

HAWAII STATE LIBRARY FOR THE BLIND AND PRINT DISABLED

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SPRING 2023 NEWSLETTER

GREETINGS FROM LBPD-HONOLULU

It is sure hard to believe, but spring is upon us. Your LBPD staff along with our Hawaii State Public Library System (HSPLS) administration hope that your 2023 is off to a good start. The first few months of the year have been busy everywhere including at LBPD. Sadly, in the hustle and bustle of the new year we had to say aloha and farewell to one of our treasured staff members who many of you may know. Ana Seisedos has moved out of state due to her spouse's work-related transfer. She sends her best wishes to you all. Not to worry though as the rest of our LBPD staff are here working to complete your requests for reading materials. LBPD staff member Christine Pelina completed online orientation and update training with the National Library Service (NLS) as part of her continuing education to start the new year to bring a fresh perspective on the national operation. Library manager (now permanent) Matthew Brown attended the annual HAB convention and had the chance to meet with so many library patrons in person during the event. We extend many thanks and appreciation to the HAB for a great convention and for the most generous donation of \$5000.00 to the library to help us provide services to our readers.

NEW AT LBPD

There are some new items to let you know about at LBPD, and the first of these is the addition of braille books from Seedlings Braille Books for Children. These books are offered at various reading levels in both uncontracted and contracted UEB, and include some of the best known, best loved titles in children's and young adult literature. We are planning to further expand this part of the collection in the coming months to complement the braille materials provided by NLS. As you may know the braille e-readers have also arrived at LBPD with staff working to update the installed operating software. Distribution is now underway to those who have requested one of these devices. If you want a braille e-reader just let us know. Please give LBPD a call and we'll be more than happy to send out the Humanware device to you. Planning efforts are underway for the Summer Reading Challenge across the state, so standby for more information. Additionally, there is a listing of new books at the end of the newsletter for your consideration.

NLS HIGHLIGHTS

At the end of the year NLS launched a new catalog interface that many folks are finding easier to use than the previous version with better accessibility and improved search options. The catalog is the quickest way to determine if a particular resource is available and even offers links to the BARD version of the item. The new catalog also allows you, the reader, to make suggestions for books to be added to the collection. You can find the new catalog at: [NLS New Catalog](#)

The Music Section of NLS turned 60 at the end of the year as well. NLS makes an ever-growing collection of books, scores, sheet music, and music-related content available, even a music blog. Access to these resources is made directly through [NLS by Email](#), or by phone at 800-424-8567.

Want to get the latest news and updates from the National Library Service for the Blind and Print Disabled? NLS's Patron Engagement Section now hosts an announce-only listserv that will include announcements about NLS programs, services, and products that might be of interest to patrons. New announcements will be posted to the list a few times a week. If you are interested in signing up for this listserv, please send your name and email address to [Patron Engagement Section](#). You will be able to unsubscribe yourself from the list at any time.

The Patron Engagement Section at NLS is continuing to host quarterly Patron Corner programs via Zoom. These programs provide a chance to learn more about various services directly from NLS staff, and to ask questions and provide feedback. The programs are interactive, last for one hour to 90 minutes, and have a designated topic of discussion. As new dates and topics are announced they will be posted on the NLS website at: [NLS Patron Corner](#)

Are you a BARD user with questions about the service? The NLS Patron Engagement Section offers "The Many Faces of BARD" event on Zoom the second Thursday of every month, at 7:00 p.m. eastern time. Each monthly event covers one aspect of BARD (Braille and Audio Reading Download service) and is open to all. Register by [emailing NLS](#).

Did you know that through the Braille on Demand Program patrons can order braille books from NLS and keep them indefinitely? It is true! NLS knows that sometimes hard copy braille is the best format for patrons who want to be able to easily rifle through and jump from section to section, like craft and cooking manuals—or old favorites where they want to bookmark specific passages for rereading. You can request up to five books per month under this program, and your request may either be submitted through LBPD here in Honolulu, or directly to NLS by filling out

the online form at: [NLS Braille on Demand online form](#)

LEGISLATIVE SESSION AND CONTACTS

The state legislative session is in full swing as this update goes to print, and there are several issues being considered that you may find of interest. Here are some links you can use to get the latest information on local, state, and federal issues as well as points of contact for elected representatives:

[Hawaii state website](#)

[Federal and State officials](#)

[Hawaii County](#)

[Honolulu City and County](#)

[Kauai County](#)

[Maui County](#)

HEALTH TIPS FOR 2023

Here are six useful health tips from our friends at the Tufts University Health and Nutrition newsletter:

1. Lowering salt intake is beneficial for your health. Prepackaged and restaurant foods may be higher in salt content, but you can control the salt content of food you prepare yourself.
2. Remember that not all dietary supplements are equal. Some may not be covered by any accepted standards, while others could interfere with medication prescribed by your doctor. Before taking supplements it is always best to consult your care provider.
3. Meditation and similar techniques can be a great way to reduce stress in your life which leads to better health.
4. A healthy heart and cardiovascular system can protect against dementia,

stroke, and heart disease. 5. Vitamin B12 deficiencies may occur for those who take acid suppressing medications, are vegan, or who may be older. This important vitamin has many benefits including health red blood cell production, bone health, and prevention of macular degeneration in older adults. 6. Don't neglect exercise and physical activity. While getting your heartrate elevated above a certain level is beneficial, any physical activity that breaks up sedentary periods is beneficial.

READERS' UPDATE

Just a quick reminder that Talking Book Topics continues to be available through BARD and BARD Mobile as well as online at [Talking Book Topics website](#). For those who prefer to receive an audio cartridge of Talking Book Topics, please contact us at the library for assistance. Here is a short list of some new braille, audio cartridge and large print titles that you might enjoy for the spring:

Grasshopper Pie and Other Poems, by David Steinberg (HIB 00405) (J – Seedlings - contracted) Five humorous poems in an easy-reader format. 24 pages

Amelia Bedelia, by Peggy Parish (HIB 00406) (J – Seedlings – contracted) The original story of the silly mishaps and misunderstandings of a very humorous housekeeper. 24 pages

Alexander and the Terrible Horrible, No Good, Very Bad Day, by Judith Viorst (HIB 00407) (J – Seedlings – contracted) Have you ever had a really bad day when nothing went right? Alexander will help you to laugh about it! 16 pages

Stolen Things, by Rachael Herron (BR 22889) Laurie Ahmadi, a 911 dispatcher, receives the worst call of her career: her teenage daughter is on the line, drugged, disoriented, and in pain. Even though the whole police department springs into action, Laurie goes outside the law to solve the case.

Dear Haiti, Love Alaine, by Maika Moulite and Maritza Moulite (BR 23010) After an incident at St. Catherine De' Ricci Academy, seventeen-year-old Alaine Beauparlant spends the spring semester working on an immersion project in Haiti and learns more about herself and her family in the process.

Cactus League, by Emily Nemens (BR 23028) Jason Goodyear, star outfielder for the Los Angeles Lions, is with his team in the hot Arizona desert for their annual spring training. Handsome, famous, and talented, Goodyear is nonetheless coming apart at the seams, and everyone around him wants to know his secrets.

Second Mrs. Astor, by Shana Abe (DB 108468) "Madeleine Talmage Force is just 17 when she attracts the attention of John Jacob "Jack" Astor. On their extended honeymoon in Egypt, the newlyweds find a measure of peace away from photographers and journalists. The couple plans to return home in the spring of 1912, aboard an opulent new ocean liner. When the ship hits an iceberg close to midnight on April 14th, there is no immediate panic. The swift, state-of-the-art RMS Titanic seems unsinkable. As Jack helps Madeleine into a lifeboat, he assures her that he will see her soon in New York.

Six Seasons: a New Way with Vegetables, by Joshua McFadden (DB 108500) Joshua McFadden, chef, and owner of renowned trattoria Ava

Gene's in Portland, Oregon, is a vegetable whisperer. After years racking up culinary cred at New York City restaurants like Lupa, Momofuku, and Blue Hill, he managed the trailblazing Four Season Farm in coastal Maine, where he developed an appreciation for every part of the plant and learned to coax the best from vegetables at each stage of their lives.

Blood Moon: a Kate Burkholder Short Mystery, by Linda Castillo (DB 108618) Chief of Police Kate Burkholder confronts a mysterious beast terrorizing the residents of Painters Mill in this new original short mystery from bestselling author Linda Castillo.

When Riot Cops are Not Enough: the Policing and Repression of Occupy Oakland, by Mike King (DB 108749) In *When Riot Cops Are Not Enough*, sociologist and activist Mike King examines the policing, and broader political repression, of the Occupy Oakland movement during the fall of 2011 through the spring of 2012

Secrets of the Nile, by Tasha Alexander (LT 14112) In *Secrets of the Nile*, Lady Emily and her husband, Colin Hargreaves, have joined his formidable mother on a holiday to visit the exotic treasures of Egypt. Their host, Lord Bertram Deeley, is a renowned amateur British collector of antiquities, who has invited his closest friends on a lavish cruise up the Nile to his home at Luxor. But on the first night of their journey, he suddenly collapses after offering a welcome toast, a victim of the lethal poison cyanide. Who amongst this group of his nearest and dearest would want to kill their generous host?

Making of Us, by Lisa Jewell (LT 14113) Lydia, Dean, and Robyn do not know one another. Yet. Each is facing difficult challenges. Lydia is still wearing the scars from her traumatic childhood. Wealthy and successful,

she leads a lonely and disjointed existence. Dean is a young, unemployed, single dad whose life is going nowhere. Robyn is eighteen. Gorgeous, popular, and intelligent, she entered her first year of college confident of her dream to become a pediatrician. Now she is failing her classes. Now she is falling in love for the first time.

Book Lovers, by Emily Henry (LT 14114) Cutthroat literary agent Nora Stephens agrees to go to Sunshine Falls, North Carolina, when her sister Libby begs her to accompany her on vacation. Surprisingly, Nora keeps bumping into Charlie Lastra, a bookish, brooding editor from back in the city. It would be a meet-cute, if not for the fact that they have met many times and it has never been cute.

As a reminder, LBPD makes DVDs with descriptive audio available for loan as well. Give us a call if you are interested in this service.

UPCOMING HOLIDAYS

LBPD will be closed on the following holidays:

- Monday, May 29 – Memorial Day
- Monday, June 12 – Kamehameha Day

FINAL NOTES

With deeply fond memories and appreciation we bid aloha to former library staff and volunteers including Lydia Ranger (November 27, 2021), Ken Redman (February 1, 2023), and Marian May Love Williams (February 4, 2023). Their contributions were instrumental in support of the library goal that all may read.

This newsletter was produced by the staff of The Hawaii State Library for the Blind and Print Disabled. If you have any questions or comments, please contact our Managing Librarian. Email

[Matthew Brown](mailto:Matthew.Brown@hawaii.gov) or call 733-8444.