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Himmelfarb Headlines - September/October 2012

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Director's Desk

Welcome to a New Academic Year!

On behalf of the entire Himmelfarb Library staff, I would like to extend a warm welcome to all new faculty, students, staff, residents, and fellows. I would also like to extend greetings to all returning faculty and students on the start of a new academic year.

The Library staff looks forward to meeting your information needs in the upcoming months. We also welcome your input! You may contact me at 202-994-1826 or alinton@gwu.edu. The Library's e-mail address is himmelfarb@gwu.edu. The telephone number for the reference desk is 202-994-2850. Or send us an instant message by following the directions at: <http://www.gwumc.edu/library/ask/index.cfm>!



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Loretta DiPietro, Professor and Chair of the Department of Exercise Science

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Tell us a little bit about your current position or research/projects.

Currently I serve as Professor and Chair in the Department of Exercise Science. Our mission is to promote the science and practice of exercise, physical activity, and nutrition within the context of public health. In that regard, we are one of very few departments of exercise sciences in the world housed within a school of public health. My personal



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Diet apps can help you track your calories, make healthier food choices, and balance your food and exercise to maintain, gain or lose weight. While there are numerous nutritional apps to explore, here are a few top-rated iPhone and iPad apps to get you started:

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SPORTDiscus with Full Text contains more than 1.7 million indexed journal article, book, and conference proceedings citations as well as over 22,000 dissertations and theses. Full text articles are available in many subjects including sport psychology, physical therapy, kinesiology, orthopedic medicine, nutrition, public health and more. In addition to the academic journal content in SPORTDiscus with Full Text, you can also read recent articles from many sport- and exercise-related magazines including Golf Magazine, Men's Fitness, Backpacker and Bicycling.

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Anne first joined the Himmelfarb Library and GW in 1984, making her one of the longest serving employees. She started on the front lines as a reference librarian which acquainted her with many of the faculty and staff she continues to work closely with today as Director. Her focus has always been on education, outreach, and making vital resources available and accessible to the library's users. Outside of Himmelfarb, Anne is active in many professional activities, including serving as a lecturer in the School of Library and Information Science at the Catholic University of America, and in many leadership positions with the Medical Library Association (MLA), Mid-Atlantic Chapter of MLA, and the Special Library Association.

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Much of the Library has been refreshed over the summer with new paint, seating and additional lighting on the B1 level. We have also been busy preparing for upcoming orientations and new classes. Take a look at our list of *Research Guides* (<http://libguides.gwumc.edu/guides>) designed to help you select the best resources for your education, research and patient care. Add an information app to your new mobile device at our mobile device resource page (<http://libguides.gwumc.edu/mobile>). Sign up for one of our new workshops on Adobe Acrobat X Pro, Camtasia, and BlackBoard Elluminate/Collaborate (<http://www.gwumc.edu/library/courses/>).

Because the fall semester is often stressful for students, busy with classes, exams, and activities, the Library is hosting a series of programs focused on healthy living. Check our web page frequently so you don't miss sessions on yoga and stress reduction, eating for energy, etc. Take a look at our collection of books and DVDs on healthy living in the humanities section on the first floor. Check out a stress relief kit with tools and tips for destressing during exams! Send us your tips for handling the heavy load of medical and graduate school!

Finally, keep tuned to our Library web page (www.gwumc.edu/library) for important announcements about construction. The Library will remain open regular hours throughout the fall 2012 semester, providing access to all its usual services and resources. However, alternate sites for quiet study are being explored. Once plans are finalized, we will alert you through our web page and the student listservs!

Best wishes for the fall semester!

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Tell us a little bit about your current position or research/projects.

Currently I serve as Professor and Chair in the Department of Exercise Science. Our mission is to promote the science and practice of exercise, physical activity, and nutrition within the context of public health. In that regard, we are one of very few departments of exercise sciences in the world housed within a school of public health. My personal charge is to train the best scientists and practitioners possible in order to best serve the health of the public. My research focuses on the role of exercise in successful aging and I currently am conducting an NIH-funded series of metabolic studies in collaboration with the United States Department of Agriculture in Beltsville.



What has been your biggest professional challenge?

Years ago, my biggest challenge was trying to claw my way up the academic ladder as a young woman in a male-dominated biomedical culture. I had two babies and at that time there was no maternity leave and little tolerance for taking time to take care of a sick child. Currently, my biggest challenge is trying to maintain NIH funding for research.

What has been your most memorable moment at GW?

I have only been here for 4 years; however, my most memorable moment (more of a process) has been working with the architects on the design of the new school of public health building.

How did you become interested in your field?

I am an epidemiologist by training and 35 years ago I did not know what that was. I have always simply followed my interests, worked hard, and jumped on opportunities whenever they were presented to me (no matter how trivial I may have thought they were at the time).

What library resources or services have you found to be the most useful?

I love the computer labs and I wish more students would take advantage of them. I also appreciate the database searching applications and the fact that Gisela makes house calls.

Whom do you admire?

I tend to admire oppressed women who fight back against the odds, and so that would include most of the female populations of Syria, Yemen, Palestine, Sub-Saharan Africa... actually, most of the

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world. Nuns are also very high on my list right now as they fight against archaic church doctrines in order to protect the health and the rights of the people they serve. I also really admired Neil Armstrong because he was really scared and he stepped out onto that moon anyway!

How do you spend your free time?

I coach the GW field hockey club team. These delightful and gifted young people make me laugh and keep me young.

What do you do to relax?

I knit and listen to Yankees games on the radio. I am also a committed Netflix user and I use NF to stream in my favorite shows, which are (in this order): 1) Modern Family; 2) The Daily Show; 3) Mad Men; 4) Nurse Jackie; 5) South Park.

What advice would you give to a new faculty member just starting at GW?

Find a mentor and work hard.

What are your future plans?

I am really happy doing exactly what I'm doing for awhile.

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Books

The Library's book collection now includes both print and electronic books. More than 22,000 print books are available in Himmelfarb Library with most titles located on the B1 level of the library. Reference and reserve books are available on the 1st floor of the Library as are the Health & Humanities collection and the Fitness collection. E-Texts comprise a rapidly growing portion of the Library's collection and currently offer more than 1,200 titles. All textbooks can be found in the [Library Catalog](#). In addition, electronic books can be accessed from the [E-Texts webpage](#) which is searchable by title and/or ISBN and browseable by title or topic. Both the print and electronic books are accessible to GW's SMHS, SPHHS, and SON community 24 hours a day.

Audiovisual & Software

The Bloedorn Technology Center (BTC) contains a variety of audiovisual materials including anatomical posters and models (bones, skeletons, brains, hearts), heart and lung sound CDs, and nearly 400 DVDs on topics ranging from SARS to sonography. The BTC also houses computers providing access to Himmelfarb's software collection. Many popular curricular programs are available via the web including NetAnatomy and Diagnostic Reasoning Cases. Other programs such as SAS, Stata, and ArcGIS are installed on computers in multiple locations throughout the library.

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 - › Cost: Free
 - › Description: Huge database of food to track calories; barcode scanner; tracks cardio and strength training, including sets, reps, and weight/rep; allows users to connect with friends, set goals, and create reports.
2. [Calorie Counter by FatSecret](#)
 - › Cost: Free
 - › Description: Calorie and nutrition info for your favorite foods, brands and restaurants; food and exercise diaries; weight tracker.
3. [Calorie Tracker - LIVESTRONG.COM](#)
 - › Cost: \$2.99
 - › Description: Tracks diet and exercise to help you meet your weight loss and fitness goals; Calorie Tracker tracks your daily caloric, fat, carbohydrate and protein intake; includes exercise database to track calories burned.
4. [Fooducate](#)
 - › Cost: Free
 - › Description: Grades your groceries , explains what's really inside each product, and offers healthier alternatives; includes barcode scanner and provides nutritional grade (A, B, C or D); can help identify excessive sugar, trans fats, additives and preservatives, high fructose corn syrup, and food colorings.
5. [Seafood WATCH](#)
 - › Cost: Free
 - › Description: Most current recommendations for seafood and sushi along with complete information about how each item should be fished or farmed; Project FishMap allows users to add the names of restaurants and stores in the U.S. where you've found sustainable seafood and locate what other users have found at businesses near you.

Fitness apps can help you track and/or map your exercise, and can also help you set and meet exercise goals. There are lots of choices in this area too, but here are a few iPhone and iPad recommendations to consider:

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1. [5K Runner: 0 to 5K run training](#)

- > Cost: Free
- > Description: Gets you in shape with walk-run-walk; starts slow and gradually increases to a full 5K; keeps users motivated through achievable plan.

2. [RunKeeper](#)

- > Cost: Free
- > Description: Tracks your runs, walks, bike rides, hikes, ski runs, using the GPS in your iPhone and provides detailed stats around your pace, distance, and time; obtain stats, progress, and coaching through your headphones with built-in audio cues; helps measure your heart rate.

3. [All-in Yoga HD](#)

- > Cost: \$.99
- > Description: Over 300 poses with photo, video, and audio guides in HD-quality plus 3D muscle models; over 30 breathing exercises with detailed how-to instructions; over 40 pre-made yoga programs and options to create your own.

4. [Gorilla Workout Free](#) or [Gorilla Workout](#)

- > Cost: Free or \$1.99
- > Description: Fast-paced, no-equipment grouping of over forty exercises; daily body-weight only workout routines combine cardio and strength training; each exercise targets specific muscle groups to help you strengthen and tone your core, abs, chest, back, arms, and legs; day-by-day workout regimen based on your fitness level.

5. [MapMyFITNESS GPS Tracking](#)

- > Cost: Free
- > Description: Uses built-in GPS to enable you to track your outdoor fitness activities; marks out your path along an interactive map and records duration, distance, pace, speed and elevation; synchronizes with a training log to chart progress.

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SPORTDiscus with Full Text is also linked seamlessly with Himmelfarb Library's complete e-journals collection to provide you with full-text access to all available titles. You can assess availability options including print and loan options by using the "Find It @ Himmelfarb" via "Full-Text @ Himmelfarb" buttons displayed with each SPORTDiscus record.

SPORTDiscus with Full Text can be accessed through the Research Articles section of the Himmelfarb E-Databases webpage. Users can access this resource from both on-and off-campus locations, as well as via a mobile-optimized version.

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In addition to a very busy professional life, Anne is also a wife and mother of two. Her daughter Elizabeth recently graduated from the University of Pennsylvania and son, Michael just began his freshman year at GW. Anne says the push to exercise comes from her "exercise fanatic" husband who does cardio exercise daily and is an avid cyclist. Exercise is part of the family culture. Her son plays soccer and her daughter dances. They often make trips to the gym together and hiking is a favorite activity for family vacations. "Recently, we hiked a beautiful tropical rainforest trail just north of Key West."

Anne tries to go to the Lerner Center at least two times a week where she says she frequently sees and is joined by many students and faculty that she knows. On the weekends she goes to the local YMCA where she just recently took up yoga. "I find that exercise is a great stress reliever and sometimes when I am biking, I even get a few minutes to read that book I have been meaning to finish!"

As students, faculty, and staff settle into the demands of the fall semester, exercise and healthy eating can often slip to the bottom of the list of daily priorities. Himmelfarb staff members want to help keep it in focus with a Healthy Lifestyles campaign, starting in October. Three featured themes will be stress reduction, physical fitness, and nutrition and diet. Healthy Living kits with yoga blocks, jump ropes, and weights will soon be available for checkout from Himmelfarb's Circulation Desk and items are being added to Himmelfarb's DVD and book collections to support health and wellness.

Kicking off stress reduction, a yoga stretching session is scheduled for Oct. 17th at 4:30 pm and a yoga nidra/meditation session on Nov. 5th at 6:45 pm. Sessions on Zumba and injury prevention are also planned, so stay tuned to the Library's blog for announcements, and next time you're at the Lerner Center look for Anne!

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