

**Robert Wilbanks**

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**From:** Library  
**Sent:** Tuesday, January 6, 2026 8:47 AM  
**To:** Library  
**Subject:** Sonoran University Library News: Tips, Tricks & Tidbits

 **SONORAN UNIVERSITY**  
OF HEALTH SCIENCES  
Dr. Soram & Caroline  
**Khalsa Health Sciences Library**

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

**NEWSLETTER**  
**Tips, Tricks & Tidbits**  
**January 6, 2026**

**!!! CONGRATULATIONS !!!**

*Graduation : December 22, 2025*



**Sonoran University of Health Sciences**  
**College of Naturopathic Medicine**  
**College of Nutrition**

**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.

2021  
Happy New Year

*WELCOME BACK !!!*

*Hope You had a truly wonderful and relaxing Holiday Break.*

*Wishing you health and success in 2021*



## **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.ars.usda.gov/food-ingredients-nutrition/). 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.ars.usda.gov/food-ingredients-nutrition/). 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.

## 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.

## 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.



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**BookFinder.com**

Check out this excellent internet wide search engine, [bookfinder.com](http://bookfinder.com), that locates any and all new, used and out-of-print books for sale anywhere on the internet. It is great to help you find the best deals, comparing prices on such sites as Alibris, AbeBooks, Amazon, eCampus, Textbooks.com, Ebay, and more.

# ACLAND'S VIDEO ATLAS OF HUMAN ANATOMY

**Acland's Video Atlas of Human Anatomy** is a series of anatomy lessons on video presented by Robert D. Acland. Dr. Acland was a professor of surgery in the division of plastic and reconstructive surgery at the University of Louisville School of Medicine. The Atlas was originally released as a series of VHS tapes, published individually between 1995 and 2003. The series was re-released in 2003 on DVD as *Acland's DVD Atlas of Human Anatomy* (available for checkout from the Library) and is now an online resource available through the Sonoran Library's MySonoran page. The **Acland's Video Atlas of Human Anatomy** contains nearly 330 **videos**, broken down into 30 second to 5 minutes in length, of real **human** anatomic specimens in their natural colors, including 5 new, groundbreaking **videos** of the inner ear. This is a real 3-D look at the human anatomy as Dr. Robert **Acland** presents moving structures — muscles, tendons, and joints — making the same movements that they make in life. It is a very popular video series amongst medical and non-medical personnel alike.

This is a great supplement for the Cadaver lab experience, and is great for reviewing and retaining your basic anatomy knowledge as you move beyond your basic science curriculum.



## LIBRARY PAGE DOESN'T REQUIRE LOGIN

Just to clarify, the Library Home Page, and a few other Library pages, on the MySonoran portal is an open access page. No Logon is required. Just visit the pages and start scrolling. Your Library Account Logon is only required when you are off campus and click on the various links provided on the Library pages. This is a very important distinction.

MySonoran is an online portal serving prospective students, current students, faculty and alumni of Sonoran University of Health Sciences. MySonoran provides access to the following:

- Current students can access course information, student schedules, unofficial transcripts, grade reports, and other student services.
- Alumni have a secured alumni-only section with resources for Sonoran University grads.
- Faculty and staff can access internal policy documents, online forms, and department resources.

## **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 Khalsa Health Sciences Library

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

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

