



# The Leaf

The Eva B. Dykes Library  
Newsletter  
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- **Social Work**
- **Psychology**
- **Communications**
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## Meet Your Librarian: Kieren Bailey

Is your major listed to the left? If so, Ms. Bailey is your librarian. Originally from Medicine Hat, Alberta, Ms. Bailey earned a degree in graphic design from Walla Walla College and worked in her field for several years before switching to librarianship. After earning her Masters in Library & Information Science degree from the University of Western Ontario in 2009, she worked as the technical services and systems librarian at Canadian University College (now Burman University). She has been at Oakwood since 2012. When asked if there was one thing she wished students knew, Ms. Bailey said, "I wish they knew how many sources were available, other than Google." Are you curious what those other sources are? Contact Ms. Bailey at [kbailey@oakwood.edu](mailto:kbailey@oakwood.edu) or (256) 726-7248 to discuss your research needs.

## Can't Focus on Your Work? Try This Study Hack

The StayFocusd extension lets you block access to distracting sites. Once you've added a site to your "blocked sites" list, the extension will let you browse that site for 10 minutes, then block it for the rest of the day. (Worried that you might break down and remove a site from your blocked list? Don't worry --- the extension won't let you. You'll have to wait until the following day to edit your blocked sites.)

## Easy Hot Cross Buns

“Hot cross buns, hot cross buns. One a penny, two a penny, hot cross buns ...”

You probably remember the song from your first piano lessons, but when was the last time you ate a hot cross bun? First baked by a 12<sup>th</sup>-century English monk to commemorate Christ’s death on Good Friday, hot cross buns took on high status in the intervening centuries. Housewives hung them in their kitchens to prevent fire; captains took them on long sea voyages to prevent shipwreck. In 1592, Queen Elizabeth I decreed that hot cross buns could only be sold for Good Friday, Christmas, and burials. If the police raided a home and found illegally baked buns, they would confiscate them and give them to the poor.

Fortunately, Oakwood does not have this policy, so you can bake these buns anytime.

### Ingredients:

- 1 can of crescent rolls
- 1 snack box of raisins (about 1/3 c.)
- Grated peel of 1 lemon (optional)
- ¼ c. powdered sugar
- 1 tsp. milk

### Directions:

1. Heat oven to 375°F. Spray muffin tin with cooking spray.
2. Combine raisins and lemon peel. Separate crescent rolls, spoon a little raisin/lemon peel mixture onto each, and roll into balls. Place seam down in muffin tin.
3. Bake 11–12 minutes, or until golden brown. Place on rack until cool.
4. Mix milk and powdered sugar into a thick icing. Spoon or pipe icing onto buns in a cross shape. (BONUS: For an even easier recipe, use the ready-made frosting that comes with Pop-Tarts, toaster strudels, or canned cinnamon rolls.)

