

# MERIDIAN MONITOR

MERIDIAN LIBRARY SYSTEM

DECEMBER 2004/JANUARY 2005

## **Your System Board:**

Judy Coan  
Joan Davis  
Maxine Erpelding  
Gail Irwin  
Penny Jeffrey  
Mary Koch  
Pam Miska  
Kristina Owen  
Stacy Vogel



Meridian Library System  
Suite B  
3519 Second Avenue  
Kearney NE 68847

Phone: 800-657-2192  
Phone: 308-234-2087  
Fax: 308-234-4040

Email: [sosenga@frontiernet.net](mailto:sosenga@frontiernet.net)  
Website:  
[www.nlc.state.ne.us/system/  
Meridian](http://www.nlc.state.ne.us/system/Meridian)

## **Colorado Association of Libraries/Mountain Plains Library Association Join Conference Report 2004**

These joint conference are always a highlight of my year, not only because I see my MPLA friends but because I can meet new people from the hosting state. As is my practice, here are some of the conference highlights.

Opening keynote speaker Connie Willis set just the right tone. She chose to speak to us not as an author but as a reader. She talked about visits to libraries as a child. Her method was to read a book and if it mentioned other books or authors, she would then go on to read them. For instance, *Little Women* took her to *Pilgrim's Progress*. Ms. Willis, a science fiction author, talked about genre fiction and how often it is dismissed. She mentioned several science fiction authors who refuse to be designated as sci-fi. They prefer to be called general fiction writers. The overview of her upcoming novel and novellas certainly piqued my interest.

The opening was followed by a lovely reception at the Highlands Ranch Branch of the Douglas County Library, complete with live music, a lavish dinner buffet, champagne, wine, soft drinks, and several hours to meet and mingle with friends and strangers.

### **Session Handouts:**

*Designing a User-Friendly Website, presented by Ellen Fox, BCR*

Navigation Fundamentals (acid test from Steve Krug)

1. What site is this?
2. What page am I on?
3. What are the major sections in this site?
4. What are my options at this level
5. Where am I in the scheme of things?
6. How can I search (an optional one for small sites)

Good Deeds in Web Design (from Jakob Neilson)

**Name and logo** on every page and make the logo a link to the home page

Write straightforward and simple headlines and page titles

Structure the page to **facilitate scanning**  
Use **relevance-enhanced image reduction**  
(Note: this means no big pictures of the library taking up the first page of the web site!)

### Use link titles

Ensure access for those with disabilities

**Do the same as everybody else.** Conform.  
(Note: If everybody knows how to use Amazon, make your page look like the Amazon page. Use the same link colors as everyone else.)

Home Page Essentials:

What is this?

What do they have here?

What can I do here?

Where do I start?

- Include a one-sentence tagline
- Window title with good visibility in search engines and bookmark lists
- Emphasize the site's top high-priority tasks (Note: make them the first thing on the page)
- Begin link names with the most important keyword

As we covered each of the above sections, we looked at both good and bad web pages as examples. Several gutsy people in the audience volunteered to have the group critique their web pages!

I came away with a number of things I need to address on our system home page. I also shared this information with my brother and he has updated his web page to fit these criteria.

*20 Tips for Becoming More Computer Self-Sufficient, from Talking With Techies: Communication Tips from a Systems Librarian and a Reference Librarian*

1. Use the help features that came with software.
2. Consult the manual & documentation & the software/computer vendor's website.
3. Contact your vendor's helpdesk/customer support.
4. Plan ahead. Make copies of your files to another place besides your computer. Be prepared if you get a new computer or if your old

computer died.

5. Check with colleagues at your own institution as to how they do things.
6. Find others who have done what you want to do and view their source code or ask them to share it with you.
7. Go to conferences—attend presentations, talk with your colleagues, talk with vendors.
8. See if a users' group exists. If it does, use it. If it doesn't, start one.
9. Tinker on your own; be willing to break things, **but** remember what you did to break them!
10. Communicate with your system administrator if you encounter problems that you don't understand.
11. Document circumstances surrounding a problem—what software you used, what function you were performing, any patterns (time of day, in use with another program).
12. Document how you do things so if you have to do them again, you don't have to start from scratch trying to remember how—keep a log/diary.
13. Search the web (Google, etc.) when stumped; also check published resources (books, journals).
14. Think: what was the last thing I did or changed before a problem occurred?
15. Use lists (listservs).
16. If you are going to try something new, try to avoid doing it on a Friday.
17. Save copies of your originals...if you are making big changes to any documents, keep a copy of what you started with in case you mess up. Consider printing a hardcopy.
18. Try a little. Learn. Try a little more.
19. If someone else fixes a problem for you, watch and learn what they did so that you might know how to fix it yourself next time. Or, ask them to walk you through fixing it while you "drive".
20. Is there a better way to do this than on a computer?

For handouts from other conference sessions, please go to:

<http://www.cal-webs.org/handouts04.html>



# Winter Workshop

Friday, January 7, 2005 from 9:30 - 2:30  
Central Community College 3519 Second Avenue,  
Kearney, NE  
4.5 CEUs from Nebraska Library Commission  
Cost: \$ 12 (includes lunch)

## Track 1: Technology Track

**9:30-11:30 MS Power Point: Introduction to Power Point.** This session will enable attendees to produce and give a basic electronic presentation using Power Point software. Presenter: John Seyfarth, Computer System Manager, Sump Memorial Library

**11:45-12:45 Digital Imaging, Scanners and Digital Camera.** Introduces the student to the world of digital imaging, using computers, scanners, digital cameras and both imaging and optical character recognition software. Presenter: John Seyfarth, Computer System Manager, Sump Memorial Library

**1:30-2:15 The Fear Factor: Finding Traditional and Alternative Medical Resources on the Internet.** Choosing and evaluating web resources in the area of medicine. Presenter: Marty Magee, National Network/Libraries of Medicine

## Track 2: Adults Track

**9:30-11:00 Reference Interview.** What six pieces of evidence are needed? Also will cover reference behaviors and open vs. closed questions. Presenter: Lisa Kelly, Information Services Director, Nebraska Library Commission

**11:15-12:45 Weeding Your Collections.** Clean up and clean out your collection using the basics of the CREW model. \*Bring three items you are considering weeding from your collection. Presenter: Kathy Tooker, Administrator, Eastern Library System

**1:30-2:15 Speed Reading Books or How to Read a Novel in Ten Minutes.** Learn the basics of “speed” reading novels plus how to write annotations. \* Bring a novel you have read and one you have not read. Presenter: Sharon Osenga, Administrator, Meridian Library System

### Track 3: Youth Track

**9:30-11:00 Non-fiction for Grades 5+.** Suggestions for current non-fiction that will interest kids in grades 5+. Presenter: Sharon Osenga, Administrator, Meridian Library System

**11:15-12:45 Graphic Novels.** What are graphic novels? Should I have them in my library? How do I find and select them? Presenter: Susan Steider, Young Adult Librarian, Lincoln City Libraries

**1:30-2:15 Book Talking vs. Book Reviewing.** What is the difference between a book talk and a book review? What are the components of each? How can I make my book talks interesting? Session includes practice writing and presentation. \* Please bring 3 books you have read to this session. Presenter: Sally Snyder, Coordinator of Children & Young Adult Services, Nebraska Library Commission

Jointly sponsored by  
Meridian Library System and  
Republican Valley Library System

### REGISTRATION:

Name: \_\_\_\_\_

Library: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Please mail this form or a copy with \$12 per person (includes lunch) by December 31st to:

Meridian Library System  
3519 2nd Avenue, Suite B  
Kearney, NE 68847



In case of inclement weather, please call the System office to see if the workshop has been rescheduled.

## E-Rate: Obtaining a FCC Registration Number

All participants in the e-rate program must obtain an FCC Registration Number (FCC RN). Although forms 470 and 471 do not have fields for the FCC RNs, you will be asked to provide the number during the Program Integrity Assurance review of these forms. In order to register for an FCC RN you will need to have the library's nine digit Employer Identification Number (EIN).

- To obtain your FCC RN, go to <http://www.fcc.gov>. On the left-hand side, click on FCC Registration Number (RN) Commission Registration System (CORES).
- Next screen: click on Register and Receive your FRN.
- Next screen: select business and that the contact address is within the U.S.. Click continue.
- Next screen: Fill in all the boxes. Those with an asterisk are required. You create your own password at the bottom of the screen. Click submit.
- You should receive your new FCC RN within minutes. Make a copy to keep with your e-rate files.

Any questions? Contact the System Office or Pam Scott at NLC.



## ALA's Notable Books 2004

### Non-Fiction:

Boyd, Valerie. *Wrapped in Rainbows: The Life of Zora Neale Hurston*.

Faderman, Lillian. *Naked in the Promised Land*.

Hagedorn, Ann. *Beyond the River: The Untold Story of the Underground Railroad*.

Hays, Sharon. *Flat, Broke with Children: Women in the Age of Welfare Reform*.

Kidder, Tracy. *Mountains Beyond Mountains: Healing the World: The Quest of Dr. Paul Farmer*.

King, Ross. *Michelangelo and the Pope's Ceiling*.

Krakauer, John. *Under the Banner of Heaven: A Story of Violent Faith*.

LeBlanc, Adrian Nicole. *Random Family: Love, Drugs, Trouble and Coming of Age in the Bronx*.

Pringle, Peter. *Food, Inc.: Medel to Monsanto—the Promise and Perils of the Biotech Harvest*.

Quammen, David. *Monster of God: The Man-Eating Predator in the Jungles of History and the Mind*.

Taubman, William. *Khrushchev: The Man and His Era*.

Von Drehle, David. *Triangle: The Fire That Changed America*.

### Fiction:

Ali, Monica. *Brick Lane*.

Antunes, Antonio Lobo. *The Inquisitors' Manual*.

Boyd, William. *Any Human Heart*.

Carey, Edward. *Alva & Irva: The Twins Who Saved a City*.

Cessares, Oscar. *Brownsville*.

Hosseini, Khaled. *The Kite Runner*.

Jones, Edward P. *The Known World*.

Haddon, Mark. *The Curious Incident of the Dog in the Night-Time*.

Lethem, Jonathan. *The Fortress of Solitude*.

Morrison, Toni. *Love*.

O'Connor, Joseph. *Star of the Sea*.

Packer, ZZ. *Drinking Coffee Elsewhere*.

Saramago, Jose. *The Cave*.

### Poetry:

Espada, Martin. *Alabanza: New and Selected Poems, 1982-2002*.



## 2004 National Book Award Winners

### Fiction:

Lily Tuck: *The News from Paraguay*

### Non-Fiction:

Kevin Boyle: *Arc of Justice*

### Poetry:

Jean Valentine: *Door in the Mountain*

### Young People's Literature:

Pete Hautman: *Godless*

## Brain Basics

I recently attended this fascinating workshop sponsored by the Northwest Kansas Library System. The morning was spent learning about parts of the brain, how and why the connections within the brain are made and what that means to a child's development. The afternoon was spent learning about the Teen Brain.

The brain is triune:

**Cortex:** is the highest thinking order and controls language, logic, decision-making, insight, predicting consequences, self-awareness, and sense of consciousness.

**Limbic system:** Basic sense of emotions, community, curiosity, attachment, nurture; fight or flight starts here then sends directions to reptilian.

**Reptilian brain:** Automatic functions such as blood flow, digestion, breathing, body temperature, appetite, sleep, ego/territory, movement and balance (the things we don't have to think about)

The brain stem starts to develop only 14 days after conception.

The four lobes of the brain are:

**Occipital:** concerned with vision (back of the brain)

**Parietal:** concerned with the reception and processing of sensory information from the body

**Frontal:** having to do with decision-making, problem solving and planning

**Temporal:** having to do with memory, emotion, hearing, and language.

We spent some time looking at the physical structure of neurons and how they make connections. Neurons are pruned out several times during our lifetimes. The peak number of brain neurons occurs around ages 6-7. If you keep active, you can continue to make new neuron connections throughout your life. Neurons that fire together, wire together.

**Neurotransmitters:** over 50 identified chemicals secreted at the synapse that affect the formation, maintenance, activity and longevity of syn-

apses and neurons—the excitatory or inhibitory messages regulating brain/body senses and behaviors. Five of these are:

**Endorphins:** reduces intense pain and enhances euphoria

**Serotonin:** normal levels associated with relaxation and sleep

**Dopamine:** heightens awareness and arousal, helps prioritize our senses, increases motivation, dilates pupils—in emergencies, it's converted to adrenaline

**Melatonin:** promotes sleep and is activated naturally by darkness and calcium

**Noradrenaline:** leads to heightened awareness—puts body into fight/flight

The critical windows of opportunity in a child's development of neurons:

- Emotional development and social attachment: birth to 2 years
- Vision: birth to 2 years
- Hearing: 6 months
- Language development and vocabulary: birth through age 2+ (adult vocabulary is determined by the words heard by age 5)
- Motor development: birth to age 5
- Math, logic and music (spatial reasoning): most sensitive between 1 and 3

TV or any screen technology deprives the brain of sensory hands-on activities. Children should not view this before age 2 and only 1 hour/day between the ages of 2-6.

## Teen Brain

The afternoon was devoted to the teen brain.

- Teens react from the limbic part of the brain so adults need to design activities that will force them to move from the limbic to the frontal (thinking) lobe of the brain.
- Teens learn from adult behavior.
- Everything teens do is in a group.
- A teen brain is still growing. The dendrites are continuing to branch out and grow.
- Immediacy is key to a teen. You need to be available when they need you.
- The frontal lobe is not mature yet. Teens have not made thinking connections.

- Teens are creative because their brain doesn't say "I can't do that." The female brain will develop by the early 20's; the male brain by the late 20's.
- Why are teens emotional? Their Dopamine is rising and Serotonin is lowering.
- Key emotions when faced with something new: Do I eat it? Do I run away from it? Do I mate with it?
- Use the book *Baby Faces* when working with teens. They don't read emotions very well yet and this will give them practice.
- Get a teen interested in something positive that will become their addiction.
- Teens need limits.
- Choose your battles carefully.
- Ways to increase bonding with a teen: Spend 20 minutes a day with them; keep positive; you get what you give and listen more than you talk.



### Reading is Fundamental Launches Latino Literature Initiative

Reading Is Fundamental, Inc. (RIF®), the nation's oldest and largest children's and family literacy nonprofit, recently launched an initiative to promote early childhood literacy among Latino families in the United States. Called "Un futuro brillante empieza en un libro" (A brilliant future begins with a book), the initiative includes the release of a Spanish website for families ([www.rif.org/leer](http://www.rif.org/leer)); two Spanish language television public service announcements, featuring Univision's Network News Anchor Jorge Ramos and Univision's Talk Show Host Cristina Saralegui; and a 30-minute educational parent video in Spanish. For more information, visit: [http://www.rif.org/leer/barrio/apoye\\_esta\\_iniciativa\\_english.msp](http://www.rif.org/leer/barrio/apoye_esta_iniciativa_english.msp)



The System cutting machines have the following openings:

Machine 1: April and May, 2005

Machine 2: May, 2005

## Tips for Reading Aloud from Gateways to Early Literacy

### Prepare

- Preview the book before you read it to children. This helps you spot material you may want to shorten, take out completely, or expand on.
- Think about your children (ages, developmental levels, interests) and what you want them to get out of the story. That will help you decide what questions you want to ask (or comments you want to make) and where (before, during, after the story).
- If it is the first time you are reading the book aloud, consider asking just a few questions, especially during the story, so that children get to hear the story with few interruptions.

### During a Story

- Change your voice to fit the mood or action.
- Move your finger under the words as you read them.
- Show the pictures and talk about the book as you read.
- Add information or change words to help kids understand more words and explain the meaning of a new word.
- Ask children to make predictions about the plot, the characters, and the setting.
- Share your own thoughts about the story.
- Allow children to ask questions or make comments.
- Follow the cues of the children to respond to their age, background and any other individual characteristic or challenges.



Check out this web site for the 100 Best Books for Kids from the National Education Association:

<http://www.teachersfirst.com/100books.htm>

## WEB SITES OF THE MONTH

### **Frequently Asked Questions About Crystal Methamphetamine:**

Fact sheet about methamphetamine, a stimulant also known as "crystal," "speed," "meth," and "Tina." Discusses short- and long-term effects of methamphetamine use, physical signs that someone is using meth, issues related to withdrawal and addiction, sex and meth, and the association between crystal meth and viruses such as HIV and hepatitis. Content produced by the San Francisco AIDS Foundation.

[http://www.thebody.com/sfaf/crystal\\_meth.html](http://www.thebody.com/sfaf/crystal_meth.html)

### **The Harry Potter Automatic News Aggregator (HPANA):**

This site "was created to monitor several of the top news sources on the Web and provide near-instant alerts when new information is published." Search or browse the site, or subscribe to the site's RSS (syndication) feeds to stay current on the happenings of Harry, Hogwarts, Hermione, and so forth. Maintained by a Web-savvy group of Potter fans.

<http://www.hpana.com>

### **MedlinePlus: Death and Dying:**

Information on this site about death and dying ranges from specific conditions and research issues to topics such as coping, advanced care planning, feeding tubes and ventilators, health care choices, palliative care, questions to ask doctors, finances, funeral arrangements, and "What To Do Before and After the Moment of Death." Some material in Spanish. From the National Library of Medicine (NLM).

<http://www.nlm.nih.gov/medlineplus/deathanddying.html>

### **A Primer on Disaster Preparedness, Management and Response: Paper-Based Materials:**

This "handbook presents guidelines for general facilities preparation and response to a variety of events both natural (storms, floods) and man-made (hazardous material accidents)" for preserving "books, documents, and other paper-based materials." Includes recommendations for cleaning and drying flood-damaged materials,

dealing with mold and mildew, and related topics. From the National Archives and Records Administration (NARA).

[http://www.archives.gov/preservation/primer\\_disaster\\_preparedness.html](http://www.archives.gov/preservation/primer_disaster_preparedness.html)

### **Everyday Mysteries: Fun Science Facts from the Library of Congress:**

This site provides answers to questions that "deal with everyday phenomena that we often take for granted, but ... can be explained scientifically. ... All of the questions presented on this Web site were asked by researchers and answered by librarians from the Library's Science Reference Services." Searchable and browsable; links to the library's "Ask a Librarian" feature.

<http://www.loc.gov/rr/scitech/mysteries>

### **University of Adelaide Library:**

#### **eBooks@Adelaide :**

This Australian university library's collection offers hundreds of electronic books, including "classic works of Literature, Philosophy, Science, and History." Searchable; browsable by author (alphabetically or chronologically), title, or theme. Includes links to other electronic book collections and literature resources.

<http://etext.library.adelaide.edu.au>

### **Hispanic Fact Pack:**

"Valuable, hard-to-find data about demographic trends, marketer spending, Hispanic media and leading Hispanic agencies." Includes data about top advertisers and brands, leading radio formats and television markets, and demographics. Opens directly into a PDF file. From Advertising Age.

<http://www.adage.com/images/random/hispfactpack04.pdf>

### **Influenza (Flu):**

Provides current information on specific strains of flu virus found in the United States and worldwide, and describes the vaccine being used to combat the disease. Gives recommendations on who should get a flu shot and when vaccination should occur. Weekly surveillance reports are provided annually between October and May. From the National Center for Infectious Dis-



eases of the U.S. Centers for Disease Control and Prevention

<http://www.cdc.gov/flu>

### **2004-05 Flu Vaccine Shortage:**

Resources from the Centers for Disease Control and Prevention (CDC) about the 2004-05 flu vaccine shortage. Includes information about who should get the vaccine, questions and answers about the shortage and flu prevention techniques, and interim recommendations for influenza vaccination. Also includes brochures and a video.

<http://www.cdc.gov/flu/protect/vaccineshortage.htm>

### **The National Book Foundation:**

This organization's programs include the National Book Awards and National Book Month (both held in October). The site features lists of award winners from 1950 to present (some with links to essays and acceptance speeches), reading lists and trivia for National Book month, features such as "100 Life-Changing Books" and "The Book That Changed My Life," and information about the organization's other programs and publications.

<http://www.nationalbook.org/>

### **Urban Legends Reference Pages: Christmas:**

The site offers over two dozen Christmas legends and myths, including Jesus' birth date, the number of wise men, the accepted meaning of the Immaculate Conception, the origin of the Yule log, the symbolism of candy canes, Christmas cards, Boxing Day, and more, while discrediting some commonly accepted Christmas news stories. Do not miss the fruitcake page.

<http://www.snopes.com/holidays/christmas/christmas.asp#immac>

### **Christmas-Cookies.com:**

A database of nearly 400 Christmas cookie recipes. The site offers baking tips such as how to organize baking a large variety of cookies and how to store them, as well as links to reliable and economical sites that carry specialty baking supplies. Browsible and searchable.

<http://www.christmas-cookies.com/>

### **New Year's Celebrations From Around the World:**

A description of New Year's traditions from selected countries, including Argentina, Brazil, China, Japan, Mexico, Korea, Spain, Switzerland, Turkey, and Vietnam. From Topics Online Magazine, "an online magazine [by and] for learners of English."

<http://www.topics-mag.com/internatl/holidays/new-years-page1.htm>

### **Wessels Living History Farm:**

This site features information about farming practices in York County, Nebraska, during the 1920s and 1930s. Topics include machines, crops, making money, farm life, pests and weeds, and water. Also includes information about the current living history center, images of the farm throughout the year, video clips of oral histories, and lesson plans. Searchable.

<http://www.livinghistoryfarm.org/>

### **Cook it Quick!**

This site is chock-full of "quick tips, techniques, and recipes for preparing foods that taste good and are good for you!" Additionally, it offers strategies for picking priorities which add more time to life by creating "Don't Do" lists. From the University of Nebraska Cooperative Extension.

<http://lancaster.unl.edu/food/ciq.htm>

### **Christmas! Christmas! Christmas!**

"Christmas pages combine the Gospel story, traditions, and music of Christmas with stories and poems, activities, games, and recipes. It is a site for kids and their families." From *Not Just for Kids!*

<http://www.night.net/christmas/>

Copyright © 2004, Librarians' Index to the Internet, lii.org.

Do you need some technology training to fulfill the continuing education requirements in your technology plan? Check out the offerings at our Winter Workshop!

**MERIDIAN LIBRARY SYSTEM**

3519 Second Avenue, Suite B  
Kearney NE 68847-2911

Non-Profit Organization  
U.S. POSTAGE  
PAID  
Kearney, Nebraska  
Permit No. 202



Books are not rolls, only to be devoured when they are hot and fresh. A good book retains its interior heat and will warm a generation yet unborn.

—Clifton Fadiman

MERIDIAN MONITOR is published six times a year by the Meridian Library System for its members in Blaine, Brown, Buffalo, Cherry, Custer, Dawson, Garfield, Greeley, Hall, Hooker, Howard, Keya Paha, Loup, Rock, Sherman, Thomas and Valley Counties.