

You Might Be Missing Out!

Submitted by Kathy Cline

Do you have a library card? If not, you are missing out on traveling to places, learning new things, going on adventures, building things, solving mysteries, free audio and e-books, and so much more! September is National Library Card Sign-Up Month, so it is an excellent time to get a library card!

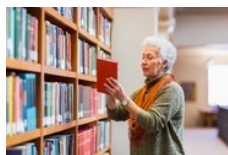


The National Library Card Sign-Up Month celebration began as a call to action to stress the importance of a library card on a child's education and to fight illiteracy. In 1987, Secretary of Education William Bennett asserted, "Let's have a campaign ... Every child should obtain a library card and use it." (cited by Cara Bertram in a 2015 ALA blogpost.) ALA and the National Commission on Libraries and Information Science took this statement as a challenge and, with help from a Readers Digest Foundation \$85,000 grant, began a campaign promoting library cards.

The theme of the first celebration, "The Best Gift You'll Ever Give Your Child ... A Library Card," occurred October 14 on the Mall in Washington, D.C. The event was advertised on TV, radio stations, and magazines. To get the campaign moving, libraries received information and ideas on how to promote signing up for library cards. Libraries have been promoting literacy and library cards since 1988 when September was proclaimed Library Card Sign-Up Month.



To encourage library card sign-up and celebrate the 2024 National Library Card Sign-Up Month, ALA partnered with Skybound Entertainment and Hasbro. Optimus Prime, a *TRANSFORMERS* character, helps promote library card sign-up month with the theme, "Libraries-More Than Meets the Eye...Roll Out With a Library Card." ALA offers libraries various tools such as social media graphics, mini posters, and more. Click [here](#) to access the free tools and begin celebrating today!



Not sure how to celebrate National Library Card Sign-Up Month? Look at [Quick Ideas for Library Card Sign-up Month](#) the Programming Librarian offers.

Don't miss out anymore; visit your local library to sign up for a library card or apply for a [State Library card](#) today!

Reference

Library card sign-up month. ALA. (n.d.).

<https://www.ala.org/conferenceevents/celebrationweeks/card>

Libraries in the News

[Bismarck Veterans Memorial Public Library](#) is hosting a story time event that will teach children about the upcoming United Tribes Technical College International Powwow.

[Grand Forks Public Library](#) is hosting a Read and Feed Food Drive, an open food drive where people can donate non-perishable, non-expired, unopened food items to reduce their library fees for lost or damaged items, up to \$20.

[The University of North Dakota and the Fargo Public Library](#) are teaming up to let patrons check out digital radon detectors to determine if their homes contain unsafe levels of radon, thanks in part to UND Connect.

[West Fargo Public Library](#) has an accessible computer station that features a high-contrast keyboard with large lettering and a desk that can be raised or lowered.

Book Club Kits

Submitted by BreAnne Meier

Is your book club looking for a new title to read? Check out a book club kit from the State Library! We'll send the book club kit through the mail at no cost to you, but you are responsible for getting it back to the State Library, whether that is through the mail or by dropping it off during open hours. Shipping costs are around \$1.00 per pound - the catalog record has weight information for each kit.



Each book club kit includes ten books, a discussion guide that includes questions, and a sign-up sheet to make it easy to host a meeting. There are books in many genres and age groups, so there's sure to be something for every type of reading group.

Search the library catalog for ndsl book club to see the availability of each kit and reserve the title you would like. There are also lists available on the State Library's [Pinterest](#) page under the Available at the State Library board - [Book Club Kits](#) or on the State Library's [Goodreads group](#) under Bookshelves - [Book Club Kits](#).

Reserve a Kit



Resources for Eating Healthy

Submitted by Kathy Cline

Do you want a healthier lifestyle by improving your diet, but need help determining where to begin? Even though National Nutrition Month is March, and it's not January--the time to make New Year's resolutions, any time is an excellent time to improve one's health by having better eating habits.

The U.S. Department of Agriculture (USDA) and the U.S. Department of Health and Human Services (HHS) collaborated to create [The Dietary Guidelines for Americans, 2020-2025](#). The guidelines recommend what to eat and drink for a diet that meets nutritional needs, prevents chronic health conditions, and promotes good health. The recommendations cover individuals from birth through older adulthood and pregnant or lactating women.

A wealth of online materials is readily available for health professionals, educators, and others to promote and inform people about the *Dietary Guidelines*. These materials, including the most recent lists of foods and drinks with the highest calcium, potassium, dietary fiber, iron, and vitamin D sources, are easily accessible. These five nutritional components are listed as a public health concern in the *Dietary Guidelines for Americans, 2020-2025*. You may find the handouts in the links below helpful information when preparing library programming or to share with library patrons.

- [Calcium](#)
- [Potassium](#)
- [Dietary Fiber](#)
- [Vitamin D](#)
- [Iron](#)



I encourage you to browse the USDA and HHS online materials and share this valuable information with your patrons and communities. By combining these resources with those from [MyPlate](#), you can help others adjust their eating habits for a healthier lifestyle, fostering a sense of community and shared commitment to health.

Reference

Current dietary guidelines. Dietary Guidelines for Americans, 2020-2025 and Online Materials | Dietary Guidelines for Americans. (n.d.). <https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials>



WordPress Websites Q&A Sessions

If you have questions, concerns, or want to discuss your library's WordPress website, the State Library will be hosting quarterly Teams calls from **9:00 AM to 11:00 AM**.

Monday, September 23, 2024

Monday, December 16, 2024

Monday, March 24, 2025

Monday, June 23, 2025

Feel free to pop in during these hours by going to <https://bit.ly/WordPressCall>.

If those days or times don't work or you have something come up in the meantime, book a time to discuss your WordPress website at the link below.

[Book A Time](#)



Teaching Information Literacy: Teach the Teacher Model

Previous Flickertale articles focused on the one-shot and credit-bearing models of presenting information literacy (IL). This final article presents information on the teach the teacher model. Could this model limit or even replace all other models for teaching IL in the future?

The goal of the teach the teacher model is to integrate information literacy into the curriculum by the instructor instead of the skills being taught separately from course content (Hammons, (2022). Faculty could blend IL in the curriculum so that students wouldn't know they were learning information literacy concepts and skills because they would be learning course content simultaneously (Hammons, 2024). If the faculty teaches IL lessons, what is the librarian's role in this teaching model?

[Continue Reading](#)

Talking Book Services

Submitted by BreAnne Meier

If your library patrons and community members are having difficulty reading regular print books, they may be eligible for the FREE Talking Book Services through the North Dakota State Library and the National Library Service (NLS).



The NDSL Talking Book Program offers an array of services for North Dakota residents of all ages who are unable to read standard print materials due to a visual, physical, or reading disability.

With Talking Books, your patrons will have free access to thousands of fiction and nonfiction titles in audio format, as well as a large collection of children's and adult braille books, including braille downloads. Registered borrowers have the option to borrow a digital talking book machine, which is a standalone player that utilizes a USB cartridge that can contain multiple titles, or they can use their personal mobile devices to download titles through the BARD Mobile app.

To learn more about the Talking Book Program and the services provided, please call 701-328-1408 | 800-843-9948 or send an e-mail to tbooks@nd.gov, and a Readers' Advisor will be happy to assist you.

[Find Out More](#)

Equity, Diversity, and Inclusion

By Tammy Kruger

Paralympics

What Does It Mean to be Paralytic?

Individuals who are paralytic experience a) a loss of sensation in or b) the use of parts of their bodies. These parts might still be intact, or they might have been amputated. It is very important to note that paralytic does not mean someone cannot do most things able-bodied people can; instead, they need to adjust. The Paralympics is a great testament to the power of these athletes!



History of the Paralympics

Athletic opportunities for those with physical and cognitive impairments have existed for a long time. For example, a sports club for the deaf was created in 1888 in Berlin. However, this demographic did not really start to come into the public spotlight until after World War II; this change was meant to boost morale for veterans and civilians who had experienced lasting injuries during the war. In 1948, during the London Olympic Games, a new battle was introduced: The Stoke Mandeville Games. The Stoke Mandeville Games was a competition between wheelchair users in the sport of archery (Paralympics history, n.d.).

[Continue Reading](#)

Niche Academy Highlight

by Al Peterson

What's New in Niche

As always, Niche Academy is pumping out new content and new tutorials.

Categories: [Academic Libraries](#) or [Research](#)

Pathway: [Research Essentials](#)

New Tutorial: *Reading the Parts of a Citation*

Category: [Research](#)

New Tutorial: *Using Artificial Intelligence Ethically in College*

This tutorial explores the pros and cons of using A.I. for college research.

Category: [Cataloging, Collection Development, Automation, and Shelving](#)

New Tutorial: *Reading Call Numbers*

This tutorial covers both Dewey Decimal and Library of Congress call numbers. Also, this category was broken out into subcategories. Utilizing the subcategories, along with the pathways, make finding the tutorials easier.

[Niche Academy](#)



Kit of the Week

NASA@ My Library: Earth's Weather

"Earth's Weather" is a NASA@ My Library Kit that uses crafts and activities to teach participants about different types of clouds and how to use tools to measure wind direction.

Key Concepts:

- Scientists use tools to measure wind direction (in addition to wind speed, temperature, and precipitation).
- Clouds are related to weather and change with day-to-day fluctuations in temperature, wind, and pressure
- Different types of clouds can be found at the low-level, mid-level, and high-level altitudes.



This kit includes the components for four activities - Clouds Above; Estimating Cloud Cover; Wind Streamer; and A Wonderful Weather Story.

[Reserve This Kit](#)

The Flickertale is a weekly publication of the North Dakota State Library, a Division of the North Dakota Department of Public Instruction

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Mary J. Soucie, State Librarian
ISSN: 1068-5383

This publication is supported in part by the Institute of Museum and Library Services under the provisions of the Grant to States Program as administered by the North Dakota State Library.

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To submit content ideas/articles for a future issue of the Flickertale, please contact BreAnne at ndsipa@nd.gov.
Times referenced are Central Time.

Some of these resources and programs are funded under the provisions of the Library Services and Technology Act from the Institute of Museum and Library Services.



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