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Sarah Crum, as Jack Skellington from *The Nightmare Before Christmas*, is the library’s costume contest winner!
Dr. Angelo J. Salvo is Swisher’s Technical Services Librarian; he manages Interlibrary Loan services, maintains the library Reserve Collection, and provides help with reference or instructional questions when needed. Dr. Salvo began working at Bethune-Cookman University in August of 2003 as Circulation Librarian until June 2006. Due to coursework in archival science, he became the University Archivist and held this position until June 2013. In 2017, he became the Interlibrary Loan Librarian/Instructor. He also assists the acquisition and cataloguing librarians, and holds the position of Secretary within Faculty Senate.

Although born in New York City, he received most of his elementary, middle, and high school education in Connecticut. He earned a bachelor’s degree in both English and History from Albright College in 2000, and a Master’s in Library Science and History from Simmons Graduate School in 2003. In March of 2009, he enrolled in a doctoral program in educational leadership, and completed all requirements in 2018.

Recently, he assisted with Swisher on the Quad and found the event enjoyable. “I find that it gives me a fine opportunity to work side-by-side with a coworker, learn more about literature, and communicate with students or professors.”

In his spare time, Dr. Salvo enjoys jogging, reading (poetry and nonfiction), swimming, and music.

**Creating Infographics Research Guide**

This guide highlights popular infographic sites such as Google Public Data Explorer, and Piktochart to name a few. Click [HERE](#) to explore.

**Demographics Now Database**

Provides users access to robust and highly detailed U.S. demographic data, magnified by reporting capabilities that allow students to easily and rapidly compile information to make informed and accurate decisions. Click [HERE](#) to watch video demonstrations.

**Featured PODCASTs**

**Harper Academic Calling** includes podcasts of interviews with leading authors. Each podcast is designed to give educators, students, as well as every reader, a behind-the-scenes chat with a range of our authors—from well-loved favorites to up-and-coming debut writers—about their books.

**OTM (On The Media)** While maintaining the civility and fairness that are the hallmarks of public radio, OTM tackles sticky issues with a frankness and transparency that has built trust with over one million weekly radio and podcast listeners. It has won the Edward R. Murrow Awards for feature reporting and investigative reporting, the National Press Club’s Arthur Rowse Award for Press Criticism, it is the only back-to-back winner of the Bart Richards award for media criticism, it is the winner of several Mirror Awards, and it has a Peabody Award for its body of work.
Credo Instruct (Formerly known as InfoLit)

We currently find ourselves in an era of unprecedented access to Information, however successfully navigating this ocean of data requires a strong foundation of information literacy skills. Unfortunately, the information skills of the average individual are often lacking.

For example, 56% of high school graduates don’t know how to do research.\(^1\) At the same time, 61% of college students use Wikipedia for research even though just 24% of them believe that it is a trustworthy source.\(^2\) This extends beyond the classroom—77% of employees feel that finding and using information is an essential part of their everyday work.\(^3\) Most surprising of all: nearly a third of all U.S. citizens do not know how to use the Internet!\(^4\)

Credo Reference is an information skills solutions provider that serves libraries worldwide. We build platforms and instructional materials that enable the flexible configuration of content, technology and services for the purpose of connecting learners, faculty and teachers, librarians and publishers. Credo promotes knowledge building, problem solving and critical thinking to give people the information skills necessary for success throughout their academic, professional and personal lives.

Faculty will learn more about embedding information literacy modules and assignments into eLearning in the New Year! Meanwhile, watch the brief overview video to learn more.

Lightning Rounds are a great alternative to the traditional PowerPoint presentation.

**Description:** A Lightning Round is a time-limited and slide-limited presentation format. Each presenter gives a 5-minute presentation accompanied by 15 slides that advance automatically every 20 seconds.

- The key to a great presentation is for students to present something they are passionate about.
- 15 seconds is not a long time for the audience to read large blocks of text, so students will have to be selective in how much text they put on each slide.
- Students will need to practice to ensure that the timing of presentations match the content of slides. The slides will advance automatically so they can’t pause or veer off-topic.
Books on the Quad

Can’t make it to the library to check out or return books? No need to stress. Librarians will have high interest and current selections to check out and collect those that are due. Last 2 of the semester.

November 14—12:30-2:00 PM
December 5—12:30-2:00 PM

Have a book request?
Email Ask A Librarian

POP-UP Librarians

Carl S. Swisher librarians will be available on Thursdays of each month to answer students’, faculty’s, and staff’s questions at the following locations:

- November 8  Fine Arts
- November 15  Wendell P. Holmes, Jr. Building
- December 6  Nursing, Business, Fine Arts

Nubian Circle Book Club

MONTHLY MEETINGS

The Someday List (Jubilant Soul Book #1) by Stacy Hawkins Adams
Saturday, November 10, 2018 - 3-5 PM
Moderator: Manda Wright
Location: TBD

Becoming by Michelle Obama
Saturday, December 8, 2018, 3-5 PM
Moderator: Tamara Sims-Dorway
Location: TBD

Paper Gods by Goldie Taylor
Saturday, January 12, 2019, 3-5 PM
Moderator: Davita Bonner
Location: Firebirds Wood Fired Grill, 1562 North Mills Avenue, Orlando, Florida 32803

If you have questions, please email NubianCircle-BookClub@yahoogroups.com or contact Ms. Davita Bonner, x2143

Parable of the Talents
by Octavia Butler
Dr. Jan Boulware
Moderator
Wednesday, December 5
Bethune Room
6:00 p.m.

SAVE THESE DATES

APA & MLA Workshops

November 13 6-7 PM BI Lab APA
November 15 6-7 PM BI Lab MLA
“The whole world opened to me when I learned to read.” ~Dr. Mary McLeod Bethune

Upcoming dates are:

- December 8, 2018 10:00 - noon
- January 19, 2019 10:00 - noon

The program invites local children between the ages of 4 and 11 to read books, make arts/crafts and enjoy refreshments. This initiative seeks to increase community engagement, enhance early reading skills and promote the use of library resource materials. The program is a partnership between Carl S. Swisher Library, the Bethune Foundation and the College of Education.

What are you most thankful?

⇒ I am most thankful for life, health and strength, family and friends. ~ Cherie Houston
⇒ I am most thankful for my family and friends. ~ Helen Morey
⇒ I am most thankful for life, health, and strength. In addition, I am thankful for the opportunity to work inside the home of the Founder. Working in the MMB Foundation has given me such an inner peace, especially when I meet new people and see the expression on their face when they learn about the Great Dr. Mary McLeod Bethune. ~ Ebony Sampson-Hilbert
⇒ I am most thankful for: Clean water, Fresh air, Sunshine, Food, Work, Love and Laughter, Family, Friends, Cats, Art, Music, Books, and Movies. ~ Laura Quatrella

The Holiday Blues

Although this time of year is cherished and beloved by many, there are also those who suffer from the holiday blues. While the data are limited, there is some evidence about its causes and consequences.

- One survey by the American Psychological Association uncovered some interesting data about the holiday blues:
  - While the majority of people in the survey reported feelings of happiness, love, and high spirits over the holidays, those emotions were often accompanied by feelings of fatigue, stress, irritability, bloating, and sadness.
  - 38 percent of people surveyed said their stress level increased during the holiday season. Participants listed the top stressors: lack of time, lack of money, commercialism, the pressures of gift-giving, and family gatherings.
  - Surprisingly, 56 percent of respondents reported they experienced the most amount of stress at work. Only 29 percent experienced greater amounts of stress at home.

Be mindful. There is a difference between the holiday blues, which typically go away when the holiday season ends, and more severe depression, which lasts longer and interferes with activities of daily living. If the holiday season passes and you're still feeling depressed or anxious, it's best to consult with a medical professional. “What We Know About The Holiday Blues” Psychology Today
Breast cancer is the most common kind of cancer in women after skin cancer. About 1 in 8 women born today in the United States will get breast cancer at some point. The good news is that most women can survive breast cancer if it’s found and treated early.

- If you are a woman younger than 40 or have a family history of breast or ovarian cancer, talk with your doctor about early screening and how often to have mammograms.
- If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.
- If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.
- Men are also diagnosed with breast cancer. Talk to your doctor about screening and detection.

**A Survivor’s Story**

*Just because you are alive, doesn’t mean you are living.* ~ Dr. Clarissa West-White

I have had mammograms since my late 20’s after detecting a (benign) lump in my right breast in 1997 during a self-exam. I don’t religiously conduct self-exams. They are somewhat frightening as the terrain of my breasts are rough, bumpy, and dense. As a well-endowed (code for large breasts) woman, self-exams are also time consuming. In August 2015, I went for my routine mammogram. During the test, I could tell that something was abnormal. I was asked to move to another room and submit to an ultrasound. The radiologist said, “This looks like cancer.” There was a delay in receiving information from my primary who went ape when she learned, three weeks later, during my annual physical that I had not seen an oncologist. Phone calls, referrals, and an appointment with an oncologist happened in one day—we had just dropped our youngest at daycare. We retrieved him and headed to the oncologist and surgeon. Surgery, 3 rounds of chemo, genetic testing, and 33 rounds of radiation later, I am here. However, had it not been for mammography the cancer would certainly have spread undetected as it was impossible to feel the tumor even after x-ray exposed it. Exams conducted by surgeons, doctors, oncologists, and nurses also failed to locate the tumor.

For Further Reading:

Robinson, Valencia, et al. *Promise Me You Will*. 2011. At the time of publication, Mrs. Robinson was a 5-year breast cancer survivor. She is a graduate of Bethune-Cookman University and Nova Southeastern University. She co-wrote the book with her son, Devon. Valencia was named one of People Magazine's 2013 Teachers of the Year.

Breast Cancer Survivor Stresses Early Detection in Young Women by Jhada Walker

This story first appeared in B-CU Communications communiqué on October 29. The interview features B-CU’s bowling coach, Chelsea Gilliam.

Click title to read how support groups help African American breast cancer survivors. African American breast cancer survivors participating in a breast cancer support group: Translating research into practice