

A publication of the National Network of Libraries of Medicine MidContinental Region

Enter Firefox

Are you frustrated with Internet Explorer's interface, numerous security vulnerabilities, and the need for various third-party downloads? If your answer is yes, then you will definitely want to try the Firefox web browser. (<http://www.getfirefox.com>)

Firefox, the latest open source program from the Mozilla Foundation, the successor to Netscape, is built on the principles of customization, convenience, and security. Each component of Firefox can be easily customized to the user's taste by downloading one of the various add-on products called themes or extensions. Themes allow merely cosmetic changes to the program, while the extensions increase Firefox's functionality by adding new features, such as tracking local weather or an online dictionary. Additionally, Firefox works well with other Mozilla products such as Thunderbird (email) and Chatzilla (instant messaging). The browser is streamlined to enable quick and easy web surfing and web site browsing. Finally, Firefox incorporates numerous security features, which make it difficult for hackers and malicious applications, such as spyware, to sneak onto your computers. It allows you to keep your online activity your own business. For example, Firefox prevents the loading of potentially harmful Active X controls unless the user explicitly tells Firefox to run them.

Convenient Browsing

Firefox brings a whole new set of features above and beyond what is available from Internet Explorer. The most convenient of these features is the tabbed browsing. Instead of opening a new program for each separate page, *a la* Internet Explorer, Firefox enables each of the individual pages to have its own separate tab within the browser; switching between tabs is easily accomplished.

This feature is perfect for browsing and comparing web sites and search results. Under "File," click "New Tab," when you want to open another Internet window. Type in your new address. As this opens, it adds a tab to the top of the page, allowing you to flip back and forth between different Internet pages.



Tabs for In Process Items, PubMed, NN/LM Homepage.

Searching Made Simple

Searching the net is easier than ever with Firefox, since it incorporates various search tools built into its own navigation bar. The default search tool is the ever-popular Google Search Engine. Just click in the upper right hand corner, enter the desired search term, and you are ready to go.

This search feature can also be customized to allow other search engines to be used, such as Ebay, UPS tracking, or Amazon, to name a few. Furthermore, Firefox can stop annoying popup ads with its own integrated popup blocker. In

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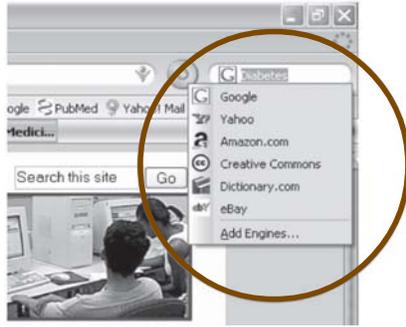


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comparison, Microsoft IE users need to download a third-party add-on to achieve both of these features.



Live Bookmarks

Finally, for the more techno savvy web surfer, Firefox, in its Live Bookmarks feature, makes use of the new RSS technology that is incorporated into many news sites and blogs, such as the RML's own Bringing Health Information to the Community blog. (<http://medstat.med.utah.edu/blogs/BHIC/>).

A small icon at the bottom right of the browser frame informs the user that the current web site supports RSS. Simply click on the icon and choose



"subscribe to RSS," and Firefox will track the site's content. When the bookmark is highlighted, Firefox will present the latest headlines that have been recently added to the website.

Issues with Firefox

There are some caveats to be aware of while using Firefox. First, many library and commercial databases and applications have been optimized for Internet Explorer. In such cases, the information may not display properly or the application, in some extremely rare cases, will simply not work. Secondly, since Firefox is an open source product, there is no real centralized online support if problems do occur, in other words, no 24-hour online help or institutional support. Troubleshooting is mainly done through the Mozilla community boards (<http://forums.mozillazine.org/viewforum.php?f=38>) and online documentation (<http://www.mozilla.org/support/firefox/>).

Despite these slight problems, Mozilla's Firefox is a superior product and definitely worth downloading. I promise you will not be disappointed with the results.

-T Gibbs

Training Tips from Marty

While "Rule of Three," may sound like a lesser version of a popular fiction book "Rule of Four," it's not. It's just what I try to live by when I'm training. My theory is that most of us operate in an information overload state, so asking us to remember more than three things may be taking us to the edge! Just test yourself now and see if you really can name all the seven dwarfs. Having trouble? Console yourself by trying for the Three Stooges!

We've probably all heard of this basic lesson in presentations:

1. Tell 'em what you're going to tell 'em
2. Tell 'em
3. Tell 'em what you told 'em

Note – that was in three parts and I remembered it!

With that in mind, for this, and perhaps subsequent columns of "Training Tips from Marty," three of my other guiding principles follow.

1. Be Funny

Association with emotion makes all of us learn better. (That's why making a mistake can teach us such good lessons) Typically, we don't want to make our audience cry, so try to

add a little humor - a joke, a pun, a cartoon in your slides, etc. Recently I was attending a Bioterrorism Symposium where the speaker's topic focused on bombs and blasts. When introducing the speaker, the Master of Ceremonies indicated the next presentation would be "dynamite!" A sure way to catch audience attention, despite the groans.

2. Get Physical

Personal experience indicates that few of us are such riveting speakers that we can hold audience attention for more than an hour – and usually less! If your presentation time exceeds this, take a break, have your audience rearrange themselves, or just stand up and turn around three times and a make wish. This last one hits humor and getting physical. A double punch!

3. Leave To-Dos

Most presentations should leave an audience with something to do or remember. What's the action you want your audience to take? What might you like them to remember? Remember the "Rule of Three" and craft your list to cap your next presentation. For me – and this column, I'll simply say: 1) Be Funny, 2) Get Physical, 3) Leave To-Dos.

Now, go forth and train!

-M Magee

Springtime In The DOCLINE Garden

It's spring, and the days are warming with blue skies, gentle breezes blowing through the garden and daffodils turning their cheery yellow faces toward the sun. These days seem magical as the new green leaves unfurl gently from the ground and the flowers burst forth in riotous colors. It feels like we have been waiting forever to feel the warmth of the sun. Take a moment and consider the source of this glorious beauty: did this all happen spontaneously or is this a result of some fairly serious planning and execution?

Of course, the answer is that this wonderful spring garden experience is the result of hours of planning and some serious "dirty" work. The soil has been tilled and enriched with compost; the trees have been carefully pruned; the flowerbeds have been carefully designed to enhance the garden, and the shrubs, perennials and bulbs have been selected and planted intentionally to maximize our enjoyment of this place. And, as those of you who are gardeners know, keeping a garden in this wonderful state requires continual planning, maintenance and just plain getting your hands dirty.

As librarians, our experience with DOCLINE can be the same as with our springtime garden. DOCLINE is a truly impressive system that serves us very, very well. Every time I add a new member to DOCLINE or answer a question from a user, I am made aware of how efficiently and effectively the system works. I am also made aware of how much tending this "garden" requires, and of the many gardeners who conscientiously weed, prune and plant to achieve the effect that we all value.

This article is a big thank you to those gardeners who have taken the time to work in your DOCLINE garden, doing the chores that aren't glamorous and require time and effort or "getting dirty." The system works because you have made the time to update your Institutional Records, to conscientiously craft your Routing Tables, and to keep your Serial Holdings accurate.

And for those of you who have fallen behind in your garden work, I offer a gentle reminder. Please take the time to tend our garden. Take a few minutes and check your Institutional Record. Review your routing tables to make sure they are providing you with fast, efficient and effective "blooms" (completed ILL requests). Request a report on your serial holdings, and review those holdings to make sure they are accurate. Remember, your fellow gardeners are depending on you to keep the weeds out of the garden.

If you are a novice gardener, or need a quick refresher, three new Camtasia modules on how to update your DOCLINE records are now available on the MCR website

(http://nmlm.gov/mcr/services/doc_delivery/). These step-by-step modules address the topics "How to Update Your Institutional Record," "How to Change People in Your Institutional Record" and "How to Request a Report." I encourage you to take a look at these modules. Hopefully, you will find that they are helpful as you tend your section of the garden. You also have the services and advice of the region's master gardeners (aka State Liaisons) if you are having trouble working in the DOCLINE garden.



-B Jones

Laura Windsor joins staff as Kansas Liaison



Laura Windsor

Laura Windsor was hired as the Kansas Liaison on February 21, 2005 and works at the Archie R. Dykes Library at the University of Kansas Medical Center. Laura's responsibilities include state outreach to librarians, consumers and professionals throughout the state of Kansas.

She received her BA Degree from Texas Christian University in 1983 and her AMLS Degree from the University of Michigan in 1985. She enjoys medical librarianship and most recently worked as a Health Sciences Librarian at Ohio University in Athens, Ohio. While there she taught classes, conducted outreach activities to the community and worked with the students, faculty and staff of the College of Osteopathic Medicine, College of Health and Human Services and the Department of Biological Sciences.

Laura is originally from Texas, but spent much of her childhood in Missouri. She has also lived in Nevada and Florida. Laura is looking forward to working with health professionals and consumers in Kansas and the rest of the MidContinental region to become more aware of the best health information sources available. She enjoys meeting new people and working as a team player.

Third Annual Wyoming Symposium for Health Information Professionals

The calendar says it's spring and the three inches of slush on the ground confirm that it's springtime in Wyoming. Although July may seem very far away at the moment, planning for the "Third Annual Wyoming Symposium for Health Information Professionals," scheduled for July 14-15, 2005, has been underway since January. The Symposium, sponsored by the National Network of Libraries of Medicine, MidContinental Region and hosted by the University of Wyoming Libraries in Laramie, Wyoming will feature presentations and classes on topics of interest to health information providers, both librarians and clinicians, throughout the MidContinental region.

The Symposium was originally inspired by a series of conversations with librarians around Wyoming who felt that barriers such as their relative isolation, limited time and financial support for off-site training, and few opportunities for networking with colleagues, hampered them in providing the best healthcare information possible to their clients.

Now in its third year, the Wyoming Symposium continues to try to bulldoze those barriers by providing a low cost venue for high quality, practical training and networking opportunities. The flexible format of the symposium incorporates cutting-edge distance education technologies that can allow presenters to join the program virtually, but the event is always structured to provide a combination of hands-on training sessions in PubMed, MedlinePlus and DOCLINE; as well as other presentations that address local and regional concerns.

The 2005 symposium features two classes offered for MLA CE credit, "Caring for the Mind," and "No Comprendo?" A session dealing with evidence-based medicine for health information professionals will look at EBM and the evidence-gathering process. This session incorporates hands-on training in PubMed and MedlinePlus and will include a Cochrane database demonstration. Public health professionals, as well as librarians, will be interested in the in-depth coverage of the Partners public health

portal web site, an important compendium of public health-related resources.

Registration for the 2-day event costs just \$50 and covers two nights' lodging at the University Honors House, breakfast and lunch both days, as well as the complete symposium packet and hands-on training. (A one-day registration is also available for \$25)

For more information about the Wyoming Symposium contact: Mary Henning, Wyoming Liaison.

Additional information and the Symposium registration form will be available on the Symposium web site (<http://nnlm.gov/mcr/news/symposium>)

-M Henning

The 2005 Wyoming Symposium Preliminary Program:

- Welcome Reception and Registration July 13, 2005
- Update on NN/LM MCR's Objectives and Activities for the region and Wyoming
- Networking Opportunities and NN/LM MCR funding information
- Evidence Based Medicine for health information providers
- Hands-On Training in MEDLINE/PubMed, MedlinePlus, ClinicalTrials.gov, TOXNET and other NLM web-based research products
- Public Health Resources for Professionals: Exploring the Partners web site
- Hands-On Training in DOCLINE
- Caring for the Mind: Providing Reference Services for Mental Health Information- MLA CE: 1 credit hour
- Technology update - Blogs and More...
- No Comprendo?: Spanish Health Information Resources for English Speaking Librarians- MLA CE: 4 credit hours—CHIS track

Bringing Health Information to the Community

Sign on to the BHIC web log to learn about:

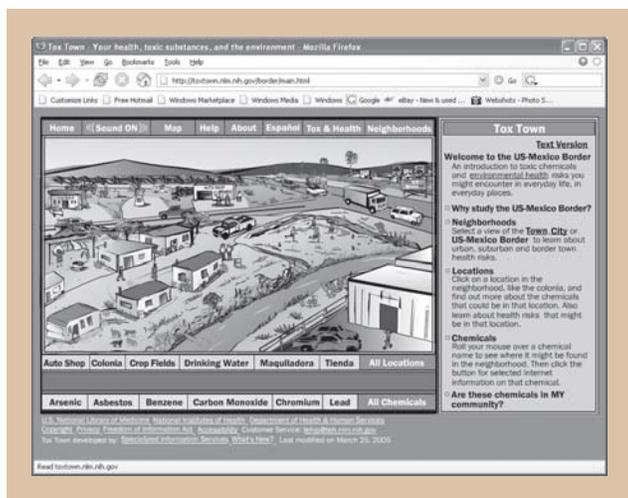
- **Racial and Ethnic Disparities**
- **The latest grants in community health programming**
- **Scholarships for students of color**
- **Resources for public libraries**
- **HIV/AIDS updates**



<http://medstat.med.utah.edu/blogs/BHIC/> or Email Siobhan@creighton.edu to receive a daily digest!

New Addition to Tox Town

Tox Town (<http://toxtown.nlm.nih.gov/>) is an interactive guide to commonly encountered toxic substances, your health and the environment from the National Library of Medicine.



Tox Town already featured a Town neighborhood and a City scene with information on 16 toxic chemicals and dozens of environmental health concerns.

This new “neighborhood” – the U.S. Mexico Border became available on March 8, 2005.

More About the U.S. Mexico Border

The US-Mexico border region is defined as the area within 100 km (62 miles) on either side of the international border. This area spans approximately 2,000 miles and runs through the US states of Texas, New Mexico, Arizona and California; and the Mexican states of Baja California Norte, Sonora, Chihuahua, Coahuila, Nuevo Leon and Tamaulipas. Twelve million people currently live in the border region, and the population is expected to grow to 24 million by 2025.

There are many climates represented in the border region and the landscape includes deserts, mountains, rivers and wetlands. The border region environment is also defined by less desirable qualities including factories, traffic, power plants, unpaved roads, pesticide use, lack of running water, and inadequate waste and sewage disposal.

All of these factors contribute to the pollution of water, air and land and negatively impact human health on both sides of the border.

The seriousness of the environmental health issues on the US-Mexico border has been recognized by both the United States and Mexican governments. To address these concerns, the federal, state and local governments in both countries have partnered to create the US-Mexico Border Environmental Program: Border 2012 which aims “to protect the environment and public health in the US-Mexico border region consistent with the principles of sustainable development.”

The US-Mexico border scene has been selected for Tox Town to increase public awareness of the environmental health issues on the border and to provide resources on how the general public can reduce health risks caused by the environment.

-M Magee

SAVE THE DATE

- Join your colleagues in Wyoming for a special one-day symposium on community health information outreach!
- **The “Regional Community Health Information Outreach Symposium,”** presented through an RML subcontract with the University of Wyoming Libraries, will be held **October 11, 2005** in Jackson Hole, Wyoming prior to the MPLA/WYLA Conference
- Early October is a great time to visit Jackson Hole, and in order to take full advantage of the attractive location, symposium events will be held at the spectacular National Museum of Wildlife Art (<http://wildlifeart.org/>)

For more information, please contact planning committee members:

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For more detail:

US-Mexico Border Environmental Program: Border 2012
(<http://www.epa.gov/usmexicoborder/>)

Movers and Shakers Award

Underscoring the central role of the nation's libraries in promoting literacy and building an informed citizenry, *Library Journal*, the profession's leading trade magazine, named 51 outstanding librarians to receive the publication's coveted annual "Movers & Shakers Award." Siobhan Champ-Blackwell, Community Outreach Liaison from the NN/LM MidContinental Region and Becky Hebert, Special Populations Outreach Coordinator from the NN/LM Southeastern Atlantic Region were among the recipients.

(<http://www.libraryjournal.com/article/CA510770?display=LJMS&pubdate=3%2F15%2F2005>)

The 2005 honorees were selected from among more than 150,000 librarians in the U.S. and Canada affiliated with public, academic, school, legal, medical, corporate and institutional libraries.

Cited for their innovative achievements advancing library services to a broader public, the list of awardees includes 33 women and 18 men from 25 states, the District of Columbia and Ontario, Canada.

Commenting on the 2005 award winners, *Library Journal* Editor, Francine Fialkoff, who headed the selection committee said: "Every one of the "Movers & Shakers" on this year's list is a glittering ornament of the noble profession they have chosen and the public service philosophy it embodies. They are the people who are shaping the future of libraries. They

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have worked harder and smarter than ever before to make libraries a place to grow readers, to bring the community together, to jump-start economic growth, to orient a new generation of immigrants, to reach out to seniors as well as young people, and to bring their essential services to so many diverse venues."

Each of the 51 "Movers & Shakers" for 2005 has been prominently featured in the March 15, 2005 issue of *Library Journal* and will be celebrated at a special luncheon in June during the annual convention of the American Library Association.

Reaction from Siobhan Champ-Blackwell

Becky Hebert from the Southeast Atlantic RML and I were thrilled to have been selected as two of *Library Journal's* 2005 Movers and Shakers. We both focus on increasing access to health information for people of color and their health care providers, with an end goal of the elimination of health disparities based on race and ethnicity. As part of the selection process, I was asked to answer eleven questions. Since the *Library Journal* article only highlighted a small portion of my answers, I am pleased to be given the opportunity to share with you my thoughts and feelings on the position of Community Outreach Liaison.

"Are there any personal stories you tell people as a way of explaining 'This is who I am and how I got that way?'"

I like this question because I like personal stories. Getting to know people in the community means learning about them as individuals, and it means sharing stories about myself. When my parents came to the U.S. from Ireland in the early 40's, it was because they wanted to be citizens of a country where democracy and freedom for all was the foundation of the government.

My mom and her sister, my aunt, (who also came to the states around the same time) were both very active politically. My aunt was especially active in the Civil Rights movement until she died in the early 80s. These women are my role models in how to live a life that is socially just. It is not enough to just believe that equality is something everyone gets; you must act somehow to make that happen.



Siobhan Champ-Blackwell

"As an RML Liaison you spend a lot of time on the road. How do you feel about that?"

I love my job because it means I don't stay put in my office. I am constantly visiting people - medical and public librarians,

people running grass roots Community Based Organizations (CBOs), health care providers to vulnerable populations - in Omaha, in Nebraska, in the MidContinental Region and across the country. On my trips, I meet amazing people, who are committed to improving the health of the people they serve. These are the people who are in the trenches every day, working to eliminate health disparities. They are who motivate me, who inspire me to find ways to help them in that job. I am really a conduit between them and information.

Even after two years in this job, I still find myself thinking how incredible it is that I get to go and visit people of different backgrounds, cultures, races, languages and how fortunate I am that they open up their lives to me and let me in.

“If you urged a young person to become a librarian, what are the personal and professional rewards you’d be telling them about?”

For me, everyday is a new adventure. I think that is one of the greatest joys of being a librarian today. The information needs of people today require a librarian to stay up-to-date with the latest technology, and to keep current with the day’s events in all areas. I also see that this is still a service field. The people

who go into this field are people who want to make a difference in others’ lives. And because the people in the field are service oriented, they are a wonderful group of people to work with. I find my colleagues are interesting and insightful people that I am glad to spend the day with.

In the NN/LM MidContinental Region and at Creighton University, I find that to be especially true. I could not be a Mover and

“The information needs of people today require a librarian to stay up-to-date with the latest technology, and to keep current with the day’s events in all areas.”

Shaker without the support of my colleagues around the region. Claire Hamasu and Wayne Peay were committed enough to write this position into the NLM contract four years ago, and Jim Bothmer saw this position fitting with the mission at the Creighton Health Sciences Library. I have support from Sharon Dennis and Thomas Gibbs for all my technology needs, from Betsy Kelley with all my questions on assessment and evaluation and how to organize a project, and from the State Liaisons who carry out all the work of the MCR including the outreach to underserved populations. This honor is one that must include everyone and I am happy to represent the MidContinental Region in this way.

NLM Technical Bulletin March-April 2005

http://www.nlm.nih.gov/pubs/techbull/ma05/ma05_issue_cover.html

Technical Notes: e1

- Publication of the 2005 List of Journals Indexed for MEDLINE®
- Papers of DNA Pioneer and Nobel Laureate Francis Crick Added to Profiles in Science
- Add PubMed® to Your Web Site
- FAQs Now Offered for TOXNET Databases
- NLM’s List of Serials Indexed for Online Users 2005 is Now Available in both
- PDF and eXtensible Markup Language (XML) Format RxNorm
- Use Aged with Caution

Searching MeSH® Treetops - e2

How to search MeSH 15 broad categories in PubMed and the NLM Catalog.

Links from Commercial Search Engines to PubMed® Citations - e3

Links to a PubMed citation from a search engine will show the search terms in the PubMed query box.

Permanence Levels and the Archives for NLM’s® Permanent Web Documents - e4

Permanence of NLM Web resources and online archive.

PubMed®/Entrez Action Bar Redesign - e5

The action bar will change to pull-down menus that do not require buttons.

Gene Indexing and Entrez Gene - e6

LocusLink interface replaced by Entrez Gene.

NLM Gateway Unveils New Design - e7

A redesigned NLM Gateway will debut on April 4.



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