



Oneida/Herkimer BOCES School Library System

October 4, 2006 Vol. 2 Issue 2

News to Muse From the Oneida/Herkimer BOCES SLS

Desk Talk

One month down and eight to go. We are off to a great start. As usual every year brings its unique set of challenges and pitfalls. Losing our data entry person so quickly is just one such event. But we are not discouraged! We had made great strides in completely eliminating the huge backlog and we will definitely have a new person in place before we fall behind again. Great candidates have applied and we are hopeful of filling the position quickly with an equally capable person. One just has to laugh at life's ironies and keep moving forward.

The good news is...its Leatherstocking time!! I hope you have registered and shared the contents of this awesome conference day with your colleagues. Mike Eisenberg has very interesting information to share with us for the betterment of our programs. The other sectionals promise to be entertaining, informative and downright useful. Please share the content with everyone at your district. Much of what is offered pertains to multiple curriculum areas. A pdf version of the brochure is available on our website.

| O/H SLS Liaison Meetings 9 a.m. | O/H SLS Advisory Council Meetings 1 p.m. |
|--------------------------------------------|--------------------------------------------|
| September 13, 2006 | September 20, 2006 |
| November 15, 2006 | November 29, 2006 |
| January 10, 2007 | January 17, 2007 |
| March 7, 2007 | March 14, 2007 |
| May – reserved for extra meeting if needed | May – reserved for extra meeting if needed |

The Spark Club – Wellness News

One of the most important things you can do for yourself is to maintain healthy blood pressure. High blood pressure is one of the primary risk factors for cardiovascular disease and stroke, and yet it often goes undetected. Optimal blood pressure is 120/80; regular exercise can help you reduce the risk of high blood pressure. Get your blood pressure checked, and use our exercise journals to track this vital component of your heart health.



Walking for Wellness

Sponsored by the Oneida/Herkimer BOCES SLS

For more information on preventing heart disease, refer to the Mayo Clinic website, <http://www.mayoclinic.com/health/heart-disease-prevention/WO00041>. The following chart comes from the National Institute of Health website: <http://www.nhlbi.nih.gov/hbp/detect/detect/htm>.

Categories for Blood Pressure Levels in Adults (Ages 18 Years and Older)

| Category | Blood Pressure Level (mmHg) | | |
|----------------------|-----------------------------|-----|-----------|
| | Systolic | | Diastolic |
| Normal | < 120 | and | < 80 |
| Prehypertension | 120-139 | or | 80-89 |
| High Blood Pressure | | | |
| Stage 1 Hypertension | 140–159 | or | 90–99 |
| Stage 2 Hypertension | ≥ 160 | or | ≥ 100 |

| Legend |
|----------------------------------|
| < means LESS THAN |
| ≥ means GREATER THAN OR EQUAL TO |

(When systolic and diastolic blood pressures fall into different categories, the higher category should be used to classify blood pressure level. For example, 160/80 mmHg would be stage 2 hypertension (high blood pressure).

Right now, the leaves are falling, the air is cooler, and there is energy in the air that is unique to fall. Sure, we all know what is coming next, but autumn in Central New York is still one of the nicest times of the year. It is an especially nice time to get outside, go for a walk, and take time to enjoy the beautiful place that we live. Do your heart a favor, and take it for a lovely walk!

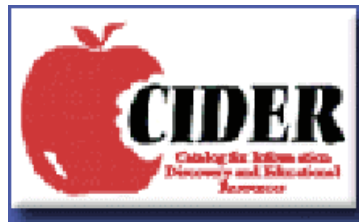
Notes of Interest:

- We are currently taking applications and interviewing for the data entry position. Julie Orilio was hired in a full-time position in her area of study so she has moved on from BOCES to television work. Good luck, Julie!
- The new professional books that you received a flyer about are now in the CIDER catalog and available for checkout through interlibrary loan. Send recommendations for new purchases for our professional collection to pskelly@oneida-boces.org
- **SPREAD THE WORD...TEACHINGBOOKS.NET IS AVAILABLE TO ALL SCHOOL LIBRARIES IN THE O/H SLS.** SLSA has purchased a year's subscription for all school libraries in the state of NY. If you haven't tried it, now's the time! TeachingBooks.net usage statistics for September for Oneida/Herkimer School Library System:
 - 7049 pages turned since the start of your license.
 - 4677 pages turned in the past month.
 - 628 sessions in the main section of TeachingBooks in the past month.
 - 30 sessions in the Educator Area of TeachingBooks in the past month.
 - 658 total sessions in all of TeachingBooks in the past month.

Professional Development - Upcoming Events

- **Digital Video User Group** – limited to the first 10 registrants – First meeting October 24, 2006 at 3:45 p.m. in the training lab at the BOCES on Court St. – watch for the flyer coming in your email
- **LiveMeeting** training on using CIDER. Date for October to be announced. Learn about CIDER from the comfort of your own library or home computer. Live web trainings will be offered by Pat Skelly to all library staff in our region. By using this format we hope to reach more people faster. Watch for details in your email this month.
- **SLS/Media Liaison Meeting** – November 15, 2006 - 9 a.m.-3:00 p.m.
- **SLS Advisory Council** – November 29, 2006 - 1 p.m.
- **IMLS Grant Advisory Committee** – October 3, 2006 - 12:30-3:00 p.m. review and organize for evaluation process
- **Leatherstocking Conference 2006** – October 17, 2006 – Keynote: Mike Eisenberg
- **Oneida/Herkimer Superintendents' Day** – March 23, 2007 - Barbara Stripling and Pam Berger – Inquiry Based Learning

What is *C.I.D.E.R.*?



Catalog for
Information
Discovery and
Educational
Resources