



THE VOICE OF VISION AND VALUES... by Casey Van Haren, Library Director

Most of us start January with New Year's resolutions. We want to lose weight, start eating healthy, be more productive, get more sleep, watch less TV and read more, etc. However, only 8% of those who make resolutions succeed in keeping them. That sounds very discouraging! However, most of us start out making huge changes in preconditioned habits and that is where we go wrong. Start out by making small changes. Walk 15 minutes a day, take the stairs instead of the elevator, or drink a glass of water before each meal. Try to make short-term, achievable goals like losing five pounds in two months or eating one healthy meal daily for one month, keeping track of the results, be it weight loss or overall better health. Also, adding accountability and engaging your family and friends in your new habits can help you achieve your goals. You have a support base and they may even join you in your new habits. According to an article in [Forbes](#), most habits actually take more than the 21-day myth to form. So, don't give up. Take small steps, and if you slip up, get right back into it the next day and be positive.

As your new Library director, I realize that the New Year will bring changes not only for me, but also for the staff and our community. Taking small steps, engaging the staff and community in upcoming changes will help with the transition and ensure the success of the Library.

Selk, J. (2013, April 16). Habit formation: The 21-day myth. *Forbes*. Retrieved from <https://www.forbes.com/sites/jasonselk/2013/04/15/habit-formation-the-21-day-myth/#61df5834debc>

Coffee and Conversation with the Librarians and Director



Graham Chapman of Monty Python once said, "You see, I don't believe that libraries should be drab places where people sit in silence; that has been the main reason for our policy of employing **wild animals** as **librarians**." If you'd like to find out more about how your local library functions, or just meet some wild animals, come to our first monthly "Coffee and Conversation with the Librarians and (new) Director" at the Prescott Valley Public Library on Friday, January 26th, from 9-10 am in the Crystal Room of the Library. You may be surprised to learn that they don't just sit and read all day, but do they bite? "Coffee and Conversation with the Librarians and Director" will be held on the 4th Friday of every month from 9-10am. For more information, please call 928-759-3040.

Teen Zine Workshop by Coleen Bornschlegel

I know what you're thinking. What is a Zine anyway? Well, I'm glad you asked. A Zine is a handmade publication of your own content and design on a topic of interest to YOU. Zines are a powerful grassroots tool to bring awareness to personal, social, cultural, or political topics that you consider important. Pages can be filled with collage, text and images, found materials, quotes, personalized creations or anything else that you think would be awesome. What are you passionate about? What do you find amusing? What do you know about that you want to share? In February, we will have a Zine Workshop for teens every Tuesday from 3-4pm. Come and create your very own Zine!



Libraries Abroad - Part Five: The Roundup by Joslyn Joseph



The libraries of Ireland and Northern Ireland have helped their towns move beyond The Troubles by putting together archives, giving their patrons access to information, and providing community and educational programming. These libraries are all about bettering the lives of their patrons and their community.

I was fortunate to see so many beautiful sites beyond libraries during my trip. One of my favorite memories of Northern Ireland was visiting the Carrick-a-rede Rope Bridge in Ballycastle. First erected in 1755 by fisherman, the rope bridge is about 100 feet above sea level and connects the main island to a smaller island. Inishmore, the largest island of the Aran Islands, was my favorite tourist stop in Ireland. It is filled with wonderfully kind people, great food, and a breathtaking view whichever way you look.

As we start a new year, I encourage you to take time this year to go somewhere you've never been, even if it's just within our town. Discover your community, both locally and globally. Try something different. Listen to someone's story. Learn something new.

Volunteer Spotlight– Michael LeBlanc

Michael has been volunteering at the Library Drive-Up window for the past three years and volunteers as an escort at Yavapai Hospital. We can always count on Michael to keep our back room straightened out and patron holds filled at the Drive Up window.

Ever since he was a young boy, Michael has enjoyed reading and he has written several novels and short stories in various genres, especially science fiction and fantasy. Spy thrillers are his favorite books and he likes to participate in fantasy role playing video games.

Michael is well known in the Library for his poetry. Each time there is a special occasion, such as a promotion or retirement, Michael can be counted on to produce a thoughtful poem. Staff appreciates the effort and time that Michael takes to give a personal and meaningful touch to the celebration.

You can view an essay by Michael's on the [volunteer website](#).



Money Fitness hosted by the Adult Services Department



Make 2018 the year that you get financially fit! Starting on Tuesday, January 9th from 6-7pm the Prescott Valley Public Library is offering a monthly **Money Fitness** class series on the 2nd Tuesday of each month from 6-7pm. This series will be led by our own Master Financial Coach, Carol Swenson, who completed her training in Tennessee this past August. We will celebrate the New Year by getting a handle on **“Creating a Budget”**, where and what is happening with your money. RSVP is required. Next month we will be **“Putting Your Budget to Work for You”**. Contact

Carol @ 928-759-6193 or register online for each class at [pvlib.net](#), *register for upcoming classes, Money Fitness*.

Here's what's new in Children's by Lynette Christensen

January is a new year and there are some new changes in Children's.

Prenda coding classes are discontinued but we are hoping to begin with new coding classes in the summer.

Baby Time is back! We will start a six week class for babies from birth through 2 years old on Tuesdays at 10 am, beginning January 23rd.

Toddler Time and **Story Time** classes for preschoolers will continue but the Toddler Time classes for 2-3 year olds will now be at 10 am on Wednesdays and Thursdays and Story Time classes for 4-5 year olds will be at 11 am on those mornings. (Previously, Story Time classes were both on Wednesday mornings and Toddler Time classes were both on Thursday mornings).

Watch the Kids Page on our website at [pvlib.net](#) for other changes for school age children.

ONGOING MONTHLY PROGRAMS

Adult Code Club Mondays 6-7:30pm PC Lab	Drop in Tech Help Fridays 11am-1pm PC Lab	Prescott Valley Quilter's Club 1st & 3rd Friday 9am-12pm Glassford Hill Room	<u>Minecraft Club</u> Wednesdays 2pm-4pm PC Lab
All Ages Board Gamers 1st Monday (except January) January 8th 5:30pm-7:30pm Glassford Hill Room	Drop in Tech Help Wednesdays 6-7:30 PC Lab	PVPL's Everyone Improv 1st & 3rd Tuesday 5:30pm-7:30pm Auditorium	<u>Teen Advisory Board</u> 2nd & 4th Tuesday 3:30pm-4:30pm Teen Room
Book a Librarian By Appointment	Drop in Teen Tech Help Mondays 1-3pm Teen Area	Yavapai Flute Circle 2nd Saturday 12pm-3pm Children's Program Rm	<u>Cookies and Comics</u> 1st & 3rd Tuesday 3:30pm-4:30pm Teen Room
Coloring Class for Adults 1st & 3rd Friday 1pm-3pm Glassford Hill Room	ESL Every Other Tuesday 6pm-7:30pm Children's Program Rm	<u>TEEN</u> <u>Maker Mondays</u> 2pm-4pm DML	<u>CHILDREN</u> Toddler Time (Ages 2-3) Wednesday and Thursday 10am-10:30am Children's Program Room
Conversational French 2nd Thursday 5-6pm Glassford Hill Room	Meditation Workshop 2nd Friday 1pm-2pm Glassford Hill Room	<u>Game Day</u> Wednesday 1:30pm-4pm Crystal Room	Story Time (Ages 4-5) Wednesday and Thursday 11am-11:30am Children's Program Room
Crochet One, Knit Too 2nd & 4th Mondays 2pm-3:30pm Crystal Room	Prescott Photography Group 1st Saturday 9am-12pm Crystal Room		

UPCOMING EVENTS

<u>Computer Classes</u> <u>*Registration Required*</u>	<u>January 2-31</u> Winter Reads Adult Program	<u>January 22</u> Monday Night Movie Nights in Rodanthe 5:30pm-7:30pm Auditorium
<u>January 8, 22, 29</u> Resumes, Cover Letters, and Job Searching Registration 11am-1pm PC Lab	<u>January 9</u> Money Fitness 6pm-7pm PC Lab	<u>January 23</u> Baby Time 10am-10:30am Children's Program Room
<u>January 8, 22, 29</u> Android Basics 3pm-5:30pm PC Lab	Hiking for the HEALTH of It 6:15pm-7:45pm Crystal Room	<u>January 25</u> Teen Book Club 3:30pm-4:30pm Teen Room
<u>January 16, 23, 30</u> Introduction to Excel 3pm-5:30pm PC Lab *****	<u>Library Closed</u> <u>January 15</u>	<u>January 26</u> Coffee and Conversation with the Librarians and Director 9am-10am Crystal Room
<u>January 4, 11, 18, 25</u> <u>*Registration Required*</u> Creative Aging: Basic Printmaking 2pm-4pm Glassford Hill Room *****	<u>January 18</u> PVPL Book Club "The Nest" 10:30am-12:30pm Glassford Hill Room YRMC Talk-Fad Diets 12pm-1pm Crystal Room Federal Employment Workshop 5pm-7pm Glassford Hill Room	

To register for classes visit pylib.net.
For questions or additional information
call 928-759-3040