



# The Leaf

The Eva B. Dykes Library  
Newsletter  
January 2016  
Vol. I, No. 3



## Meet Your Librarian: Heather Rodriguez-James

If your major is listed to the left, Heather Rodriguez-James is your librarian. Originally from New York, Mrs. Rodriguez-James is an alumna of Greater New York Academy and Atlantic Union College, where she studied Spanish. She also serves as Oakwood's archivist. If you'd like to talk with Mrs. Rodriguez-James about your research needs, you can reach her at 256-726-7259 or [hjames@oakwood.edu](mailto:hjames@oakwood.edu).

- **History & Political Science**
- **English & Foreign Languages**
- **Music**
- **Theology & Religion**

## Words of Thanks

The Eva B. Dykes Library wants to thank and bid farewell to the following employees, who have collectively dedicated many years of service to Oakwood University.

**Mrs. Marie Samson, Library Secretary**  
**Mrs. Sylvia Rochester, Periodicals Assistant**  
**Mr. George Lee, Computer Lab Manager**  
**Mrs. Odalys Miranda, Media Assistant**  
**Mr. Michael Monette, Copy Center Technician**

## 4 Ways to Drink More Water

In the Oakwood calendar, January's theme is the "D" in "STAND OUT" — "Drink more water." However, drinking plain water can get boring sometimes. Here are ten ways to jazz it up a little.

1. **Add a twist of lemon or lime.** Sometimes just a hint of flavor is all you need.
2. **Make infused water.** Slice a lemon, half a cucumber, and a handful of fresh mint leaves. Let steep in a gallon of water overnight. Strain and enjoy. (Check online for other variations, including rosemary–blueberry and melon–basil.)
3. **Drink herbal tea.** Whether you like to end your meals with mint tea or kickstart your morning with a cup of lemon–ginger, there's a flavor for everyone.
4. **Spice up your ice cubes.** Add berries, mint leaves, cilantro, or ground ginger to release flavor as the ice melts.

### How Much Water Should I Drink?

It's commonly advised to take your body weight in pounds, halve it, and drink that number of fluid ounces. For example, a 150-lb. person could aim for  $150 / 2 = 75$  oz. of water, or just over 9 cups.

## New Year's Resolution Resources

What resolutions did you make for 2016? If you resolved to exercise more, eat more healthfully, or stick to a budget, you're not alone — these are some of the most common resolutions. The Eva B. Dykes Library currently has two displays with resources to help you meet your goals. Also, keep an eye on our blog ([evabdykeslibrary.wordpress.com](http://evabdykeslibrary.wordpress.com)), where we're currently in the middle of a "40 Book Suggestions for 2016" series.

