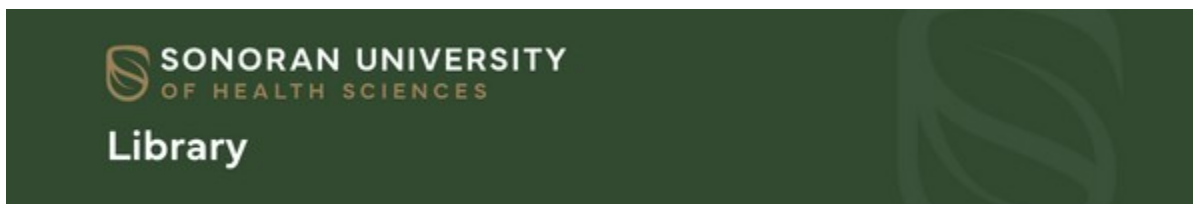


**Robert Wilbanks**

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**From:** Library  
**Sent:** Tuesday, April 23, 2024 1:08 PM  
**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

April 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://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.ams.usda.gov/fda/). 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.ams.usda.gov/fda/). 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>

## 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](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.

**Clinical Pharmacology**  
powered by ClinicalKey®

[Drug Identifier](#) [Drug Interaction Report](#)

[Clinical Pharmacology](#) is a point-of-care database consisting of drug information, drug interactions, IV compatibility, patient education, and more. It is accessible off campus with your library account access. Or, if you wish, you can register to create your unique account profile for off campus use. You can try this while off campus, but it might be you must be on campus, connected to the Sonoran University wi-fi, to create this account, and you must register with your Sonoran email.

## CITATIONS AND OTHER WRITING TOOLS

The Library has a MySonoran page entirely dedicated to various online Writing Tools, including various Citation generating sites, etc., to help you with your writing projects. Visit our open access page called **Writing Resources** on

MySonoran: [https://my.sonoran.edu/ICS/Library/Writing\\_Resources.jnz](https://my.sonoran.edu/ICS/Library/Writing_Resources.jnz) Collected here are various sites that can help you with writing papers, using citation formats or managing your citations, whether in AMA, APA, MLA, Chicago, etc. In addition to sites by Purdue Owl, Washington College, etc., there is a link to the site created by the International Committee of Medical Journal Editors which provides recommendations for the Conduct, Reporting, Editing, and Publication of Scholarly work in Medical Journals. Be sure to take full advantage of this page and the resources provided.

## TECH TIP

Often, when experiencing technical issues with your devices, account logons, and more, any one, or all three, of the following tips can make a huge difference in the successful functionality of your device.

1. Clear your Cache – Regularly clear your cache, browsing history, cookies, etc. This can definitely improve the functionality of your computer and browser. (side-tip: you don't necessarily have to clear your saved usernames/passwords)
2. Close your Browser(s) – Regularly close all your Browser(s), and/or Browsing Tabs. Leaving your Browser(s) and Browsing Tabs open over an extended period of time can adversely affect your devices performance.
3. Reboot/Restart– Regularly turn-off/restart your device. A basic Reboot or Restart refreshes your device. It clears memory, and stops any apps performing in the background eating up RAM space.



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.

## DRY ERASE MARKERS

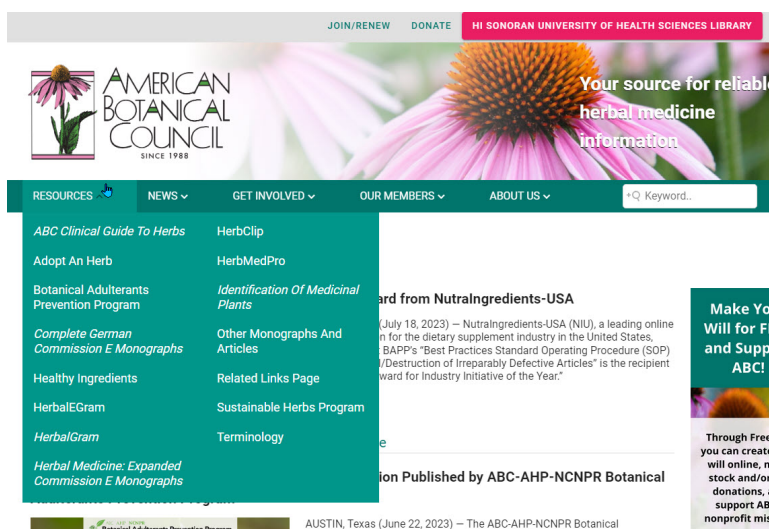
Dry Erase Markers are available in the Library for a limited check-out period of 24 hours. When you are done with the markers, please return the markers directly to staff, or to the Indoor Library Book drop. This can be found in the Lim Commons, Second Floor, the Book Drop Slot, a metal handle on the wall, is located to the far right of the library entrance (at the east end of the hall). Make sure you are returning 4 markers (black, red, green, blue) and an eraser in the Sonoran University Library bag with ID barcode number. Kits returned late or incomplete will be assessed fees to the borrower.



While this site might not provide you with all the specific medical books you would wish, we highly recommend you check it out for a variety of great study materials and a few surprises. FreeBooks4Doctors was created to promote the free availability of medical books on the Internet. They welcome comments and suggestions. Currently this site has 370 books, and 5088 medical journal back-issues, organized by topic or rating, there are also many books and journals in a variety of languages. Many are available as downloadable PDFs, and some are available as mobile apps. There is also an app for the site in general. You can sign up for their mailing list for alerts of newly available publications. Explore this fantastic site and make it a favorite for regular visits: <http://freebooks4doctors.com>

## AMERICAN BOTANICAL COUNCIL

The Sonoran Library's subscription to HerbalGram includes membership in the American Botanical Council, and as a result includes online access to a wealth of information and resources. These resources include Full Issues of current and past issues of HerbalGram, the complete Commission E Monographs, and the Expanded Commission E. Monographs, HerbMedPro, and the ABC Clinical Guide to Herbs. Check out these extensive resources by logging in to MySonoran, go to the Library Home page, then scroll down the left menu and click on the Library's '[Naturopathic Medicine Resources](#)' page for information on the login for Students and Faculty. When logged in to the American Botanical Council, click on Resources on the far left near the top of the web page.



## **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)

