National Eat Better, Eat Together Month

October is National Eat Better, Eat Together Month. Research shows that there are many benefits to families coming together at the dinner table. First, eating together at the dinner table opens the door to better communication with children. Often times, our busy lives hinder us from taking a break to set up the dinner table and have a conversation without disruptions, (TV, phone, work, etc.). Studies show that communication is very important in the development of small children’s literacy skills. If you are the parent of an infant or toddler, talk to them about what they’re eating, or while you are fixing their plate, describe the actions that you are doing. This alone will build their vocabulary and have an impact later on. For young school-aged children, asking them about their day allows them the opportunity to describe events and helps them learn how to construct a story. Eating together is not only beneficial to small children but to older children and teenagers as well. Teenagers who eat dinner at home one to five days a week tend to do better academically than teenagers who do not eat with their families. In the day of video games, MySpace, Facebook, and text messaging, many teenagers are not rushing home to talk to dear ole mom and dad. Dinner time will give families a set time to communicate when they may normally not have had the time. In addition to communication, other benefits include: saving money; better nutrition; developing meal preparation skills in children; improved grades; and preventing destructive behavior such as illegal drug use and drinking. You can find additional information at:
http://nutrition.wsu.edu/ebet/index.html
With the upcoming presidential elections, the IU Northwest Library Newsletter is featuring books on politics in the United States. Books listed were published between 2005-present.

For each entry, only the first author/editor, year, title and call number will be included.

**Library Trivia**

1. The 1993 movie, Mrs. Doubtfire, is based on what novel? What is the name of the author?
2. What is the title of Toni Morrison's first published novel?
3. What is the best-selling nonfiction book of all time?
4. The novel, 24 Hours by Greg Iles, was turned into what 2002 motion picture?
5. What year was the first modern comic book printed?

   1908  1917  1933  1956

   Answers on page 4

**Political Science Databases**

**Congressional Quarterly Weekly Report**- Readers get in-depth reports on issues looming on the congressional horizon, plus a complete wrap up of the previous week's news, including the status of bills in play, behind-the-scenes maneuvering, committee and floor activity, and debates and all roll-call votes. CQ Weekly Report is the one resource to make legislative issues easy to understand and will be very helpful in expanding anyone's political knowledge.

**Military & Government Collection**- Designed to offer current news pertaining to all branches of the military and government, this database offers a thorough collection of periodicals, academic journals, and other content pertinent to the increasing needs of those sites. The Military & Government Collection provides cover-to-cover full text for nearly 300 journals and periodicals and indexing and abstracts for nearly 400 titles.

**Current Event Magazines/Newspapers**

We are currently living in a period of time that will never be forgotten. This historic presidential election will be recorded and taught throughout our generations and we are fortunate to be able to take part in it. Listed are a few magazine/newspaper titles that will help you get up-to-date with today's current events. These titles will provide you with the information you need to make an informed decision.

- Atlantic Monthly*
- Freeman
- Nation*
- New Republic*
- New York Times*
- New Yorker*
- Newsweek*
- Saturday Evening Post*
- Time*
- USA Today
- U.S. News & World Report*
- Washington Post*

* Current issues also available in print. Please ask the Circulation Desk.

This list of periodicals/newspapers is available electronically. 1) Go to http://www.iun.edu/~lib/elecinfo/ and click on "Electronic Journals" 2) Go to "Browse e-journals by subject" and click on "Please select a subject category" 3) Go to "General" and click search 4) Click on either "Newspapers-General & Popular" or "Periodicals-General & Popular,"
Greetings from the Director

Thank you for taking the time to read this most recent issue of the Library Newsletter. As the Fall semester is underway you hopefully have already observed that our Little RedHawk Café has reopened. Our Café is a great place to go in between classes for reading, group study, or to access the internet at our Cybercafé. We hope to soon have a New Books area and a Diversity Library area in the Café locale so that browsing for both books, current magazines and newspapers can occur over a cup of coffee. Along with the rest of the campus the Library was very sad to lose professor/administrator and friend Robin Hass Birky. Professor Hass Birky used the resources/services of the Library frequently and visited the Café often. In addition to the Café, let me mention some of the many resources/services that the Library offers that make the Library the “place to be” for “exercising your brain” on campus:

- Computer lab/Information Commons access to library databases, internet, email, and application software

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It’s Time for Web News

USA.gov is the official website to find U.S. government information and services. Administered by the U.S. General Services Administration’s Office of Citizen Services and Communications, this easy-to-search website is free and is designed to give you a centralized place to find information from U.S. local, state, and federal government agency websites. Formerly called FirstGov.gov, USA.gov became its official name in January 2007 because users wanted an easy name to remember. Use this resource to find information on a variety of topics: grants; travel and recreation; health; community; history; culture and much more.

GPO Access - gpoaccess.gov
GPO Access is a service of the U.S. Government Printing Office that provides free electronic access to a wealth of important information products produced by the Federal Government. The information provided on this site is the official, published version and the information retrieved from Access can be used without restriction, unless specifically noted. This free service is funded by the Federal Depository Library Program and has grown out of Public Law 103-40, known as Government Printing Office Electronic Information Enhancement Act of 1993.

Spotlight On...

Biography Resource Center
http://www.iun.edu/~lib/databases/
The Biography Resource Center (BioRC) is a comprehensive database of biographical information on over 340,000 people from throughout history, around the world, and across all disciplines and subject areas. BioRC is designed to provide quick and easy access to an array of information. Researchers needing a brief summary or description of personal information on a particular individual will find that there are thousands of concise entries available. Magazine and newspaper articles bring coverage of the subject’s up-to-date information and broaden the view of his or her place in history, society, in a particular field of endeavor, or the news. Users who need to continue their search for information beyond what is available in BioRC will conveniently find web links for additional information. With frequent updates, BioRC will assist users in gaining the biographical information they need for their inquiries.
The IU Northwest Library houses a collection of over 250,000 books and periodical volumes and 250,000 government publications. Special purpose areas include: the Calumet Regional Archives; the Northwest Indiana Center for Data and Analysis; and the Lake County Central Law Library. The IU Northwest Library can also access 7 million bound volumes and over 26 million other materials in the Indiana University Libraries' system. Books and journal articles held by Bloomington, Indianapolis and other regional campuses can be easily obtained for IU Northwest students and faculty through the System Service...

Library Trivia Answers

1. Alias Madame Doubtfire (1987) / Anne Fine
3. Bible. The Bible is the best-selling nonfiction book of all time. Since 1815, more than 2.5 billion copies have been sold worldwide. It has been translated into more than 2,200 languages and dialects. [http://www.factmonster.com/ipka/A0932506.html](http://www.factmonster.com/ipka/A0932506.html)
5. 1933. Publishers at Eastern Color Press, looking for a way to make better use of their printing equipment which frequently sat idle between jobs, came up with the idea of printing an 8-page comic section that could be folded down from the large broadsheet to a smaller 9 inch by 1 inch format. The result was the first modern comic book. Containing reprints of newspaper comic strips, this experimental comic book titled “Funnies on Parade” was given away for free. It proved so popular, however, that the following year, Eastern published “famous Funnies” and took the bold step of selling the comic for ten cents through chain stores. The enterprise was a smashing success and Eastern began churning out numerous reprints on a monthly basis. Other publishers, eager to get in on the profits, soon jumped on the bandwagon, and the comic book industry was born! [http://www.usefultrivia.com/comic_book_trivia/comic_book_trivia_007a.html](http://www.usefultrivia.com/comic_book_trivia/comic_book_trivia_007a.html)

Please plan to visit the Library often this semester and give us your feedback about our services.

Tim Sutherland, Director of Library Services