From the Desk of the Director, Jared Boudreaux

Hello Mancos!

Spring is in the air, but unfortunately for us, so is the dust. Just a quick reminder that the library will be closed on Friday, May 17 for a bit of Spring cleaning. Don't worry, any book due dates automatically rollover to the next day.

I also wanted to thank everyone for coming to our Board meeting in April to discuss our public exhibits policy. The revised policy will be available to give your opinion on at our next meeting on May 30.

Keep an eye on our website and social media for future updates! We have a lot of fun plans for this summer and we hope to see you there!

FRIDAY ART CLUB has been happening since January as part of the Fridays @ the Library programming for children ages 4 to 12 years. The kids have been exploring many art mediums including sponge painting, squiggle drawing, finger painting, watercolors, drawing and collage. They have created some amazing art and as a culmination of the program, we are celebrating with an art show. The kid’s artwork will be on display from May 1st until May 15th on The Art Wall in the library. Please come and view their creative accomplishments from drawings of the Cat in the Hat and dragons to abstract splatter paintings. All of the artwork will be ready to take home on May 17th, the last day of the program.

Library will be closed to the general public on May 17th for spring cleaning. The Kids Friday Program will in session as usual.

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May 2024

Monthly Newsletter

211 West First St.

www.mancoslibrary.org

970-533-7600

Death Café
May 16th - 5:30 pm

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

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

Cult Movie Federation Movie
May 16th - Doors open at 6 pm

Teen Game Night
May 3rd - 6-9 pm
May 17th - 6-9 pm

Teen Café
May 11th 6-8 pm

For more May adult activities see Midge’s newsletter page.

For more May teen activities see Jenni's newsletter page.

For more May children’s activities see Erin’s newsletter page.

MAY LIBRARY HAPPENINGS

2024
May 16th at 5:30 - Death Café
(third Thursday of every month)

Art Wall
The Art Wall for the first two weeks will feature the artwork of our Friday kids, ages 4-12. The last weeks will feature some of the artwork of our own Jenni Kitchen.

A Chicken of Independent Means
May 18th - 6:30 pm
Author talk and book signing with Carol Bylsma
A Chicken of Independent Means
And Other Companion Animals I Have Known

Tanzania and Zanzibar
May 2 - 6:30 pm Marcie Ryan will present: Tanzania and Zanzibar, An Immersive Journey. Join us for an exciting evening that includes Marcie’s commentary on her recent sojourn through Africa, along with a stunning slide presentation.

Dances with Donkeys
May 25th - 6:30 pm
Author talk and book signing with the quintessential storyteller, Jim Duke
Dancing with donkeys: the memoir of a half-assed cowboy

Success as a Backyard Gardener
May 24 - 6:30 pm
A panel discussion on backyard gardening. Some successful local permaculture farmers and backyard gardeners will talk about various essential elements to ensure success in your garden this year.

Information/Disinformation
May 23rd - 5:30-7 pm
Information/Disinformation at the Sunflower Theater, a collaboration with the League of Women Voters, Cortez and Dolores Libraries.

Ageless Grace Premier
Ageless Grace premiering May 20th from 9-10. Bring water and wear comfortable clothes. For more information contact Midge at mkirk@mancoslibrary.org

Take a minute and view this TEDx talk for some great information.

Changing Your Brain Can Be As Simple As Child’s Play | Denise Medved | TEDxTryon
https://www.youtube.com/watch?v=cXTpLgtH60Y&t=6s
May the Force Be with You Now and Always!

So, as I looked through the statistics this year, for mental health issues, I felt I needed to continue to celebrate May as Mental Health Month. I thought, hey, maybe I will switch it up this year but no, I cannot! Mental health and wellness matter to me too much. So, here are some statistics...

**Fast Facts from nami.org**

- 1 in 5 U.S. adults experience mental illness each year
- 1 in 20 U.S. adults experience serious mental illness each year
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24
- Suicide is the 2nd leading cause of death among people aged 10-14

Here are some things I like to remember, for my mental and emotional wellbeing:

- Remember your thoughts, emotions, and behaviours are all interconnected
  - Also your brain and gut communicate and work together
- Practice gratitude
  - Reflect on the positives in your life
  - Use daily affirmation
- Gather coping tools that work for you
  - Stop and bop (breath-observe-proceed)
  - Center and ground
- Practice healthy habits
  - Get good rest nightly and eat a healthy diet
- Make a plan
  - Plan some goals or just a day, use a planner or calendar or journal
  - Focus on your strengths, on solving problems, and on the future
  - Focus on your life instead of your illness
  - Resolve to do a little bit every day that will make your life better in some way
- Know who is a part of your support system
- Know what your boundaries are and stick to them
- Know your anxiety/depression/anger triggers
- Train your brain and watch your train of thoughts

The term “crisis” means different things to different people.

Dial 988 in Colorado for Help When You Need It!
May is Asian American and Pacific Islander Heritage Month!

Check out our display as we celebrate the 22.9 million people of Asian or Pacific Islander descent in the United States. Beautiful books from our collection help us learn about their historical and cultural contributions to the United States.

Friday Art Club has been happening since January as part of the Fridays @ the Library program for children ages 4 to 12 years. The kids have been exploring many art mediums including sponge painting, squiggle drawing, finger painting, watercolors, drawing and collage. They have created some amazing art and as a culmination of the program, we are celebrating with an art show. The kid’s artwork will be on display from May 1st until May 15th on The Art Wall in the library. Please come and view their creative accomplishments from drawings of the Cat in the Hat and dragons to abstract splatter paintings. All of the artwork will be ready to take home on May 17th, the last day of the program.

What does “Asian/Pacific” Ethnicity Mean? It refers people from the 48 countries on the Asian continent & the 24 countries in the Pacific Island Nations (Melanesia, Melanesia, Polynesia)

Fridays @ the Library

Friday, May 17th: last day of Fridays @ the Library program for the academic year

NOTE: If your child has attended any of the Friday @ the Library programs since January, their art portfolio will be ready to pick up on May 17th. Take a moment to share the art they have created. It’s a wonderful opportunity to celebrate your child’s creativity!

Summer Fridays @ the Library

Friday, June 28th: first day of Summer Fridays @ the Library

This program will run for 5 Fridays - June 28 & July 5, 12, 19, 26
- 2 - 4 year olds must be Accompanied
- 5 - 12 year olds can be dropped off
- Weekly Registration: the same as is used for Fridays @ the Library

Summer Schedule

8:45 - 9:00 am - Drop-Off Period
9:00 - 10:00 am - Summer Reading Program - Ages 2 - 12
10:00 - 10:15 am - Walk to Mancos School Garden
10:15 - 11:15 am - Mancos Garden Explorers - Ages 4 - 12
11:15 - 11:30 am - Walk to MPL
11:30 - 12:00 pm - Lunch (bring from home or request food assistance)
12:00 - 1:00 pm - River Literacy - Ages 4 -12
1:00 pm - Pick-Up

Storytime and Free Play

Welcoming kiddos 0-5 years old, this program runs from 10:30 - 11:30 am. Older siblings are welcome; This program will continue through the summer on Wednesdays with the exception of: June 5; August 7 & 14

Storytime! Wednesdays
10:30 - 11:00 am
Followed by Free Play
11:00 - 11:30 am

Meet in our outdoor play space when weather permits

Mountain Conservation Education
- Explore local plants, animals and seasons with San Juan Mountains Association educators
It’s May! One of the best months of the year – the weather begins to warm up and we can open our windows and let the fresh air waft through our home and library.

The school year is winding down and many are celebrating Graduations!

“May, more than any other month of the year, wants us to feel alive.”

~ Fennel Hudson (Angling and countryside author) wrote

“At last came the golden month of the wild folk – honey-sweet May, when the birds come back, and the flowers come out, and the air is full of the sunrise scents and songs of the dawning year.”

~ Samuel Scoville Jr. (American writer, naturalist, and lawyer) wrote this from his book “Wild Folk”

May is National Get Caught Reading Month and National Family Reading Month Free Comic Book Day

First Saturday May 4th (See Jenni’s teen display near the front door)

The 2nd of May is Harry Potter Day (Anniversary of the Battle of Hogwarts) and the birthday of Victorie Weasley (Older sister of Ron). Pamona Spout’s (a teacher at Hogwarts) birthday is on the 15th.

May 20 is Mary Pope Osborne Birthday (1949). Check out the Magic Tree House series

May 22 is Sherlock Holmes Day (Sir Arthur Conan Doyle’s birthday)
Hi all!

I have just applied for another grant through the Rural Technology Fund to update our assistive technology computer station. I want to ensure that library technology is available to all patrons, and our current assistive technology station is outdated. Technology has improved dramatically in recent years. Text to speech and speech to text programs have both gotten substantially more accurate, and there are also a lot more programs to support neurodiverse computer users, such as text magnification and background blockers (to minimize distractions or overstimulating ads). For people who cannot use a mouse and keyboard, there are all kinds of new devices on the market that allow users to interact with a computer using head movements, or even eye movements instead.

Why are these programs important? Technology, for better or worse, has become important in our culture for everything from social and recreational outlets to career and educational opportunities. These programs provide access to people who have had a pronounced disadvantage due to a historical lack of access. According to Phyllis Heydt, Office of the WHO Ambassador for Global Strategy, “For an individual who receives appropriate assistive technology from childhood their income will increase by an average of USD 100,000 in their lifetime.” This does not also bring into account the enumerable mental benefits of having access to the same tools as your peers to socialize, recreate, research, and work.

If there is a particular program or device that you think would be useful for you or someone you know, please email me at tech@mancoslibrary.org and I will see if it is something that we can add to an updated user station in the future.
With raising funds for the library always on the Friends’ agenda, we’d like you to know about a wonderful gift made to the library in 2005. In that year, Stanton Englehart donated four paintings to the Mancos Public Library and granted permission to the Mancos Friends to make reproductions of the paintings. Prior to his death, Englehart signed two prints in the series of four. These limited edition, signed prints are $125 each. Unsigned prints are available for $35 each, including shipping & handling. The prints are 19” x 24”.

To view the prints and purchase via PayPal, go to the Friends website at mancosfriends.org and click on the “Stanton Englehart Prints For Sale” button in the header.

The Friends will hold their monthly meeting on Tuesday, May 7 at 4 pm in the library conference room. Join us if you can.

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.

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

Friends logo hats are at the library and can be purchased for $20.

See You At The Library!