



Indiana University Libraries

This Week in IUL News

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Library News and Events

Mindfulness, Media, & Misinformation in the Digital Era

Friday, September 13, 2019
Kokomo, Indiana

Indiana University Kokomo is pleased to announce a free, one-day interdisciplinary symposium:

Keynote speaker: [Michael Caulfield](#), Director of Blended and Networked Learning, Washington State University, and author of [Web Literacy for Student Fact-Checkers](#)

“Falsehood is the essence of all media, extending mankind’s natural inclination to myth-making.” – Marshall McLuhan

This symposium seeks to bring together a diverse group of scholars, teachers, and thinkers from around the state of Indiana and beyond to discuss pedagogical strategies and solutions to help today’s college students cope with “network propaganda” of all kinds. In an increasingly complex, fast-moving, and confusing digital media environment rife with problematic information (mis- and disinformation, propaganda, so-called “fake news,” pseudo-science, manipulation, etc.), what are our responsibilities as teachers and literacy advocates? Join us to discuss how to reconceptualize our roles against a societal backdrop of declining trust in professions and institutions.

Registration is free and required so that we may plan lunch and refreshment breaks for attendees. Please complete the registration form at [3MSymposium2019](#).

JOB POSTINGS

Librarian

[Head, Business/SPEA Information Commons](#)
IU Bloomington

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IU Kokomo

Professional Staff

[Digital Archivist](#)

IU Press

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IU LIBRARIES NEWSLETTERS

[Bookmark](#)

(News from the IUPUI University Library, Indianapolis)

[IU South Bend Libraries News](#)

(News from the Franklin D. Schurz Library, South Bend)

IU LIBRARIES BLOGS

[Blackgrooves](#)

(Archives of African American Music and

Information about lodging, travel directions, and the IU Kokomo campus may be found on the Symposium [LibGuide](#).

Questions? Please feel free to email the conference organizers (Paul Cook and Polly Boruff-Jones) at cfp19@iuk.edu.

Submitted by Polly Boruff-Jones, Dean, IU Kokomo Library

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Health and Injury Prevention

Many of us have become aware that the long term effects of sitting all day can have consequences to our knees, backs, and shoulders. Research is showing there are many more and in some cases permanent health concerns that are easily avoided with awareness and small adjustments to our routine. IUB Libraries HR would like to offer the first in a series for health and wellness. If you have questions or ideas, please contact us at libpers@indiana.edu.

Submitted by Sally Nicholson, HR Coordinator, Libraries Human Resources

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Potential Repercussions of Sitting All Day

The [Mayo-Clinic](#) has equated the health risks of sitting all day to the health risks of both smoking and obesity. Libraries Human Resources is enacting this several part series to address ways to outline some of these health risks, and to suggest some easy and attainable daily changes that can help combat the long-term effects associated with sitting on the job.

[WebMD](#) noted that those who sit most of the day are twice as likely as those who stood to get heart disease. Sitting raises your risk of heart disease, diabetes, stroke, high blood pressure, and high cholesterol, which can all contribute later in life to developing dementia. In the short term, it can have negative effects on your mental health and anxiety, as increased screen time can negatively impact sleep. Unfortunately, hitting the gym every day isn't necessarily enough to help combat the side effects of sitting. Light movement interspersed throughout the day has proven to be much more successful in protecting your body than a few trips to the gym per week. (Though hitting the gym certainly won't hurt!!)

This series will take one of the following health concerns and outline small daily adjustments to help prevent it:

Assessment of your work space
Introduction of more movement to your day
How much exercise do you really need?
Protecting your eyes against strain
Mindfulness exercises to help with anxiety

****Tip of the Week****

Consider trying out the 20/20/20 Rule—Every 20 minutes, get up, look 20 feet away, and do 20 seconds of movement. This can help protect your eyes from strain, and work more movement into your day!

Submitted by London Heist, HR Assistant, Libraries Human Resources

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Culture, IUB)

[Blogging Hoosier History](#)
(University Archives)

[Library at the Indiana Institute on Disability & Community](#)
(IUB)

[Herron Art Library Blog](#)
(Herron Art Library, IUPUI)

[IU Library East Blog](#)
(IU East)

[IUL Preservation Blog](#)
(E. Lingle Craig Preservation Lab, IUB)

[IUPUI Center for Digital Scholarship](#)
(IUPUI University Library Center for Digital Scholarship)

[Lilly Library News and Notes](#)
(IUB)

[Media Beat](#)
(Media Reserve Services, IUB)

[Medical Library News](#)
(Ruth Lilly Medical Library, IUPUI)

[Moving Image Archive](#)
(IUB)

[reDUX](#)
(Discovery and User Experience Department, IUB)

[Wylie House Museum Blog](#)
(IUB)

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IU East Campus Library

Staff News

Katie Huggins Joins IU Press

We are pleased to welcome Katie Huggins to the press as its newest Production Coordinator. Katie holds a BA in English and Sociology and a master's degree in English from Wake Forest University. During her college career Katie gained a variety of publishing experience through her role as design and production editor at the education journal, *Notes on American Letters*, as well as editing and production experience as an editorial intern for four years at Wake Forest University Press. Please join us in welcoming Katie in her new role at the press.

Submitted by Michael Regoli, Director of Publishing Operations, IU Press

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Malia Jackson Leaves Position

After serving IU for six years, Malia Jackson is resigning her post to engage in life-giving freelance work and join her recently IU tenured partner on sabbatical in California. At the Education Library, Malia excelled in public service with undergraduates (looking for the perfect picture book in five minutes or less!), staff, faculty, and international scholars. Her professional judgment in reference services was always spot on, and she proactively learned to understand and ultimately master WorkFlows. Malia also had a knack for spotlighting silenced and underrepresented voices through the Education Library's ongoing book exhibits. We hope she will find a home back in libraries upon her return to Bloomington, and we look forward to seeing her at a Wylie House event in the future (she may be wearing a bonnet). All our best to Malia, whose last day will be August 16.

Submitted by Julie Marie Frye, Head, Education Library

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IU East Welcomes Back Jesse Whitton - Correction

We are pleased to announce a new professional staff to the IU East Library (not with IU in Columbus as stated in last week's IUL News). Jesse Whitton joins us as Coordinator of User Services. Jesse was student library staff while earning a Bachelor's in Psychology. He then attended IUB to earn Masters and Specialist degrees in Library Science and gained additional library work experience. He comes back to us after working as a Circulation Supervisor for Access Services in the Wells Library at Bloomington. We welcome him to the East Campus in this new role!

Submitted by Frances Yates, Library Director, IU East

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Email libnews@indiana.edu to remove yourself from this mailing list, to submit questions/comments, or to submit a picture or article for publication in IUL News.



Please remember, articles are due Thursday at noon for inclusion in that week's edition.

Past issues of IUL News may be accessed through the [Archives of Institutional Memory](#).