

Library hooks people up with state databases

By Melany Wilks, librarian

Pioneer Memorial Library
Recently your library hosted the State Library of Kansas "Road Show" which was held to introduce the Northwest Kansas Librarians' to the changes in resources available for all Kansas citizens.

The State Library has changed the way in which a patron accesses the databases on the State website. If a Kansas citizen has an IP address that shows they are located in the State of Kansas, the patron is then able to access these new databases.

You can easily access most items through the Pioneer Memorial Library website: (<http://www.colbylibrary.com>). Look for the tab on the left hand side "databases."

We are just beginning to populate a section of our website, called "Adult/Business," but the pickings are slim right now! The "Teen" and "Jr. High" links have a large assortment of these databases however. Look for the small blue logo with a sunflower and the word "Kansas." We have provided this logo to help patrons recognize resources that have been provided by the State Library of Kansas.

Some excellent health databases are now available. The State Library of Kansas and the Kansas Health Policy Authority (KHPA) have collaborated and developed this great site.

Under the tab "Staying Healthy," a person can find the link to WebMD's "symptom's checker" simply by clicking on the left hand bar statement that says, "I need to know about my symptoms." Then you just point and click to the part of the body that is affected by your symptom (You can also find this

Library Link

under the tab "Your Condition"). Under the "Your Condition" tab a person may look up their diagnosis and get further explanations through Medline Plus.

This site will allow you to look up health topics, drugs and supplements, as well as encyclopedic articles with pictures and diagrams. The dictionary provides the searcher with great definitions.

If a person has visual problems and needs to read their health information in larger print (on the screen) they can simply go to the "NIH Senior Health" tab (right side) and then go to the top of the screen and click on "enlarge print." There the person can enter the subject for the area they would like to research. Medline Plus also provides information on Clinical Trials (Clinical Trials.gov). There is so much more on the Kansas Health Online Website, please consider exploring it.

A fast way to find refined terms for searching online databases is to spend a few quick minutes in a printed source, find the various terms for a medical diagnosis so that you can obtain materials that would fit your specific quest for information.

Please know we are here at the library to help you if you need assistance locating information. Every time we help you search for something – we have the opportunity to learn. This way we both continue to be life-long learners!!

If you like to use materials written by authorities in the field of medicine, consider browsing the authoritative materials provided in the libraries print "Reference

Section."

For those who just want to take a book home and read in the privacy and comfort of your home, fear not! The library has a lot of up-to-date health related books on specific diseases, prescriptions, dieting, exercising, or just general books on improving your health and nutrition.

Three health books you will find in our "new books" section are:

- Disease Prevention and Treatment: Scientific Protocols that Integrate Mainstream and Alternative Medicine (4th & Expanded ed.) by Life Extension Media.

- Bottom Line's Prescription Alternatives: Hundreds of Safe, Natural, Prescription-Free Remedies to Restore and Maintain Your Health by Earl Mindel.

- Mayo Clinic Heart Book by Michael McGoon.

Do not forget that the library has Story Time for preschoolers, Tuesday's 10:15 a.m. and 1:15 p.m. and a Toddle Time on Wednesday 10:15 a.m. The library has Story Time (Family Night) on Tuesday night (7 p.m.), just for the family that is busy during the day.

On Thursday, Oct. 16, the library begins a new program called Baby Lapsit. It is designed for infants from birth to 18 months (Thursdays, 10:15 a.m.).

Children in grades 6 to 8 have the opportunity to be part of the "Magical Mystical Tour" on Saturday, Oct. 11. This event includes touring the Dancing Leaf Earth Lodge and the Cornstalk Haunted Festival. There are 19 slots available. Registration, a participation fee and release forms are re-

quired.

Remember September is "Library Card Month" – enroll and

become a new library member and win a \$10.00 coffee or ice cream certificate. Come and enjoy our

Wi-Fi Hot Spot in the lobby, bring a cup of "Joe" to sip while you surf the Internet.



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Day of Caring style show for breast cancer planned for Oct. 18 a Fort Hays State University

The 13th annual Day of Caring Brunch and Style Show will be held at Fort Hays State University Memorial Union on Saturday, Oct. 18, celebrating life and survivorship for Breast Cancer Awareness Month.

The day will begin with booths in the Sunset Lounge Atrium at 9 a.m. Brunch will be at 10 a.m., followed by the style show and a speaker in the ballroom.

Maya Leon-Meis, Denver, host of Maya's Secretes, a healthy cooking, Latin dancing and life-style television show, will speak. The day is sponsored by the Cancer Council of Ellis County and Dr. A. Christine Kelley.

Cost is \$15 and tickets need to

be purchased by Monday, Oct. 13. For information or to order, call (785) 625-6653.

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