



EASTWICK COLLEGE LIBRARIES NEWSLETTER

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Greetings from the Eastwick College libraries! Although students and faculty are not on campus this quarter, and learning is through remote access, there is plenty that your campus library can help you with!

Please note that the Eastwick College campus libraries are closed at this time. Students and faculty are welcome to use our remote library and can contact Sisalee Hecht, corporate director of library services, for assistance.

Please Note:

We are all so concerned about the COVID-19 pandemic and it has affected many in our Eastwick community. To those of you who have lost loved ones, our deepest sympathies to you and your families. You are in our thoughts during these difficult times.

TRY THIS STRESS RELIEVER – DO NOTHING FOR TWO MINUTES!

What: This site challenges you to *do absolutely nothing* for two minutes.

How: The simple platform consists of a screen filled with an endless sea and sky and the sounds of crashing waves in the background. The clock starts at two minutes – the length of time you have for relaxation, listening to the calming splash of water. The trick? You really should do nothing! The second you touch your mouse or keyboard, the clock starts over at two minutes.

Plus: A touch of **comical gamification**: A fail sign appears as soon as you move your mouse or touch your keyboard, causing the clock to restart.

Website: <http://www.donothingfor2minutes.com>
(p.s. definition of “gamification” noun “the application of typical elements of game playing (e.g. point scoring, competition with others, rules of play) to other areas of activity, typically as an online marketing technique to encourage

engagement with a product or service.” Lexico, 2020.) WOW!

Eastwick Libraries Update

The libraries at Eastwick College and the HoHoKus School provide remote/off-site access to library resources via LibLynx.

- 24/7 remote access from anywhere, on any Internet-enabled device
- Single sign-on, with personalized user portal

Featured resources include:

- eBook Community College Collection
- Academic Search Premier
- CINAHL Nursing and Allied Health database
- ProQuest Career & Technical database
- Gale Computer database
- New Jersey State databases
- Google Scholar

Full-text, peer reviewed articles from these sources can be cited, downloaded, emailed, placed in folders, and more.

All active students and faculty are emailed an invitation for creating a LibLynx account. If you need help accessing the link or have any questions, contact Sisalee Hecht, corporate director of library services, at shecht@eastwick.edu. The direct link to LibLynx is <http://liblynxgateway.com/eastwick>.

NEED A BREAK?

TAKE A VIRTUAL TOUR!

The New York Botanical Garden is located in the Bronx, New York City. Established in 1891, it is located on a 250-acre site that contains a landscape with over one million living plants.

<https://www.nybg.org/nybg-at-home/>

Museums of the World features virtual visits to some of the most famous museums on the globe. Visit the Louvre (Paris), Guggenheim (NYC), National Gallery of Art (Washington, DC), Smithsonian (Washington, DC), NASA (Houston), and other world renowned repositories.

<https://www.mentalfloss.com/article/75809/12-world-class-museums-you-can-visit-online>

Boatload Crossword Puzzles features 40,000 (!) puzzles at <https://www.boatloadpuzzles.com/>

Be amazed by our **Navy Blue Angels and Air Force Thunderbirds** as they fly together over New York City.

<https://www.youtube.com/watch?v=1JESy0CnYPw>

WHO COULD USE A LAUGH???

Day 50 at home and the dog is looking at me like, "See? This is why I chew the furniture!"

I swear my fridge just said "what the heck do you want now?"

Me: Alexa - what's the weather this weekend?

Alexa: It doesn't matter – you're not going anywhere!

Quarantine has turned us into dogs. We roam the house all day looking for food. We are told "no" if we get too close to strangers. And we get really excited about car rides.

And finally ... The trick is in what one emphasizes. We either make ourselves miserable, or we make ourselves happy. The amount of work is the same.

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Twitter

<https://twitter.com/EastwickCollege>

FASCINATING FACTS ABOUT YOUR HEALTH

Owning a dog can lower your risk of heart disease. High levels of chronic stress are a leading cause of cardiovascular disease. But you know what helps decrease stress? Having a dog! According to the American Heart Association, dog owners typically have lower blood pressure and cholesterol levels, both of which decrease your risk of cardiovascular disease. So if your life is impacted by stress, you might want to consider adopting a canine friend. **Woof woof.**



Eating chocolate can make your skin look healthier! According to a 2014 study published in Nutrition Journal, dark chocolate has many beauty benefits, including the ability to reverse sun damage and prevent wrinkles. That's because antioxidants in dark chocolate called flavanols promote the production of collagen, thereby improving skin elasticity and moisture.

To Cool Down, Drink Something Hot! It might sound counterproductive, but if you want to cool down, then drink something hot. According to a study from the University of Ottawa's School of Human Kinetics, as the drink is hotter than your body temperature, it triggers a sweat response in the body that more than compensates for the increase. So although it might initially make you feel hotter, a hot drink will cause you to sweat more and therefore the body effectively cools itself quicker.

Sure hope you enjoyed reading this library newsletter! Be sure to contact me if you have any questions about your library. Best wishes to you and your family for good health, Sisalee Hecht, corporate director of library services, Eastwick Education shecht@eastwick.edu.