



# Utah Libraries News

SEPTEMBER 2016

## ULA President's Message

By Jami Carter, ULA President

### ***How to Make History: A Field Guide***

We witnessed a wonderful piece of history as Dr. Carla Hayden, the first African American and woman, was sworn in as the 14th Librarian of Congress. It's been a pleasure to read news reports about Dr. Hayden and her professional journey. More than a decade ago, she defended the right to privacy with objections to the Patriot Act, earning a formidable reputation with the Attorney General. As Baltimore erupted into riots after the death of Freddie Gray, she kept the library open as an anchor for her community. Her career is littered with incredible awards and accomplishments, including being listed as one of *Fortune's* World's 50 Greatest Leaders of 2016.

I began to imagine more of her story as I read. Between awards and accolades, Dr. Hayden did what we do. She answered the same questions over and over for new library visitors. She navigated difficult relationships with the public and colleagues. She received hugs from our smallest story time fans. She enforced policy and was not always popular for it. She sought learning opportunities. Like me, I imagine she swallowed her pride and decided which battles were worth fighting. She was not always respected for her grace, knowledge, and potential. There were many more days without recognition than there were days basking in glory. She is us, and we are her.

Like Dr. Hayden, each of us creates our own "librarian story" one day at a time. Take a moment to reflect on your story. And when you answer the same question for the tenth time in a day, recognize you are on your own path to greatness.

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## Queer Librarianship in Utah

By Daniel Cureton, Utah Pride Center Library

Librarianship is a rewarding profession, bringing us in contact with diverse minds and peoples. Queer librarianship offers a deep experience and opportunity to work with a minority group that has been historically marginalized and oppressed in mainstream society.

The Utah Pride Center Library started at the Utah Stonewall Center (later renamed the Utah Pride Center) when the center opened in June, 1991. I started as the first intern in October, 2015 and was hired as the first paid librarian in April, 2016.

Taking over was easy but filled with its unique set of challenges. My first step was to lay the ground work by building institutional memory and knowledge of the library's past. Helping the Center and community understand what it means to have an information professional was next. From there, my work involved standard library procedures, such as writing policies for collection development, writing grants, and building community partners. Some of this work demanded renegotiating the relationship of the library with past donors, building trust, and, more importantly, extending the hand of partnership to other libraries and communities to let them know about the resource. The biggest dynamic being the ongoing relationship with the structures of power that control the state and its laws and how those affect the queer community in Utah.

Many areas of librarianship are the same as in non-queer libraries: circulation, helping patrons, reader's advisory, and community aspects. The difference is in content, the shared history and ontology, and the myriad ways in which LGBTQ people identify, express gender, and live their lives. An awareness of the history of the Utah and the wider LGBTQ community, the struggle for equality and equity, the perspectives and voices of LGBTQ people in their communities and in the larger non-queer community are all essential to understanding the role of librarianship, how it can serve the community, and how it differs from general librarianship.



*The Utah Pride Center Library offers the largest queer library in the region with over 3500 items.*

Queer librarians are compelled to consider on a daily basis situations such as trans identities, mental health and suicide among queer youth, LGBTQ undocumented immigrants, Mormonism and the gay worldview, and various groups meeting in the space and what supporting those groups with library resources looks like. The bigger questions pop up: How inclusive are we in our collection development? How inclusive should we be? Do we need to know the authors are queer, or are we flexible in how we decided what to include? Thankfully, this library is inclusive and doesn't hesitate to add new materials and new authors to the collection, even if an author isn't a card-carrying queer.

A rewarding experience, queer librarianship jumps off from traditional librarianship into the fluid world of queer identity and gender, allowing for the exploration of community, space, and service to people who today are in no less need of positive, queer affirming literature and materials. What can be gained from working in the community is an understanding of queerness and how being a true information specialist means doing your best to adapt to the changing needs of any community you find yourself serving.

## Librarian Spotlight

*Every issue, ULA President Elect Dan Compton introduces readers to a Utah librarian. This issue, the spotlight falls on Daniel Mauchley.*

I met Daniel Mauchley at the Library Director's retreat in Midway last year. He had recently been hired as the Library Director of the Duchesne County Library. I was immediately impressed with Daniel's enthusiasm and passion for libraries.

Daniel grew up in Layton, Utah. He completed his undergraduate studies at Weber State University and his MLS through Emporia State's satellite program. His first librarian positions were in schools in the Ogden School District.

Daniel says the biggest accomplishment of the Duchesne Library System during his first year as the Library Director is the increase in programming at the Duchesne and Roosevelt Branch Libraries. The Library System was below the benchmarks for total number of programs and program attendance. Daniel applied for a FLIP Grant from the Utah State Library and credits his staff's dedication to reaching the benchmarks. They have started Lego clubs at both locations and also offer Family Movie Nights, Book Clubs, and Story Times. The Library used some of its CLEF funding this year to purchase a 3-D printer and is getting ready to offer classes to use the printer.

Duchesne County Library has also partnered with the USU Extension Office to offer a "Life Hacks" program which features a series of classes such as canning basics and other "food sense" skills. The Library will be holding a Fandom party at the Junior High in the near future for "fans of anything." Cosplay will be encouraged, and they already have some vendors lined up who plan to participate.

One of the biggest challenges Duchesne County Library System faces is that its population is so spread out. There are about 19,000 residents in the county with the most concentration in

Roosevelt (6,000). There are towns like Tabiona that are considerable distances from one of the two branches. One of Daniel's goals is to increase Duchesne's digital collection to improve services for patrons who may not be able to come to the physical library often. He's also considering an outreach program to some of these communities.

Daniel is very excited about the Rural and Small Library Committee in ULA. He feels it will be a wonderful resource for many librarians in Utah. He feels attending the ULA Annual Conference is a huge benefit of membership of ULA because of all of the great networking opportunities and ideas that are presented. One of his county commissioners attended the Annual Conference with him this year. They attended a session presented by the Murray Library about 3-D printing. The commissioner was excited about the idea and was supportive of Duchesne County acquiring a 3-D printer. Daniel also felt more comfortable reaching out to the Murray Library for help and support because he had attended the conference. I predict Daniel will be a contributing member of ULA for many years to come.



*Daniel Mauchley  
Library Director, Duchesne County Library*

## Resources for Complementary and Alternative Medicine: When East meets West

By John Bramble, Eccles Health Sciences Library

Libraries are at the forefront of helping users find the highest quality and most authoritative health information available. In 2007, 38.1 million adults made an estimated 354.2 million visits to complementary and alternative medicine (CAM) practitioners. Of the \$33.9 billion spent on visits, products, classes, and materials, \$14.8 billion was spent on non-vitamin products (e.g. Echinacea, enzymes, ginseng, garlic, soy, flax).

CAM brings together a diverse range of healing philosophies, therapies, and products<sup>1</sup>. Complementary medicine is used together with conventional medicine. An example of a complementary therapy is using aromatherapy to help lessen a patient's discomfort following surgery. Alternative medicine is used in place of conventional medicine. An example of an alternative therapy is using a special diet to treat cancer instead of undergoing surgery, radiation, or chemotherapy that has been recommended by a conventional doctor. In addition, there is Integrative medicine which combines mainstream medical therapies and CAM therapies for which there is some high quality scientific evidence of safety and effectiveness.

Many CAM therapies are now considered mainstream and generally fall into five categories:

- Whole medical systems – Ayurveda, homeopathy, naturopathy
- Mind-body medicine – meditation, prayer, relaxation therapies
- Biologically based practices – dietary and herbal supplements
- Manipulative and body-based practices – massage, osteopathic, chiropractic
- Energy medicine – Qi Gong, Reiki, magnet therapy

Discussing CAM usage with members of the health care team, including doctors, nurses, pharmacists, and dentists, is vital. Some complementary or alternative products or practices may be unsafe. Supplements can have drug-like effects or can interfere with prescription medications—St. John's wort can decrease the effectiveness of numerous conventional drugs. Certain types of massage can be harmful for individuals taking blood-thinning medications, and women in the first three months of pregnancy should not have their abdomen, legs, and feet massaged. Certain yoga poses should not be done by people who have glaucoma.

On average, a patient will spend 20 minutes with a nurse or physician's assistant and 10.7 minutes with the doctor<sup>2</sup>. It's not a lot of time to communicate about health history, current health issues, and non-prescribed products or practices, but a patient's use of CAM should be shared with care providers. A recent survey of individuals over the age of 50 showed that only 28% discussed the use of CAM with a physician and only 12% with a nurse or nurse practitioner<sup>3</sup>.

Consumers use technology to communicate with health care providers, access their electronic health record, and search for health information. Individuals seeking information on CAM may find a dizzying array of resources online, and it's important to know which sites are providing authoritative, non-biased information and which are trying to sell a product or treatment. The following page has a list of CAM resources are advertisement-free, do not collect any personal data, and are continually updated with the most current scientific research.

<sup>1</sup>Nahin RL, Barnes PM, Stussman BJ, Bloom, B. Cost of complementary and alternative medicine (CAM) and frequency of visits to CAM practitioners: United States, 2007. National health statistics reports; no. 18. Hyattsville, MD: National Center for Health Statistics, 2009.

<sup>2</sup>Gottschalk, A, Flocke, SA. Time spent in face-to-face patient care and work outside the examination room. *Annals of Family Medicine*; 2005 November; 3(6): 410-419. [PMC Free Article] <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1466945/>

<sup>3</sup>AARP/NCCAM Survey Report of U.S. Adults 50+, 2010.



## Online Resources for Complementary and Alternative Medicine

**Dietary Supplements Label Database** (<http://www.dsld.nlm.nih.gov/dsld/>) provides information on over 6,000 selected brands of dietary supplements – including vitamins, minerals and herbs. Compare label ingredients for different brands, and locate supplements that do not contain animal products. Site links to current research and known adverse effects.

**HerbMed** (<http://www.herbmed.org/>) is an interactive herbal database providing evidence-based information from the Alternative Medicine Foundation on 20 of the most popular herbs.

**MedlinePlus** ([www.medlineplus.gov](http://www.medlineplus.gov)) is the premiere consumer health information resource from the National Library of Medicine. It contains over 850 health topics in English and Spanish and 48 other languages. Visitors will find information on herbal and dietary supplements – including effectiveness, common dosages, and known drug interactions, in addition to current research, news, and clinical trials related to CAM.

**Memorial Sloan-Kettering Cancer Center** (<https://www.mskcc.org/cancer-care/treatments/symptom-management/integrative-medicine>) provides evidence-based information about herbs, botanicals, supplements, and more with a focus on cancer and treatment.

**NCCAM** (<http://nccam.nih.gov/>) the National Center for Complementary and Alternative Medicine (NCCAM) is the Federal Government's lead agency for scientific research on the usefulness and safety of CAM interventions. The site's evidence-based information on CAM treatments and conditions is available in English and Spanish. There are videos explaining acupuncture, meditation, Qi Gong, Tai chi, and more.

**NCCAM Clinical Digest** (<http://nccam.nih.gov/health/providers/digest/>) is a monthly summary of evidence-based information – including clinical guidelines, literature searches, research highlights, and information for patients – on complementary health practices for a specific health condition.

**Office of Dietary Supplements** (<http://ods.od.nih.gov/>) provides science-based dietary supplement information in English and Spanish, an online tool to calculate daily nutrient requirements, recom-

mendations for infants, children, and pregnant and lactating women, and a mobile app to keep track of vitamins, minerals and herbs.

**PubMed** ([www.pubmed.gov](http://www.pubmed.gov)) – NCCAM and the National Library of Medicine (NLM) have partnered to create CAM on PubMed, linking you to citations related to CAM therapies, approaches, and systems. PubMed is a free database from the NLM with over 18 million citations from 5,700 biomedical journals. There are nearly 750,000 citations that cover CAM topics.

**U.S. Food and Drug Administration** (<http://www.fda.gov/Food/DietarySupplements/default.htm>) provides information on dietary supplement recalls and advisories, tips for evaluating information, and labeling and regulatory information. For more information contact Dana Abbey [dana.abbey@ucdenver.edu](mailto:dana.abbey@ucdenver.edu) or John Bramble [john.bramble@utah.edu](mailto:john.bramble@utah.edu)

### ***WANTED: SECTION EDITORS***

*Utah Library News* is looking for a School Libraries Section Editor and a Special Libraries Section Editor to join our writing staff. Responsibilities include:

- Submitting articles to be published in the quarterly *ULN*.
- Collecting stories from around the state regarding School Libraries or Special Libraries

Help us represent all types of libraries in our newsletter. Apply today!

Send an email to Mindy at [mnhale@orem.org](mailto:mnhale@orem.org) if you are interested in applying. We publish issues in September, November, February, and April (Annual Conference Issue).

## ULA Public Section News

By Trish Hull, Magna Library

There is a lot happening in the public libraries around the state. Here is the news and then a highlight on a couple of resources.

**Congratulations to Salt Lake City Public Library** in selecting Peter Bromberg as Executive Director. To quote Alberta Comer, Chair of the Search Committee, "Peter's experience, perspective, leadership, and creativity will help ensure that the City Library continues its proud tradition of engaging and meeting the needs of our diverse community." If you have had the pleasure of working with Peter or attending one of his workshops you will wholeheartedly agree with that statement.

**Utah has Three Digital Inclusion Fellows** announced this summer:

- Shauna Edson hosted by Salt Lake City Public Library
- Stacy Vincent, public librarian, hosted by Utah Non Profit Housing Corporation in Salt Lake City
- Jamie Littlefield hosted by the United Way of Utah County

Congratulations on helping spread digital literacy in Utah.

**Salt Lake County Library Services** has been working on a three-year grant "Smart investing@your Library®." As they near the finish of the grant, they have created some amazing resources available to anyone interested in teaching, learning or sharing these important financial skills. It is not just investing, it includes all areas of financial literacy. They can be accessed at: <http://www.slcolibrary.org/smartinvesting/>. Kudos to Liesl Seborg and Susan Hamada and others for all their hard work.

There will be two training sessions on using this free curriculum:

Tuesday Sep 20<sup>th</sup> 10:30 am–1:30 pm at the Marmalade Branch 280 West 500 North SLC

Thursday September 29<sup>th</sup> 10:30–1:30 pm at West Valley Library 2880 West 3650 South WVC

**Iron County Bookmobile** promoted library services to adults all summer with a prize drawing. Whenever an adult tried a library service or explored the collection their names were entered into the drawing. They also had fun and success with "Blind Date with a Book." These programs were so successful they have become year round programs.

### Room to Read Salt Lake Wasatch Chapter

If you attended ULA in Layton you may have stopped by the Room to Read exhibit and learned how some ULA members are raising money to support efforts to build schools and libraries in 10 underdeveloped countries. Thanks to everyone who bought raffle tickets! Lyndi Hatch was the lucky winner of the TV, but the real winners are the kids who without our support wouldn't have a library and books to support their education.

We are restructuring our chapter to connect more with the Wasatch back. Adriane Juarez will lead this effort from Park City. We are also looking for volunteers to help with our efforts in the Salt Lake area. If you are interested please in working with our team please contact Susan Hamada [shama-da626@gmail.com](mailto:shama-da626@gmail.com) or 801-979-6334 for more info or find us on Facebook or at [www.roomtoread.org](http://www.roomtoread.org)

## What's On at Your Library?

The staff of *Utah Library News* are happy to publish announcements of library-related exhibits, lectures, open houses, tours, and other events.

Send announcements to Mindy at [mnhale@orem.org](mailto:mnhale@orem.org). We publish issues in September, November, February, and April (Annual Conference Issue).

## Checking our Mindsets and Expectations

By Erin Wimmer, Eccles Health Sciences Library

Here we are again, at the beginning of a new school year. Once you recover from the shock of how quickly the summer went, it's time to get ready to face a group of fresh faced new students. While not all academic librarians work with freshmen, and while it's terribly old fashioned to say that "kids these days" are so much different than they were when we were young, it is interesting to think about the world they have been living in.

Each year, Beloit College creates [The Mindset List](#) for the incoming class of students. In this list, they highlight things that have always been true for 18 year olds (though we know not all college freshmen are 18). The list is simultaneously fascinating and shocking and really does cause a moment of pause and reflection. For example, for members of the Class of 2020:

- There has always been a digital swap meet called eBay
- They have never had to watch or listen to programs at a scheduled time

- Bluetooth has always been keeping us wireless and synchronized
- There have always been iMacs on desks
- Robots have always been surgical partners in the OR

(see the full list here: <https://www.beloit.edu/mindset/2020/>)

Given the realities of the world our freshmen know, what can or should we expect of them? How does it change our interactions with them? What assumptions do we make about them that perhaps we should challenge? Even for those of us not so much older than these students, it's easy to take for granted certain shared experiences that may not, in fact, be comparable.

As we meet students in orientations, classes, or in the halls and study spaces in our libraries, I encourage all of us to think about their potential mindsets, not only to be sensitive to them, but to push and challenge their expectations, while simultaneously pushing and challenging our own. We have a lot to learn from each other, and that's what librarianship is all about!

## 2016 Annual ULA Fall Workshop

*Theme: "Libraries: Archway to the Future"*

*Place: Grand County Library, Moab, Utah*

*Date: Friday, 30 September 2016*

*Pre-registration fee: \$15 online ; \$20 at the door.*

*Registration fee includes a catered lunch.*

*Deadline for online registration is September 23rd.*

## YSRT Fall Workshop

*The YSRT Fall Workshop will be held on October 21st at the Salt Lake City Public Library.*

*Visit [ULA.org](http://ULA.org) for more information.*

## Presidential Election Season: Could We All Get Along?

By Flora Shrode, Merrill-Cazier Library

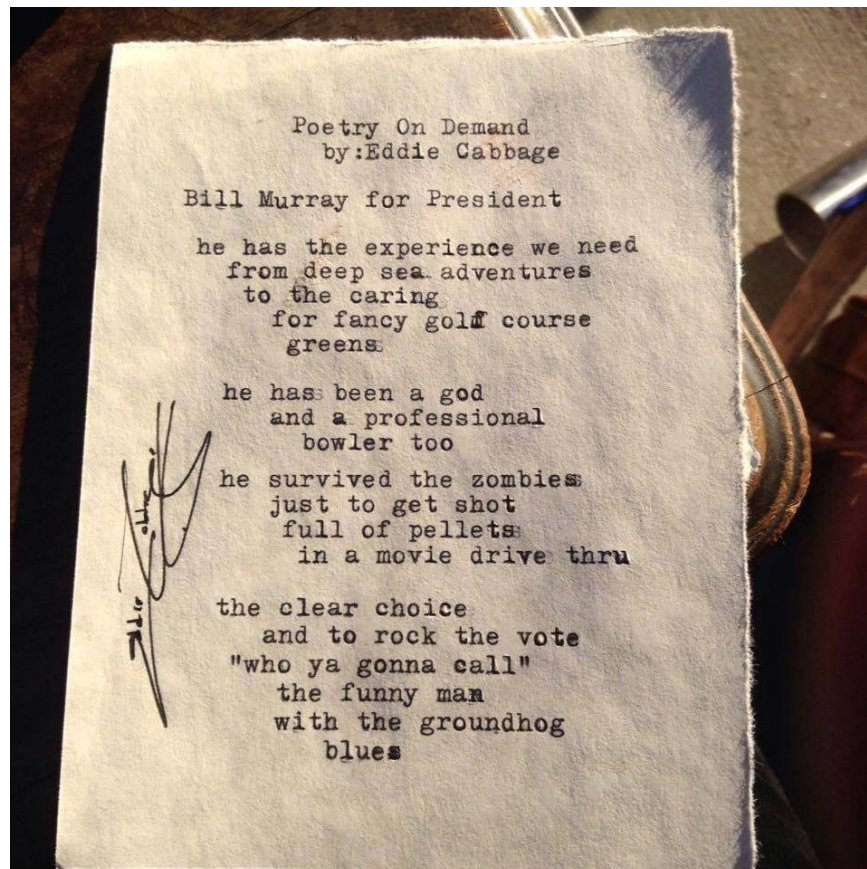
As the U.S. presidential election looms, it dawned on me that advice from author Haim G. Ginott, in his book *Between Parent and Child*, published in the 1960s (and a revised edition in 2003) could apply to our behavior as we consider our own and others' political preferences and how we communicate with one another. A condensed list of the suggestions that Dr. Ginott offers includes the following points:

- Discipline without threats, bribes, sarcasm, and punishment
- Criticize without demeaning, praise without judging, and express anger without hurting
- Acknowledge rather than argue with children's feelings, perceptions, and opinions

- Respond so that children will learn to trust and develop self-confidence

Perhaps we can substitute parent and child with myself and other people.

Thinking about the election reminded me of a poem by Eddie Cabbage. Mr. Cabbage writes poetry on demand. I introduced him to readers of the ULA Newsletter in October 2015 with a poem he wrote for me on the theme of secret government. Earlier this year, I spied the following on his [website](#), and I hope that you will take it in the spirit is intended and that it will provide a light moment in these confusing times:



Eddie Cabbage: His business card says, "Have Typewriter. Will Travel."



## ABOUT THE UTAH LIBRARY ASSOCIATION

The mission of the Utah Library Association is to serve the professional development and educational needs of its members and to provide leadership and direction in developing and improving library and information services in the state. In order to accomplish these goals, ULA supports and provides continuing education programs for Utah librarians and library employees, especially at its annual spring conference. ULA also offers members a number of opportunities for library leadership, professional growth, networking, and community service. We hope you find the Utah Library Association to be an organization that makes a difference for you, for Utah librarians, for Utah Libraries, and for the citizens of Utah.



Utah Library  
Association

[www.ula.org](http://www.ula.org)

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