



INSIDE

The Clarion University Libraries



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In This Issue

- Welcome Back!
- Faculty Tip: Information Literacy Instruction
- Faculty Author To Speak Friday: Dr. Susan Turell
- Library Tip: Best Sellers
- Computer Tip: 20-20-20 Eyes
- Cranial Candy: Groundhog Day...Again!
- Something To Think About

CU Libraries' Links:

Inside The Clarion University Libraries

Read back issues of the Libraries' newsletter

The Clarion University Libraries newsletter is published weekly when classes are in session. Through *INSIDE*, we share information about our services and resources with the campus community. *INSIDE* is best viewed with Microsoft Outlook. However, you can read a PDF version of *INSIDE* online through the [Libraries' homepage](#).

Welcome Back!



The staff and faculty of Carlson and Suhr Libraries welcome you back for the 2013 Spring Semester. Although it may be cold and snowy outside (*at least we're not Edinboro*), the Libraries are warm and welcoming. 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 an online course, we are here for you.

Please don't hesitate to 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

If you are an online student, we have a range of special services just for you. Check them out at our [Virtual Campus Web page](#), or call us toll free at 1-866-272-5612 and press #3 for library.

We look forward to seeing you in the libraries and virtually through the library [Webpage](#), D2L, and [Facebook](#)!



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.

Computer Tip: 20-20-20 Eyes



Do your eyes get tired after spending a lot of time looking at a computer or phone screen?

The Centers For Disease Control says it could be because you're so involved with your Words With Friends Game that you are forgetting to blink.

The agency tasked with looking after the nation's health says forgetting to blink causes fatigue. So, don't forget to blink!

The CDC suggests you follow what they call the 20-20-20 rule. About every 20 minutes, look away at something about 20 feet in front of you. Keep your eyes on that object for 20 seconds.

Cranial Candy: Groundhog Day...Again!



Unlike Bill Murray in the movie, *Groundhog Day*, we get only **one** February 2nd each year. If you think you know everything about Pennsylvania's famous prognosticator, you might want to visit Punxsutawney Phil's official [website!](#)

Check out Phil's Adventures, meet the Inner Circle, join the club, and make your plans for Groundhog Day 2013.

Wait...You haven't seen the movie, [Groundhog Day](#)? Phil plays a rather minor role in this funny tale of the weatherman trapped in the same 24-hour loop of time.

Something To Think About:



*Don't knock the weather;
nine-tenths of the people
couldn't start a conversation
if it didn't change
once in a while.*

~Kim Hubbard