As part of my reader’s picks, I want to alert everyone to the existence of the Novelist database that we have through the Kentucky Virtual Library. This database can be accessed from the A-Z list under the Articles section of the main library webpage http://library.louisville.edu/research/sub/alldbs.html#N. Novelist is my favorite all-time database! Originally created by librarians (alas now owned by Ebsco, but then isn’t everything?), this database is unique in that it functions as a reader’s advisor (my ultimate library job!) for fiction books. Basically, you can look up an author and find all the books by that author with bibliographic information and often full-text reviews as well. Now, as my astute husband pointed out in cheeky fashion, Amazon.com does some of these things too, but I would argue not as well. For one thing, the reviews in Amazon are written by readers and the reviews in Novelist are published reviews written by reviewers. I guess it just depends on what you’re looking for.

Besides having no annoying advertisements, other features not included in Amazon: the ability to search for plot elements in a kind of subject heading fashion to, say, find mysteries that take place in urban areas with women detectives, and resources for teachers and librarians recommending books for children. Novelist also maintains extensive lists of award-winning fiction and book discussion guides that could be used by book groups. My favorite feature of Novelist is the Read-alike section which lists authors who write in a similar style to popular authors like Carl Hiaasen or Sue Grafton. This is how I found many of my new favorite authors. One of them is Randy Wayne White who has the same zany Florida setting and characters, but whose hero is Doc Ford, Florida marine-biologist and former secret agent. In Tampa Burn (Ekstrom Browsing PS 3573 .H47473 T36 2004) the latest in the series, the villains are a little darker and the hero a little smarter than Hiaasen’s, and I was delighted to discover that there are 10 more books in the series.

Another new favorite is Neil Gaiman whom I discovered the old-fashioned way—word of mouth (thanks to Kelly Buckman and Barbara Whitener!)—but who has an entry in Novelist that contains reviews, and a link to the author’s website. Gaiman is a graphic novelist and, while I’ve not explored those, his two traditional novels American Gods (Ekstrom Browsing PS 3557 .A3519 A84 2001) and Neverwhere (Ekstrom Browsing PS 3557 .A3519 N48 1997) were engaging romps through dark, mythic landscapes. Gods takes place in an America where a showdown is brewing between the old gods brought with immigrants to America and the new American gods of credit cards, cell phones, the Internet, and television. A man named Shadow and his dead wife Laura are caught in the middle. Neverwhere is set in the London Underground. Hapless, well-meaning but bumbling Richard Mayhew is happily living his life as an office drone when literally at his feet a woman appears, bleeding and hurt. He walks away from his fiancé in order to help the woman whom he comes to know as Door. Through helping her, he is transported into the world of the London Underground, where characters such as Rat-speakers (humans who can talk to rats), an evil angel, and my favorite character, the Marquís of Carabas who could be perfectly played by Johnny Depp, live and interact. Through their adventures, Door and Richard discover...
who murdered her family and Richard discovers a side of himself he never knew existed.

Another highly recommended book which is technically a children’s book but kept my interest anyway is *The Gift Moves* (Ekstrom Browsing PZ 7.L99545 2004) by Steve Lyon. Steve is the husband of George Ella Lyon, author of *With a Hammer for My Heart*, one of my picks many years ago. His first book, *The Gift* is a beautiful little book about a futuristic society which has rejected our materialist culture and where a giver says “the gift moves” and the recipient replies “it moves” whenever anything is exchanged. Once a year, everyone takes all of their possessions including clothing and throws them into a bonfire to make room for next year’s gift. This is the story of Bird Speaks and Path Down the Mountain, a teen boy and teen girl whose lives intersect when Path is apprenticed to the weaver next door to Bird’s family’s bakery and who are drawn to each other despite the concern of their elders. Particularly poignant is Path’s struggle with her identity as a weaver vis-à-vis her mother’s abandonment of her.

According to *Novelist*, 9000 new titles are added per year, enough to keep even the busiest of readers very satisfied.

**Jami Allen (Ekstrom, Circulation/ILL)**

*Notorious in the Neighborhood: Sex and Families Across the Color Line in Virginia, 1787-1861* (Ekstrom stacks HQ1031.R695 2003) chronicles interracial relationships in the early national and Antebellum periods of American history. Each chapter focuses on one specific relationship and equates it to the larger phenomenon and inner workings of slave/master sexual relationships in Virginia. One example is the Thomas Jefferson and Sally Hemings relationship. The author believes that their relationship was one of coercion, not rape, and that Sally became a life-long companion to Jefferson, something that was not uncommon amongst widowed plantation owners and female slaves. Often times these men did not want to remarry, so they took a female slave as a concubine, and created a companionship with them, not a love relationship. Female slaves made the best of a bad situation and received benefits for themselves and their mulatto children in exchange.

The book is an interesting read. The author sometimes unnecessarily tries to beat a point into the reader, but overall I think it is an enlightening read.

**Kelly Buckman (Ekstrom, Reference)**

*Fables* (comics series) by Bill Willingham (not owned by UofL). *Fables* is the story of several well-known fairy tale and folklore characters living in modern day New York City in a secret community called Fabletown. Most of the fable characters make their living in Fabletown after being exiled from their magical homeland by an unidentified but ominous “Adversary”. There is still one stronghold of their homeland, called the Farm, where some of the fables stay who cannot as easily keep their cover in society (talking pigs, fairy godmothers, spoons, swans and frog kings). A savvy Snow White runs Fabletown...
after her divorce from Prince Charming (who makes regular fiendish appearances throughout the series). Little Boy Blue and a flying monkey are her “Fables Secret Headquarters” assistants. Bigby Wolf is an investigator who likes to help Snow White keep the other fables under control, and he is still taunted by the pigs who feel like he owes them something. Beauty and the beast are having trouble with their marriage. I really enjoy this series because the characters have great witty dialogue and have become so human compared to their traditional stories. I’ve just always yearned to see how the “happily ever afters” really could end up. Three story-arcs of this series have been published in graphic novel form — Legends in Exile, Animal Farm, and Storybook Love. These are available at LFPL or you can purchase them online at Great Escape. By the way, this series isn’t for young ‘uns.

**Robin Harris (Law Library)**

*Civil Wars: A Battle for Gay Marriage* by David Moats (Ekstrom Browsing HQ 1034.U5 M62 2004). Editorial writer David Moats tells the story of the fight for gay marriage in Vermont with skill and compassion. He covers the story of the attorneys who fought for the rights of three homosexual couples to marry legally. The editorials he wrote for The Rutland Herald as he witnessed the legal twists and turns that led to the first state law allowing civil unions earned Moats a Pulitzer Prize. Whether or not you see gay marriage as the latest civil rights battle in this country, this very human tale will keep your attention. [By the way, one of the main players in this real-life drama, attorney Beth Robinson, visited the law school in 2004 for a diversity forum. She talked about many of the stories in this book. If you’d like to hear what Beth had to say about her experiences and those of her clients, click on www.wfpl.org and scroll down to the Audio Archive, where you’ll see The Brandeis Law Forum. Look for the June 28, 2004 program.]

**Sarah Jent (Ekstrom, Reference)**

My reading has really slowed down these past few months for various reasons. In keeping with the theme of this past summer’s Reader’s Picks, I have continued reading a lot of children’s literature (seems to be the only way for me to finish a book these days).

I have continued re-reading the Betsy-Tacy series by Maud Hart Lovelace. I finished *Betsy in Spite of Herself* and *Betsy Was a Junior* (the sixth and seventh books in the series). I have also re-discovered another series I read as a child: the Beany Malone series by Lenora Mattingly Weber. I have re-read the first book, *Meet the Malones.*

I also finally finished *Ahab’s Wife* by Sena Jeter Naslund (Ekstrom stacks PS3564.A827 A76 1999). I highly recommend it to anyone who has not yet read it.

**Ben King (Ekstrom, Collection Access & Management)**

I enjoyed *Broken Music* by Sting (Ekstrom Browsing ML 420.S85 2003). There were three things that drew me to this book. On the flap he mentions “upon reaching the reflective age of 50.” Also, the book is about music. Lastly, it is written by a musician.

**Calvin Miracle (Ekstrom, Office of Library Technology)**

*Jonathan Strange and Mr. Norrell*, by Susannah Clarke (Ekstrom Browsing PR6103.L375 J65 2004). Received it as a gift, loved it! It’s a hybrid between an historical novel, *Harry Potter*, and *The Da Vinci Code*. Even had a concise description of how Rings of Power operate, as a bow to J.R.R.T. encyclopedic footnotes. Clarke appears to have little sympathy for the French; some of her passages in this line are howlers. A must-read. (Collector’s note: The first printing was evenly divided between black-on-white and white-on-black dust jackets. Later printings were all black. I’ve heard that there’s a special holiday edition in a red cover!)

**Glenda Neely (Ekstrom, Reference)**

*The Kite Runner*, (Ekstrom Browsing PS 3608.O832K58 2003) an ALA Notable Book for 2004, was my all-time favorite this year. Written by Khaled Hosseini, a native of Afghanistan from a privileged family who fled to America as a refugee after the Soviet invasion. “The boyhood friendship of social opposites and the strong father-son relationship of two Afghan émigrés form the heart of this story of Afghanistan at peace and war.” (from RUSA’s Notable Books Website: http/)
about these books, how fabulous they were, and so I started
reading a couple of Stephen King novels back in high school, but
never got into Dune or the Gormenghast Trilogy. That being said, I
have been gripped by this Stephen King series, and I have never
ever been tempted to pick up a Stephen King novel before. One of
our student assistants, Charlie Mingus, told me about these books,
how fabulous they were, and so I started listening to/reading them.
They are unlike any of King’s other novels. The audio books
are great, too. This series is fantasy/science fiction/horror/old west all rolled into
one. “There are other worlds than these.” Here’s the list.

Read ‘em in order.

I. The Gunslinger (Ekstrom Browsing)
“The man in black fled across the desert and the gunslinger
followed.” Here we meet Roland the gunslinger and see
him pursue the man in black. It’s unclear exactly who that man in black is, but the world
has “moved on” and Roland has a mission that he has been on for
who knows how long, perhaps hundreds of years, but time is
fuzzy in this world. This book is the shortest.

II. The Drawing of the Three (Ekstrom Browsing)
Roland wakes up on the shore of the Western sea. He must
battle the “lobstrosities” and try to save himself to fulfill his
destiny. Part of his destiny includes the drawing of three others,
from magical doors.

III. The Wastelands (Ekstrom Browsing)
Roland and his “ka-tet” move across the Wastelands towards
the Dark Tower. They follow the path of the beam and encounter
strange and dangerous things along the way. This one is
quite gripping and takes us into a large city (that has “moved
on”). Have the next book Wizard and Glass handy, because this
one ends with a terrible cliffhanger.

IV. Wizard and Glass (Ekstrom Browsing)
Roland tells his tale, beginning in Gilead with his coming of
age, of his mother and father, his first mission with fellow
gunslingers Cuthbert and Alain to the town of Mejis. This book
is the most sentimental of the seven, and wonderful. Witchcraft,
first love, the coffin hunters.

V. Wolves of the Calla (Ekstrom Browsing PS3561.I483 W6
2003)
This one is one of my favorites. It’s a little like Akira Kurosawa’s
“Seven Samurai” (my favorite film), or the “remake” of that
film “The Magnificent Seven”. There is much more to it than
that, but the battle of the few against the many always makes for
a good yarn. My favorite line from this book is when Roland
says “Balls to your sorry! Ka works and the world moves on.”

VI. Song of Susannah (Ekstrom Browsing PS3561.I483 S56
2004)
What happens to Susannah and Mia and the “chap”. Here’s a
good quote from the Publisher’s Weekly review: “There’s
something about a crippled, black, schizophrenic, civil rights
activist-turned-gunslinger whose body has been hijacked by a
white, pregnant demon from a parallel world that keeps a
seven-volume story bracingly strong as it veers toward its
Armageddon-like conclusion.” Doesn’t that sound great?

VII. The Dark Tower (Ekstrom Browsing PS3561.I483 D374
2004)

December, 2004 * Page 4
I am in the throes of this one right now and can only say that so far it is just as good as the others. The ka-tet goes for the Dark Tower in this book. It’s the end of the series, and although I cannot stop reading it, I know I’ll be sorry when it ends. But that is the way of “ka.”

Raymond Slaughter (Ekstrom, Shipping & Receiving)

Here is a good book for mystery lovers. Death on the Nile by Agatha Christie (included in Five Complete Hercule Poirot Novels, Ekstrom stacks PR 6005 .H66 A6 1980) is a classic. Hercule Poirot is taking a vacation on a cruise ship, but alas, it is short-lived as a very wealthy woman is murdered during the trip. There are a few primary suspects and Poirot is called upon to investigate the circumstances and to try to find the murderer. There are a lot of complications involved. Will Poirot be able to solve this crime? There are a few surprises for anyone who loves mystery-solving.

Mike Smith (Ekstrom, Circulation)

I’ve been reading a lot of Stephen King lately. In particular, his nonfiction attempt, On Writing: A Memoir of the Craft (Ekstrom Browsing PS 3561 .I483 Z475 2000). You don’t have to be a writer to enjoy this book. It’s more a memoir than a writing guide. You’ll enjoy reading about his family, his addictions, and his nearly fatal encounter with a drunk driver. I’m also reading King’s short story collection, Skeleton Crew (Ekstrom stacks PS 3561 .I483 S55 1985). His story, “Survivor Type,” is one of the few stories that have kept me up at night.

On Monday, November 15 in the Ekstrom Auditorium, the BFSA (Black Faculty/Staff Association) Black Faculty Affairs Committee at the University of Louisville unveiled an exhibit to support the celebration of the 50th anniversary of the Brown v. Board of Education decision, and to promote faculty involvement. Co-chairs Fannie Cox, University Libraries, and Dr. Sherri Wallace, Political Science, developed the exhibit, in which several prominent black faculty share their thoughts on, and memories of, the historic case.

In the November 15 ceremony, Dean Rader welcomed the audience, Dr. Irving Joshua, President of the Black Faculty/Staff Association made introductions, and President Ramsey gave remarks on Brown v. Board of Education.

Brown v. Board of Education Celebration: Faculty Reflections will be on display at various locations throughout the 2004/2005 academic year.

Thrust Theater – December 1 – 5, 2004
Ekstrom Library – December 6 – 23, 2004
Kornhauser Health Sciences Library – January 1 – 31, 2005
Grawemeyer Hall – February 1 – 28, 2005
Law Library – March 1 – 31, 2005

Success begins @ your library

DARE TO SAY THANK YOU!

“I’d like to thank Latisha Reynolds for making my transition into my new position in Information Literacy go so smoothly. She mapped out a training strategy with detailed steps that covered all of my major responsibilities. She also spent countless hours with me showing me all of the procedures. Thanks so much, Latisha.”
—Cathy Hoover

“We should all say a huge thank you to Martha Parry for her good work in coordinating the University Libraries Kentucky Harvest Food Drive.”
—Diane Nichols

To our readers: Check out this issue at http://owl.library.louisville.edu. A lot of the book covers and other illustrations are sharper and in color. A reminder: this is the last print issue of The Owl. Beginning in February (there is no January issue), The Owl will be available only as an online pdf document. For the time being, printed copies still will be mailed to off-campus readers who may not have access to the Internet.
From the Dean of Libraries . . .

On October 28 the Metroversity Library Council met at the University of Louisville. The Council reviewed its mission statement and discussed issues of cooperation between member libraries. Bruce Keisling from Southern Baptist Theological Seminary presented information on digital asset management. The next meeting will take place February 10, 2005 at Indiana University Southeast.

On November 5, I attended my last Alumni Association Board Meeting for the University of Michigan School of Information Science in Ann Arbor, Michigan as past president. One of our main topics was recruitment to the information profession. We also created additional ways to honor distinguished graduates.

November 10 and 11, I briefed both the Board of Overseers and the Board of Trustees regarding library accomplishments during 2003-04. I shared our Progress Report and a photograph of the Ekstrom addition and answered a number of questions regarding the progress of the construction.

The Council on Postsecondary Education (CPE) held a day-long meeting with faculty, administrators, and distance education facilitators from the University of Louisville, University of Kentucky and Eastern and Western Kentucky Universities on November 15 at the Shelby Campus to plan a cooperative public health program in Kentucky. Enid Wohlstein, KYVL, and I, as a member of SAALCK (State Assisted Academic Library Council of Kentucky) represented the libraries. Four core courses — bio-statistics, epidemiology, health services management, and environmental health — will be developed by several elected representatives. More discussions will follow.

The SAALCK met on November 19 in the Ekstrom Library. Two representatives from Chemical Abstracts Services (CAS) gave a presentation to the group. Others issues discussed were: Elsevier negotiations, the Wiley consortia agreement, finalization of the GCLC (Greater Cincinnati Library Council) contract, and updating the of mission statement for SAALCK. The next SAALCK meeting is scheduled for December 10.

— Hannelore Rader, Dean, University Libraries

In Memoriam

Kathy Marsall

Kathleen Marsall began her career at the University of Louisville Libraries on October 22, 1988. Kathy worked in the Administrative Office of the Dean as Secretary II until January 2000. At that time Kathy was promoted to Computer Operations Advisor in the Office of Libraries Technology (OLT) until her untimely passing on November 24, 2004. Among her many duties in the OLT, Kathy was responsible for maintaining documentation, payroll, inventory databases, and equipment/software ordering and receiving.

Kathy was highly energetic, extremely supportive of her colleagues, and a tenacious problem solver. Her good natured and generous attitude will long be remembered.

Thank You

Alice Abott-Moore
Gwendline Chenault
John Chenault
Angel Clemons
Anna Marie Johnson
Kathie Johnson
Marcia Kolinski
Weiling Liu
Diane Nichols
Hannelore Rader
Mike Smith

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 later.
Ekstrom Library
Circulation and Interlibrary Loan

Medical Updates
We would like to welcome Katie Meyer back to work. Her back surgery was a success and she is feeling better day by day. The scar is incredibly small! Glad to have you back, Katie!

Student Assistant Ja’mea Pressley called on the morning of November 23 to let us know her surgery was a success. Best wishes for a speedy recovery, Ja’mea!

Jami Allen will be having her tonsils removed over the holiday break. Get well soon Jami and enjoy all of that ice cream!

Traveling
Bettie Lewis reports on her Memphis trip “Larry and I went to Memphis for the very exciting UofL game and a few days of R&R. This was my first trip to Memphis but Larry was stationed there while he was in the Navy many years ago (met his first wife there, in fact) and wanted to see the base again. We drove out to Millington only to discover the base was nearly gone and the hospital where he served is now a federal prison. Beale Street was fabulous as expected, but much better after dark. We paid the cover charge to get into B.B. King’s club, then discovered that we could have heard the music outside for free, which we did the next night as we ate in the Blues City Cafe across the street. The Peabody Hotel’s duck parade is also a must-see. To much fanfare, at exactly 11:00 am, five little ducks come out of the elevator and parade across the lobby on a red carpet runner to the fountain. At 5:00 pm the red carpet is again rolled out and the ducks parade back to the elevator and return to their rooftop mansion. If you have a really cute child or grandchild (aren’t they all!) he or she may be chosen to be the Duckmaster and lead the parade. To our dismay, Mud Island was closed for the winter, so we couldn’t walk the scale model of the Mississippi River, but otherwise we had a great time.”

Office of Libraries Technology

New Public PCs
Forty-five public PCs on the 2nd through 4th floors of Ekstrom Library have been replaced with new ones. About 25 Dell GX110 PCs have been replaced with the newer trickled-down PCs.

SFX Implementation Update
Our SFX linking service has been named Findit@UofL. The Beta Phase (soft implementation) of this service was launched to the public via EBSCO databases on November 16, 2004. To check on the implementation progress, please visit the implementation site at http://www.library.louisville.edu/olt/sfx/sfx_ba.htm. This link is also available on the Libraries’ Intranet under “What’s New.” You are encouraged to review it and send us your suggestions and comments.

MetaLib Implementation
The MetaLib® is a library portal from Ex Libris, which enables users to access their institution’s e-collections, obtain relevant services, and work in a personalized environment.

“To see a live implementation by other institutions, you may try the following: Login as a GUEST; you won’t be able to see all the databases, just the ones available for a guest. You can see what the interface looks like. The University of Maryland System (16 campuses) was the first MetaLib site to go completely “live” with MetaLib version 3: http://researchport.umd.edu/V (Maryland found the out-of-the-box interface of MetaLib quite sufficient and has done no major “re-work” of the interface, outside of branding, colors, etc.)

Our MetaLib Implementation Team has been established. Server software installation was scheduled on 11/14/04, but was postponed due to some problems that occurred close to the scheduled implementation date. A three-day training has been scheduled in February, 2005 (2/8/05 – 2/10/05). The first overview session is open to everyone. More specific information will be available as the date 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.htm.

Office of the Dean

Resigned

New Employee
Sarah Weller has accepted the position of Library Assistant, Collection Access & Management, reporting to Tyler Goldberg. Sarah was previously a student assistant in the Office of the Dean. She will be scanning UofL’s theses and dissertations as part of a digitization project. She will also be maintaining various databases that track electronic resources usage.
Hannelore B. Rader, Dean, University Libraries cordially invites you to attend the Libraries Annual Holiday Party
Thursday, December 15, 2004
2 PM — 4 PM
Ekstrom Library — Third Floor Atrium

Stacks Maintenance

Libraries Give Generously
The food drive that just ended was a great success. We collected over 300 pounds of food to give to Kentucky Harvest. Martha sends out a special note of thanks to the Law and Music libraries whose student organizations pitched in with their efforts. Their work made a big difference!

Kersey Library

Going Home for the Holidays
Jan Kulkarni and his wife will be getting together with their son and his family over the holiday season. Sophia Manuel will be going to Boston to be with her brother over the holidays. And their mother, already here from India, will stay with them over the holidays. Steve Whiteside will visit his mother and family in Indianapolis for Christmas. Home is where family are together, no matter where they are. And for some of us, that is right here in Louisville and Indiana.

December Birthdays
A very Happy Birthday to our very own Jan Kulkarni, Adam Lawrence, and Sophia Manuel who will be celebrating their birthdays this month. Kersey Library would like to extend “Birthday Wishes” to the rest of you celebrating your very special day in December.

Kornhauser Library

Research!Louisville
Staff from Kornhauser’s Reference and Technical Services Departments participated in “Research!Louisville,” an annual celebration of health-related research hosted at the Health Sciences Campus. The week-long celebration took place November 8-12, in the Abell Administration Building. The goals of the event are to promote excellence in health-sciences research, promote the Louisville Medical Center, promote public awareness of health-sciences research, and generate additional funding for research projects. In addition to various seminars and symposia, attendees were given the opportunity to view and discuss the results of studies conducted by faculty, residents, and clinical and postgraduate fellows from throughout the health/science research community. Kornhauser staff participated for three days, promoting the library’s services, facilities and instructional classes, and distributing brochures, trial versions of citation management software, and various giveaways from Ovid, Elsevier, MD Consult, First Consult, and other vendors.

Literary Squirrel

Many of you probably have heard the story of the squirrel who decided to drop in for an extended stay at Kornhauser. In the aftermath of his departure it was discovered he possessed a particular fondness for Nursing materials. Few of us have the acumen to plumb the depths of squirrel psychology, but Library Associate Felix Garza, special correspondent for this Crime Blotter entry for the December Owl, offers this unique insight into the incident:

The fugitive squirrel (Slippery Tail Sam - a.k.a. Rocky) was apprehended by Metro Louisville Library Patrol Squad on or about early Sunday afternoon (11/14) in the vicinity of the West Monograph area. Slippery Tail Sam was lured into a trap by his own vice — Peanut Butter. At the time of capture he was unarmed, and upon further observation he was deemed not to be a threat to himself or society. Traumatized by the experience, and extremely glad to be released, he promised not to return to the scene of the crime. Metro Louisville Library Patrol Squad has closed this case, although waste management is now on the scene cleaning up the lingering traces of Rocky.

Law Library

Law Library Family Grows
Janissa Moore and her husband Chris are the proud parents of a baby boy! Christopher Arnez Moore arrived at Baptist East Hospital on Halloween night, weighing in at 6 pounds, 8 ounces. If you want to see the newest addition to the Law Library family, click on babynet.baptisteast.com for a photo of Chris, Jr.

(News continued on page 10)
The Connection Between Spirituality and Health

For many years I have written about topics that help people along to better health. For me, a crucial part of the journey to better health not only encompasses the physical and the mental, but also the spiritual. Much research implies that a connection exists between spirituality and health. So, part of self-care is developing and nurturing one’s own spirituality.

Early on, I remember feeling as a child there was something bigger out there. Until I was nine years old, I didn’t darken the doors of a church or house of worship, except for the occasional funeral or wedding — but I did attend pow-wows. Pow-wows are ceremonial, spiritual, and social gatherings held by American Indians. So, for my early years, those gatherings and nature were proof enough that I was a part of something immensely bigger. As a result, nature has been a huge part of my spirituality. When I am out in nature, I don’t think about things that cause me great stress. I am able to get out of myself and appreciate the animals, birds, foliage, land formations, scents, sky, temperature, and the wind, just to name a few things.

Sometimes belief systems can be shaken by crises such as death, divorce, or the loss of a job. Right after 9/11 more people began to attend services at houses of worship than right before that fateful date. The tragic events of that date caused others to reevaluate their lives, and many people made some huge changes including modifying their belief systems. Regardless of these changes, people found the need to connect spiritually to get through a very emotionally tumultuous time.

Studies of acutely ill people and their spirituality have shown that patients with a connection to religion and/or spirituality tend to cope better with depression related to serious illness.

Three years ago, a dear, dear friend of mine, Diane died of cancer. Approximately four years before her death, it was discovered that she had the cancer and she was given the prognosis of one and one-half years to live. My friend outlived her prognosis by about two and a half years and I believe she lived longer than expected due to the support of her family, friends, and co-workers, her attitude, her jobs, and her faith. My friend had been very active in her church and religion. She had many friends who shared her faith and many who were of other faiths, including me. However, we were able to discuss spirituality very deeply for twelve and a half years — what a gift to us both.

**Benefits of Spirituality:**
- Connection to something bigger
- Connection to other people — social
- Connection to the past — historical
- Connection to the future — good works today, gifts for tomorrow
- Reduction of stress — knowing that one isn’t alone with life’s trials and tribulations, that one can indeed make it through the good and the bad times.

While I am not advocating that people get themselves to a church, synagogue, temple or other place of worship, I am writing to express the importance of the connection between spirituality and better health.

**Sources:**
- **Beliefnet:** This website has information about different spiritual paths. One can even take a test to see what one’s spiritual type is. It is a fun test and it may not provide an “end-all” to a spiritual seeker’s journey, but can offer information about faith paths. [http://beliefnet.com/](http://beliefnet.com/)

December, 2004 ♦ Page 9
**NEWS (continued from page 8)**

**Miriam’s Dutch Adventures**
Miriam Schusler Williams traveled to Leiden, Holland in early November to visit family. The highlight was a wonderful canal trip. Fortunately, Miriam managed to avoid the civil unrest going on during her visit, brought on by the murder of controversial filmmaker Theo Van Gogh (great-nephew of Vincent Van Gogh). Miriam returned to work safe and sound, with many stories of her adventures.

**Kentucky Harvest**
The Law Library was happy to participate in the University Libraries Kentucky Harvest food drive this year. We joined forces with law school student organization Phi Alpha Delta and collected hundreds of canned and boxed food items. Thanks to Martha Parry for her help in making this happen!

**Diversity Committee Ends Fall Season**
The law school’s Diversity Committee’s final fall programs took place in November, with a free screening of the new Robert Greenwald film, *Unconstitutional*, on November 1 and a program on women in the military on November 8. Robin Harris, who chairs the committee this year, sincerely thanks colleagues Miriam Schusler Williams, Nancy Baker, and Jim Becker for their help in making the committee’s programs so successful this fall.

**UARC**
Kathie Johnson presented a paper at the annual meeting of the Southern Historical Association on “Researching Women in the Records of Grassroots Organizations.” This was part of a panel titled, “Unlocking the Archival Vault: Documenting the Lives of Southern Women.” The meeting was held in Memphis and while there, Kathie visited the Peabody Hotel to see the ducks, and the National Civil Rights Museum, which is located in the old Lorraine Motel, site of the assassination of Dr. Martin Luther King, Jr. This museum is well-done and should be on everyone’s must-see list.

**St. Maarten**
Ron and Kathie Johnson celebrated their 34th wedding anniversary on the beautiful island of St. Maarten. The island, which is half Dutch and half French, is part of the Netherlands Antilles or the French West Indies — depending on which side of the island one is on. They stayed at a quiet 8-unit guesthouse on the beach, but drove to the restaurants, casinos, and shopping areas as needed. One new experience was visiting the “clothing optional” beach — where they gazed in amazement, but did not participate!