From the Desk of the Director, Jared Boudreaux

Exciting Times Ahead at Mancos Public Library!
As we eagerly welcome the dawn of 2024, the Mancos Public Library is buzzing with excitement about the enriching experiences and opportunities that lie ahead. One of the best opportunities in the coming year is the chance for our community members to get involved through our volunteer opportunities. Whether you're passionate about books, technology, or community engagement, we have a space for you to contribute your time and skills. If you have some talent and you're not sure how it could be helpful to the library, stop by and chat with our staff! Volunteering at the library is not just an opportunity to give back; it's a chance to be an integral part of the heartbeat of our community. Stay tuned for updates on other exciting developments as we embark on this journey together. Let's make 2024 a year of shared growth, learning, and community spirit!

Holiday Gift Giving Craft Day Huge Success!!

Thanks to all the staff and especially the extra volunteers, the gift giving craft day turned out fantastic! The kids loved it and we had plenty of parent participation as well. Lots of lovely, handmade gifts were wrapped with love to share at Christmas.

JANUARY LIBRARY HAPPENINGS

Death Café
January 18th - 5:30 pm

Everyone Has A Story
January 11th and January 25th - 5:30-6:30 pm

Knitting with Kathy has returned! Every Thursday at 3 pm by the fireplace.

Conversational Spanish at Chavalo's 2nd and 4th Mondays from 6-7 pm

After School @ The Library - Students can get help with school studies Tuesdays 4-7 pm & Wednesdays 4-5 pm

For more January adult activities see Midge's newsletter page.
For more January teen activities see Jenni's newsletter page.
For more January children's activities see Erin's newsletter page.
Happy New Year! May this be a year of vibrant health, growth, love, peace, joy, and prosperity for everyone.

Digital Camera Workshop
Would you like to learn how to take better photos with your digital camera? Manco's own, Jen Anandi Magnuson, an award-winning professional photographer, will offer a workshop on January 25th at 6 pm. This will be a wonderful opportunity to learn more about digital photography. Come, bring your camera, and join us for some pointers. It is sure to be a wonderful evening. Many thanks to Jen for donating her time and expertise!

Books Save Lives Act Introduced To US Congress
The Books Save Lives Act would ensure trained librarians in every school and classify book bans as federal civil rights violations. By KELLY JENSEN DEC 18, 2023 For the rest of the article please visit: literaryactivism@substack.com

Oral History Project
The Oral History Project continues with some interviews scheduled for the New Year and hopefully, a way to share them with the community. The Mancos Valley has some pretty amazing history. While it is not oral history, some library supporters over the years have kept a record of library happenings in a collection of scrapbooks. They are at the library and contain some interesting things. They also are like a little walk down memory lane. One such is the following newspaper clipping from 1991 as the library moved into its "new" space. That new space is what is now the old library, on the corner of Grand and Main.

Death Café will meet on January 18th at 5:30

Art Wall
The Art Wall this month features the work of Jodi Chapel. She is an artist, art educator, and an active advocate for the arts and culture in Colorado. She has been a designer, art director, and creative director in graphic arts, multimedia, and internet design. Jodi has a BFA in painting and arts education from Metropolitan State University and an MA in Studio Art from Regis University. She has served as a commissioner for Denver’s Office of Cultural Affairs. Jodi’s passion is creating and helping support the arts in her community.
It’s 2024! May We All Flourish this Year!

Love Yourself To Health

10 Tiny Ways to Improve Your Health Esteem

January is Health Esteem Month

January has been declared Health Esteem Month. So, you may be wondering, “What is Health Esteem?” Well, the answer according to nationaldaycalendar.com, “Health Esteem is a new category of fitness and diet that integrates positive self-esteem, embracing who you are now, along with changes you would like to make.” In other words, it is about embracing our humanness, the imperfect in us, and planning a path that will help us toward our future goals in flourishing into who we want to be. So, please, let yourself go of that old New Year’s Resolution tradition that sets us up to look down upon ourselves.

Because, Truly, Honey, We are Good Enough!

We are good enough to set our own standards and let go of society’s ideals. If you do need to set a hard goal for yourself this year, make small goals first. That will allow you to transition into the new you that you envision, without falling into despair when it doesn’t take off and work right from the start. We must give ourselves time to change into who we want to become. Let us celebrate the tiny choices we can make, little things each day, which can enhance our lives and wellbeing. Here are some small steps to a better year (brought to you by nationaldaycalendar.com) …

1. Wake Up On The 1st Alarm. (I try my best but often wait for the second alarm to rise in the morning. I actually have three alarms set. -_- I will keep trying.)
2. Do the Hardest Thing First. (Eat your least favorite food on the plate first. That way you can savor your favorite.)
3. Make Time To Eat Breakfast. (This one is hard when you’re always on the run but a banana and breakfast bar go well with coffee)
4. Replace Dirty Energy With Clean Energy. (Too much sugar and coffee can cause us to crash later and that means our performance level goes down later in the day. It’s also not too great for overall health and wellbeing.)
5. Plan Lunch the Day Before. (Yep, I’ve got easy foods in the freezer for those days I do not have a plan.)
7. Give Energy. (Hello. It’s nice to see your radiant beauty today! May the force be always in your favor! Stay warm and dry! Be safe on the roads today!)
8. Do A Post-Work Reflection. (I do this on my walk home from work. This is one reason I enjoy walking, it gives me time to think and reflect on my day, my life, my decisions.)
9. Slow Dinner Down. (If you are like me, I do everything to fast sometimes. Cook slow and eat slower.)
10. No-Screens 30 Minutes before Bed. (LOL!!! Like really?!? But that is so difficult on days I want to numb my brain before bed. But truly, reading a book is more soothing on the brain and allows for better relaxation. It probably has something to do with all the light waves filling the eye sockets and bouncing around the skull that makes it harder to shut down for sleep after screen time.)

BONUS: Take a Tiny Moment at Any Time of Day to Appreciate Yourself and Be Grateful.

How to Make Goals More Achievable

Set SMART Goals

1. Specific (simple, sensible, significant).
2. Measurable (meaningful, motivating).
3. Achievable (agreed, attainable).
4. Relevant (reasonable, realistic and resourced, results-based).
5. Time bound (time-based, time limited, time/cost limited, timely, time-sensitive).

(https://www.mindtools.com/o4wo118/smart-goals)

Check out the Display in the Teen Space at the Library! It’ll have some good books with characters that change their own Worlds (or views, at least.)

Send the Teens in your life to Teen Café… It’s a Blast to the Past!
Back to school we go!

It’s 2024 and making the transition from a long vacation to the sensory overload of school can feel like a big bite. Many kiddos, their families, and their community members experience this transition in the form of anxiety, the dread of change, or feeling a lack of resilience in the face of all that is required to jump back into the swing of things.

A well-written book that talks straight at these feelings can be a powerful tool for families and their need to work together to regain routines. Here are a few from our children’s collection! Giving something a name and learning what others know about it is the best way to help our youngest patrons transition back into the social dynamics and learning routines of the second semester.

Storytime and Free Play

Resuming on Wednesday, Jan. 10th & welcoming kiddos 0 - 5 years old, this program runs from 10:30 - 11:30 am. Older siblings are welcome; we read, we sing, we play, we write! This group experience is an amazing way to increase school readiness, so come join us!

Fridays @ the Library Returns!

Resuming on Friday, Jan. 12th & welcoming kiddos 4 -12 years old, this program runs every Friday from 9:00 am - 2:00 pm and follows the Mancos school district’s academic calendar.

The “Fridays @ the Library” has a new program partner! Every Friday from 11:00 - 12:00 pm Mary Vozar will present “Friday Art Club”, where children will connect literacy to the visual arts by engaging with hands-on arts and crafts projects inspired by children’s literature.

The “Fridays @ the Library” program requires weekly pre-registration; go to our website’s homepage (www.mancoslibrary.org) and select the green “Register for Children’s Programs” button. If you do not already receive a weekly youth programming email and would like to, please email our children’s librarian, Erin Bohm, at: ebohm@mancoslibrary.org
Happy New Year! Hope your Holidays were Merry and Bright!

Just think, January is the beginning of a whole new year of books to read!

What type of books do you like to read? Do you always read the same type or do you look for something new and different? Check out biographies! There are Historical figures, celebrities, people who have faced adversity and triumphed, and funny memoirs to name a few. There is something for everybody.

Biographies can teach you valuable life lessons. They can help you build your self-confidence and develop a deeper understanding of yourself and the world around you. They also give you a chance to explore the different ways people have lived, thought, and behaved throughout history, which can inspire you to pursue your own goals in life.

Biographies promote and encourage self-discovery. Ideas and approaches to life reveal themselves through biographical narratives.

Learning through stories is more impactful, satisfying, and more memorable than reading a list of steps in a textbook.

Biographies are important because they help you understand what life was like for someone else and how they overcame challenges, how they lived their life, and how they felt about the world around them.

- A biography is the life history of an individual, written by someone else.
- An autobiography is the story of a person’s life, written by that person.
- A memoir is a special type of autobiography in which the person writes about a specific part of their life.

The library has a lot of “new” biographies

So curl up with a couple of biographies this month. Let me know what you read and how you liked it!
One great thing to put on your new year’s resolution list is to clean up your tech. Here’s a few good strategies to get started with:

1. **Clean out your cables!** Most people have a drawer or a bag full of old chargers, HDMI cables, camera cables from ten years ago, etc. Put them all in one place, and get rid of everything that you don’t know the use for. A lot of older cables are no longer useful, as connections and chargers have changed with new technology. If you want to make sure it gets recycled, you can bring them to OfficeMax along with any other old tech, and buy a tech recycling box that they will then send out for you.

2. **Clean out your files!** If you go into your file explorer on either a PC or Mac, you can sort by date. Scroll to the oldest files and delete anything you haven’t opened in a long time/don’t need anymore.

3. **Clean out your photos!** Most photo storage programs (like Google Photos) will help you find photos that are duplicates, are blurry, or are pictures of documents that you may not need anymore. Clear those out first, and then, if you haven’t cleaned your pictures out in a long time, give yourself about 5-10 minutes a day to go through a chunk of pictures and get rid of anything you don’t want to keep.

4. **Clear out your programs and apps!** Go on your phone and computer and delete any programs and apps that you don’t use. This will free up space, reduce clutter, and potentially make your device a little faster, depending on the program you remove. You can also hit ctrl-alt-del on a computer, go to Task Manager, and click on Startup Apps to change which programs open when your computer is turned on. Disabling Startup Apps can make your computer load a lot faster.

5. **As always, make sure everything you care about is backed up, preferably in three places, and that your programs are all updated to the latest version.**

If you have any tech cleanup questions or would like help with any of the above steps, you can book a free tech appointment with me by going to the Mancos Library website and clicking on “Make a Technology Appointment”.

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**MANCOS OPERA HOUSE**

**Thursday, January 18**

**Doors at 6:00; Movie at 7:00; $5 Concessions will be sold; BYOB for 21+**

Join us January 18th for *Galaxy Quest*. Presale tickets will be available at the Library Circulation desk.

**Staff & Patron Picks**

On your next visit to the library, take a moment and check out our ‘staff & patron picks’ display. If you have read a book that has impressed you, please fill out a “patron pick” form and give it to circulation when you check the book in after reading. Forms are located at the staff and patron picks display.
Thank you to all who came to our Holiday Book Sale!
We brought in around $250 ($50 more than last year). The funds, as you may know, will go straight to supporting the library and its programs.

Friends of the Library
Annual Valentine’s Day Bake Sale

Now we’re looking forward to the annual Valentine’s Day Bake Sale. Last year, a snow storm caused us to cancel but we’re hoping for better luck in 2024. If you’re a baker or candy maker, please consider donating an item or two. We’ll have more details as we get closer to Feb. 14.

Friends logo hats are at the library and can be purchased for $20. Friends is a volunteer organization that supports and promotes the Mancos Public Library. To become a member, go to mancosfriends.org and download the membership form. The link can be found at the bottom of the page. It’s a mere $10/year and your membership dues go to our amazing Mancos Public Library.

The next Friends monthly meeting is Tuesday, January 2 at 4 p.m. in the library conference room. (We meet the first Tuesday of every month at 4 in the library.) Join us if you can.

Questions about Friends can be directed to Anne at southwestanne@yahoo.com.

See You At The Library!