If you heard jazz music and detected the smell of Cajun food wafting up from the basement, it wasn’t your imagination! On February 28, UofL Libraries held Mardi Gras @ the Library: Perspectives on the People and Culture of New Orleans. The event was the result of four months of planning on the part of some of us in Information Literacy and a grant from the Undergraduate Council and Provost’s Office. Leading up to the big day was a week-long film series which included films such as Belizaire the Cajun, Belle of the Nineties, The Big Easy, and Louisiana Story. Several of these films featured enlightening and valuable introductions by faculty, including our own Andy Anderson. For anyone who missed them, the films are now all available in the Ekstrom video collection.

Two of the most exciting parts of the event were the twenty paintings produced by two art classes, which are now part of the exhibit hanging in the lobby of Ekstrom entitled “Square Foot: A Tribute to New Orleans,” and the photographic exhibit hanging across from the Chao Auditorium in the new wing, entitled “Life and Land: An Historical View of Louisiana and the Gulf Coast.” In the latter exhibit, students from a class in curatorial studies took the photo selections and copy provided by our staff and designed and supervised the creation of the exhibit which will travel to Gulf area libraries. The exhibit features images from the Photographic Archives taken for the renowned Standard Oil (New Jersey) photo project in the 1940s. A reception for both exhibits was held on February 27 and prizes for the paintings were awarded to the students.

Both exhibits will be up until March 31 and are not to be missed!

On February 28, thirteen faculty and graduate students from programs as diverse as Social Work, Public Health, Bioethics, Urban Studies, English, Pan-African Studies, Anthropology, and Music came to speak on the people and culture of New Orleans and the events surrounding the hurricanes. What was most fascinating was not only how each discipline viewed the events from a different perspective, but also how much they had in common. For example, “The Lyin’, The Rich and the 9th Ward,” a collaborative presentation by Dr. Carol Tully, Kent School;
Stacy Deck, Kent School; and Abigail Ramser, Spalding University, discussed how Katrina simply brought to light problems that were and are systemic, such as extreme poverty and segregation. This theme was echoed in presentations from the Health Sciences faculty, who pointed to the problems in our health care system that were exacerbated by Katrina, and also by Public Health faculty member Dr. Robert R. Jacobs, who pointed to environmental issues, such as the channeling of the Mississippi, that dated back several decades, which also affected Katrina’s impact. The Anthropology and English Department presentations emphasized the potential loss in terms of cultural impact if the rebuilding of New Orleans results in a significantly altered population. Finally, in a presentation, “Red Beans and Ricely Yours,” we heard a loving and detailed story of famed trumpeter Louie Armstrong and his history and connection with New Orleans.

Along with the teach-in, the UofL Graduate Jazz Quintet and the African American Theater program provided additional cultural education. The African American Theater Program students performed four short plays from The Katrina Chronicles, written as a result of a workshop taught by a New Orleans playwright taking refuge in Louisville. The plays were: Hurricane by Sue Been, A Simple Call by Stephen W. Brown, The Ladies Room by Jean West Losavio, and Flat Hungry by Cederic Shields.

More photos from Mardi Gras @ the Library are on the next page.
Left: Dr. David Mosley from the Philosophy Department engaged the audience with his excitement about his topic, “Red Beans and Ricely Yours: Louis Armstrong’s New Orleans.” Photo by David Horvath.

Right: The University of Louisville Graduate Jazz Quintet performs during the Cajun lunch provided by Café Kilimanjaro. Photo by Bill Carner.

Left: English Professor Joan D’Antoni brought a King Cake for the audience as she presented “Beads and Balls: A Look at Race and Class in Mardi Gras Traditions.” Photo by David Horvath.
Organized by Ekstrom Media Services, Commonwealth Center for the Humanities, and Society and the Student Activities Board

Not for Ourselves Alone: The Story of Elizabeth Cady Stanton & Susan B. Anthony (Ken Burns - 1999) 120m (2 parts)
Together, Elizabeth Cady Stanton and Susan B. Anthony fought for women, their willpower and determination still affecting our lives today. This film recounts the trials, tribulations, and triumphs of two pioneers striving to win justice for women.

Iron Jawed Angels (Katja von Garnier - 2004) 125m
Hilary Swank heads an excellent cast as firebrand Alice Paul, whose dedication to the Suffragette cause helped spur passage of the 19th Amendment. Spanning eight years, Iron Jawed Angels begins in Philadelphia in 1912. While a handful of states had given women the right to vote, the suffrage movement appears stalled. With her irreverent friend Lucy Burns (Frances O’Connor), Alice Paul sets out to revitalize the movement. A political dynamo and tenacious advocate for women’s rights, Alice locks horns with the movement’s old guard. Alice, however, refuses to abandon the cause, even after she and several of her followers are arrested on trumped-up charges and thrown into a hellish women’s prison. They ultimately prevail, but theirs is a hard-won victory. –Tim Knight (edited)

Battle for the Minds (Steven Lipscomb - 1996) 53m
Lipscomb documents the 1995 takeover of the Southern Baptist Theological Seminary in Louisville, KY by fundamentalists who now control the Southern Baptist National Convention. The film includes scenes from candlelight vigils, peaceful protests at board of directors meetings, interviews with students, faculty and board members, as well as scenes from significant meetings. The documentary examines the ways fundamentalist control continues to demean and dismiss women by appealing to select verses from the scripture. Battle for the Minds shows clearly the effect that controversy had on the lives of everyone at the Seminary. –imdb website (edited). (More information: www.imdb.com/title/tt0206586/combined)

Zizek! (Astra Taylor - 2005) 71m
Slavov Zizek is one of the few academic stars beloved enough to pack lecture halls around the world. Astra Taylor’s documentary Zizek! treats the professor as a force of nature and a man out of time, an eruptive, eloquent thinker or alien prophet in ill-fitting clothes, co-existing awkwardly with television commercials, fast food restaurants, and automated teller machines. (More information: www.imdb.com/title/tt0478338/combined)

Hearts and Minds (Peter Davis - 1974) 112m
This film recounts the history and attitudes of the opposing sides of the Vietnam War using archival news footage and filmed interviews. A key theme is how attitudes of American racism and self-righteous militarism helped create and prolong the bloody conflict. The film also gives voice to Vietnamese people about how the war has affected them and the reasons they fight the United States and other western powers, while showing the basic humanity of the people that US propaganda tried to dismiss. –Kenneth Chisholm (edited)

The War at Home (Glenn Silber - 1979) 100m
The War at Home traces events from 1963 through the end of the Viet Nam war, focusing on the escalation of protest at the University of Wisconsin. The chronological presentation is tight, mixing archival footage from the ’60s with later commentary from participants. The film shows how the protest grew from a few informed activists to broad student opposition, then widespread community involvement. Clips from Vietnam and other protest sites in the US are interspersed to provide historical context. Most of the film focuses on the protesters, but we also hear the views of the police, politicians and others who supported the war effort. –Brian Webster (edited)

Winter Soldier (Winterfilm Collective - 1972) 96m
In February 1971, one month after the revelations of the My Lai massacre, a public inquiry into war crimes committed by American forces in Vietnam was held at a Howard Johnson motel in Detroit. Vietnam Veterans Against the War organized the event, called the Winter Soldier Investigation. More than 125 veterans spoke of atrocities they had witnessed and committed. Though the event was attended by press and television crews, almost nothing was reported to the public. Yet, this forum marked a turning point in the anti-war movement. Their courage in testifying, their desire to prevent further atrocities and to regain their own humanity, provide a dramatic intensity that makes the film Winter Soldier unforgettable. –Winter Soldier Website (edited)
From the Dean of Libraries . . .

February was definitely a very important month for the University Libraries. Several major events highlighted the significance of the libraries as major place of research, learning and socializing.

On February 18 the Paul Weber Student Lounge in the new McConnell Center was dedicated in memory of Political Science Professor Paul Weber.

A reception and dinner on February 19 celebrated the 15th anniversary of the McConnell Center and highlighted the many wonderful accomplishments of more than 100 McConnell scholars during that period.

On February 20 the University celebrated the Grand Opening of the Ekstrom Library expansion. More than 350 persons attended this major event and toured the new facility, which features the Tulip Tree Café with Starbucks coffee, a 24-hour study facility, a robotic storage facility for 1.2 million volumes, a state-of-the-art auditorium and many study, learning and socializing spaces. Pictures from the dedication are on page 7.

The next day, February 21, the Ekstrom Library hosted the book signing event for Ed Hamilton’s recently published memoir, *The Birth of an Artist: A Journey of Discovery*. Mr. Hamilton is a nationally renowned sculptor from Louisville.

— Hannelore Rader, Dean of University Libraries
Ekstrom Library
Office of the Dean

Personnel News

Mike Purcell resigned his position with Library Technology effective February 24, 2006. Mike has accepted a position with UofL Information Technology as Directory Services Engineer on the Directory Services and Integrated Technologies (DSIT) team. Congratulations!

Cathy Hoover, Program Assistant, Information Literacy will resign effective March 16, 2006. Cathy has accepted a position with the Clark County (Indiana) Public Libraries as Manager of Public Services. Congratulations to Cathy and much success in the new position!

Kersey Library

Science Fair
Jan Kulkarni was the Judge at the Kentucky Junior Science and Humanities Symposium at the Executive West Hotel in Louisville on February 20.

Engineer’s Day
Kersey Library celebrated Engineer’s Day on Saturday, March 4 with tours and an exhibit on “Control Systems and Control Engineering.” Jan Kulkarni and Steve Whiteside assembled the exhibit which will be up through April 30. Come take a tour and enjoy the exhibit!

March Birthdays
Though Kersey Library has no one here with a birthday in March we still would like to extend a very Happy Birthday to all who will be celebrating their very special day in March.

Kornhauser Library


Anna Marie Johnson, David Horvath, Chrissy Leake and Andy Anderson view the Life and Land exhibit currently on display in the lower lever of the new wing. Photo by Bill Carner
Ekstrom New Wing Dedication

A crowd of several hundred gathered in the new wing of Ekstrom Library for its long-awaited dedication on the afternoon of February 20. UofL President James Ramsey and Dean of Libraries Hannelore Rader welcomed U.S. Senator Mitch McConnell and Elaine Chao to the ceremony, which featured Sen. McConnell demonstrating the robotic retrieval system. A popular feature of the new addition is sure to be the Tulip Tree Cafe and 24-hour student lounge. (Photos by Bill Carner)
In November 2000, I wrote about the topic of burnout and how to avoid it. Since we all have been going through such vigorous change and will continue to do so for quite some time, it is appropriate to revisit this topic. Extreme stress causes burnout, which is the interaction of the combination of:

- pre-existing personality factors
- life experiences
- psychological needs and expectations and
- environmental conditions that result in the inability to function effectively in any aspect of one’s life, psychological, emotional, social, physical, or occupation.

In other words, burnout affects all areas of a person’s life, including:

- psychological health
- physical health
- work efficiency and
- family relationships.

People can be burned out because they’re under pressure to produce more. One can spend 80 hours at work and have no life. It is imperative to renew oneself—mentally, physically and spiritually (Covey, 1999, p. 16).

Learn to say “no” to extra work from those who work less than you do. Apply this to home, work, and other groups and organizations.

A lot of us become obsessed with work, seeing work as the most important thing in life. We think we must be doing something every moment of the day. The key thing is to make sure one has some alone time, as well as time for family and fun.

Overall wellness is a huge asset when dealing with burnout. Those in good health are less likely to succumb to illnesses due to stress and burnout. When we are sick, often it is the body telling us it is under duress due to the extreme challenge of having too much to do (Kundtz, D., p. 83). Try to work the following into your lifestyle:

**Exercise and Stretching**
One can fit in exercise at lunch, such as a lunchtime exercise class, swim, or walk, or at the end of the workday. Exercise helps reduce stress built up during a hectic workday. Strenuous exercise is not necessary; even mild to moderate exercise is beneficial. Stretching routines also help at work. As much as we must sit in front of computers, we need to do a lot of stretching to improve circulation, posture, mental power, and flexibility.

**Diet**
Diet really does have an effect with regard to stress and burnout. Too much caffeine can make a person nervous and irritable and can cause sleeping problems at night. Fatty foods and heavy lunches can make a person lethargic at work, and do not provide the brain and muscle power necessary to function well.

Try these tips to avoid a slump during your day:
- eat light meals
- eat snacks
- eat foods balanced in protein and carbohydrates.

**Time Allowance**
Many of us do not allow enough time to fulfill tasks and for traveling. Allowing for a “cushion” between events reduces stress should something unforeseen occur. For example, when going to work, allow an extra 20 minutes for a trip that usually
takes 30-60 minutes. Should there be a delay, you’ll be less stressed.

Rest
Rest also aids in the reduction of stress and burnout. Most people do not get enough rest.

- Establish a regular sleeping schedule. Do not force sleep. No matter when you fall asleep, try to get up at the same time. Do not try to make up for lost sleep by napping or sleeping late on weekends.
- Do not drink coffee, tea, colas or any other caffeine-containing beverage within four ours of bedtime. Also, avoid alcohol and other drugs that will disrupt your sleep. Do not smoke before going to bed, since nicotine can have a stimulating effect.
- Sleeping pills should be used ONLY for occasional insomnia and should never be taken for three nights in a row.
- Do not take your troubles to bed. Clear your mind and release your body’s tensions through progressive relaxation exercises (Time-Life, p. 89).

Spirituality
Spirituality can help reduce stress. Spirituality is not religion — it is how we live our lives everyday. One of the most fulfilling things a person can do is to seek his or her spiritual path. “Spiritually is the ultimate meanings and values by which we live our lives, both on the peaks and in the vales” (Kundtz, D. p. 114).

Having Pets and Getting Out in Nature
There is evidence that having pets can reduce stress. “Caring for a pet, researchers theorize, can provide a sense of belonging, opportunities for play and entertainment,” (Time-Life, p. 85). Having animals around also helps lower blood pressure and reduce anxiety. At work in our cubicles or offices, we can surround ourselves with pictures of critters or other pleasant scenes. When we are placed in stressful situations, it helps to look at the pictures. One can actually feel one’s blood pressure drop, heart rate slow down, and calmness can be restored.

Getting out in nature is another way to reduce anxiety, at least for some of us. If one is fearful of the outdoors due to wild animals or other things, a walk in the woods isn’t so calming. But for those of us who do find respite in the woods and other places outdoors, nature can really help clear one’s head.

In Closing
Only you can help yourself prevent burnout: “No one will create change for us. No amount of money, no career or job, not even great success, not even the greatest discovery in the world will bring us the lasting joy, peace and fulfillment we long for” (Patenaude, p. 212).

References
Books

Web links
International Stress Management Association http://www.isma.org.uk/
The Stress Doc http://www.stressdoc.com/
Library Exhibits

Art Library
Alma Lesch: Life Fabrics – Belknap Gallery
“Dissent” Exhibition – Covi Gallery
African Hats from the Stalnaker Collection – Gallery X
February 23 – March 26, 2006
Reception – Friday, March 24, 5 – 7 PM*
*In conjunction with ACC/Southeast Conference

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
Lobby
A Square Foot: New Orleans Tribute
Students from Art 502 and Art 601 researched and created “square foot paintings” as a tribute to New Orleans. Paintings were available for purchase through an online silent auction. All money from the auction will be donated to Louisiana libraries.
Through March 2006

March Is Women’s History Month

Mary Breckinridge founded the Frontier Nursing Service in 1925, taking health care on horseback to the rural areas of Eastern Kentucky. The Service’s nurse-midwives lived in the area they served, and in 1935 opened a hospital, which later offered training to midwives. Caufield & Shook photograph courtesy of Photographic Archives.

New Wing, Lower Level
Life and Land:
An Historical View of Louisiana and the Gulf Coast
Images of New Orleans and the Gulf taken in the late 1940s by photographers from the Standard Oil of New Jersey documentary photo project, including Todd Webb, Edwin and Louise Rosskam, Martha Roberts, Charles Rotkin and others. Features seldom seen color photos from this period. Exhibit designed and mounted by Art 648 students.

Coming in March:
Close to Home
An exhibit created and presented by The Coalition for the Homeless; designed by Deckel and Moneypenny Exhibits, featuring photographs by Bill Sheets and Ross Gordon.

Photographic Archives
All Possible Worlds: Photographs by Douglas D. Prince
January 17 – March 24, 2006

Rare Books
Sonia Sanchez and the Black Arts Movement
An exhibition of books and broadsides
Through April 2006

Kersey Library
Control Systems and Control Engineering
This Engineer’s Day exhibit consists of famous engineers, scientists, and local faculty members who are doing research in this subject area. Books and journals are on display in the glass case.
Through April 30, 2006

Law Library
The Clothesline Project
An exhibit bearing witness to violence against women
Through April 2006

Music Library
First Floor
Women Composers
Selected works and materials about women composers from the first composer to recent Grawemeyer Award winners
February – March 2006

Second Floor
New Books