



The Newsletter for Employees of the University of Louisville Libraries  
Vol. 20, No. 6 September, 2005

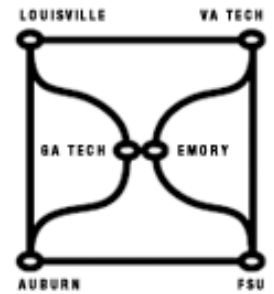
# The Owl

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

## The MetaArchive Project: *UofL joins other Southern institutions to preserve the region's digital heritage*

By Delinda Buie

Rare Books, Special Collections



For the past year, University of Louisville Libraries has worked with five other institutions to develop a MetaArchive of Southern Cultural Heritage. Funded by the Library of Congress's National Digital Information Infrastructure and Preservation Program (NDIIPP), this three-year collaboration involves Emory University as lead partner, along with Virginia Polytechnic Institute and State University Libraries, Florida State University Libraries, Auburn University Libraries, and the Georgia Institute of Technology Library and Information Center. The six institutions are establishing a distributed digital preservation network for critical and at-risk content to complement Library of Congress collections on the Civil War, the Civil Rights movement, Southern music and handicrafts, and church history. The project also will gather content relating more broadly to Southern culture and history.

The network, based on LOCKSS (Lots of Copies Keep Stuff Safe) software, developed at Stanford University, uses open-source software to collect digital content from each other. By identifying and gathering digital resources now scattered on servers, personal computers, or, in some cases, on floppy disks stored in desk drawers, the project will secure a future for a broad range of digital assets. The initial conspectus for the project includes nearly one hundred examples of institutional digital archives, groups of electronic theses and dissertations, oral histories, online journals and newsletters, ephemeral works such as online exhibitions and web sites devoted to aspects of cultural history, and research databases and other digital content developed by scholars at the partner institutions.

At the end of this initial year of the project, the partners are harvesting the first round of digital resources to rest in identical sets on six multi-terabyte servers purchased with project funds and located at each institution. Over the next year the partners will work further on the conspectus, or list of targeted collections, to insure preservation of the digital materials most vulnerable to loss and in formats considered most at-risk. They also will continue the harvest and distribution of files. This fall, participants will work on security issues and begin testing of the preservation network. Already the University of Louisville has tested the system by offering an exceptionally large file for harvest: one of the one-gigabyte Bernheim Foundation oral histories. Other tests will involve simulated security breaches, and intentionally crashing the server at one institution in order to re-build and re-populate it from the identical sets of data at the other five. This system of redundant sets of data, scattered over a relatively broad geographical area, is key to the project. Another important aspect is the essentially 'dark' nature of this digital archive. The partners are creating the MetaArchive of Southern Cultural Heritage for preservation, not for access. Through manifest pages, which individual partner institutions create for each group of data before harvest, partners grant permission to harvest the digital content from their local servers, and also grant permission to each other, and only to each other, to access the data; but, only for replacement within the network. Thus, while the MetaArchive's metadata schema provides

elements necessary to identify data within the MetaArchive, it also serves to promote preservation through future tasks such as migration to new formats when current ones become obsolete.

Along with the ongoing work of building and testing the MetaArchive, the partners now are starting to research and draft a cooperative agreement to carry the project beyond the three years funded by NDIIPP. This agreement will establish standards and guidelines to offer as a model for new networks and collaborations, and also to encourage new partners to join the MetaArchive. MetaArchive partners will continue to work closely with the LOCKSS project. Originally designing its software to archive published material such as digital versions of journals, the LOCKSS team has been generous with time and expertise to adapt the software for use with the MetaArchive's variety of archival formats and security requirements.

Another essential task is to establish a framework for MetaArchive rights management. According to current copyright law, even making the six digital copies necessary for a dispersed redundant dark archive could be interpreted as infringement. The Library of Congress is looking to the MetaArchive of Southern Cultural Heritage, and the NDIIPP's seven other funded projects, to help raise and begin to answer questions about how to preserve information while protecting the rights of creators.

The University of Louisville's participation in this project began with Dean Hannelore Rader's commitment and encouragement, but a number of the Libraries' faculty and staff are participating. Among those most active at this point in the project are Dwayne Buttler, Weiling Liu, Calvin Miracle, Leon Leydershnyader, Amy Purcell, Carrie Daniels, and Delinda Buie. For more information about the project, contact any of these colleagues, or go the project's website: <http://www.metaarchive.org>. See also, the National Digital Information Infrastructure and Preservation Program (NDIIPP) supported by the Library of Congress <http://www.digitalpreservation.gov/>.

## DARE TO SAY THANK YOU!

"Thank you to **Sarah Jent** for taking on responsibilities as chair of the personnel committee; to Kelly Buckman for keeping reference running smoothly and for sharing her baking with her colleagues, and to all the folks in circ who work face-to-face with our patrons day-in and day-out." —*Mary Barbosa-Jerez*

"I would like to thank **Callista Meyer** for her continued patience and good humor in the face of even the most incensed patron dealing with lost and overdue items. Katie always maintains her composure and near Zen-like attitude. Good work, Katie!"

"I'd also like to thank **Mark Paul** for all his hard work on the Voyager upgrade. It's been a long haul, but I certainly appreciate all his hard work on the project." —*Katrina Butcher*

"Thank you to **Terri Holtze** who always takes whatever I've done and makes it 400 times better. You're amazing!"

"Thank you to **Claudene Sproles** for putting the Reference Desk schedule together so well every semester. There is a thankless task if I ever saw one!" —*Anna Marie Johnson*

"I want to say thank you to **Janet Meyer!!** She has played such a great role in helping me since I began here at the Hospital Library! And most of all for the research and gathering of info on Louisville National Medical College AND Dr. Fitzbutler's thesis!! I am praying for her success in this endeavor!!!" —*Betty Johnson*

*The Owl* is published nine times a year as an online PDF publication by the University of Louisville Libraries, Louisville, KY 40292. There is no January issue and there is a combined June-August "summer" issue published in late July.

Co-Editors: Robin Harris ([robin.harris@louisville.edu](mailto:robin.harris@louisville.edu), 852-6083) and Amy Purcell ([amy.purcell@louisville.edu](mailto:amy.purcell@louisville.edu), 852-1861).

Editorial Board: Bill Carner, John Chenault, David Horvath, Mark Paul, Jessie Roth.

Book Editor: Anna Marie Johnson. Layout: Bob Roehm.

© 2005, University of Louisville Libraries. *The Owl on the Web*: <http://owl.library.louisville.edu>

*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.

Opinions expressed in *The Owl* are not necessarily those of the University Libraries or the University of Louisville.



# From the Dean of Libraries . . .

I hope everyone has had a good summer and enjoyed at least a few days of vacation and relaxing. The fall term has begun and we seem to be busier than ever.

The Administrative Coordination Committee has had several discussions related to the new organization structure and I have met with most library groups to finalize the chart. Sometime in September we will share the latest version with all staff as we begin to implement the changes to our organizational structure.

Our staff event on July 22 in the Derby Museum was quite successful and I am pleased that so many of our staff were able to participate.

The new wing construction is progressing well and we can now visualize the complete addition. All of us are busy planning for the move of the books, materials and equipment into the addition in November. The grand opening ceremony has been scheduled for February 20. We are still trying to finalize the 2-millionth volume event, which we hope will be sometime around the middle of November

On July 20 the deans held a half-day retreat at Papa John's Cardinal Stadium to prepare for the 2005-06 academic year and to ensure that the university's goals are up-to-date. Many issues were discussed, including improving students' graduation rates and providing a supportive and enabling campus climate.

The SAALCK group met on July 27 at the University of Louisville together with the new SAALCK Collections Committee. The charge for that committee was approved. Many collections issues were discussed in terms of cooperative and consortia purchases. Discussion about the next generation library system for the state universities was initiated. The SAALCK mission and website were discussed. The next meeting will take place on September 9 in the GCLC (Greater Cincinnati Library Consortium) offices in Cincinnati.

The Provost's office has launched a new university-wide Cardinal Care training initiative to improve customer service. The libraries have chosen the FISH! philosophy of customer service to achieve this goal. Our training group consists of Jessie Roth, Gwendline Chenault, Traci Simonsen and James Manasco. Several units and groups have already participated in the training. (For more information on FISH! see: <http://www.charthouse.com/>)



From August 12-18 I attended the International Federation of Library Associations meeting in Oslo, Norway. Approximately 3,000 people from 105 countries attended the conference. The United States was well-represented by 321 attendees, one of the largest groups, and as usual the U.S. representatives held their U.S. Caucus before the conference began to brief the group on global library association development.

Once again there was a slight increase in the number of programs and presentations dealing with information literacy. The new IFLA Information Literacy Section held several meetings and I concluded my service as its Information Officer. New information about the Nordic libraries and their organizations helped to update us on library activities in that part of the world. Major issues under discussion at the conference were: "libraries and access to knowledge for all," "freedom of expression," "the root of knowledge" and "libraries as defenders of human rights."

It is interesting to note how much world-wide library issues reflect many of the topics long under discussion in the United States.

— Hannelore Rader, Dean, University Libraries

# ***Library and Department News***

## **Art Library**

The Art Library journals are now all linked thanks to Kathy Moore and others who graciously helped her tackle this large project. Now we're ready for the box whenever it's ready for us.

We're pleased to have a new student on board. Freshman art student Lindsey Wilts started working in August. If we're lucky, Lindsey will be with us for her four years at UofL. It's good to get them young and train them right!

## **Ekstrom Library Collection Development**

Many of you know that Suzy Szasz Palmer is an avid writer (and editor). In May, she was one of fifteen individuals selected from over 100 applicants to be a 2005 *Courier-Journal* Forum Fellow. As a Fellow, she attended — and participated in — the editorial board meetings of the *C-J* for a two-week stint in August. All Forum Fellows are encouraged to try their hand at writing a submission for "Forum" — the newspaper's op-ed page — so keep your eyes open for a piece by Suzy in the coming months.

Suzy also spent a week's "vacation" this summer at Sarah Lawrence College in Bronxville, NY, where she attended their "Writing the Medical Experience" workshop. Almost seventy people from around the US (and two from other countries) — some prose writers, some poets — spent time every day critiquing each other's work, listening to readings by guest speakers, learning about the craft of writing and the business of editors and literary agents and — with little energy left at the end in the evening — writing more! Suzy submitted a piece that might be considered a "sequel" to her book, *Lupus: Living With It* (Prometheus Books, 1991, 1995), which she hopes to rework into a magazine article (in her "spare" time).

Collection Development welcomes its new student assistant, Cevelle Barna. She is a UofL sophomore considering majoring in Psychology and Justice Administration.

## **Media Services & Current Periodicals**

With Rebecca Rumbley leaving the department and heading for greener pastures and more opportunity to work with her art as a Graduate Teaching Assistantship in the Fine Arts Department, we are scrambling a bit to keep up. Seventeen students have been hired or rehired, many of them College Work Study, to help take up the slack (although there are no slackers in this group!). The students may also be used for the new "student S.W.A.T. team" that will be used in the fall to help as the New Wing is completed. Lots of hands will be needed to help load the bins for the box, perform a major shift in the stacks, move Media Services to the main floor, move Circulation to the new building, and lots of other things. Trish Blair has earned double-gold-star merit for doing extra duty. Good thing she likes to bake under stress.

David Horvath's June/July trip to South Asia was powerful and rewarding. He visited seven cities in three countries (India, Pakistan and Bangladesh), and participated in over 30



David Horvath (front row, second from right) meets with Pakistan's President Musharraf.

## Angela's Summer in China



Angela at the Great Wall.

This summer my family and I visited China. Having not been back for 17 years, the trip was exciting for me and great changes were beyond my imagination. In one of our stops, Shanghai, where I originally came from, I saw a real miracle: Pudong in east Shanghai. When I left Shanghai less than two decades ago, Pudong was only an undeveloped countryside. Today, it is Shanghai's financial district with numerous skyscrapers, about eight times the size of London's new financial district, Canary Wharf. Apart from Shanghai's modernization, I was also impressed by its well-kept cultural sites, such as the Jade Garden (or Chenghuangmiao as I preferred to call it), the Bund, and the Jade Buddha Temple. Our last stop was Beijing, the capital of China. The most interesting experience there was climbing the Great Wall. As one of the most spectacular architectures and fortifications of ancient China, the Great Wall is said to be the only man-made structure on earth that astronauts can see from the

moon. Although I didn't see it from the moon, I felt the grandeur of the Great Wall when standing on it. Also, I felt very proud of myself since there is an old Chinese saying: "You cannot be called a hero if you have never been to the Great Wall."

(Angela Ren is a Library Assistant in Ekstrom Technical Services.)

meetings and events in about 15 days. His delegation, led by UofL professor Riffat Hassan, met with a number of people ranging from President Musharraf of Pakistan to school children in a Muslim-run, Montessori-method grade school in Calcutta, and they visited places ranging from a Jain Temple to an Islamic madrassa in India. He is happy to share stories with anyone who has a few minutes and some questions. He talks for food.

### *Metropolitan Computer Lab*

Our thanks to outgoing Graduate Assistant/Supervisor David Crist for two years of fine service. We wish him the very best on his chosen career path.

### *Welcome Miss "T"*

Hello and welcome to the new graduate assistant for the Lab, Tumirrow Jones. She started the job on the first day of class and has done an amazing job of scheduling and training students with not much time to prepare. Tumirrow had been a student assistant in the lab for a while so she knew what she was getting into (sort of.) The fact that she still wanted the job is a testament to her ability to seek out new challenges for herself. We look forward to some changes in the Lab and renewed commitment to service and excellence.

## Office of the Dean

### *Katrina Relief Donations*

Thanks to 30 very generous donors, the Libraries collected nearly \$2000 for the Red Cross' Hurricane Katrina relief activities.

### *Congratulations, Welcomes and Resignations!*

Welcome to all new and returning University Libraries Student Assistants!

Effective July 21, 2005, Destiny Minton, Library Technician, Kornhauser Library Circulation resigned. Destiny became a full-time student at UofL.

Effective August 1, 2005, Christopher Poché joined the Content & Access Management team as Library Assistant. Christopher reports to Tyler Goldberg.

Effective September 30, 2005, Assistant Professor, Julia Graepel will resign. Julia will return to her native country, Germany. She has accepted a position at the International University Bremen.

Effective August 22, 2005, Tumirrow Jones accepted the graduate assistantship in the Metropolitan Computer Lab. Tumirrow reports to David Horvath.

Effective August 22, 2005, Jessica Waddell accepted the position of Secretary II in the Administrative Office of the Dean. Jessica reports to Jessie Roth.

## ***A Crossroad to Freedom***

You are invited to the National Centennial Rededication and Ribbon Cutting Ceremony of the Western Branch Louisville Free Public Library. Founded by Albert Ernest Meyzeek in 1905, it is the first full service library for African Americans and the birthplace of African American librarianship in the United States.

Western Library will celebrate 100 years of service to Louisville's African American community. It's one of eight Carnegie-endowed libraries built in Louisville in the early 20th century and was a success from the beginning. Western's roots go back to 1905 to its first location in a residence on West Chestnut Street. Backed by the Carnegie gift, the present building opened in 1908 and was one of the first libraries in the U.S. built specifically for use by African Americans.



Thomas Fountain Blue, Sr. was its first librarian, a position he held until his death in 1935. During those years he designed a training program in library science for African Americans that eventually was adopted on a national scale. Later, Ms. Rachel Harris assisted him. Joseph S. Cotter, poet and playwright, is credited for the early storytelling contests for young people.

Western has always been a center of culture and learning. The building underwent a massive renovation in 1994 and today is a state-of-the-art facility offering traditional library services and Internet and computer technology.

***Date: Friday, September 23, 2005 - Rededication Program***

***Time: 10:30 AM***

***Place: Western Library, 604 South Tenth Street, Louisville, Kentucky***

***To RSVP, call (502) 585-9525***

***Open to the Public. No Admission \*Handicapped Accessible***

Sponsored and funded in part by the Western Branch Library Support Association, Inc. Co-sponsored with support and funds provided by the Louisville Free Public Library.

Please visit the Louisville Free Public Library website for updates on the Centennial Celebration at <http://www.lfpl.org/includes/SpecialAnnouncements/WesternLibraryACenturyOfService.htm>

# Office of Libraries Technology

## *New Public PC Image*

A new image testing workstation has been set up in OLT. It is currently under review by OLT and soon will be open for regular testing.



## *New Laptops for LIC*

Thirty-six new laptops were received. These machines will be used to replace those in the Library Instruction Classroom (254). Some trickled-down machines will be reassigned for other uses.

## *Voyager Upgrade*

Voyager has been upgraded to version 5 with Unicode support

## *Active Directory Implementation*

Except servers and some PCs with special software or accessories, all the PCs (including some if not all in Kornhauser Library) have been upgraded to Windows XP and are now under the Active Directory (AD) networking system. Under AD, the Libraries' PCs are better protected from virus or worm hacking, due to a tighter security configuration.

## *Disk storage cleanup on public PCs*

The cleanup program is running weekly.

## *MetaLib Implementation*

Some basic customizations and configurations have been implemented. The software will be upgraded to version 3.13 sometime in September 2005. The tentative target date for internal release will be after the 3.13 upgrade and completion of basic customization. The Implementation Team continues working on the configurations. More specific information will be available as time approaches. To see who is on the Team and for more information, please visit the Libraries' Intranet at <http://staff.library.louisville.edu/ertm/metalib/> or go directly to <http://www.library.louisville.edu/olt/metalib/metalib.stm>

## *SFX Implementation*

Software has been upgraded to version 3. All the major services (E-Journal Finder, Citation Linker, and linking from vendor databases) are now available to the public (one announcement was on UofL Today on 7/1/05.) The implementation team is fine-tuning the Findit@UofL service menu and implementation of resources that need special attention. For information about implementation, please see the Team's meeting minutes at <http://staff.library.louisville.edu/ertm/sfx/>.

## Special Collections

### *Esther Bubley: American Photojournalist*

The current exhibit in Special Collections (both Photographic Archives and Rare Books galleries) was made possible due to the generosity of Jean Bubley, niece of Esther Bubley and executor of the Esther Bubley estate. This traveling exhibit celebrating Esther Bubley's life work opened in New York City, and then came to UofL, before moving to the Museum of Photographic Arts in San Diego. Jean felt it was important for these vintage photographs to be shown in Special Collections since it holds



Portrait of Esther Bubley by Gordon Parks.



Waiting for the loaded bus to leave the Greyhound Bus Terminal, New York City. Esther Bubley, 1947.

one of the largest collections in the world of Esther Bubley's work. A new book, *Esther Bubley: On Assignment*, was published by Aperture, the premier not-for-profit arts institution dedicated to advancing fine photography, featuring several works from the exhibit. Jean Bubley and Tracy Schmidt, the archivist for the Esther Bubley Foundation, were guests of the Libraries. Jean gave a lecture to a History of Photography class and made several presentations during their three-day visit. Tracy is doing research with the Standard Oil (New Jersey) and Stryker collections in Photo Archives. (See p.11 for exhibit information.) "Our Parent's America: Photographs by Esther Bubley" is an exhibit of Photo Archives' Esther Bubley prints currently on display at the Paul Paletti Gallery on East Market.

## Kersey Library

### *Back to School*

Ring ye old school bell! Classes began on Monday, August 22. Many of our student assistants who have been off for the summer have returned ready and scheduled for the fall semester. One student assistant e-mailed from Hong Kong saying it will be good to get back to my "Kersey Family" again!

### *Vacation*

Jan Kulkarni and his wife will be returning from Atlanta, Georgia where his son and family live and were expecting their third child on or about August 10. Upon their return Jan will have lots to tell about their new grandchild!

### *September Birthdays*

Our very own Carol Brinkmam and Melissa Wheeler will be celebrating their birthdays this month. Kersey Library extends this greeting to the rest of you celebrating your very special day in September.

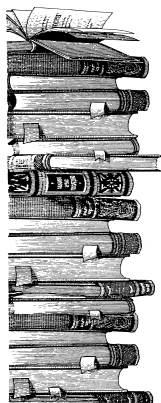


# Kornhauser Library

## *Staff News*

KHSL staff and faculty celebrated Joan Nailon's return to work on Monday, August 22 with a small "Welcome Back Party" in the staff lounge. Joan had been absent for several weeks due to a recent illness and hospitalization. The Kornhauser family is elated to have her back and on the road to a full recovery.

Two staff members, Destiny Minton and Curtis Johnson, III recently resigned their positions at KHSL. Destiny has elected to pursue her graduate studies full-time, and Curtis was selected for an internship at Colgate-Palmolive. KHSL wishes them the very best in their endeavors.



## *Reading Milestones*

Who among the libraries' literati has read (or listened to on audio) at least one book every four days since 1991? ANSWER: ILL Manager, Kathy Rogers. From April 15, 1991 (when she began keeping a "reading log") through August 16, 2005, Kathy has meticulously recorded 1,131 books in the "read" column. As an avid reader who has been left in the dust by Ms. Rogers, I (John Chenault) would like to know of similar reading milestones achieved by library staff or faculty. All pretenders to the reading throne must provide the documentary evidence to support their claims. Until a suitable challenger arises, this correspondent without portfolio, tenure, or any other recognizable authority, unilaterally grants to him the right to officially crown Kathy Rogers the new and unexpurgated Empress of the Printed Page with all the hereditary duties, rights, obligations, deeds and trusts incumbent upon the title.

# Law Library

We are happy to welcome Michael ben-Avraham back to the Law Library. He has been out on sick leave ever since he was hit by a car on Memorial Day.

# Music Library

## *Farewell, Julia*

Our loss is the International University Bremen's gain as Julia Graepel, assistant director of the Music Library, leaves to begin a new job at the university in North Germany. Her last day here is Friday, Sept. 15. Julia came to be an exchange student at Bullitt Central High in Shepherdsville in August 1995. She started work as a music librarian at UofL on Oct. 1, 2001, at the rank of Instructor. Effective July 1, 2005, she was promoted to Assistant Professor.

Beginning September 26, Julia will be a technical services librarian at the International University Bremen (<http://www.iu-bremen.de>). This private university was founded only in 1999, so Julia will have the opportunity of helping create an institution of higher learning from the ground floor up. Students from 80 countries attend, and the teaching language there is English. According to Julia, libraries in Germany usually catalog according to RAK, but AACR2 is used at Bremen's international university. Could there be a better fit? Along with her expertise in AACR2, Julia has added French to the English and German in which she is fluent.

Good luck, Julia! We will miss your knowledge, your skills and your always cheerful and helpful spirit. For more information (and some pictures) go to <http://en.wikipedia.org/wiki/Bremen>.



## *Welcome Back, Students*

Music Library's Circulation Department welcomes back returning students Marlene Ballena, Joseph Healey, and Cecil Edford. We also welcome incoming new hires Maggie Baker, Ashton Seward, and Praveen Nandhi.

## Why Do People Love Chocolate So Much?

*Chocolate... “The divine drink, which builds up resistance and fights fatigue. A cup of this precious drink permits a man to walk for a whole day without food” –Montezuma—Aztec Emperor (1480-1520).*

Do you know anyone who is wild about chocolate? Most of us know people who are self-proclaimed “chocoholics” and proud of it. I have to admit I am clueless about the craving of chocolate and I am not a big chocolate eater. (Could it be I burned out myself on chocolate back in the third grade after eating 19 chocolate no-bake cookies one afternoon?!)

### *A Little about the History of Chocolate*

Theobroma Cacao is the official scientific name given to cocoa by the Swedish botanist Carolus Linnaeus during the 18th century. In the Greek language, the term “Theobroma” literally means “food of the gods.” To the people of Pre-Columbian Mesoamerica, cocoa was very important. There is the belief that cocoa was introduced by the ancient Mayans to Central America from the South American highlands of the Amazon and Orinoco basins. The Aztecs also used cocoa. It was used for nutritional purposes as well as a form of currency. To the Aztecs cocoa was very important and was sanctified. They made a drink consumed only by warriors and nobility called “xocoatl” (pronounced “shocolatl”). This drink was served in gold goblets to Aztec ruler Montezuma and his court. The gold goblets were used only once before being disposed of in a lake. When Hernán Cortés later introduced the drink to Spain, it was not well-liked at first. However, it was soon discovered that if sugar were added to it, the drink tasted better and it quickly gained huge popularity with the Spanish courts — and the rest is history (*Yachana Gourmet*).

This article may be a fantasy come true for many folks. Some studies have found that chocolate has many values for good health. It contains iron, calcium, and potassium, as well as vitamins A, B1, C, D, and E. Also, cocoa is the highest natural source of magnesium. One theory suggests that people who crave chocolate are lacking magnesium in their diet, which can lead to hypertension, heart disease, diabetes, joint problems, and premenstrual tension. Note: For those who are not chocolate lovers, magnesium can be found in the following sources:

Peanuts (all types) raw & roasted, tofu (raw & regular), broccoli, spinach, Swiss chard (cooked), soybeans, tomato paste, simulated meat products, beans (cooked) and bean products, whole grain foods, peanut butter, chestnuts, pumpkin seeds, chili with beans, artichokes, sweet potatoes, beet greens, black-eyed peas, okra (cooked), acorn squash (cooked), chickpeas, purslane (cooked), low-fat yogurt, split peas (cooked), lentils (cooked), and milk (all types) (*Marin Urology*).

So, eating chocolate in moderation *can* be very beneficial to one’s health!

### *Chocolate benefits to both men and women:*

Benefits cardiovascular system and hypertension.

The fat in high-quality plain chocolate (which is technically referred as “saturated fat”) is one fat that for some reason does not



## LifeStyle continued

clog up the arteries or contribute to high cholesterol levels.

Chocolate can help alleviate progesterone levels which are responsible for wide mood swings during premenstrual syndrome.

### **The healthiest chocolate**

Dark chocolate: has a minimum of 70% of cocoa solids with little sugar and saturated fat. It helps reduce blood pressure and also has antioxidants to defend against free radicals.

Milk Chocolate: minimum of 30% chocolate solids.

White Chocolate: 30% chocolate butter and does not necessarily reduce blood pressure.

### **Cheap vs. high-quality chocolate**

Cheap chocolate has lower chocolate solids (usually less than at least 20% but known to be as low as 7%) and higher sugar content, saturated fats and other not so healthy ingredients that are damaging to one's teeth and overall health. Also, cheaper chocolates do not satiate the chocolate craving, thus causing more to be consumed than if one had consumed a smaller amount of higher quality chocolate.

Hence, moderation is the key... enjoy!

### **Sources**

Aphrodite Handmade English Luxury Chocolates. (2005). "Chocolate, the Health Benefits?"  
[http://www.aphrodite-chocolates.co.uk/chocolate\\_health\\_benefits.htm](http://www.aphrodite-chocolates.co.uk/chocolate_health_benefits.htm)

DeNoon, Daniel. (2003). "Dark Chocolate Is Healthy Chocolate: Dark Chocolate Has Health Benefits Not Seen in Other Varieties," WebMD.

Marin Urology. (1999). "Magnesium-Rich Food Items".  
<http://www.marinurology.com/articles/calculi/foods/magnesium.htm>

Stuffed Chocolate (2005). "Chocolate: The Health Food."  
<http://stuffedchocolate.com/chocolate%20links.htm>  
Yachana Gourmet. (2005). "Is Chocolate Healthy? The Health Benefits of Eating Chocolate and Cocoa Products."  
[http://www.yachanagourmet.com/health\\_benefits.htm](http://www.yachanagourmet.com/health_benefits.htm)

## Exhibits

### **Art Library Belknap Gallery**

*New Artists, New Forms (invitational)*

### **Covi Gallery**

*Julia Christensen - Video*

### **Gallery X**

*Charles Matson Lume - Installation*

**All exhibits September 8 – October 23, 2005**



*When you're visiting the Galleries in Schneider Hall, plan to stop by the Art Library to see more artwork. Drawings, prints, watercolors and sculpture are interspersed throughout the 80,000 volume collection. Highlights include a collage by nationally known artist **Alma Lesch** and several works by UofL faculty, past and present.*

### **Ekstrom Library**

#### **Special Collections:**

#### **Photographic Archives & Rare Books Galleries**

*Esther Bubley: On Assignment*

An exhibition of vintage black & white photographs.

Exhibition courtesy of Jean Bubley and the Esther

Bubley Estate

**September 1 – October 28, 2005**

### **Music Library**

#### **First Floor**

*Selected Accomplishments of School of Music Faculty*

#### **Second Floor**

*New Books*

**Through October 2005**

