



Check It Out

MARCH 2016 · 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

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* Please note that copying services are currently out of order. The library is in the process of acquiring new equipment. We apologize for the inconvenience. In the meantime, please keep in mind that print services are functioning and still available.

National Nutrition Month

March is National Nutrition Month, when the Academy of Nutrition and Dietetics (www.eatright.org) reminds everyone to return to the basics of healthy eating. They focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. Below are some of the Nutrition Tip Sheets for families and communities that they offer:



16 Health Tips for 2016 ([English](#))

25 Healthy Snacks for Kids ([English](#) | [Spanish](#))

Eating Right on a Budget ([English](#) | [Spanish](#))

Eating Right Tips for Older Adults ([English](#) | [Spanish](#))

Eating Right with Less Salt ([English](#) | [Spanish](#))

Eat Right with My Plate ([English](#))

Healthy Eating on the Run ([English](#) | [Spanish](#))

Shop Smart — Get the Facts on Food Labels ([English](#))

Smart Snacking for Adults and Teens ([English](#) | [Spanish](#))

AHEC Youth Leadership Program

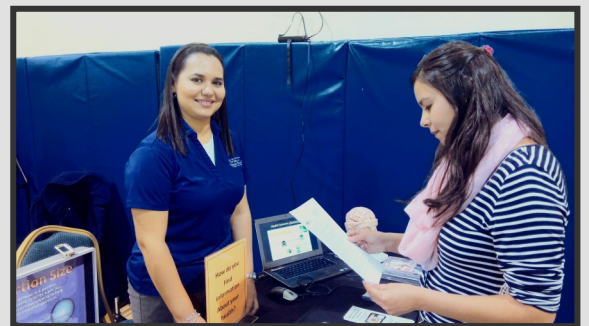
The UT Health Science Center Laredo Regional Campus Library participated in the AHEC Youth Leadership Program on February 13th. Aida Almanza, Library Assistant, provided a library orientation to high school students and showed them how to use the library catalog to search for books, journals, and databases from the U.S. National Library of Medicine such as PubMed and Medline Plus.



STEM Festival at Harmony Science Academy

Erika Silva, Library Assistant at the UT Health Science Center Laredo Regional Campus Library, provided an exhibit for Harmony Science Academy students and their parents at the 4th annual STEM Festival (Science, Technology, Engineering, and Math) on February 6th. The STEM Festival gave students an opportunity to showcase their projects and experiments to teachers, parents, and fellow students. Projects lined the walls and tables of the HSA gymnasium.

On display at the Laredo Regional Campus Library exhibit were a variety of resources from the National Library of Medicine (NLM). Parents were given consumer health information materials and students had a chance to view a slideshow about Health Sciences Librarianship and take a Medical Library Association brochure and tip sheet with them.



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