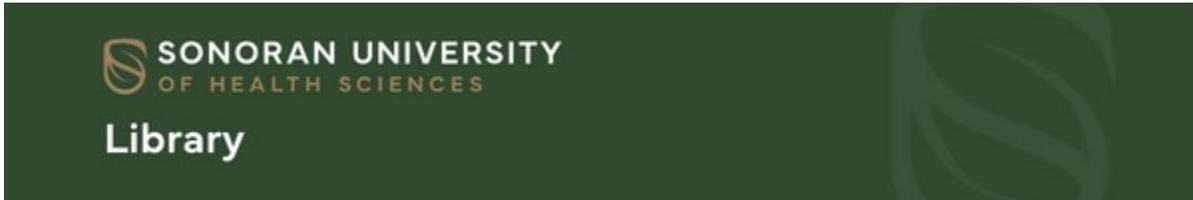


**Robert Wilbanks**

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**From:** Library  
**Sent:** Tuesday, March 5, 2024 10:16 AM  
**To:** Library  
**Subject:** Sonoran University Library News: Tips, Tricks & Tidbits



*Providing the Resources You Need, Giving You the Power to Succeed.*

**NEWSLETTER**  
**Tips, Tricks & Tidbits**  
**March 5th, 2024**



**OBSERVE QUIET PLEASE**

With ND Final Exams Week nearly upon us, let us all be mindful in the Library as many seek a quiet place to study.

While we all know that being Quiet is a standard practice when using a Library, often without thinking many of us will get loud using the phone, or talking over the copy machine, or discussing class or club activities and more. Fairly quickly the noise level will build. As a courtesy to your fellow students, as we approach the end of the Quarter and Final Exams approach quickly, let's try to practice a little more mindfulness with regard to the noise we may be making as individuals or in groups. Thank you.

**LIBRARY STUDY ROOMS LIMITED AVAILABILITY**

Be advised that due to ND Final Exams taking place in the Library during Final Exams Week, March 11<sup>th</sup> to 15<sup>th</sup>, there will be an extreme limited availability of the Study Rooms in the Library. Please prepare and plan accordingly.



Journal articles can be a big part of the research and papers you do at Sonoran University. One of the Journals Databases that the Library subscribes to is Alt-Healthwatch. This is a full-text alternative health research database focused on complementary, holistic and integrated approaches to health care and wellness, including botanical medicine, nutrition, homeopathy and more. If you need just a few, quick to obtain, articles for your research project, Alt-Health Watch will usually suffice. It is widely used by many American libraries. This indexing and retrieval service provides a broad but selective sampling of articles, all full-text, from 180 alternative, integrative and naturopathic medical, and nutrition, journals, as well as workshops, conferences, etc., featuring all kinds of alternative therapies and modalities. Unlike other services, it usually includes full text retrieval. Some items in this database are consumer-oriented rather than scholarly; but when beginning a search, it is possible to limit it to only scholarly, peer-reviewed journal articles. Many public libraries, community college libraries and hospital libraries may have this alternative medicine database in their resources.

To access the Sonoran University Library's subscription, utilize the links provided in the ***A to Z List of Resources*** on the Library's MySonoran Resources Databases Holdings page:

[https://my.sonoran.edu/ICS/Library/Library\\_Resources\\_Holdings.jnz](https://my.sonoran.edu/ICS/Library/Library_Resources_Holdings.jnz)

## **!!! EXTENDED CIRCULATION PERIOD CONTINUES THIS WEEK !!!**

Continuing this week, because of the upcoming Two-Week Break, an extended checkout period, beyond the normal 3-week loan period, is being applied to the checking out of books and audio-video materials. Any General Library items checked out any time this week, through Final Exams Week, will not become due until the first day of the Spring Quarter, April 1<sup>st</sup>, 2024 (no Fooling). So, come in and check out some casual reading materials for the Break, or get a head start on the next quarter.

## **WATCH FOR E-MAILS FROM LIBRARY**

We know that you receive a lot of e-mails to your Sonoran University E-mail address, and so it can be burdensome to monitor or respond to every e-mail. But please do try to pay special attention to e-mails from the Library. They could be important notifications of items checked out coming due, or past due. Library Fines could accrue if you fail to return or renew the items checked out to you.

## **ELECTRONIC TEXTBOOKS AVAILABILITY**

Please be aware: Unfortunately, many publishers will not make electronic books available to Libraries and other Academic Institutions. Therefore, we are unable to acquire certain titles of required or recommended textbooks for the Nutrition Programs, and possible other courses, in the ebook format for the Sonoran University Library Collection. We greatly apologize for the inconvenience.

## **LIBRARY OPEN FOR THE BREAK**

The Library is often open during any of the between-quarter Breaks; possibly excepting the Fall to Winter Holiday Break or with limited hours. While many of you may travel during the Break periods, the staff remain here to complete many various tasks and projects, or prepare for the orientations of the new incoming class, or generally getting ready for the next quarter, etc.

The Library will be staffed and available to continue to provide our many Library services, including checking out of materials, research assistance, inter-library loan, and more.

For those of you who are not going anywhere, you are more than welcome to come in and visit us. Get a head start on the next quarter, finish up any previous quarter work, or just check out what we have just for fun. For those who do not have computers or printers at home, you can come in to check your e-mail, copy or print, research, download data, etc. More seriously, you can do some case research for your Break Clinic Shifts.

Check out some casual reading materials, or video and audio materials, for the Break.

## **LIBRARY TECHNICAL SUPPORT ON MYSONORAN**

The library has a page on the Library MySonoran site that provides Library Technical Support: [https://my.sonoran.edu/ICS/Library/Library\\_Technical\\_Support.jnz](https://my.sonoran.edu/ICS/Library/Library_Technical_Support.jnz) You will need to be logged in to MySonoran to access. Please go to this page for our many Troubleshooting tips regarding strictly Library Technical issues when having trouble accessing the Library's resources and utilizing your Sonoran Library account. You will also note MobilityPrint and Lockdown browser information is incidentally included as well; with direction to seek assistance from I.T. as needed.

## **BADGE REQUIRED**

**Don't Forget Your Sonoran University Identification Badge**

Remember, your Sonoran University ID Badge is still required to be on campus, to enter certain areas of the campus, and for printing.

## BIOMED CENTRAL



Free access to the highly rated journals published by [BioMed Central](#). BioMed Central (BMC) is a United Kingdom-based, for-profit scientific open access publisher that produces over 250 scientific journals. All its journals are published online only. BioMed Central describes itself as the first and largest open access science publisher. It was founded in 2000 and has been owned by Springer, now Springer Nature, since 2008.

A pioneer of open access publishing, BMC has an evolving portfolio of high quality peer-reviewed journals including broad interest titles such as BMC Biology and BMC Medicine, specialist journals such as Malaria Journal and Microbiome, and the BMC Series.

Expanding beyond biomedicine into the physical sciences, mathematics and engineering disciplines, BMC now offers a wider portfolio of subject fields on a single open access platform. At BMC, research is always in progress. They are committed to continual innovation to better support the needs of our communities, ensuring the integrity of the research we publish, and championing the benefits of open research. BMC is part of Springer Nature.



**Nutrition.gov is a USDA-sponsored website that offers credible information to help you make healthful eating choices.** It serves as a gateway to reliable information on nutrition, healthy eating, physical activity, and food safety for consumers. The site is updated on an ongoing basis by a staff of Registered Dietitians at the Food and Nutrition Information Center (FNIC) located at the National Agricultural Library (NAL), Agricultural Research Service (ARS), U.S. Department of Agriculture (USDA). The website receives content guidance from a working group that consists of scientific experts in food and nutrition within USDA and the U.S. Department of Health and Human Services (HHS).

Nutrition.gov was launched in 2004 as part of the USDA's Obesity Intervention Plan. It is funded by the Research, Education and Economics (REE) mission area of USDA.

**The materials found on this website are not intended to be used for the diagnosis or treatment of a health problem or as a substitute for consulting a licensed health professional. Thank you for visiting Nutrition.gov!**

**NO FOOD IN THE LIBRARY**  
**PLEASE HELP KEEP THE LIBRARY CLEAN**



# APPOINTMENTS REQUIRED CANCELLATION ESSENTIAL

## Contact the Library Directly

The Library is openly accessible. No appointment required for the open use area, including the copier/printer, computers, etc.

Library Study Rooms are **NOT** available on a 'first-come, first-serve' basis. A Reservation is **required**. Please make sure that you are [reserving study rooms inside the Library](#) due to space limitations and high demand.

You are still required to schedule an appointment date, time and length of time, in order to come in to utilize the Library Study Rooms only. If you are unable to keep your appointment, it is absolutely essential that you contact us at your earliest possible convenience to cancel. Available appointment spots are limited.

## CONTACTING THE LIBRARY

For any Library questions or assistance, please contact the library by e-mail as the primary method of communication. Due to the library's limited hours and staffing, the library staff is more likely to be able to respond by e-mail at most any time in the order they are received; though delays may occur. If extensive assistance by phone is necessary, scheduling an appointment during the above mentioned Library hours will be required. Teams appointments may be scheduled for Library video instruction.

- Library Home Page : <http://library.sonoran.edu>
- Library Catalog : <http://librarycatalog.sonoran.edu>
- Library Facebook Page: <http://facebook.com/sonoranlibrary>
- Library E-mail: [library@sonoran.edu](mailto:library@sonoran.edu)

If you have any questions, don't hesitate to ask.  
Come In And Enjoy Your Library Privileges!

Library Staff and Bookroom Hours:  
Monday-Friday: 8:00am-5:00pm  
Not staffed Saturday, Sunday, Major Holidays and Fall Break

Sincerely,  
Library Staff



Evidence-  
Based, Naturally

**Library Staff**  
Sonoran University Library

**Sonoran University of Health Sciences**  
2140 E Broadway Rd. | Tempe, AZ 85282  
480-222-9247 (office) | 480-222-9447 (fax)  
[Library@Sonoran.edu](mailto:Library@Sonoran.edu)

[Library Home Page](#) [Library Facebook Page](#)

[sonoran.edu](http://sonoran.edu)

