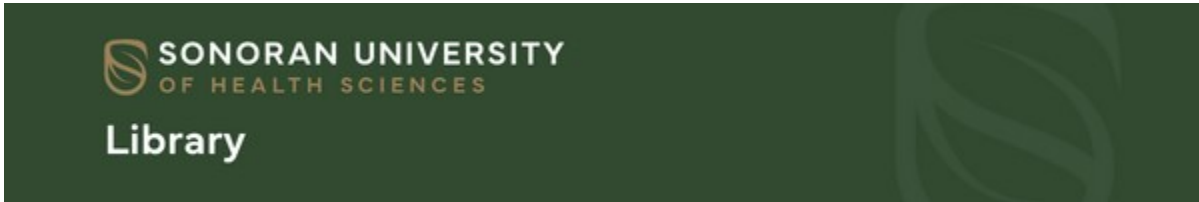


Robert Wilbanks

From: Library
Sent: Tuesday, January 23, 2024 11:04 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 January 23rd, 2024



Organize and Understand the Foods You Eat

MyFoodData.com provides free tools to help you find a better diet

Formerly HealthAliciousNess.com founded in 2008, [MyFoodData.com](https://www.myfooddata.com) is considered a trusted source of nutrition information for over 120 million visitors from all around the world. MyFoodData provides nutrition data tools and articles to help you organize and understand the foods you eat.

Nutrition information on MyFoodData.com is sourced from the [USDA Food Data Central](https://www.ers.usda.gov/data-products/food-data-central/). We make every effort to ensure the quality and accuracy of the data we report. Every page with nutrition information will link back directly to the [USDA data source](https://www.ers.usda.gov/data-products/food-data-central/). See the [official documentation](#) for more information on the USDA data. Health claims on the website have citations with appropriate scientific studies in the references section of the [articles](#). In cases where scientific studies conflict, the health claims have been noted as controversial to alert readers.

Use of this site is Free anytime. Or you can sign up to create an account where you can save recipes and meal plans, print nutrition labels, store your personal food data, compare foods, and more.

NEW IN THE LIBRARY

Every month, the Library posts a listing of new materials added to the Library collection. Visit our “Special Searches” page on the Library Catalog webpage and scroll down the list by month: <http://s20040.eos-intl.net/S20040/OPAC/Search/SavedSearches.aspx>

DID YOU KNOW: SOME E-BOOKS HAVE AUDIO READING ABILITIES

If you were not aware, some of the Electronic Books, available through the various databases, have Audio Readers imbedded by Chapter or Sections. Additionally, while listening to the Audio Reader, you can follow along as what is being read is highlighted. Here is an image example from the book **Current Medical Diagnosis & Treatment** available in the AccessMedicine database. See the audio reader button circled in blue with the section being read highlighted in green and the immediately word being read in blue:



KNOW YOUR BOOK

Please be aware that the Library Staff does not know the Required or Recommended Textbooks for all ND and Nutrition Courses this Quarter. And they do not have access to any of the courses on canvas and/or all the course syllabi. So when seeking Library Staff assistance in locating a Textbook, please know the book title and author; providing the course name and instructor can be useful at times. If you are unsure of the textbook you are coming to locate, having the course syllabi open on your electronic device will be most helpful to the staff.

CALCULATORS AVAILABLE IN LIBRARY

If you were not aware, the Library does have simple basic calculators that you may check-out from the Library. They are available for 2-hour Check-out only. You may checkout calculators at the Library Main Desk. Please return them when you are done.

LIBRARY'S INTERLIBRARY LOAN SERVICE

When you can't obtain the full text journal article you would like through the extensive Sonoran University Library's resources, or elsewhere on the internet, you can request the article through Inter-Library Loan (aka ILL), a standard service provided by most any Library. This service is provided Free to all current members of the Sonoran University Community, including Students, Faculty, Physicians, Staff and Alumni.

We can usually acquire the article for you within 1 to 4 business days.

We do require accurate and complete citation information for the article requested, such as:

- article title
- author(s)
- journal title
- journal volume number
- journal issue number
- journal date (month & year)
- article page number(s)
- article PMID (PubMed ID #, if available, would be very helpful)

You can submit the request through a number of methods:

1. using the 'Send To' feature on PubMed (see specific instructions on the Library's MySonoran page)
https://my.sonoran.edu/ICS/Library/Journal_Articles_Research_Inter-Library_Loan.jnz?portlet=Free-form_Content_2019-08-09T09-16-14-638
2. using the 'Request this item through interlibrary loan' link on your iSearch hit

Please, before submitting an ILL request, be certain that you have exhausted all other avenues for locating your desired article in full text format. See information provided elsewhere on the Library's MySonoran page regarding other various online resources possible for locating Free Full Text journal articles. The Library will not fulfill requests if we locate it as open access on the internet. However, we may direct you to where you can locate the document yourself. Also, please submit requests from one to no more than 5 at a time.

Interlibrary Loan (ILL) office hours are 10:30-3:30 pm Monday – Thursday, except for Holidays. Requests placed after 3:00pm may not be processed until the next business day.

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.



Academia.€

Find and Share Research (Join for FREE)

<https://www.academia.edu>

Academia is a platform for sharing academic research. Academics have uploaded over 47 million papers, and 31 million academics, professionals, and students read papers on Academia every month.

Academia.edu is a for-profit open repository of academic articles free to read by visitors. Uploading and downloading is restricted to registered users. Additional features are accessible only as a paid subscription. Since 2016 various social networking utilities have been added.

BE ON THE LOOKOUT

LIBRARY FREE BOOK FAIRE COMING SOON

As the Library works to clean out its book collection of old and unused materials, along with weeding through a bunch of donations, the Library soon will be having a Free Book Give-Away Faire for the Sonoran Community. If you have books you wish to unload, feel free to bring them in soon to add to the collection.



The Sonoran University Library's main focus, of course, are books, materials and resources related to the human biological sciences, medicine, naturopathic modalities, nutrition, with some business and spiritual resources as well, along with perhaps a few other topics. However, on occasion, you may need materials and resources that we cannot provide, or are on topics not in our field. That is why we still encourage you to utilize your local public library. A great internet resource is a website called WorldCat, at <http://worldcat.org>. WorldCat (public access) searches the records of thousands of library collections globally, but primarily in North America. Use to locate materials outside of the Sonoran University Library. Find what you want in a library near you with **WorldCat**, a global catalog of library collections. WorldCat is a union catalog that itemizes the collections of 72,000 libraries in 170 countries and territories that participate in the Online Computer Library Center global cooperative. Search for a book, recording, video, etc., open the link, enter your current zip code and you will see a listing of various libraries from nearest to furthest away, that has a copy. Usually, you should be able to link to that Library's website catalog to verify if it is currently on the shelf and available for check out. A powerful resource tool in a variety of facets. It should be a part of your everyday research tools.

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

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)
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