



End Notes

University of Southern Nevada – Library & Learning Resources Centers

Humor is Good for the Soul - LAUGH!!



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News of the Weird

National Humor Month was founded in April 1976. Laughter can improve our health and holds many therapeutic values. It improves health, boosts morale, reduces pain, increases communication skills and enriches the quality of our life. It's also a great stress reducer. More and more medical studies and reports confirm the health benefits that humor and laughter provide to our bodies. Laughter also increases beta-endorphins and helps reduce cardiovascular disease risk.

You've all heard the saying, "April showers bring May flowers," but April is often bleak because of the rain and snow showers, allergies, overcast skies and taxes. It can be one of the most stressful times of the year. This is also a time when students are thinking about the end of the school year and perhaps starting to panic a bit.

From grade schools to the Oval Office, humor has proven to be a wonderful tool that opens doors and breaks down barriers. Where else could we have come up with words like, "Strategery," "Hopefuller," "Sublimable," and so many others?

So remember, humor is very personal. It helps to create joy in your life. When you hear someone say "laughter is the best medicine," believe it. It's most important to get all the big laughs you can and enjoy our lives a little bit more.

When the game of ping pong/table tennis was first played in the 1880's the bats were made of dried animal skins stretched over a wooden frame.

Bulls do NOT charge because a Matador's cape is red. They charge because of the movement of the cape.

President Rutherford B. Hayes held the first Easter egg roll on the White House lawn.

Caterwaul (Kat-er-wawl)
v:complaining loudly; screeching; to make a cat's howling cry.

The average adult eyeball weighs about one ounce.

Pentheraphobia - Fear of a mother-in-law.

New faces in the LLRC

The South Jordan Campus LLRC has a new Health Science Librarian. His name is Burt Barnard and he hails from Taylorsville, UT. Burt attended and graduated from Brigham Young University with a Bachelor's degree in History. He received his Masters of Library Science from the University of North Texas in 1999. For the past eight years, he was the librarian for the Murray Campus of Stevens-Henager College. Burt is married and has three children.

At the Henderson Campus, Suzanne Fayle has joined the staff as the new Assistant Librarian. Suzanne is a recent graduate of the University of Nevada, Las Vegas where she earned her Bachelor of Arts in English. Prior to coming to work at USN, she worked as an Adult Services Assistant at the Whitney Branch of the Las Vegas Clark County Library System.

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Ovid Web Gateway

One of the more powerful databases the University of Southern Nevada LLRC subscribes to is the Ovid Web Gateway. Ovid offers access to hundreds of journals, drug information full text, *EMBASE Drugs & Pharmacology*, *MEDLINE* and *Pharmaceutical News Index*. To access Ovid, first login to the Academic Resource Center through the library's website and then click on the LLRC Plus link. This will pull up a list of links to our different online resources. Then find the link to Ovid. Below the link is the off-campus student username and password. Once on Ovid there is a list of databases.

Your Journals@Ovid is a subset of the larger Journals@Ovid database that is limited to the journals to which USN subscribes, and when users want to see only the citations to which they have access. It provides all of the basic functionality of Journals@Ovid, including 100% search ability, seamless integration with databases and the ability to browse by journal and by subject.

Journals@Ovid is a single database that contains the Ovid Full Text and graphics of every full text journal offered by Ovid. Regardless of the number of subscribed Journals@Ovid titles, every Journals@Ovid subscriber gets access to all of the table of contents, bibliographic citations, abstracts and references in the entire database.

If you need help with Ovid, or with any other USN database, please feel free to visit the library and ask one of the librarians. We would be glad to help.



Check out the Leisure Reading Collection

Tired of reading course material and just want to sit back and enjoy some fun leisure reading? If so, stop by the LLRC and browse our McNaughton collection as it contains copies of current best sellers and popular titles in both fiction and non-fiction.

The collection is kept current by adding new titles each month and withdrawing older, out-dated titles. These books are located on the bookshelves on the far east side in South Jordan and on the south side in Henderson

How to Request a Library Hold

On occasion, when you visit the Library to check out a book or a CD, you may find that someone else has already checked out the item you wanted. If that is the case, do not worry as you may request an item that is currently checked out to another user.

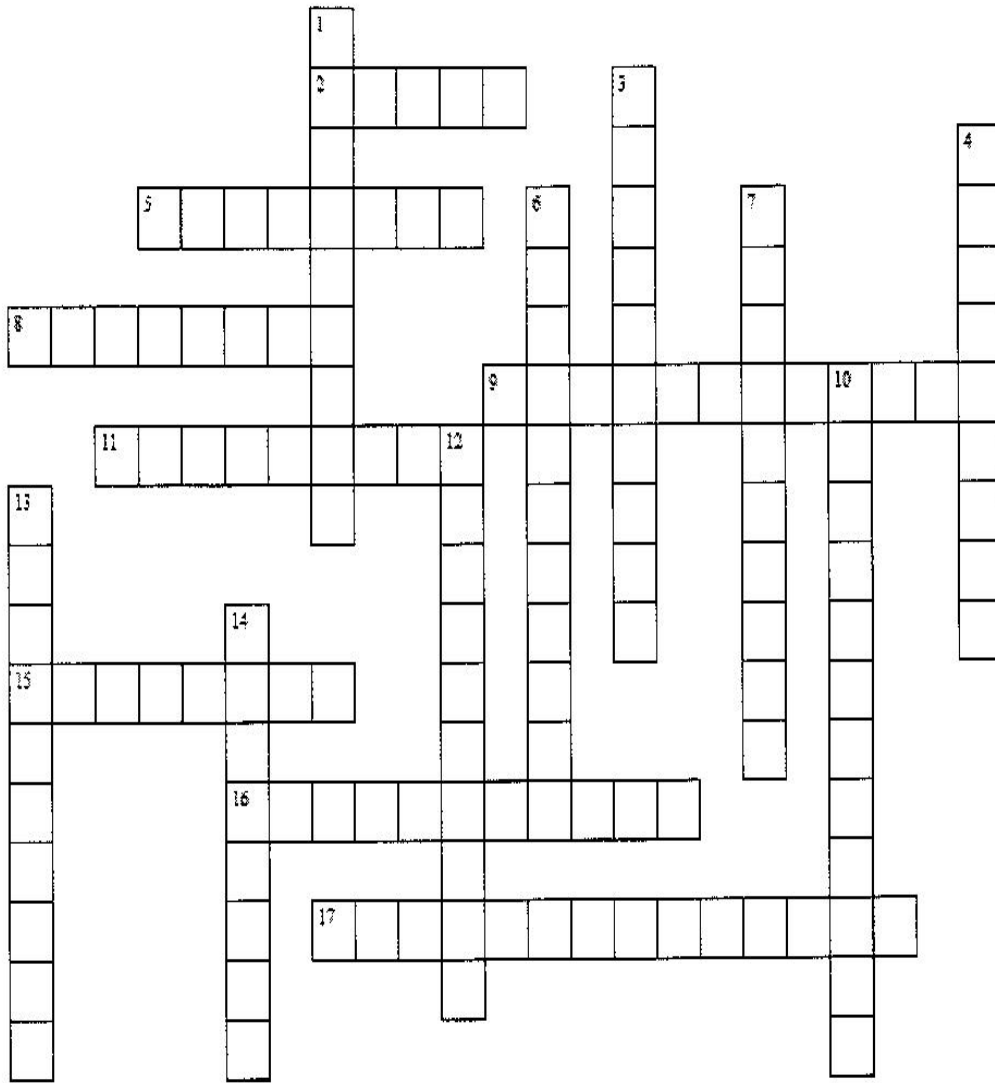
Requesting an item from the Library is called placing a hold. Once you place a hold onto an item, when it is returned to the Library a notice of availability is mailed to your e-mail address. The item will then be held for you at the circulation desk for three (3) days. If you do not pick up the item during this time period, it will be released and anyone else may check it out from the Library.

There are two ways to request a hold – you may request a Library staff member assist you in placing a hold or you may place the hold yourself via a computer.

To place a hold via the computer, follow these steps:

- Visit the USN Library web-site (<http://www.usn.edu/library>) and find the item in the on-line catalog
- Click the “Request First Available” button
- Log in using your student identification number and your pin. Your pin is the last four digits of your student number
- When the request confirmation screen appears, choose your campus. At this point you will see what number you are in the queue – in other words, how many people have requested the item and are in front of you.
- Click “Request”.

Crossword Puzzle



ACROSS

- 2 This extremely toxic substance derived from castor seeds was found in a Nevada hotel recently
- 5 A common opioid analgesic
- 8 2007 Nobel laureate from the University of Utah
- 9 Dental specialty of correcting teeth irregularities
- 11 Inflammation of the stomach
- 15 Lack of adequate sleep
- 16 Reproduction of documents using mechanical or electronic means
- 17 Ability of a chemical/ drug consumed by the mother to cause fetal abnormalities

DOWN

- 1 Inflammation of the joints
- 3 Condition of no sensation or pain
- 4 Process of viewing the stomach through a specialized instrument
- 6 Abnormal fear of water (seen in rabies)
- 7 Bleeding disorder due to clotting factor deficiency (usually hereditary)
- 10 Synonym for platelets
- 12 Common route of drug administration in anginal pain
- 13 Agent that kills or prevents the growth of bacteria in the body
- 14 Lack of appetite or desire to eat



LLRC Fall Hours

SOUTH JORDAN, UT

Mon-Thurs	7:00AM-10:00PM
Friday	7:00AM-5:00PM
Saturday	Closed
Sunday	Closed

HENDERSON, NV

Mon-Thurs	7:00AM-11:00PM
Friday	7:00AM-5:00PM
Saturday	10:00AM-2:00PM
Sunday	Closed

Fall Closures

SOUTH JORDAN, UT

September 1	Labor Day
November 26-28	Thanksgiving Break
December 22 -January 5	Christmas Break

HENDERSON, NV

August 30-September 1	Labor Day
November 26-28	Thanksgiving Break
December 22 -January 5	Christmas Break

South Jordan, UT: Around Town

Need something to do on a Saturday night? There are many places near the South Jordan Campus to eat, catch a movie or to shop. Just two miles away on 9400 S. State Street is Jordan Commons, a movie multiplex/dining area. It has seventeen theaters, and five restaurants on the property. For movie times and more information see www.megaplextheatres.com. For shopping, the South Town Mall, just on the other side of the freeway on 10600 South, is the largest mall on this end of the Salt Lake Valley.

If the outdoors is more your style, nine miles from campus up Little Cottonwood Canyon is the Snow Bird Ski and Summer Resort. During the summer the resort offers aerial tram rides, an Alpine Slide, Zip Rider, climbing, ATV tours and hiking. They also have fifteen different eating establishments, concerts, and festivals. For more information check it out at www.snowbird.com.

Henderson, NV: Around Town

Located just minutes from the glitz and glamour of the Las Vegas strip, the City of Henderson offers numerous activities for you to enjoy during your free time. From shopping and movies at The District at Green Valley Ranch, to free concerts at the Henderson Pavilion there is something for everyone. To locate upcoming events sponsored by the City of Henderson, many of which are free, visit www.hendersonlive.com/ to view an events calendar.

The City of Las Vegas offers several interesting museums. Samples of the museums you have an opportunity to visit are:

- The Atomic Testing Museum, www.atomictestingmuseum.org/, documents over 50 years of research and testing conducted at the Nevada Test Site.
- Containing at 8-acre botanical garden, The Springs Reserves, www.springspreserve.org/html/, offers a pleasant way to spend your day outdoors while learning about the desert environment.
- The Las Vegas Natural History Museum, www.lvnhm.org/, strives to help visitors learn to appreciate the world's wildlife and ecosystems.

If you prefer to be outside enjoying the great outdoors, you will find numerous hiking trails throughout the Henderson and Las Vegas area. For more information regarding local hiking trails visit www.localhikes.com/msa/msa_4120.asp for details. Always remember to bring lots of water and wear your sunscreen.