

# Mary Dale Deacon— The Ann Landers of Librarians

by Barbara Minden

The note read, "Dear Mary Dale: Need more signs that say, 'Quiet—study area only.'" The answer at the bottom read, "We have the signs; literacy is the problem."

The note was one of hundreds dropped into the suggestion box at the check-out counter in the main entrance of the library.

Although some might call her the Ann Landers of librarians, Mary Dale Deacon is the dean of libraries at UNLV. Deacon regularly posts the often humorous letters with replies on the bulletin board in the exiting hallway.

Her sense of humor and punctual answers have turned the trickle of complaints into "a deluge." Deacon said she takes the complaints seriously.

The suggestion box "has helped me identify critical priorities for improving library services," she said. "I have a couple of notes on my desk that I've had at least a week, and that worries me."

The suggestion box is not Deacon's only source of information; she sits at the information desk near the entrance to the library in the afternoons. She also plans new programs and solves the problems of running a library with an annual budget of \$1.8 million.

Budget increase is one area Deacon counts as a progress area.

"When I arrived at UNLV in 1982, the library budget was \$735,000," she said. "I talked to everyone who would listen about the need for funds. There are still severe shortages in some areas."

Deacon said she has spent the last few weeks prioritizing the requests for personnel.

"We need 24 and we will be fortunate to get two," she said. "I have to make sure that those two people go to the most needy area."

a disk for use at home," she said.

The more immediate plans for enlarging services include hiring an "access librarian." According to Deacon, this person will be responsible for all services that help get materials into users' hands.

"We also are considering campus delivery for dorm residents," she said.

Deacon has also made provision for people who want to learn how to use the library. The Library Skills Program (ENG102) gives five contact hours of instructions.

"The course evaluations say it is great, and we will continue to improve it," she said.

The insurmountable obstacle for Deacon is felt campus-wide. "We need more space," she said. "A new building is probably eight years away. The funds just aren't there."

One student apparently felt book-bound. "The library has become a book suppository (sic). No room for people," the student wrote.

Deacon answered, "Oh my! Is it possible you meant to write 'depository'? ... I wasn't aware that our library was under medication."

Deacon has even gained some fans. One person writes her regularly just to chat and he signs his name with the picture of a bug. She has received poetry and complete cartoon strips. Sometimes the letters are even appreciative: "Keep up the good work with the small amount of \$ you have."

Deacon's answer—"Bless your heart!"



Mary Dale Deacon, Dean of UNLV's James R. Dickinson library.

Automation is another accomplishment Deacon counts. In addition to book searches, the library now has a social science computer system that lists the author, title and subject for 300 journals.

"Eventually we may be able to dial in and research the data base or down-load the information onto

# Whistle while you walk

by Karen Small

As summer approaches, the buzz of lawn mowers and the sweet aroma of barbecuing fills the air, and people of all ages travel on their feet.

Dressed in comfortable, easy-moving fabrics and light-weight shoes, they whiz by, stepping to the rhythm of a different beat. Aerobic walking, a basically injury-free exercise for overall fitness and weight loss, provides cardiovascular and physical benefits.

"Walking probably is the fastest growing fitness activity that we have around right now," said John Massengale, Dean of the School of Health, Physical Education and Recreation at UNLV.

There are four fundamentals to aerobic walking: posture, technique, rhythm and speed.

Posture is the most important, and correct form

allows the exercise to be performed properly.

1. Posture should be erect with shoulders directly over the hips.

2. Head level, chin up and parallel to the ground.

3. Arms bent to form 90-degree angles at the elbows.

Aerobic walking exercises many muscle groups and burns many calories. It is a highly effective, natural and sustainable exercise.

"Aerobic walking is one of the biggest things, and I just see it growing and growing," said Jack Starr, who teaches various physical education classes in the MPE building.

"Aerobic walking is a wonderful time for conversation,

not hurting," Starr said. "It's next to nature, relaxing, refreshing, and a good conditioner."

Starr also said you burn the same number of calories whether walking a mile or running a mile.

Aerobic walking has great results for weight control, stress relief and increased energy levels. Walking is a safe exercise that is easy to learn and can be done anywhere. A person should start by concentrating on posture and technique and should walk slowly until getting the technique right. It is important to use the fundamentals.

Casey Meyers, one of the nation's leading walking experts and author of *Aerobic Walking*, stresses proper form. He also says the right equipment can

**'Aerobic walking is a wonderful time for conversation, musing, not hurting, it's next to nature, relaxing, refreshing, and a good conditioner'**

make a significant difference in your workout. Aerobic walking, according to Meyers, has its own specially designed shoe—lower in the heel and forefoot.

"The extra padding in running shoes prevents the aerobic walker from accelerating his or her pace and gaining maximum benefit from the walk," Meyers said.

Meyers' NaturalSport AerobicWalker, the first shoe designed specifically for aerobic walking, is being introduced by Naturalizer and is currently being worn by several members of the U.S. Women's Racewalking Team. The NaturalSport AerobicWalker has been awarded the American Podiatric Medical Association's Seal of Acceptance.

Meyers' book outlines the proper techniques and methods for fitness for the health conscious walker.

## New almanac highlights American popular culture

Nearly everything about what is happening now in the United States is available in a new almanac by Workman Publishing. *The 1991 Top 10 Almanac: The Best of Everything According to the Numbers* is a collection of more than 150 top-10 lists in two dozen categories, providing a lively portrait of American popular culture, and an entertaining, accessible, at-a-glance reference annual of American achievement.

The 1991 Top 10 Almanac is a slice of America right off the top, and the view from the top shows a lot. For instance, the top 10 movies earn more at the box office than do the next three dozen movies combined. The 10 best-selling toys capture an overwhelming majority of total U.S. toy sales, and several of the top 10 American corporations control more assets than do many of the world's nations.

In recording the accomplishments and excellence of American entertainment, sports and business, the Almanac turns up some unexpected listings that offer new insights.

For more information about the almanac write to Workman Publishing, 708 Broadway, New York, NY 10003 or call (212) 254-5900.

## Kiss that candy-coating goodbye

By Tina Crinite

You've tasted the tried and true out of Life Savers candy; the cherry, lemon, orange, peppermint, citrus, and maybe even the wintergreen ones that sparkle in the dark.

"Isn't Life Delicious?" is the current slogan of Life Savers. Usually the television commercials are of young children simulating

marriage, or an otherwise boring fishing trip that turns into a success with just one Life Saver popped into the mouth. But no one can forget the commercial with a young child and a father sitting by a tree at dusk watching the sun set, as the father says "going, going, gone." The child turns and says "Do it again, Daddy."

But who knew that the makers of Life Savers, The Dynamated Development Corporation, would market candy-coated condoms, destined to become a "holey disaster."

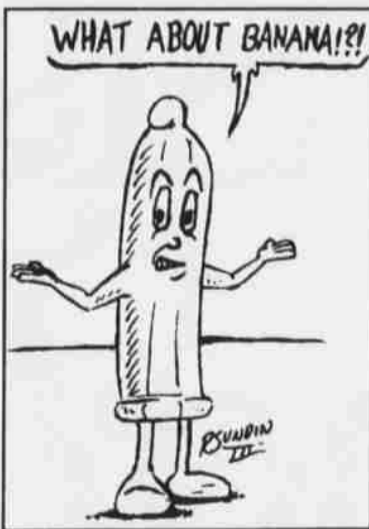
Recently the Food and Drug Administration recalled over 44,000 imported novelty condoms. Before being sold to the public it was found that too many leaked during testing.

Although the mint and cherry flavors were fine, according to Dynamed, the other "porous" selections included strawberry, licorice, raspberry and orange.

But the major argument was because the novelty condoms are just what they are advertised to be—novelties. However, the FDA considered them to be medical devices even though they are promoted as candy-coated condoms (not to be eaten) and "are not supposed to be used for birth control or preventing disease."

So much for the "holey" disaster, although it would have given a "whole" different meaning to the saying "Isn't Life Delicious?"

Information for this article was found in a clip from the *Las Vegas Review-Journal*.



## WE WANT YOU

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