



THE CARLSBAD PUBLIC LIBRARY

# PATRON

January 2023

## Cultivating Joy in 2023

Laura Hughes,  
Information Specialist



January is the month of JOY. January brings us a brand-new year, a chance for new beginnings, a new calendar, and a fresh start. The Christmas decorations are put away. The kids are back in school after a few weeks of vacation. The spring semester of college begins. Office holiday parties are done for now. Sometimes the end of a year and the passing of recent holidays can leave one feeling let down, maybe a bit empty. Also, a new year puts pressure on some to set goals that take time to accomplish like getting rid of those holiday pounds or getting the budget back on track after splurging on presents.

SEE JOY PAGE 3 ...



## A New Year Offers New Beginnings

by Sarah Jones, Director

2022 is over and the new year is here. Welcome to 2023! A new year is always a chance to start anew. Are there things you are looking to change this year? There is no time like the beginning of a new year to take a chance and start fresh. The library is a great place to help you with all your new year's dreams and resolutions.

We are the perfect advocate for your goals. All of our resources and services you will find it easy to achieve your goals. If your goal for 2023 is to save money, we can help considering most of our services are free. So if you make a resolution for 2023 it should be to visit your library.

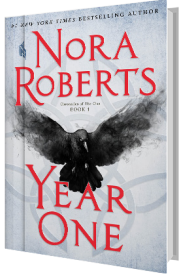
A great way to start the year would be to read more. We can help with this. We always have a wide variety of books waiting for you to read. We are always adding new titles.

And if you cannot find the title you are looking for we are able to request items from libraries across the country. We can also get them in many different formats. All of this is free and will help your budget. Do you struggle to finish a book? Then you can join one of our book clubs to hold yourself accountable. They are also great places to make friends.

Libraries often get tacked with stereotypes of being quiet, calm, and strict places. But that's not the case at all. If you are new to town or just wanting to meet or become more connected to people in our community the library is a great place to start. Our patrons are people from all walks of life. You never know who might share similar or completely different interests with you. We are a community

SEE NEW PAGE 8 ...

## COMMUNITY



### PARANORMAL READS BOOK CLUB

Jan. 14 • 5 p.m.

Do you LOVE to read about the supernatural or paranormal? Then join us for this one-of-a-kind club! This month is *Year One* by Nora Roberts. Our next book will be *Discovery of Witches* by Deborah Harkness.

### FAMILY STORYTIME

Jan. 12, 19, & 26 • 5 p.m.

Join us for storytime fun for the whole family! For kids of all ages and their adults.

### DUNGEONS AND DRAGONS

Jan. 14 & 28  
10:00 a.m. – 1:00 p.m.

Answer the call for adventure with your favorite role-playing game. We will be hosting tables that people can use to play Dungeons and Dragons or other table top style games. Any experience level is welcome.

### SEEDS AND SPROUTS SWAP

Jan. 14 • 9 a.m.

Seeds, sprouts, plants, cuttings, and more are



welcome in this swap. Come see what fellow growers have to offer, and find new plants to take home and try.

### ASL SIGNING TIME

Jan. 7 & 21 • 10 a.m. – Noon

You are invited to join us for American Sign Language! Meet and learn from members of the deaf, hard of hearing, and alternative speech communities in Carlsbad.

### STITCHERS ANON

Age 13 +  
Jan. 17 • 2 p.m.

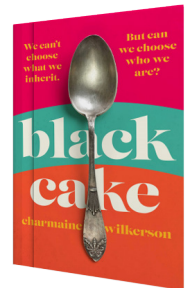
Get together with other stitchers - crochet, knit, needlepoint, embroidery, cross-stitch, and more. Bring your own supplies and join the fun.

### CAMERA CLUB

Jan. 28 • 5 p.m.

Southeast NM is getting it's own photography club! Shutterbugs of all levels are invited to be involved in creating our new Camera Club. Help us showoff the amazing talent in our area.

## ADULTS



### BREWS & BOOKS

Jan. 18 • 6:30 p.m.  
Milton's Brewing

Join us at Milton's Brewing (213 Mermod Street in Carlsbad) for a fun group book discussion about *The Black Cake* by Charmaine Wilkerson.



## TEENS

### TEEN LIFE SKILLS

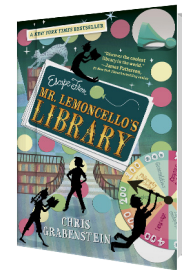
High School – 1 p.m. • Jan. 28  
This program is just for high schoolers to learn life skills.

Each month will have a different class to teach a life skill like making a budget, changing a tire, and health care and first aid.

## TEEN AFTER HOURS

High School Students ONLY  
Jan. 21 • 6 p.m.

Come to an after-hours lock-in at the library and join us for Kindergarten Night. Take a moment to de-stress from finals and enjoy some milk & cookies, cartoons, finger paints and games.



## TWEEN BOOK CLUB

Ages 8–11  
Jan. 11 • 4 p.m.

Join your peers in reading and discussing new exciting, and interesting and books. This month we're discussing *Escape from Mr. Lemoncello's Library* by Chris Gabeinstein.

## TEEN BOOK CLUB

Ages 12–18  
Feb. 4 • 1 p.m.

Join your peers in reading and discussing new exciting, and interesting and books in this club designed just for Teens. Next month pick your favorite 'Romance' book to discuss with the group.

CONT. PAGE 3 ...

## TEEN ADVISORY GROUP (TAG)

Jan. 21 • 1 p.m.

The teen advisory group offers an opportunity for students in grades 6 – 12 to have a voice in the library!

## TEEN ANIME CLUB

Grades 6 – 12

Jan. 14 • 1 p.m.

Come to watch anime, eat snacks, and socialize with friends. This month we're watching Your Name .



## KIDS

### BABY TIME

Ages 0 – 15 mo.

Jan. 10, 17, & 24 • 10 a.m.

This class focuses on the interaction between baby and care-giver. Adults will learn a variety of bounces, songs, rhymes, finger plays, movement, and sign language to use at home to develop a baby's early literacy skills.

### TODDLER TIME

Ages 16 mo. – 35 mo.

Jan. 12, 19, & 26 • 10 a.m.

This class introduces toddlers to the love of books, songs, rhymes, finger plays, movement, and sign language. Toddlers must come with an adult who takes care of them.

## PRESCHOOL STORYTIME

Ages 3 – 5 years

Jan. 11, 18, & 25 • 10 a.m.

This storytime session and facilitated play encourages the development of young pre-reading skills through stories, songs, rhymes, and narrative.

## STEM CLUB

1<sup>st</sup> - 5<sup>th</sup> grade

This club is designed to stimulate young minds and open the world of science, technology, engineering and mathematics. Each month we feature a different STEM project kit that participating students will get to keep. Be sure to sign up for our February meeting!

## LEGO TIME

All Ages

Jan. 11, 18, & 25 • 2 p.m.

Everyone is invited to attend this exciting come-and-go program. All LEGO bricks and supplies will be provided for self-directed play.

## STEAM AFTER SCHOOL

K – 12

Jan. 10, 17, 24, & 31 • 4 p.m.

Students can participate in a variety of fun, educational and hands-on activities, including building challenges, science experiments and fun with various STEM toys.◆

...CONTINUED FROM PAGE 1 ◆ Joy



Then there's those to-do lists that have yet to be checked off due to the busyness of life. At least, that is the case for myself as I have been busy with graduate school.

No need to be hard on yourself. With new beginnings, allow yourself to mess up because each day is a brand-new day. You don't need a calendar to dictate that; just the rising of the sun. So, you're probably wondering, "How do I get joy in my life?" Do your circumstances have to change for the better in order to have joy? Do you have to accomplish your goals first before you can achieve joy? Does your life have to be trial-free in order to experience joy? Do you have to feel happiness in order to understand joy?

In *Brighter by the Day: Waking Up to New Hopes and Dreams* by Robin Roberts, Good Morning America news anchor, the chapter "Happiness vs. Joy" explains the difference between these two synonyms. Briefly, Roberts explains that while "Happiness and joy are kinfolk," there are differences between these two words. Happiness is due to our pleasant circumstances like getting a job promotion and a raise, but happiness is fleeting because those pleasant circumstances are temporary. On the other hand, joy sustains us in spite of our circumstances. Joy holds us together during trials and joy is a choice. Henri J.M. Nouwen said, "Joy does not simply happen to us. We have to choose joy, and keep choosing it every day."

Do not wait for unpleasant circumstances to change. Do not wait until you achieve your goals. Do not wait for a trial-free life. Do not wait to feel happy. Choose JOY today and every day. This can be your new beginning for 2023: a new outlook on life in spite of difficult trials, unpleasant circumstances, and yet-to-be accomplished goals.◆





# KID'S CORNER



## Create Your Paper Snowman

### DIRECTIONS



1. Start by cutting strips of paper in two lengths, I cut the strips by cutting across the sheets of white paper, one set cutting along the length and one set cutting along the width.



3. Draw on or stick on all the details, the eyes, nose and buttons.



4. Cut a long strip of color paper and make a scarf. You can also add a cupcake liner as a hat.



2. Now assemble the paper balls. If you don't know how you can check how we did it when making this paper ball garland, the procedure is the same, with the difference you'll be making two balls for one snowman.

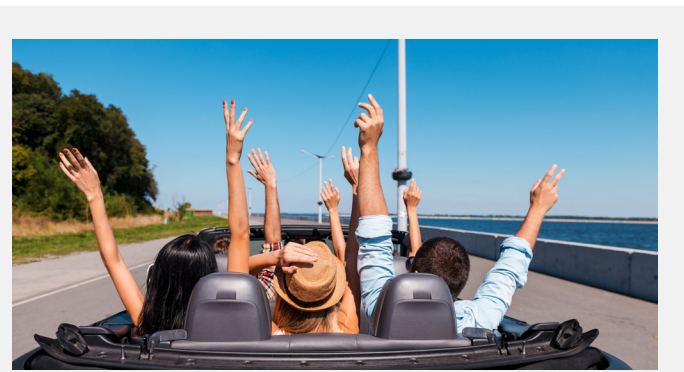
If you want them to stand on their own, put a coin or a small rock in the base to keep them balanced. You can also glue them to a piece of paper.

See the full list of instructions by going to: <https://www.easypeasyandfun.com/paper-snowman-craft/> ♦



### SUPPLIES

- 2 Sheets of white paper (construction paper is best)
- colored paper
- black marker
- glue
- scissors
- optional — buttons, sequins, cupcake liner



## Creating Resolutions with Your Kids

*parents.com*

New Year's Day is the traditional time to celebrate a new beginning, and kids ages 7-12 are at the ideal stage to learn to make resolutions. "They're still young enough that their habits are not firm," says Christine Carter, Ph.D., author of *Raising Happiness: 10 Simple Steps for More Joyful Kids and Happier Parents*, and a teacher for an online class on helping kids develop happiness habits. "They're old enough to think about what a New Year's resolution is and to make their own—yet parents can still help guide them. They're not going to get the same backlash as from a teenager."

Jennifer Kolari, a parent and child therapist and author of *Connected Parenting*, says, "They're beginning to be mindful and to understand others' perspectives. They're doing more independently, and they're starting to open up to broader goals of how to become their best selves."

Making resolutions with your children can be fun and exciting, a time for growth and change, and an opportunity for family bonding. Read on for tips on making New Year's resolutions for kids and helping them keep in touch with their goals all year long.

### Be Resolution Role Models

As parents, it's essential to practice what you preach. "Do you believe in, make, and keep resolutions?" asks Robin Goodman, Ph.D., a clinical psychologist and art therapist who has written books on children and stress. "You have to walk the walk and talk the talk to be most effective." Here's some tips:

- Share your resolutions with your kids
- Set an example
- Keep a Positive Approach to Resolution

Read the full article on [parents.com](http://parents.com) or go [here](#). ♦

## Seeking Happiness

Are you struggling to find happiness in your day-to-day life? Take some time to be mindful and attentive to what matters most. *Sixty+Me* has a great article on *20 Ways to Create Joyful Thoughts* from last year that holds true to now! Check it out:

- Laugh at Least Once a Day
- Stay Grateful
- Find Creative Activities That Make You Happy
- Reconnect with Nature at Least Once a Week
- Volunteer to Help a Local Organization
- Express Your Appreciation for Others
- Clarify Your Priorities
- Organize Events with Friends
- Get Enough Sleep
- Stay Present in the Moment
- Keep Your Mind Active
- Make New Friends
- Give and Accept More Hugs
- Encourage the People Around You
- Smile More
- Create New Goals
- Reconnect with Lost Family Members
- Be Selfish – Take Time for Yourself
- Think About Writing Your Memoir
- Do Bold Things

Read the full article on [sixtyandme.com](http://sixtyandme.com) or go [here](#). ♦

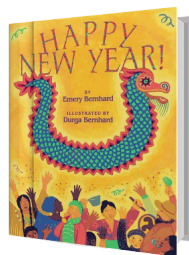
# Let's Spark Joy This Year!

Here are some titles in our collection to help you refresh, renew, and get excited for the New Year.

**The life-changing magic of tidying up: the Japanese art of decluttering and organizing, by Marie Kondo.** This best-selling guide to decluttering your home from Japanese cleaning consultant Marie Kondo takes readers step-by-step through her revolutionary KonMari Method for simplifying, organizing, and storing.



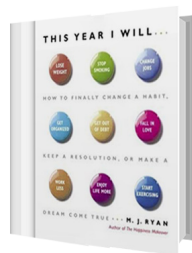
**The life-changing manga of tidying up: a magical story, by Marie Kondo.** From lifestyle/cleaning guru Marie Kondo, this graphic [presentation] brings Kondo's life-changing tidying method to life with the story of a woman who transforms her home, work, and love life using Kondo's advice and inspiration. This illustrated case study is perfect for people looking for a fun introduction to the KonMari Method of tidying up, as well as tried-and-true fans of Marie Kondo eager for a new way to think about what sparks joy.



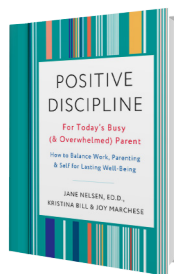
**Happy New Year, by Emery Bernhard.** The book describes the origins of New Year traditions and ways in which the coming of the new year is celebrated around the world.



**Shanté Keys and the New Year's peas, by Gail Piernas-Davenport.** When Shanté is sent to find black-eyed peas for her family's New Year's celebration, she learns about each of her neighbor's New Year's traditions in their home countries.



**This year I will: how to finally change a habit, keep a resolution, or make a dream come true, by M.J. Ryan.** Learn the secret to making changes that stick.



**Positive discipline for today's busy (and overwhelmed) parent: how to balance work, parenting, and self for lasting well-being, by Jane Nelsen, Kristina Bill, and Joy Marchese.** With the increasing pressure to excel at parenting, work, and personal relationships, it's easy to feel stressed and dissatisfied. This targeted Positive Discipline guide gives parents the tools to parent effectively without sacrificing their well-being or giving up on their life goals.



**Ten poems to change your life again and again, by Roger Housden.** In this new volume of his Ten Poems series, Roger Housden takes ten great

poems and in personal, intimate essays shows how they led him, and can also lead us, into a more deeply lived and examined life. Housden says, "Every one of the poems in this book has struck me a blow, a direct hit, each of them, into the heart of hearts. Every one of them, in its own way, has opened a



door for me to go deeper into my own experience, my own longings, my own sorrows and joys, and into the silence that surrounds all of this, all of us, always."

**Thin is the new happy, by Valerie Frankel.** Thin Is the New Happy is the true story of one woman's quest to exorcise her bad body-image demons, to uncover the truths behind what put them there, and to learn how to truly love herself. It's a poignant, hilarious, and all-out honest account of one woman's struggle with body image—the filter through which she's always seen the world—and the way she ultimately overcame it. ♦



**WHEN THE COLD WIND BLOWS, WHAT DOES A BOOK DO?**

**IT PUTS ON A BOOK JACKET!**





H	F	S	Y	I	Z	S	H	H	X	E	K	A	W	X	T	A	H	Y	T	R	A	P
J	U	P	B	F	W	C	O	C	O	A	X	E	D	D	F	A	M	I	L	Y	H	N
S	N	A	T	H	G	I	N	D	I	M	I	T	L	V	J	G	H	I	W	E	C	O
J	E	R	A	U	Q	S	S	E	M	I	T	T	R	E	E	O	O	N	W	M	L	I
R	X	K	W	X	E	K	C	O	L	C	P	A	F	A	A	N	Y	A	D	I	I	T
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N	E	K	U	A	C	A	L	E	N	D	A	R	X	X	G	E	U	Y	A	J	X	U
H	N	O	I	S	E	M	A	K	E	R	S	S	E	L	B	B	U	B	P	K	C	B

Find the following words in the puzzle.  
 Words are hidden and .

- |             |              |            |             |              |
|-------------|--------------|------------|-------------|--------------|
| ADVENTURE   | CLOCK        | FIREWORKS  | LIBRARY     | RESOLUTION   |
| BALLOONS    | COCOA        | FRIENDSHIP | MIDNIGHT    | SPARKLERS    |
| BEGINNING   | CONFETTI     | FUN        | NEW YEAR    | STREAMERS    |
| BOOKS       | COUNTDOWN    | GOALS      | NOISEMAKERS | TIME         |
| BUBBLES     | EVE          | HOURGLASS  | PARTY       | TIMES SQUARE |
| CALENDAR    | EXCITEMENT   | JANUARY    | PARTY HAT   | WINTER       |
| CELEBRATION | EXTRAVAGANZA | JOY        | POP         |              |
| CHEERS      | FAMILY       | LEARNING   | READING     |              |

...CONTINUED FROM PAGE 1 ♦ **New**



hub, which makes it easy to find people through our events, programming, or even on the booth next to yours.

Are you looking to get healthy in 2023? The library can help you with that as well. Sometimes getting healthy can seem like a daunting task that ends in lots of gym memberships that aren't used. We can help. We have a collection of fitness books, dvds, and digital resources that help make it easy for you to do workouts from home or with friends. We also have many diet resources that can help you find a healthy diet to help compliment a workout. The Halagueno Art Park is also a beautiful place to get out enjoy a walk and the beautiful art at the same time. You can even start your own garden to grow healthy food options. We have a seed library to get you started and monthly seed and sprout swaps. Enjoy our great resources to improve your workouts, diet, health, mindfulness, and gardening.

Learn a new skill at the library. The library doesn't just house knowledge in our books and databases but also through our staff, events, and classes. The fun part is that there are a large variety of topics to choose from and everyone will find something just for them to try. Whether you're interested in learning a new languages, baking delicious desserts, or keeping plants alive, you'll be sure to find these skills reflected in what the library offers. In January we have a new Stitches group starting called Stitches Anonymous. It is open to all skill levels.

Our library is an enriching place for everyone, especially early learners who are eager to explore than learn new things. Family time is something that can be enhanced with trips to the library. Browsing interesting collections and taking home some favorite reads or STEAM kits to explore at home can create valuable family time both in the library and when you return home with your items. Storytimes and other events are

great for families to attend together. On that rare day when there isn't anything going on at the library, you can always use it as an opportunity to sit down, cuddle up, and read books to your little one. If you have teenagers we have games you can check out and play together. Also our Family Storytime is open at all ages.

We can also help you reach your career goals, or help you relax after a long day. We have great resources for those looking to start your own business or build your existing one. We also have resources to change careers. Our space is meant for the community, and no one is going to judge you for coming in to relax. Life is busy and it is always important to unplug and take a moment to recharge.

This gives you a jumpstart on all your plans and goals for the year. Use the library's resources to find a new hobby or plan an exciting trip. The sky's the limit for your New Year's resolutions when you get your local library involved. Be sure to add library trip to your list of to-dos for the New Year. ♦

## What Would You Change?

We love our Library, but are always looking to improve, and we want your opinion. We are encouraging ALL PATRONS who wish to have a voice in the services and programs offered at the our local library to fill it out. This is your chance to help us grow!



Please take a moment to fill out our survey and let us know what you like or would like to change about the services we offer at the Carlsbad Public Library. ♦

