

THE CORNER SHELF



APRIL 2011

News and Alerts

April Library Hours Changes

Extended exam hours:

- 9th & 10th, 10 am - 7 pm
- 16th, 8 am - 7 pm
- 17th, 10 am - 7 pm

Regular hours April 18 - 21

Closed Easter weekend 22 - 25

Spring/Summer hours begin

April 26: 8:30 am - 4:30 pm

Days to Celebrate:

2nd - International Children's Book Day

7th - World Health Day

14th - International Moment of Laughter Day

21st - International Creativity and Innovation Day

22nd - Earth Day

Good Friday is April 22nd and Easter Monday is April 25th

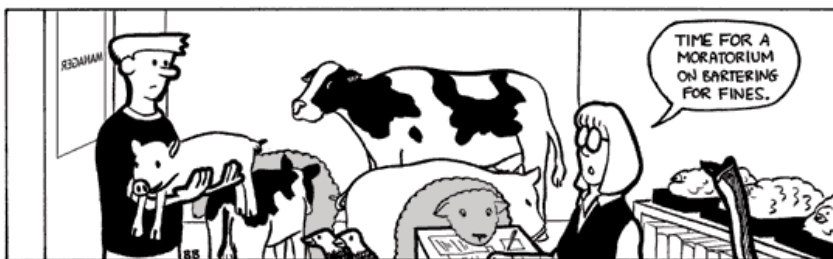


He is Risen!

What's Inside

- Stressed Out?
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LIBRARY TIP #10: YOUR LIBRARY ACCEPTS A VARIETY OF PAYMENT METHODS



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STRESSED OUT?

Stressed out? Here are some tips to help as you prepare for final exams.

Pay attention to your study area and body posture. Is your neck bent too far forward for hours at a time? Is there enough light? Change anything causing strain or discomfort. Take regular breaks, set a timer if you have to, then stop and look away from your computer or papers. Get outside for a short walk around campus or around the block. Getting a little sunshine can go a long way to improving your energy levels. Pretend you are a kid again and smell the air, go skipping, stomp on a puddle, or hug a tree. Being out in nature for even a short time can help you to gain perspective and shift your mood. If you're stuck inside you can still get a boost, and not just from caffeine. Step away from your desk and do a few

jumping jacks, sit-ups, push-ups, or – even better – dance to music that you love. Get your blood moving, your heart pumping, and your body warmed up. Finish with a bit of stretching, especially your neck, shoulders, and back – spots that tend to get sore when you've been hitting the books.

Sometimes you need movement to clear your mind and re-energize your body, sometimes you need relaxation. Find a quiet spot (we've got a few over at the library!) and sit comfortably. Close your eyes and listen to the space around you. Take some deep breaths in through the nose and out through the mouth, stretching those breaths out as long as you can and calming your heart rate. Focus your attention on one small part of your body, such as your tight shoulders or pensive forehead, and tense those muscles for a few seconds then relax them and continue to

breathe deeply. Work your way through your whole body or just some trouble spots causing you discomfort. Imagine being in a place that you love, maybe a meadow, maybe a mountainside. While you are in this relaxed state, give yourself a positive message such as "I can handle this exam" or "I am confident and prepared." When you are ready, bring your attention back to where you are and re-engage with the world around you. Don't forget to massage your forehead, temples, wrists, and hands to loosen them up before you get back to work.

Make sure you get lots of sleep and healthy food, right now is when you need these things the most. Take care of yourself, there's only one you!

Submitted by Jenna Innes
Information Services Assistant

ONLINE FINE PAYMENTS & FOOD FOR FINES

There's a new option to pay library fines - online with a valid credit card. Access it from the Concordia website on the Services for Students page: <http://onlineservices.concordia.ab.ca/student> Click *Your Fees & Fines* and log in to see your library fines and pay from there. **NOTE:** It may take up to two (2) business days for the encumbrance to be cleared from your account.



Food For Fines is back! The campaign runs April 1st - 19th. All donated items will go to the **Concordia Student Food Bank.**

Fines on Concordia library items can be forgiven for a donation of 1 food bank item for each \$5 of fines, up to a maximum of \$20 forgiven (4 donated items). Fines

on items from other libraries cannot be forgiven at Concordia.

Preferred non-perishable items include canned meats and fish, peanut butter, canned fruit or vegetables, juices, dry pasta, pickles, soy products, as well as vegan alternatives.

For further information, please ask at the Circulation Desk.

POETRY BOOK REVIEWS

Well written poetry has the unique capability of conveying significant emotion in an established format or limited amount of words. The poetry within these collections demonstrates this skill and is worth checking out.

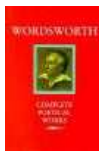
Sonnets from the Portuguese by Elizabeth Barrett Browning (eBook).

Elizabeth Barrett Browning spent much of her life as an invalid before meeting her future husband Robert Browning at the age of 39. While this collection of 44 poems is a tribute to their love, themes of religion, death, and the natural world are also seen.

The Poetry of Robert Frost edited by Edward Connery Lathem. PS 3511 R94 P63 1969

A collection of poetry written between 1913 and 1962 which highlights Frost's appreciation of the sacredness and beauty

of nature.



Poetical Works [of] Wordsworth; with introductions and notes; edited by Thomas Hutchinson and Ernest De Selincourt. PR 5850 F69 1969

A Romantic poet, Wordsworth carefully considered and documented the world around him. His poetry is an individual perspective of 18th and 19th century England.



15 Canadian Poets x3 edited by Gary Geddes. PS 8291 F53 2001

Prominent Canadian poets are featured in this anthology including standout Roo Borson. Brief biographies of each poet are also included.

Submitted by Riqui Ward
SLIS Practicum Student

Weekly New Books List: <http://catalogue.library.ualberta.ca/newbooks/library/index.cfm?Libraryfilter=21>

Concordia Library on Facebook: <https://www.facebook.com/pages/Concordia-Library/155004017870032>

Concordia Library News and Events Blog: <http://cucalibrarynews.blogspot.com/>

Concordia Library on Flickr: <http://www.flickr.com/photos/concordialibrary/>

COOL WEB STUFF

- ☞ Do you like to read poetry? Sign up for **Poem-a-Day** here <http://poem-a-day.knopfdoubleday.com> and get an emailed poem each day in the month of April. Peruse archives, download broadsides, watch special features and share on Facebook.
- ☞ Is there a song you heard on your favourite TV show, it was perfect for that scene, you'd love to download it, but you have no idea what it's called or who the artist is? Go to **Heard on TV** <http://heardontv.com/all/recent>. Search by TV show or artist and submit/rate songs if you are so inclined. Join the site or sign in with Facebook, Yahoo or Open ID. You can listen, download or watch YouTube clips.
- ☞ Do you have a good memory for faces? Or maybe not? A disorder called *prosopagnosia* is an inability to recognize faces. Test yourself here www.faceblind.org/facetests/index.php. Disclaimer: results may be used for research purposes and aren't a medical evaluation. You don't need to give any personal information to take the test. More brain function tests are available at **Test My Brain!** www.testmybrain.org. I got 88% on facial recognition and 90% on famous faces, both scores higher than average. Now if I could just remember names.....
- ☞ Easter is coming and so are the Cadbury Creme Eggs! They are certainly yummy but they also make great ammunition. Check out the **Cadbury Creme Egg Cad-apult** www.returnofthegoo.ca/en/#/launch. Type in an address, wait for *Google Maps* to find it, click the button, watch the egg fly 'til it lands, splat! Very satisfying, I must say. Egg your own house, your friend's or your enemy's - you decide!
- ☞ How long has it been since you played **Rock-Paper-Scissors**? *The New York Times Science* division has developed a rock-paper-scissors game that illustrates basic artificial intelligence. The computer has 2 modes: novice (learns from scratch) and veteran (plays based on 200,000 previous games). Test your prowess here www.nytimes.com/interactive/science/rock-paper-scissors.html?ref=science.

Any feedback or suggestions would be *mutch* [sic] appreciated. Contact me at 479-9335 or jan.mutch@concordia.ab.ca.

FEATURED E-RESOURCE



Literature Resource Center is our featured resource for Poetry Month. This Gale database is the place to find over 30,000 contemporary poems, short stories and plays. To find a poem, go to Advanced Search and limit by "Document Type" to *Poem* or *Poem Explanation*; search for a poem title or a topic and be prepared to be amazed! On the search results page, use the tabs at the top

to choose whether you want to see the full-text poem or look at critical reviews, topic overviews, or even hear a poem being read out loud.

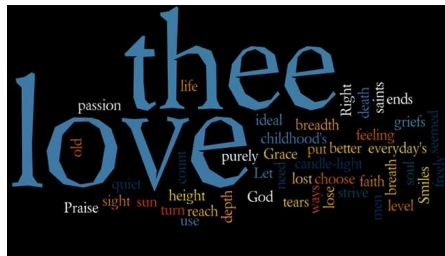
In addition to being a great poetry resource, **Literature Resource Center** also has over 145,000 biographical entries, 70,000 full-text critical essays and reviews, AND over 850,000 full-text articles from scholarly journals and literary magazines. It is, in short, an amazing resource!

Library Hours

Monday - Thursday	7:45 am - 9 pm
Friday	7:45 am - 5 pm
Saturday	10 am - 5 pm
Sunday	12 Noon - 7 pm

Closed Statutory Holidays

****Check the website for details****



How do I love thee? Let me count the ways...

by Elizabeth Barrett Browning

Graphic created at www.wordle.net

To access **Literature Resource Center**, go to the **English E-Resources** page on the library website.

<http://library.concordia.ab.ca/eresources/english>

Submitted by Erica Hebert
Information Services Librarian

