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Do you know all ten tips for successful public speaking and yet still find yourself with sweaty hands, dry mouth, or shaky knees during a demonstration or class instruction session? One of the reasons for public speaking anxiety is the fear of making a mistake. Unfortunately, while advance preparation can reduce mistakes, they nevertheless happen. However, the following five tips will help you to minimize their impact:

- Accept that you are not perfect and that everyone makes mistakes. The more you focus upon being perfect, the more distressed you will be when a problem occurs.
- Recognize the possibility that you will make a mistake. When you make a mistake, accept that it happened and move on.
- When correcting a mistake, don't offer an extensive explanation or apology. Never say anything that will undermine your



"One of the reasons for public speaking anxiety is the fear of making a mistake."

professionalism or effectiveness.

- Welcome the opportunity for your audience to bond with you when you make a mistake. They want you to succeed and will be supportive if you admit that something went wrong and fix it.
 - Audiences understand technological failures, props that do not work, and speakers that do not arrive on time. Openly deal with the problem and then proceed with the session.

- They also recognize
 that it is possible to
 forget lines, especially
 when the normal flow
 of the session is dis rupted. Don't be
 afraid to pause for a
 minute to gather your
 thoughts or refer to
 your outline.
- know what you were going to say. If you forget a
 minor part of your presentation, continue on
 without interruption.
 When you omit something
 important, include it
 within the remainder of
 your session. Unless it is
 necessary, don't draw
 attention to the change.

-Lea Worcester

Source:

CharismaConsultants. Tips and Training for Conquering Stage Fright and Public Speaking Fears. Available from http://www.powerpublicspeaking.com/.

Connections

Spring Safari

Music and flowers greeted adventurers as they started their safari on the 6th floor. The attractive buffet of fresh fruit and vegetables, cheeses, and desserts, camouflaged behind a small jungle, was enjoyed by all.

The spring reception was held to recognize staff members who have qualified for years of service awards and to announce the following STAR and Outstanding Student Assistant Award recipients:



Jason Neal, Elizabeth Swift, Michelle Buchanan, and Ellen Baskerville



Mary Jo Lyons, Information Literacy, and Dorothy Rencurrel, President, Friends of the UTA Libraries

Mary Jo Lyons was surprised with the STAR Award (Super Talent Appreciated and Recognized) which was given for her professional conduct, drive to promote the Libraries, and unmatched ability to bring out the best in her staff.



Kiran Bondalakunta, Access Services, and Gerald Saxon, Dean of Libraries

Kiran Bondalakunta was awarded the Outstanding Student Assistant Award for his desire to do a good job and dedication to the library. He took on new duties, stayed past his shift whenever needed, and worked the unpopular closing shifts.



Danny Word, Information Literacy, and Gerald Saxon, Dean of Libraries

Danny Word received the **Outstanding Student Assistant** Award for his significant contribution to the GIS digitization project as well as his assistance in developing innovative GIS workshop topics.

Contributors to the May Issue

- Evelyn Barker
- Troy Black

Laura Hartwell

Mark Mutacchio

- Jason Neal
- C.D. Walter
- Lea Worcester

C.D.'s Picks

Science for everyone

Here are some more recommendations for the nonscientist who loves science.

E=mc²: A biography of the world's most famous equation, by David Bodanis

SEL Books: QC73.8.C6 B63 2000

As part of the centennial celebration of Einstein's four 1905 ground-breaking publications, I'm going to recommend several books by or about the great man and his work. I can

think of no better place to start than Bodanis's $E=mc^2$. It is a great introduction to Ein-

stein's ideas and is written for a general audience.

The book is a fun and compelling read. It engages the reader by combining the fascinating history of certain scientists with the history (biography) of each element in the equation. Each section focuses on one element (such as E, or energy) and explains how perspectives towards the element changed

over time. One gets the sense that a mystery is working itself out as the story progresses.

If you think you can't understand what this famous equation means, this book will change your mind.

The Central Library collection has another book by David Bodanis that I haven't yet read: The body book: A fantastic voyage to the world within (SEL Books: QP38 .B59 1984).

On the lighter side

The secret life of bees, by Sue Monk Kidd

Central: PS3611.144 S38 2003

Reading this book is pure de-

light. The beauty of the prose and original voice of our fourteen-year-old heroine, Lily, evokes the bittersweet ambiance of the

1960's south. I hesitate to compare its style to another work, because its voice is its own, but I found its quirky southern charm to be reminiscent of *To Kill a Mockingbird*.

Lily lives with her abusive father, T. Ray, and seeks the truth about her mother, whom she has been always told that she shot to death—a story she doubts. Her only connection with this lost mother is picture of a black Madonna with a town's name on back. She and her strong-willed housekeeper embark on an odyssey that terminates with the calendar sisters (May, June, and August). There, in a place of safety and solace, she finds answers not only about her mother, but about herself.

Every so often, I encounter a book that I would like to enter, maybe even to inhabit. The secret life of bees is one of those books.

-C.D. Walter

Connections

MAD at TLA

". . . psychiatrist Frederic Wertham claimed correlations between juvenile delinquency and reading comic books."

Although I had pretty well lost touch with the satirical serial MAD since high school, it was a treat to see a program given by Joe Raiola at the Texas Library Association's annual conference in April. Currently the senior editor of MAD. Raiola delivered his presentation in a manner similar to a stand-up comic. Raiola spiced his talk with words I have never heard in other TLA programs, including comedian George Carlin's infamous list of seven words you can never say on television (which Raiola repeated twice).

Raiola's use of "Uncle George's Seven Words" fit the theme of his program, entitled "MAD about Censorship." He began by recounting recent news stories that underscore the ironies behind the motives of censorship, which can come from a broad range of political ideologies. After recounting those stories, Raiola said that censorship is likely rooted in the idea that "cleanliness is next to godliness," even though he feels that much of life's vitality comes from activities that are not always clean. Raiola also stated that censorship does not work because some people will always want the "forbidden fruit," even if everything else seems idyllic

and someone very powerful tells you not to eat the fruit.

Raiola continued his presentation by discussing the genesis of MAD itself, yet another story involving censorship. William Gaines (1922-92) took over E.C. Comics from his father in the late 1940s. Under his leadership, E.C. writers specialized in several genres of comic books. The most successful E.C. publications contained supernatural Grand Guignol stories with darkly humorous twist endings, wherein the mean and the greedy met with gruesome fates. Around the same time, psychiatrist Frederic Wertham claimed correlations between juvenile delinquency and reading comic books. In his book Seduction of the Innocent (1953), Wertham outlined sadistic and "impure" subtexts he perceived in a variety of comic books, including those published by E.C. (Conventional comic book superheroes, such as Batman, Superman, and Wonder Woman, also aroused all kinds of suspicions in Wertham.)

Around the same time as the Army-McCarthy hearings in 1954, a Senate subcommittee investigating juvenile delinquency heard testimony from both Wertham and Gaines.

Although the subcommittee did not necessarily agree with Wertham's conclusions, it recommended that comic book publishers develop some form of "self-regulation." For publicity reasons, they established the Comics Magazine Association of America to follow through with the subcommittee's recommendation. The CMAA developed the Comics Code, which ensured that comic books would only have "wholesome" content. The Code also contained language that seemed to target E.C. Comics specifically.

After becoming a pariah in the cleaned-up comics community, Gaines eliminated most of his titles since their content usually fell within no-no's established by The Code. The only one left was entitled MAD, which Gaines started in 1952 as a parody of other comics. To avoid dealing with The Code a few years later, Gaines changed MAD into a "magazine," even though it still more or less resembled a comic book. MAD adopted the gap-toothed "Alfred E. Newman" as its mascot, and the magazine expanded its repertoire to include just about anything else ripe for parody or satire, including television shows and movies, as well as

MAD at TLA (cont.)

political and social issues. MAD became quite successful over time, reaching a peak of approximately 2,000,000 readers in the 1970s.

Although MAD no longer has "revolutionary" status and the number of MAD readers has dropped, Raiola believes that the magazine had a substantial influence on popular culture. Many examples include television shows that have replaced MAD as a locus for satire and parody. In recent years, animated series such as The Simpsons and South Park, as well as the "fake news" series The

Daily Show, have taken over the MAD mantle.

With such a far-reaching influence, perhaps one could say that "The Usual Gang of Idiots" and their spawn helped make us a little smarter by addressing the big issues through humor... or maybe they just succeeded in turning us into smart-alecks.

As yet another possibility, perhaps they succeeded in doing both.

— Jason Neal

Related Resources

The documentary and book listed below discuss comic books in a broader social context, and they both mention the difficulties Gaines faced in the early 1950s:

Comic Book Superheroes Unmasked. New York: A&E Television Networks. AAE-71067

Pustz, Matthew. 1999. Comic Book Culture: Fanboys and True Believers. Jackson, MS: University of Mississippi Press. (In netLibrary collection)

New Faces



Troy Black
Library Assistant
Information Services

I retired from the Arlington Public Library in 2004 after 24 years in the Reference Dept. I took a year off and then decided I wanted to go back to work. Fortunately, I was able to get a job here in Information Services. I met my wife while working at APL. We have been married for 18 years. My wife is also retired from the Arlington Public Library. I am originally from Tennessee but I have been in Texas for 24 years.



Laura Hartwell
Accounts Payable Clerk
Administration

I'm originally from Eagle Pass, TX. However, I have lived all over Texas. I landed in the Arlington area, my husband's home town, two years ago and love it! We have four cats and one large intellectually challenged dog. I am a weather buff as well as a licensed amateur radio operator and plan to combine these two hobbies by becoming a SkyWarn Storm Spotter for Tarrant County within the next few months. I am very excited to be a member of such a great department and look forward to meeting and working with everyone!

Connections

Run to the Border!



And we're off! The first intralibrary wellness challenge kicked off April 20. Run to the Border, a walking race in 4 stages, promotes physical activity for those of us who have rather sedentary lifestyles.

C.D. Walter, a member of team Selery, joined because "I wanted to walk more and felt like this was a great incentive."

"It's an easy, cheap, and fun way to exercise more and engage in a friendly competition with your coworkers," said Lea Worcester, organizer of the challenge and member of the Paso Grandes team.

Participants pay \$1 each to enter and form teams. Everyone in the team wears a pedometer and enters their daily miles in a spreadsheet. Team totals are averaged each day so that teams with more participants do not have an unfair advantage over smaller teams.

The "race" tracks a course from UTA to UT-Brownsville—557 miles total. The fist stage from UTA to Texas A&M is 152 miles. The winner of each stage gets the great honor of hosting the Run to the Border Tacky Trophy (on display in the staff lounge). Grand prize winning teams collect the trophy and the cash!

Individuals can win T-shirts and other prizes each month for most miles walked, most improved, and best intentions.

For more information, read the complete rules at Q:\MIS\Miscellaneous\RUN TO THE BORDER. If you are interested in joining the challenge, form a team and contact Lea Worcester at Iworcester@uta.edu. New teams who join in the middle of a stage will start at the back, tied with the team in last place.

-Evelyn Barker

April 2005—UTA Libraries' Staff Awards

Hidden Heroes Award

Michael Doran

Applause Awards

- Elizabeth Swift
- Mark Mustacchio
- Krystal Schenk

Making a Difference

- Ron Aday
- Sarah Baker
- Evelyn Barker
- Josh Been
- Angee Calvert
- John Dillard
- Carleen Dolan

- Joshua Dugdale
- Kit Goodwin
- Karen Hopkins
- Leveta Hord
- Barbara Howser
- Bobbie Johnson,
- Burton King
- Larry Lassiter
- Delores Morgan
- Mark Mustacchio
- Diane Neal
- Jason Neal
- Antoinette Nelson
- Sunday Phillips

- Ginny Pinkerton
- Kay Punneo
- Kevin Robbins
- Krystal Schenk
- Jonathan Scott
- Jean Sherwin
- Gary Spurr
- Mitch Stepanovich
- Kris Swenson
- Elizabeth Swift
- C. D. Walter
- Jim Wellvang
- Julie Williams

Library Larry



...and the winner of the April "Who Am I?" contest is

Joan Martinek in IOP!

Joan and many other people guessed that the mystery staff person was Antoinette Nelson.

Current Exhibits

- Architecture and Fine Arts
 Library 's exhibit Songs of
 World War I showcases
 the library's resources
 from that era.
- Special Collections is featuring European Mapping of the New World: Facsimile Images at the University of Texas at Arlington. The exhibit ends May 30, 2005.
- Special Collections is exhibiting A Legend Documented: Emily D. West for approximately six weeks.

UTA

Libraries

702 College Street

Arlington, TX 76019

Phone: 817.272.3000

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:

Lea Worcester, Editor

817.272.5747

lworcester@uta.edu

May 2005 - National Preservation Month

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
National Music Week May 1-8					_
2	3	4	5 Cinco de Mayo	6 Last Day of Classes	7 8 Mother's Day
9	10 Finals Week—Cen	II tral Library Serves C	12 offee	13	14 15 UTA Commencement
I 6 Maymester Begins	17	18	18	20	21 Armed Forces 22 Day
23	24	25	26	27	28 29
30 Memorial Day	31				

Connections is archived online at:

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