has been featured on radio/TV and print media. To learn more visit:

www.turnonyourinnerlight.com

Debbie graciously granted me permission to share her information with our library staff, with a few modifications, many thanks to her.

—Elizabeth E. Swift

UTA Libraries' Student Employees Win Awards

Danny Word, Information Literacy, has been selected as the UTA 2005 Student Employee of the Year for his outstanding work in digitizing scanned Special Collections maps and significant contributions to GIS projects. He will receive a \$500 scholarship and consideration for the Southern Association of Student Employment Administrators' regional Student Employee of the Year program. Crystal Buycks, former Science and Engineering

Library student employee, received the Award of Excellence.

Both Danny and Crystal will be

recognized on Tuesday, April 26, 2005, at 3:00 p.m. in the Rio Grande, E.H. Hereford University Center.



Surprise Notification: Gretchen Trkay, Danny Word, Mary Jo Lyons, Josh Been, Evelyn Barker, & Gerald Saxon

Connections

Do We Look Like Our Pets?

“... do both of you have bad-hair days, goofy grins, or perhaps sad eyes?”

Do UTA Libraries’ staff members look like their pets? If you have a pet, do both of you have bad-hair days, goofy grins, or perhaps sad eyes? The popular belief that people tend to select pets that look like them has long been a subject of speculation. Interestingly, psychologists have researched the topic with mixed results. A study by social psychologists at the University of California found that when people pick a dog, they seek one that resembles them, and, when they selected purebreds whose future appearance could be predicted,

they got what they wanted.¹ They could not identify how the owners and dogs resembled each other and concluded that it could be a similarity of obvious attributes such as size or less apparent traits like gait or attitude. Another study attempted to be more specific. Female college students were asked to judge the desirability of dogs based upon whether they had pricked or lopped ears. They concluded that women with long hairstyles preferred lopped-eared dogs because the dog’s long ears produced a similar facial fram-

ing effect to the women’s long hair while students with short or pulled-back hair styles preferred prick-eared dogs.²

This month we will conduct our own survey on the question by matching photos of UTA Libraries’ staff members with their pets. Find out how many you have right by checking the answers at the bottom of the next page.

—Lea Worcester

				
1. Elizabeth Swift	2. Kathleen Marquez-Houston	3. Jean Sherwin	4. Ashleigh Holmes	5. Candy McCormic
				
A. Cleo	B. Bentley	C. Vernie	D. Gunner	E. Connor

Sources

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2. Coren, Stanley. *Do People Look Like Their Dogs?* *Anthrozoos* 12, no. 2 (1999): 111-14. <http://www.ebscohost.com>.

Arlington Reads Program Now Includes Story Contest

UTA is collaborating with the Arlington Public Library, the Arlington Independent School District, Tarrant County College, Reading & Radio Resource and several local businesses in the Arlington Reads, a program that encourages the community to read and join group discussion and activities. The third-annual community-wide read includes three books: for adults, *Brownsville: Stories* by Oscar Casares; for young people, *Esperanza Rising* by Pam Munoz Ryan; and for children, *Tomas and the Library Lady* by Pat Mora.

The program was expanded to include a new event, a story contest open to high school

students (grades 9-12) and college students (ages 18-21) living within the City of Arlington. Ron Aday in Special Collections used historic photos from UTA Library's Special Collections for the poster promoting the contest.

Guidelines for the contest stipulated that the stories should be about life in Arlington and not exceed 3,000 words. The deadline for entries was April 7, 2005. The winners will receive savings bonds and have their stories published in the Arlington Public Library's short story collection *Arlington: Stories* and on the library's website.

You are all invited to the Arlington Reads program and reception in the Carlisle Suite in the University Center on April 21 from noon -1:15 pm. Sally Spaniolo will be the host. Special guests will be CBS 11 news anchor and UTA alumna, Karen Borta, and award-winning children's author, Pat Mora. (Mora will also visit the College of Education while she is on campus.)

For more information on the contest as well as a list of Arlington Reads events, visit www.pub-lib.ci.arlington.tx.us.

—Tommie Wingfield &
Lea Worcester

Focus on Faculty: Tsunamis, Volcanoes and Earthquakes

Dr. Christopher Scotese, Associate Professor of Geology at the UTA and head of the PALEOMAP Project, discussed recent geological disasters from the perspective of his research in plate tectonics in the Central Library parlor on April 13. He took the audience back through the earth's long history of drifting continents and climatic changes.

The goal of the PALEOMAP Project is to illustrate the plate tectonic development of the ocean basins and continents, as well as the changing distribution of land and sea during the past 1100 million years. Visitors to his website at <http://www.scotese.com> will be able to view full-color paleogeographic maps showing the ancient mountain ranges

and shorelines, active plate boundaries, and the extent of paleoclimatic belts as well as learn more about Dr. Scotese's research.

—Tommie Wingfield &
Lea Worcester

"He took the audience back through the earth's long history of drifting continents and climatic changes."

Connections

Who Am I?



CLUES

Personal

- A Southern gal
- Lived in Sooner Country, the Music City, Hogs Country and Hub City of the South
- A new driver in the family
- Have three cats and a dog
- Loves chocolate!

Professional

- Don't see much daylight from my work area
- Came full circle, from library degree to present position
- I "exhibit" work on the web
- Occasionally deal with live animals
- Managed a popular Mexican restaurant chain

Contest Rules:

Please send your answers to Lea Worcester via e-mail at lworcester@uta.edu with "Contest" in the subject line before April 26.

The winners of this and other contests in Connections will be determined by putting all of the correct answers in a "hat" and randomly drawing the winner. Winners will be announced in the next publication and treated to a lunch at the end of the year where they qualify for entry in the grand prize drawing.
—the Editor

Milestones

The following employee milestones collectively amount to 260 years of service:

Ten Years

- Katherine D. Casebier
- Ann E. Hodges
- Diana J. Sherwin
- Rene Tamez

Fifteen Years

- Michael D. Doran
- Diana L. Hines
- Dwayne Warren

Twenty Years

- Carol S. Byrne
- Debra L. Carter
- Virginia G. Pinkerton

Twenty-Five Years

- Bobbie Johnson
- Phuong K. Le
- Robert C. Samson

Forty Years

- Leveta J. Hord

Contributors to the April Issue

- Barbara Howser
- Mark Mustacchio
- Antoinette Nelson
- Bob Sampson
- Elizabeth Swift
- C.D. Walter
- Tommie Wingfield
- Lea Worcester

Keeping Up With Change

The Libraries' staff web page has been modified by the replacement of the old Staff Suggestion Box application. The original Staff Suggestion Box was a locally developed application created in response to staff requests for a place to carry out discussion on work-related topics of interest. Users were permitted to initiate a discussion topic, after which other staff members could join in and respond with comments of their own. Over time, the Staff Suggestion Box became difficult to use because entries were posted in a simple chronological sequence and, as multiple topics were underway, the disjointed nature of the discussions proved cumbersome. Staff eventually lost interest in the site and discus-

sion has dwindled to just a few entries each month.

In an attempt to revive the dynamic nature of an interactive discussion venue, the home-grown site was replaced with an open source community forum product based on standard Microsoft technologies. The new site presents discussions in a threaded fashion so that all comments on a specific topic are kept together. Staff can more easily follow the progression of a discussion and contribute to it as they wish. Staff can also initiate new discussion topics simply by clicking the "New Topic" button.

The Community Forum site is intended for use by Libraries staff members only and is re-

stricted for access from only the staff subnets in the Central Library, the Architecture and Fine Arts Library, and the Science and Engineering Library. Guidelines for appropriate use remain the same for the new site as they were for the old site, i.e., discussion topics must be relevant to the UTA Libraries and may not be offensive in nature. Inappropriate comments or suggestions will be deleted.

Staff members are encouraged to make use of this new resource and to engage in discussions of interest to them or to their work area.

—Bob Sampson

... and the winner of Secret Signs and Symbols Challenge

is Danny Word in Information Literacy!

Suggested works about ciphers and codes include:

Short Stories

Doyle, Arthur Conan. 1903. Adventure of the Dancing Men. *Strand Magazine* vol. 26 (December). <http://sherlock-holmes.classic-literature.co.uk/the-adventure-of-the-dancing-men/>.

Poe, Edgar Allan. 1843. *Gold Bug*. <http://www.poedecoder.com/>

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Friedman, William, and Elizebeth Friedman. 1957. *The Shakespearean Ciphers Examined*. Cambridge: Cambridge University Press. PR2937 .F7

Sayers, Dorothy. 1932. *Have His Carcase*. New York:

Movies

Universal Pictures, 2000. *U-571*.

Artisian Pictures. 1998. *π (Pi)*.

Web Sites

Sale, Tony. *Codes and Ciphers*. <http://www.codesandciphers.org.uk/>.

Spy Numbers. <http://www.spynumbers.com/index.html>.

Connections

UTA Libraries' Spring Safari!

Join the 2005 Spring Safari on April 20, 2005, from 2:00 to 4:00 p.m. on the 6th Floor. We'll celebrate those receiving employee service, STAR, and Outstanding Student Assistant awards.

Build a Better Mousetrap? Spring into Mechanical Action!



“... the singing shark is a robot in which springs cause the mouth to open and close.”

Did you know there are people who actually collect antique mousetraps? I didn't either until I began my quest for information on springs. Though my focus is not the mousetrap, I did include a mousetrap in the exhibit as an artifact. Why would I do that? You ask. Well, one thing leads to another . . .

Springs are a fundamental mechanical component. Before metals, wood was the material of choice used to make springs for military catapults and archery bows. That was during the Bronze Age. In the 14th Century, metal was used to make springs for accurate time pieces to be used for celestial navigation. Europeans created

a greater demand for more accurate time-keeping as a result of their world exploits and conquests. With the Industrial Revolution in the 18th Century, a tremendous need for large, accurate, and inexpensive springs emerged.

Sometime around March 20, I caught spring fever. An idea popped into my head for an exhibit acknowledging the importance of springs – from the lowly mousetrap to the infamous singing fish, Big Mouth Billy Bass. There are all kinds of springs - compression, tension and torsion, to name a few - and they all contribute to mechanical engineering. Think about it – where would we be without box springs, flashlights,

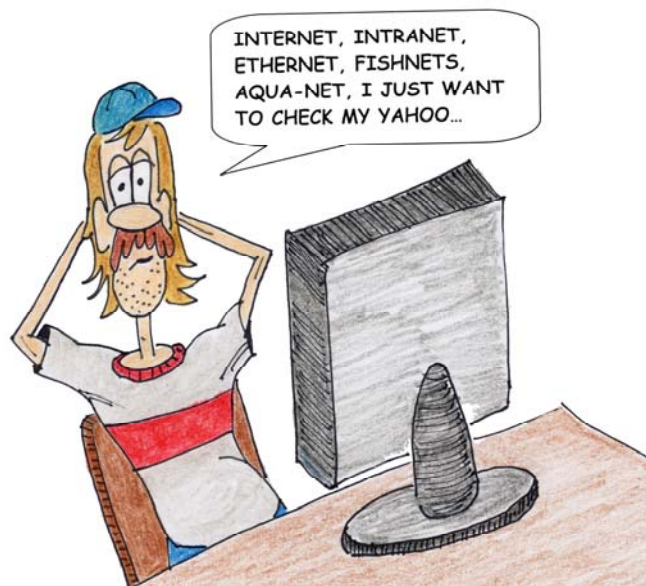
drum brakes, garage door openers, ink pens, tire gauges, trampoline springs, jack-in-the-boxes (the toy), Slinkies, and clothes pins?

Thanks to Donna Kelley for the loan of the singing shark. Similar to the Big Mouth Billy, the singing shark is a robot in which springs cause the mouth to open and close.

—Barbara Howser

Library Larry

LIBRARY LARRY



Mark Mustacchio

Masks, Murals, and Much More

Webb Elementary School celebrated International Week on March 31 with a visit to UTA. Over 100 students participated in four multicultural activities in Central Library. Enthusiastic students explored Texas history, created their own masks after learning why people wear them, listened to the story of the second floor mural “Puzzle Pieces” and examined selected titles from the Multicultural Collection, and finally, experienced Carnivale in Brazil with

video clips and gift-wrapped pieces of Brazilian candy.

—Lea Worcester



Kathy Spitzenberger, Special Collections, demonstrating a muzzle-loading pistol



Webb Elementary School students exploring books from the Multicultural Collection



Gretchen Trkay, Information Literacy, helping students adjust masks

UTA

Libraries

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Connections is the library staff newsletter published the first week of each month. The newsletter introduces new staff members, highlights departments, reports on library staff events, and is a forum for items of interest.

Suggestions and contributions are welcome. Please contact:

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April 2005

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun	
				1	2 3	
4	5	6	7 7:00-8:00 p.m. Arlington Reads. OK Carter—Tin Cup	8	9 10	
TLA 2005 Conference			ACRL 2005 Conference			National Library Week
11	12	13 12:05-1:15 Focus on Faculty, Dr. Scotese—Parlor	14	15	16 17	
National Library Week						
18	19 2:00-4:00 p.m. Staff Meeting—Parlor	20 2:00-4:00 p.m. Spring Safari! - 6th Floor	21	22 7:30 p.m. James Ward Lee, <i>Reading Will Ruin You</i> — Parlor	23 24	
					Library of Congress Birthday	
25	26	27	28	29	30	

Connections is archived online at:

<http://libraries.uta.edu/connections/index.htm>