



The Owl

"The Owl of Minerva takes flight only as the dusk begins to fall." —Hegel

The Beat Poets' Feminist Voice

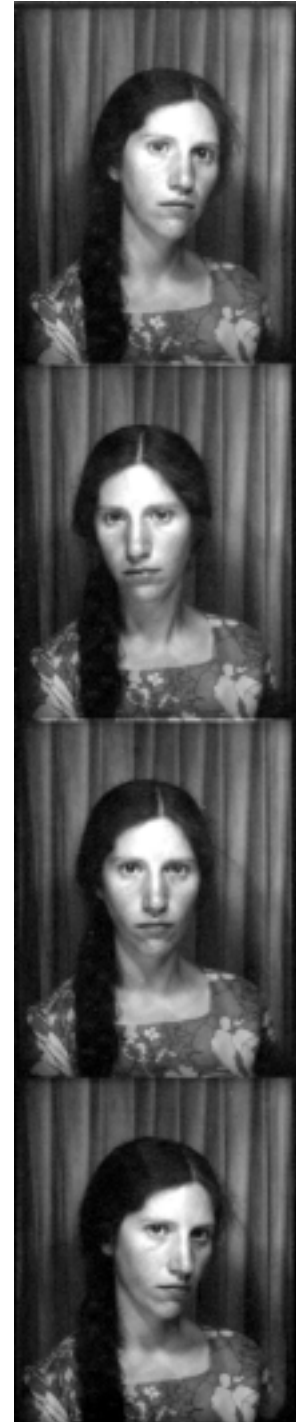
In celebration of Women's History month, *The Owl* highlights one of the Libraries' special collections on a notable woman, Diane di Prima. This information was taken from the University Archives' Women's Manuscript Project (<http://library.louisville.edu/uarc/diprima.html>) and from *For Love of Learning* (<http://special.library.louisville.edu/>). The collection is housed in Special Collections in Ekstrom Library and is available for research.

Diane di Prima is a feminist writer, poet, and teacher closely associated with the poets and writers of the Beat Generation. She is celebrated as the feminist voice among the Beats. Organized into eight series, her papers at the University of Louisville include correspondence, diaries and journals, teaching materials, printed materials, legal documents, a scrapbook, photographs, and audiotapes. Notable within the collection are her mother's collection of di Prima's childhood ephemera, a file of clippings and notes on the racial motivation behind the 1979 arrest of her close friend Imanu Amari Baraka (1934-), and di Prima's holograph journals covering the years from 1953 to 1968. The collection also includes her books and other published work. Recent additions to the collection include di Prima's letters and cards to two of her children; and books, letters, photographs, and prints of emails addressed to her friend, Italian poet Laura Stortoni-Hager. Ms. Stortoni-Hager decided donate her collection of di Prima materials after finding the Diane di Prima entry in the web version of *For Love of Learning*.

Diane di Prima was born in Brooklyn, New York, on August 6, 1934. She graduated from the college preparatory program at Hunter College High School, an elite public school for girls in New York City, where she worked on the editorial board of the school paper, *Scribimus*. She then attended Swarthmore College for two years. She left college in 1953 to live in Manhattan with her lovers and to write full-time. While living in Greenwich Village, di Prima became part of the Bohemian intellectual culture: well-educated, white, middle-class individuals who rejected middle-class values, choosing a rebellious life-style that included sexual freedom and the use of drugs. Di Prima began a correspondence with the poet Ezra Pound, visiting him daily for two weeks in 1955 at St. Elizabeth's Hospital, in Washington, D.C., where he was hospitalized.

Di Prima continued to write and was associated with such "Beat Poets" as Le Roi Jones (Imanu Amari Baraka), Allen Ginsberg, Audre Lord, and Jack Kerouac. Together with Jones, she edited *The Floating Bear*, an influential underground newsletter of Greenwich Village, from 1961-1969. In 1958 *This Kind of Bird Flies Backwards*, her first book of poetry, was published, followed in 1960 by *Dinners & Nightmares*, her first published book of short stories. In 1961, she helped to organize the New York Poets Theatre with Jones, Fred Herko, James Waring and Alan Marlowe. She also helped establish the Poets Press with Kerouac, McClure, Ginsberg, and Lord. She moved to Monroe, New York, in 1965, and then to Kerhonkson, New York, and Millbrook, New York, (Timothy Leary's experimental community) in 1966. In 1967 she traveled around the United States doing poetry readings. She headed for San Francisco in 1968 to work with the "Diggers" distributing free food. She also took up the study of Zen Buddhism and the occult.

Di Prima has taught poetry at the New College of California, in San Francisco; the NAROPA





The cover of the 1963 Paperback Gallery reprint of di Prima's first book from 1958, with drawings by Bret Romer. An interior drawing is at right.

Institute (the Jack Kerouac School of Disembodied Poetics) in Boulder, Colorado; and the Poetry-in-the-Schools Program of the National Endowment for the Arts. She has also served as an instructor in Tarot reading and the art of healing as a member of the San Francisco Institute of the Magical and Healing Arts.

Claiming to be most strongly influenced by poets John Keats, Ezra Pound, and Dylan Thomas, di Prima is widely published, including such works as *The Calculus of Variation* (1972), *Dinners & Nightmares* (1961, 1974), *Loba, Parts I-*

VIII (1978), *Memoirs of a Beatnik* (1969, 1988), *Pieces of a Song: Selected Poems* (1990), *Revolutionary Letters* (1968, 1969, 1971), *Selected Poems, 1956-76* (1975), and *Seminary Poems* (1991). She has also contributed to and edited various anthologies of poetry, as well as translating Medieval Latin into English in *Seven Love Poems from the Middle Latin* (1965, 1967). Her plays include: *The Discontent of the Russian Prince*, *Discovery of America*, *Like*, *Murder Cake*, and *Whale Honey*. Her work has been translated into more than eight languages and four of her plays have been produced off-Broadway.



Besides being a co-founder of *The Floating Bear*, the Poets Theatre and the Poets Press, di Prima helped to organize The Gold Circle with other artists in 1978, and the San Francisco Institute of Magical and Healing Arts (with Janet Carter, Carl Grundberg, and Sheppard Powell) in 1983, and is the founder of Eidolon Editions (1972) and The Poets Institute (1976).

DARE TO SAY THANK YOU!

"I would like to thank John Burton. For many years I have relied on him to keep temperamental labeling machines going. It is always pleasant service, and one way or another he always comes out on top of the problem. No printer or computer problem is a match for him." —Ben King

"I would like to send a belated thank you to everyone in the Kornhauser Tech Services Department for their warm welcome, kindness, flexibility and support during my term as acting head. I think we weathered it well, no small thanks to everyone's help and cooperation." —Elizabeth Smigielski

"I would like to thank John Spivey, the head of Interlibrary Loans for Ekstrom on a daily job well done. John keeps the wheels oiled for the daily smooth functioning of ILL, both borrowing and lending. This includes coordinating all interlibrary loans for Kersey, Music, Ekstrom and art. Additionally, he has to problem solve every time Illiad (our interlibrary loan system) is upgraded. And keep the rest of us from flying into a panic until he and Mike Purcell sort out the technical issues. This seems to happen every few weeks...okay, every few months, and each time he makes the

necessary adjustments to keep the daily grind grinding... Additionally, he is just a cool, laid-back and diplomatic personality. Kudos for John!" —Carrie Turner

"I think I have been remiss in saying something about Ben King. He is very attentive to various libraries needs he serves, esp. Kersey. Ben thinks of how his duties impact others and their library. He communicates to me on how his area can perform better. He is disgustingly humble. Truly Ben is an example for the spirit of University Libraries. Maybe he could be bronzed? Thanks, Ben!" —Steve Whiteside

"I would like to express my gratitude to John Burton for all his wonderful help to me with regards to his computer skills and patience. He is truly a valuable member of this library system! My thanks to John!

"I would also like to thank Rachel Hodge for all her help to me and her wonderful computer skills. She has patience that is beyond belief and her ease with computers really has helped me tremendously. I am so grateful to her!" —Alice Abbott-Moore

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The Owl's purpose is to promote communication among the various libraries in the UofL system.

Deadline for publication is the 21st of each month.



From the Dean of Libraries . . .



On February 24 librarians from the University of Louisville spent a day with librarians at the University of Kentucky to engage in discussions related to preservation and digitization. Becky Ryder, Head of Preservation Services, utilized detailed Power Point presentations to provide the group with very useful information related to various preservation initiatives at the University of Kentucky. Using a similar format, Eric Weig provided information on digitization activities. A brainstorming session utilizing small groups followed. A number of promising possibilities for cooperative ventures between the two libraries were summarized and will be made available later. These future ventures could include joint grant writing and the expansion of a number of statewide preservation initiatives. The afternoon included in-depth tours of binding, shelf-preparation, microform activities, and other conservation methods. UK librarians provided a very helpful folder of handouts with information related to Gaylord's preservation activities and support, preservation basics, and regional conservation and binding services. This very educational event opened several possibilities of cooperative activities with UK, which would help us to gain momentum in the area of preservation.

The SAALCK group is continuing to work to obtain foundation support for *HarpWeek* (based on *Harper's Weekly*), so that all academic libraries in Kentucky, public and private, can have access to this valuable historical resource.

On February 13 the Metroversity Library Council met to discuss the planned workshop to help faculty integrate technology into their teaching. The workshop entitled "Imagining the Future of Learning" will be held at Bellarmine University June 10-11, 2003. Metroversity Library Council representatives (myself as chair and Jack Will, Executive Director) have been meeting with representatives from Bellarmine, the Jefferson County Public Schools, and the Archdiocese of Louisville Schools to plan this workshop focusing on the teaching-learning process throughout K-16. 210 participants (70 from Metroversity institutions) will be selected to participate in this hands-on experiential environment which explores futuristic trends in education. Through six distinct learning pavilions, participants will explore the following topics: ubiquitous access, E-learning, digital storybooks, simulations and probe ware, collaborations, and pathways to information.

The SAALCK (State Assisted Academic Library Council of Kentucky) met February 7 at the University of Louisville. Daniel Rabuzzi, Kentucky Virtual University, and Enid Wohlstein, Kentucky Virtual Library, were special guest speakers. They informed the group about the latest virtual education activities and related support, especially in terms of budget cuts to the Virtual University. Terri Holtze, a member of the SAALCK Virtual Reference Committee, gave a pertinent report on UofL's "Ask a Librarian" program, and summarized positive and negative aspects of Question Point and other possible software packages. The SAALCK group is asking Kandace Rogers from UK, chair of the committee, to present her report in March. Meanwhile SAALCK members are exploring Question Point from OCLC as a possible software package for virtual reference.

During the last two months the Council of Academic Officers has been highly concerned with budget reduction possibilities. Several special meetings and a retreat were held in February to discuss the results of five study groups reporting on ideas to raise revenue and reduce expenses at the University. At this time all units were instructed to prepare a 5.3% budget cut (\$524,000 for the libraries) by March 7. Much of this is still projection since the state has not yet finalized a budget plan for 2002-2004. — *Hannelore Rader, Dean of University Libraries*

Thank You



alice abbott-moore
 delinda baie
 gwendoline chenault
 carolyn gettler
 gail gilbert julia graepel
 terri holtze
 katherine johnson
 marcia kotlinski
 weiling liu
 hannelore rader
 mike smith

A note from The Owl Board
 The Owl Board has decided to publish nine issues per year rather than ten. Now instead of both a June/July and an August issue, we will publish one "summer issue" that will come out in late July.

Read The Owl on the Web
 at <http://owl.library.louisville.edu>

Note: The web sites cited in this issue are active at the time of publication but may not be available at later dates.

Library Dept. & Team News

Information Delivery

Public Service Dictionary

The new edition of the *Public Service Dictionary* is now available online (and soon in print). Thank you to all the people who have helped to update this, including: Latisha Reynolds, Kathy Moore, Barbara Whitener, Gail Gilbert, Melissa Crain, Sarah Jent, Catherine Lavallée-Welch, Susan Knoer, and Diane Nichols.

The *Public Service Dictionary* is for any employee who works with the public to help answer questions about collections and policies.

The updated online version is available through the main page of the Libraries' Intranet at <http://staff.library.louisville.edu/psd/>. In order to access it students and other employees need to have a Midgard userid and password.

The updated version is also available in print. Copies will be distributed to the areas listed below. Each area needs to dispose of the previous edition and put the new edition into the binders. If your area is not listed below and you think it would be valuable to have a print copy on hand, please contact Terri Holtze (terri.holtze@louisville.edu).

Art Library (1 copy):

Circulation Desk

Ekstrom Library (12 copies):

3 spares in Reference Dept
Administrative Office
Circulation Desk
Content Access Reception Desk
Information Desk
Media and Current Periodicals Desk
Metropolitan College Computer Lab
Photographic Archives
Rare Books
Reference Desk
Special Services
Stacks Maintenance (3rd floor sorting station)

Kersey Library (2 copies):

Circulation Desk
Second floor service desk

Kornhauser Library (3 copies):

Circulation Desk
Reference Desk
One spare copy

Law Library (1 copy):

Circulation Desk



Music Library (1 copy):

Circulation Desk

UARC (1 copy):

Manager's Desk

Art Library

The Art Library hosted photography students from Manual High School twice in February. Their project was to find a photographer whose work they liked and emulate that style in their own work. We enjoyed having them here and it was a great opportunity to show them that google.com is not the only game in town.

Ekstrom Library

Circulation and Interlibrary Loan

Bettie Lewis, Circulation & Interlibrary Loan Department Head, celebrates her birthday on March 27. Speaking of Bettie, she was given a brand new vehicle for Valentine's Day this year from her husband, Larry. Way to go, Bettie!

Katie Meyer, Circulation Holds & Recalls Supervisor, celebrates her birthday on March 30. Happy Birthday, Katie!

Congratulations are extended to Interlibrary Loan Lending Supervisor Carrie Turner and UofL Business student Islam Muhammadziev. They were married on Saturday, February 8 at the Conrad Caldwell Mansion in Old Louisville. Congratulations to you both!



The Design and Exhibits Subteam will be presenting "Reflections: Body Image and American Women" all month on the Main Floor at Ekstrom Library. The exhibit will include pictures, sculpture, and related items.

Join us March 6 at 1:00 pm for "Coffee House Rocks." Faculty, staff, and student readers of poetry will celebrate women and body image in the Bingham Poetry Room and Student Lounge at Ekstrom Library. We also hope to include women-centered dance.

Be here March 13 at 4:00 pm for Movies at Ekstrom! Lisa Huber, Assistant Director of the Women's Center, will lead discussions of award-winning documentaries "Killing Us Softly" and "The Size of It," both of which are documentaries focusing on body image.

Ekstrom Circulation and Interlibrary Loan welcomes new student assistants. Joining our crew are Kassandra Amboree, Matthew Blythe, Scarlett Bullock, Serena Taylor, and Christy Walden. Welcome aboard!

Office of Libraries Technology

New Technology Team Structure

As a result of the team review and a new Technology Plan, on February 12, 2003, ACT approved the new Technology Team structure. The Team leaders will contact each candidate member's supervisor to confirm memberships.

New Technology Plan

On December 10, 2002, Weiling received an orientation from the AATC (Academic and Administrative Technology Committee) representatives about the Academic Information Technology Planning Initiative. This initiative requires each unit to develop a technology plan in the format provided by AATC. The draft plan was due February 20, 2003. (The full document is available on the libraries' intranet site). Comments and suggestions are welcome.

Special thanks go to the OLT staff, the old Technology Team and PC Support Team, ACT and the many individuals who helped with this draft plan!

Technology Core Competencies

As part of the technology goals for 2002, the old Technology Team and PC Support Team developed a list of technology core competencies for the Libraries' faculty and staff. The full list is included in the new Technology Plan mentioned above.

New OLT Public Web Pages

The new OLT public Web pages (Computing in the Libraries) are ready and linked from the Libraries' main page. The direct URL is <http://www.library.louisville.edu/olt/>. Comments and suggestions are welcome.

Office of the Dean of Libraries

Diversity Training Workshops

Mr. Alvin Herring will conduct two Diversity Training Workshops: Tuesday, March 4 and Friday, March 7. Libraries faculty and staff who did not attend the October 9 workshop are required attend one of the sessions. Both sessions are from 9:00 am – 3:00 pm in the Bingham Poetry room.

Light refreshments will be provided beginning at 8:45am in the Bingham Poetry Room, Ekstrom Library for both workshops. Lunch will be served beginning at noon in the Ekstrom Staff Lounge.

Honorable Mention

Congratulations to our new and promoted libraries staff who have successfully completed their qualifying or provisional employment:

Kelly Buckman - Ekstrom Reference

Katrina Rowe - Circulation/ILL

John Spivey - Circulation/ILL

Devin Wilson - Kersey Library

Kersey Library

Engineers' Days 2003

Students, faculty, and staff of the Engineering Schools will be putting on a program Friday, March 28 and Saturday, March 29. The Speed School Student Council coordinates this with a focus on showcasing the accomplishments of the engineering students. Jan Kulkarni researched Kersey's current exhibits, "Data Mining & Data Warehousing" and "Women in Science & Engineering." The exhibits will be open through April 30, 2003. Steve Whiteside assisted with the planning and Kersey student assistants helped with the installation. Handouts covering engineering inventions will be available in the library. Jan Kulkarni will be conducting tours of the library on March 28 and 29.

Goodbye and Farewell

Terra Rogers, one of our student assistants will be leaving us this week. Terra has been with us since 1999. She will co-op until she graduates. We will really miss her. It's like saying goodbye to family! We wish her the best of everything!

March Birthday

Our very own Devin Wilson celebrates his birthday this month. We wish him and all of you who are celebrating a birthday in March a very Happy Birthday.



Music Library

Once again in Circulation, it is mainly our students who have the exciting lives. However, Don Dean was present when the Julliard String Quartet and the Verdehr Trio visited the Music Library to sign our Guest Book after performances in the School's Margaret Comstock Hall.

Students Rachel Blanton, Whitney Allen, and Emily Noble performed this month with the University Symphony Orchestra. Whitney also assisted the Louisville String Quartet with a performance in the Comstock Hall.

P.J. Felice participated in a Trumpet Master class with visiting performer Sergei Nakariakov, who visited the Music Library and signed our Guest Book.

Our student assistant Whitney Allen (cello), along with former student assistant David Ballena (piano) and frequent Music Library patron Paola Manrique (violin), won the Macauley Chamber Music Competition for the third straight year. The piano trio, named "PDW Trio," played pieces by Beethoven and Shostakovich. They are coached by Peter McHugh.

UARC

Tom and Phyllis Owen and family, including their not-quite-two-year-old grandson, trekked to French-speaking Quebec

City, Canada for New Years. Their journey to that fanciful winter wonderland included a three-hour train trip from Montreal. The old city met every expectation for fine food, vistas, history, and Christmas-decorated, snow-covered 18th century streetscapes.

Ask Kathie Johnson about the newest member of her family -

granddaughter Adison Elizabeth Schanie, born at 10:41pm, Monday, February 24. Adi clocked in at 9 lbs. 4 1/2 oz., and 22 inches long. Mom Megan (Kathie's middle daughter) and dad Cameron are doing well. Grandparents Ron and Kathie now know why they had children in the first place. Kathie will be happy to share photos with anyone who is interested, and probably with those who aren't.

INFO LIT AT THE MUSIC LIBRARY ASSOCIATION

A Report by Julia Graepel

On Wednesday, February 12, 2003, about 80 music librarians gathered in a freezing hotel room in Austin, Texas. What was the occasion? A pre-conference Information Literacy Workshop sponsored by the Music Library Association. The workshop promised to discuss the background and philosophies of information literacy, provide an overview of the current information literacy world, present various practical tools for teaching, feature a panel of music librarians discussing their programs and successes, and gave an overview of methods of assessing information literacy – quite a program for one day!



The featured guest speaker was Julie Todaro, Dean of Library Services at Austin Community College and a past co-chair of ACRL's Institute for Information Literacy. She began the workshop by speaking about what information literacy is and what is happening in the info lit world. She gave a good introduction and overview about the topic, however her talk was not music specific. The second speaker of the morning was Deborah Pierce (music librarian at University of Washington and registered counselor) who talked about brain research, learning, and teaching. Part of her session focused on different learners (audio, visual, kinesthetic) and included several activities in which the audience participated.

The part of the workshop I was anticipating was a best practices panel to illustrate what has been working in music programs at various institutions. The panel of experts was made up of four music librarians from Oberlin Conservatory, St. Olaf College, the University of Hawaii at Manoa, and the University of Colorado at Boulder. Each presented a different aspect of best practices. Kathy Abromeit spoke about integrating info lit into the Oberlin Conservatory of Music Opera Theater Department. The second speaker, Beth Christensen, discussed how course-integrated sequential library instruction was part of the curriculum at St. Olaf College and shared as an example how this was done with the music history sequence. Gregg Geary presented a totally different approach. At the University of Hawaii at Manoa, students take a separate library instruction course as part of a learning community. Learning communities are formed by a group of students taking the same classes. The curriculum content is linked across several classes and the research process is linked to the content. An example of a learning community would be: World History + World Music + Libraries Scholarship and Technology, equaling a total of nine credits. While the first three panelists spoke about information literacy relating to undergraduate students, the final panelist, Laurie Sampsel (University of Colorado at Boulder) focused on a bibliography assignment geared towards graduate students: the State of Research Project.

Before the day ended, Julie Todaro spoke about some ways of assessing information literacy and went over a brief bibliography of resources and readings on information literacy. One of the few articles listed was written by UofL's own Hannelore Rader, whom Julie described as "a real pioneer in information literacy."

Later that evening the opening reception of the 2003 Music Library Association conference took place. The annual conference of the MLA always has a busy and full program of plenary sessions, committee meetings, roundtables, and so on — this year was no different. While I was able to pick and choose some of the sessions I attended, Karen, as chair of MLA publications, was busy meeting with all the editors. The conference ended on Saturday evening, but not before a costume contest during the cocktail hour while the MLA jazz band played and the final banquet. After this wonderful and well-organized conference, the travel back to Louisville turned out not to be as smooth. After being switched to a different airline, an involuntary reroute through Chicago, several canceled flights, and lots of strategizing, Karen and I finally made it back to Louisville via St. Louis — 9 hours later than planned. At least we did not get stuck overnight like some of our colleagues. The 2004 conference will take place in Washington, DC – hopefully without a snowstorm such as this year.





Asleep at the Wheel: A Wake-Up Call to the Sleep Deprived

Many people suffer from sleep deprivation. Believe it or not, people often are sleep deprived because they are so busy doing things to better their lives that they neglect something that is important to their overall health: getting enough sleep

Surveys conducted by the National Sleep Foundation found that 60% of adults report having sleep problems a few nights a week or more. More than 40% of adults experience daytime sleepiness that is prominent enough to affect daily activities during a few days each month, while 20% reported problems with sleepiness at least a few days a week.

Some results of not getting enough sleep or experiencing poor sleep:

- Falling asleep at school or work. This causes people to miss out on important daily activities, not to mention causing mistakes, carelessness, and accidents.
- Falling asleep at the wheel. This causes 100,000 police-reported highway crashes, 71,000 injuries, and 1,500 deaths annually in the United States (National Sleep Foundation).

Did you know...?

- 25% of Americans take medication to help with sleep at least once a year.
- 63% of American adults get fewer than 8 hours of sleep per night.
- 69% of American adults report frequent sleep problems.
- 85% of Americans say they would sleep more if they knew it would make them healthier (*The Courier-Journal*, Feb.20, 2003).

Some common myths about sleep:

- As one gets older, one does not need as much sleep.
- Most people know when they are sleepy.

- Sleep disorders are usually due to worry or psychological problems.

Some sleep zappers:

- depression
- chronic pain
- stress
- working long hours
- medications such as decongestants, steroids and some prescriptions for high blood pressure, asthma, or depression can cause sleeping difficulties as a side effect.
- working multiple jobs
- having irregular hours
- sleep apnea
- jet lag
- over-stimulating environment in which to sleep

Some ways to counter having an over-stimulating sleep environment is to make the bedroom a place only where one sleeps and/or has intimate relations. Too many people have things in their bedrooms that can cause not-so-restful sleep, such as:

- televisions
- computers
- shades or window coverings that let in too much natural light.
- radios & stereos
- improper temperature
- uncomfortable bed
- sharing a bed and/or bedroom with a person who snores
- interruptions from children
- ringing phones

Some other tips for a good night's rest are:

- Avoid caffeine, nicotine and alcohol during the late afternoon and evening.
- Don't nap during the day if you are not sleeping well at night.
- Exercise regularly, but not any sooner than least three hours before bedtime (this may keep one awake if the body has not had a chance to cool down.)
- Set a time for problem-solving each day, but no later than early evening to prevent worry at bedtime.

- Establish a regular, relaxing bedtime routine that allows for unwinding at the end of day. This will send a message to one's brain that it is now time to sleep. Yoga, meditation, and other relaxation exercises may be really helpful.
- Use the bed only for sleep or sex. Again, this tells the brain that the bed is to be associated with sleep.
- If one isn't asleep after a half hour, get up and do a relaxing activity such as reading or listening to soothing music. The key is to clear one's mind and not stimulate.

After trying the above tips for a week, you still have trouble sleeping, you may need some additional help from your doctor. To help the doctor, keep a sleep diary for at least 10 days prior to the doctor's office visit.

Did you know that there is a National Sleep Awareness Week? It' is sponsored by the National Sleep Foundation and it is to promote the importance of quality sleep to one's health, productivity and safety. This year, National Sleep Awareness Week® will take place March 31 - April 6, 2003. The theme for NSAW 2003, "Let Sleep Work For You!" suggests that getting enough sleep has many positive benefits that include better health, improved public safety, and enhanced performance.

For details on NSAW 2003 (March 31 - April 6) activities: <http://www.sleepfoundation.org/PressArchives/sleeptheme.html>

Also, one can take Interactive Sleep Surveys at the National Sleep Awareness site: <http://www.sleepfoundation.org/publications.html>. The results may be eye-opening for you.

So, if you are one of the many people in this country who is sleep deprived, take action and get some zzzzzz's soon! Your quality of life and, perhaps, your life depend on it!

Sources

The Courier-Journal. "Sleep tight: to battle insomnia," Health Section, Thursday, Feb 20, 2003. <http://www.courier-journal.com/features/health/index.html>

National Sleep Foundation. "Importance of Sleep," <http://www.sleepfoundation.org/>

National Sleep Foundation. "National Sleep Awareness Week 2003," <http://www.nsaaw.org/2003preview.html>

National Sleep Foundation. "Interactive Sleep Surveys," <http://www.sleepfoundation.org/publications.html>

NOTE: The author has written about her experiences, perspectives, and research, which is not intended to replace professional advice and/or treatment. If professional assistance is needed, please consult your doctor, counselor, or nutritionist. The web sites used to support this article were available at the time the article was written and may not be available at later times.

Exhibits

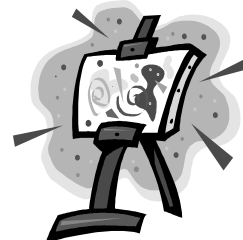
Art Library

Belknap & Covi Galleries and Gallery X

Master of Arts Thesis Exhibition

Work by MA candidates

February 13 - March 16



Belknap & Covi Galleries

Annual Student Exhibition

March 20 - April 13, 2003

Gallery X

John Zimmerman - Recent Clay Sculpture

Ceramic Studio Artist-in-Residence Exhibition

March 20 - April 13, 2003

Ekstrom Library

Lobby

Reflections: Body Image and American Women

March 1 - 31, 2003

Special Collections

Photographic Archives Gallery

Object, Memory, Dream:

New Color Works by Mitch Eckert

January 21 - March 22, 2003

Frames from the Heart: Photographs by Bill Luster

A thirty-year retrospective of *Courier Journal*

news photographer Bill Luster.

March 31 - June 20, 2003

Rare Books Gallery

Three Louisville Poets: Madison Cawein, Hortense Flexner and Madeline Covi

March - April 2003

Kersey Library

Data Mining & Data Warehousing
and

Women in Science & Engineering

March - April 2003

Music Library

First Floor

Jazz Week 2003

Jamey Aebersold Jazz Studies Program celebrates the 10th anniversary of Jazz Week, featuring works of special guests and performers: Dave Brubeck Quartet, Bobby Watson, Marcus Printup, Java Men, Gail Wynters, and Hal Miller.

February 21 - March 31, 2003

Second Floor

New Books

Third Floor

New CDs