



Check It Out

FEBRUARY 2015 · YOUR GUIDE TO THE LAREDO
REGIONAL CAMPUS LIBRARY

LIBRARY HOURS

MONDAY

9 AM—5 PM

TUESDAY

9 AM—5 PM

WEDNESDAY

9 AM—5 PM

THURSDAY

9 AM—5 PM

FRIDAY

8 AM—12 PM

SATURDAY

CLOSED

SUNDAY

CLOSED

EYL

*Reminder: ACA open enrollment for 2015 health insurance ends February 15. Come by the Library for information about the Health Insurance Marketplace and contact information for local organizations that can assist with the application process.

*Please note that the Library will be closed to the public on Monday, February 16th in observance of President's Day.

New Research Methods Database



Need help designing and executing a research project? Check out SAGE Research Methods (SRM) a new library database that covers all aspects of the research process, from developing a research question to defining results. Within this database are numerous e-books and select e-journal articles that focus on research design and development. Coverage includes the full range of methods used in the behavioral sciences, as well as many commonly used in science, technology, and medicine.



SAGE Research Methods is appropriate for anyone investigating, designing, supervising, or teaching research methods. Printable tutorial flyers are available for [students](#) and [faculty](#).

Access SRM through the library's [catalog](#) and [database page](#). SRM is provided through the UT System Digital Library for use by all UT institutions.

American Heart Month



The color red represents strength, joy and power and during American Heart Month in February, it symbolizes the fight against heart disease in women.

One in three women die of heart disease or stroke every year, according to the American Heart Association. Education and lifestyle changes, however, can prevent 80 percent of cardiac events.

The cause behind the color is Go Red For Women, a movement the American Heart Association started more than a decade ago to fight a life-threatening lack of awareness about heart disease in women, which extended to many physicians and researchers.

Click [here](#) to see an infographic of the risk factors for heart disease.