



# INSIDE THE CLARION UNIVERSITY LIBRARIES



January 23, 2018

Volume 13, Number 16 •

## In This Issue

Welcome Back!

Dear Faculty:

Information Literacy  
Instruction Is Here!

Cheresnowski Retires

Library Tip:

Best Sellers

Faculty Tip: Streaming  
Video

The S.W.A.T.

Minion's Tip:  
*Can't Sleep?*

Cranial Candy:

Word Of The Week ...  
*deferential*

Something To Think  
About

## CU Libraries' Links:

[Inside The Clarion  
University Libraries](#)

[Read back issues of  
the Libraries'  
newsletter](#)

[Library Home](#)

We publish *INSIDE The CU Libraries* weekly, when classes are in session. Here we share information about our services and resources with the campus community. Current and back issues are available online through the NEWS link on the [Libraries' homepage](#).

## Welcome Back!



The staff and faculty of Carlson and Suhr Libraries welcome you back for the 2018 Spring Semester. Although it may be cold and snowy outside, the Libraries are warm and welcoming, and the offerings of the Carlson Café will help you to feel warm and cozy.

Whether you are on one of Clarion's campuses, taking classes at a remote location, or enrolled in a Clarion Online

course, we are here for you. Please stop by or call us for your information service needs.

- Carlson Library Reference Desk 814-393-2490
- Carlson Library Circulation Desk 814-393-2301
- Carlson Library Interlibrary Loan Office 814-393-2481
- Suhr Library 814-676-6591

You can contact us through the [Libraries](#) webpage ([www.clarion.edu/libraries](http://www.clarion.edu/libraries)).

If you are an online student, we have a range of special services just for you. Check them out at our webpage for [Clarion Online Students](#) or call us toll free at 1-866-272-5612, press 5 for library.

We look forward to seeing you in the Libraries and virtually through the library webpage, D2L, and Facebook!



## Library Tip: Best Sellers



Both Carlson and Suhr libraries have *Browsing Collections* containing popular reading books.

Best selling novels, other fiction, non-fiction, and titles of local interest are available. Check them out.

## Faculty Tip: Streaming Video



[Academic Video Online: Premium \(AVON\)](#) is a multidisciplinary collection of more than 62,000 videos, with 400 new titles added each month. It was created to support the educational needs of college students and faculty.

The videos span essential subject areas including anthropology, art, business, counseling, criminal justice, diversity, education, film studies, health sciences, history, literature and language, music and dance, nursing, psychology, science, social sciences, theater and much more.

AVON includes award-winning documentaries, interviews, performances, news programs and newsreels, features and shorts, lectures, training films, archives, field recordings, commercials, and raw footage. The collection represents content from over 1,500 leading distributors, producers and filmmakers, including 60 Minutes, PBS, BBC, CBS, NBC, Annenberg, Bloomberg and more

For faculty there are platform tools for learning, research and teaching.

This database is available through the [Libraries Homepage](#). In the green "Research" block, click on the [Databases A-Z](#) link, then scroll down the alphabetical list. If you have questions or need assistance, stop by the libraries or call Carlson Library at 393-2490, Suhr Library at 676-6591, or Clarion Online distance education students may call toll-free at 866-272-5612, (press 5 for Library). Our Chat and other online services are available at the [Ask a Librarian! / LibAnswers!](#) link on our Website.

## The S.W.A.T. Minion's Tip: Can't Sleep?



Are You having trouble getting to sleep - or staying asleep - at night? It's time to ditch the electronics at bedtime.

Playing a game, checking Facebook, or watching a video seems like a great way to wind down. However, the light from the screen can actually stimulate you and make it harder to go to sleep. The blue light given off by LED screens tells your brain that it is daytime...time to get up! Try putting all of your devices away an hour or two before bed. Read a physical book or a non-backlit eReader or just listen to music.

The absolute worst thing to do if you wake up in the night is to pick up your phone or tablet or turn on your PC. You will just wake yourself up more.

Although there are apps that will adjust the brightness of your screen as you approach bedtime, your best bet is to quiet your mind and turn off your electronics.

## Cranial Candy: Word Of The Week...



### deferential

#### PRONUNCIATION:

def er EN shull

#### MEANING:

To **defer** to someone, or to show **deference** to someone, is to show that the other person is better than you somehow: more skilled, more wise or knowledgeable, etc.

So, someone or something **deferential** is **respectful toward others in a humble way**.

#### USAGE:

Often you say that something or someone is deferential **to** (or **toward**) someone else: "she's deferential **to** her professors," "he keeps his tone deferential **toward** the review committee."

But you can also talk about deferential things, people, and personalities: deferential comments, deferential students, a deferential attitude, her deferential reserve, the pamphlet's deferential language, my deferential disposition, etc.

Although we do not "*repair*" computers, the **S.W.A.T. Team** (**S**tudents **W**ho **A**ssist [with] **T**echnology) on Level A of Carlson Library is always happy to help. Having an issue? Let us take a *swat* at it!

## Something To Think About:



*I am I plus my surroundings  
and if I do not preserve the latter,  
I do not preserve myself.*

*~ Bob Chapman*