



THE CARLSBAD PUBLIC LIBRARY

PATRON



November 2022

The Benefits of Gratitude

In November, the popular holiday for most people is Thanksgiving. The ideal around it is being thankful. Being thankful falls under an umbrella term of "gratitude." Gratitude is defined as "showing an appreciation of kindness." While the two are similar, they both have different meanings but a similar impact on people. Gratitude is about noticing, appreciating, and expressing thanks for what one has done. Being grateful helps people connect to something larger than themselves, it connects

them to society, nature, other animals and spiritual figures. The recognition of goodness is noticeable when a person looks outside themselves, which is why a person is able to connect to others. Seeing the good things that other people do teaches a person how to be that good and leads to good benefits on the person's body and mind. The effects of gratitude has been researched by scientists and have consistently shown physical health benefits, emotional health benefits, and social benefits. Gratitude



and other positive gestures are known to release a hormone called oxytocin. Oxytocin is a happy hormone which is also grouped with

two other hormones. When something positive happens your brain releases dopamine

SEE GRATITUDE PAGE 3 ...

A Warm Welcome to our New Assistant Director



By Sarah Jones, Director

I would like to welcome Carolyn "Jo" Nickerson-Harper to Carlsbad Public Library. She is our new Assistant Director. She grew up in Seguin Texas. Jo has a BA in Anthropology from Texas Tech University and a Master's of Library Science from the University of North Texas. Jo has worked in the library field for more than 8 years working in several different areas of the library.

Jo comes to us from Artesia Public Library. While there she was in charge of their Adult Services. During her time at Artesia she was the go to person when it came to assisting patrons with computers, computer software, as well as assisting with personal devices. Just yesterday she was sitting next to a patron helping him navigate one of our computers. At Artesia she also helped in many different aspects of the library she was

able to provide reference services, work with teen and children's services, and worked with community groups.

Libraries and photography are two of Jo's passions. We are excited for her to use both of these passions to benefit our library. With Jo on board we plan on using her eye for design to work on all our marketing and advertising projects, and her experience

SEE WELCOME PAGE 9 ...

COMMUNITY

PARANORMAL READS BOOK CLUB

Next Meeting in December

Do you LOVE to read about the supernatural or paranormal? Then join us for this one-of-a-kind club!

FAMILY STORYTIME

Nov. 2, 9, 16 & 30 • 11 a.m.

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

DUNGEONS AND DRAGONS

Nov. 5 & 19

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

Nov. 19 • 11 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

Nov. 12 • 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.



**No Programs Thanksgiving Week.
Library will be closed Nov. 11, 24 & 25.**

ADULTS

BREWS & BOOKS

Nov. 16 • 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 *Echo Wife* by Sarah Galley, and enjoy this science fiction domestic thriller.



TEENS

TECH TIME

Middle School – 4 p.m.

Nov. 3, 10, & 17

High School – 4 p.m.

Nov. 8, 15 & 29

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

TEEN AFTER HOURS

High School Students ONLY

Nov. 12 • 6 p.m.

Come to an after-hours lock-in at the library and join us for some delicious pizza and board games.

TEEN BOOK CLUB

Nov. 12 • Noon

Join your peers in reading and discussing new exciting, and interesting and books in this club designed just for Teens. This month we're discussing *The Cruel Prince* by Holly Black.

TEEN ADVISORY GROUP (TAG)

Nov. 19 • 4 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

Nov. 5 & 19 • 1 p.m.

Come to watch anime, eat snacks, and socialize with

friends. Club members may request what anime they'd like to view during club meetings.

TEEN LIFE SKILLS

Grades 9 – 12

Nov. 5 • 4 p.m.

Ready to learn some new life skills? Each month High School students will have the opportunity to learn a valuable life skill such as budgeting, administering first aid or changing a flat tire.



KIDS

Pre-registration Required

BABY TIME

Ages 0 – 15 mo.

Nov. 1, 8, 15 & 29 • 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.

Nov. 2, 9, 16 & 30 • 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.

CONT. PAGE 3 ...

PRESCHOOL STORYTIME

Ages 3 – 5 years

Nov. 3, 10 & 17 • 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

1st - 5th grade

Nov. 12 • 1:30 p.m.

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.

ELEMENTARY TECH TIME

Grades K – 5

Nov. 2, 9, 16 & 30 • 4 p.m.

Students can participate in a variety of fun, educational and hands-on activities with various STEM toys.

LEGO TIME

All Ages

Nov. 2, 9, 16 & 30 • 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. ♦

...CONTINUED FROM PAGE 1 ♦ **Gratitude**

which increases serotonin levels and then oxytocin is produced, this is a surge of positive emotion.

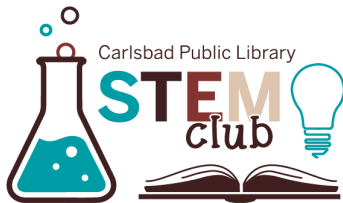
The simple act of taking time to think about all the positives within your life is a powerful way to increase happiness. A person doesn't even have to tell anyone that they are thankful for what they've done (although the benefits are greater). However the effects are gradual because it is both a skill and a personality trait. As a skill, gratitude needs to be practiced while as a personality trait it is easier for some people to feel more grateful than others.

For those that want to start practicing daily gratitude but don't know how here is a list of ideas to help you get started:

- Keep a gratitude journal – create a daily/weekly practice where you write down moments of gratitude
- Share your gratitude with others- the next time someone in your life does something you appreciate let them know
- Go through the motions- grateful motions include smiling, saying thank you, writing letters (it doesn't have to be sent), or taking the time to mentally thank someone
- Challenge yourself to minimize or completely diminish complaining or criticizing for a short period of time
- Think about something or someone you're thankful for right when you wake up.
- Think of a positive thought whenever a negative thought pops up in your mind.
- Keep a gratitude jar at home and deposit a thought of gratitude whenever something big or small happens
- Do an act of service for a loved one


While the effects may take time before you start feeling them, you do not have to do them daily. A person will still feel the effects as long as they make it a habit to do them. Just like any other skill. However, a person doesn't have to exhaust themselves with a strict routine just start with exploring a few activities until you find one you like. A person shouldn't dread doing an activity, the whole point is to make a person happier and hopefully healthier.

One last reminder: these things take time, negatives scream at us while positives whisper. ♦



Carlsbad Public Library
STEM club

imagine the possibilities
For kids in 1st - 5th grade



Next meeting November 12 @ 1:30 p.m.
pre-register at the circulation desk or call 575.885.6776



KID'S CORNER

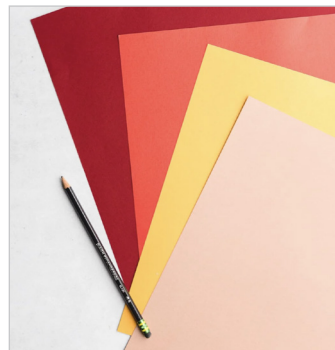


How to Make a Thankful Tree for Thanksgiving-



A thankful tree, also called a gratitude tree, is an easy craft project which will help create a festive atmosphere at any autumn celebration. Whether you are hosting Thanksgiving dinner or joining in with friends and family, this craft is sure to be enjoyed by all ages.

DIRECTIONS



1. Cut colorful craft paper into leaf shapes.



3. Add rocks or vase filler to the bottom of the vase. Place a tree branch into the vase, and arrange it so that it stands upright.



2. Punch a hole in each of the leaves. Thread a piece of ribbon through the hole, and tie it into a loop.

4. Invite each family member to write what they are thankful for on a few leaves and hang the leaves on the branch.

To learn more about making Thankful Trees visit sarah-maker.com/thankful-tree/ ♦

SUPPLIES

- Colorful cardstock
- Cricut cutting machine or Scissors
- Hole punch
- Ribbon or Twine
- Tree Branch
- Vase
- Smooth stones or another heavy vase filler

Introducing Babies and Toddlers to Books



There are so many ways to share books with young children. The first and most important rule is to make it fun. When children enjoy their time and have positive interactions with books, it releases serotonin. That chemical helps their brain associate books with good feelings, and helps your child develop a life-long love of reading.

Here are some tips for how to make reading fun for the littlest readers:

It's okay if you don't finish the book. Young children may not be able to sit through an entire story. Sometimes they only want to read a page or two. Let your child decide how long you spend reading together, and explore books in the way that interests them. Remember you can always come back to the book later.

Talk or sing about the pictures. Do you have every

word of your baby's favorite book memorized? Try mixing up storytime. Instead of reading the words, talk about the pictures, make up a song about them, or if your child is old enough, ask if they want to tell you about the pictures.

Let your child turn the pages. Remember it's okay to skip pages and read the story out of order. When your baby starts trying to turn the page, let them try. When you read with your toddler or preschooler, let them control the page turning.

Show off the cover page. This is a great way to explain what the story is about. If you have an older toddler, you can ask them what they think the story might be about.

Show children the words. Run your finger along the words as you read them. It helps young children connect the letters on the page to the words you say and the

meaning behind them.

Make the story come alive. When you read the story, use voices for the characters. You can also use your whole body to tell the story with hand gestures and movement.

Make it personal. When you are reading, make the story personal to you and your child. Relate the story to your family, friends, pets, or community.

Ask questions. Use the story to start a conversation with your child. Talk about the activities and objects you see and read about. Ask open-ended questions, like "What does this remind you of?" and "What do you think will happen next?" Let your child ask questions too!

Let your child tell the story. Storytelling lets your child flex their imagination. They may add details that personalize the story to their lives, and tell you about things that interest them. Children as young as three can also memorize stories, and it is a great step in learning how stories work.

Create books together. Make photo books of family members. Cut pictures from magazines and catalogs to make word books. Make coloring books together. When your child is older, have them tell stories and draw pictures to go along with the stories.

Make books a part of your routine. The more books woven into children's lives, the more likely they are to enjoy reading. You can enjoy books all through the day, even if it is just for a few minutes.

At meal times. Sing or read a story during a moment of quite nursing or use a song to gather kids around the table

In the car. Keep a few books in the car or diaper bag to keep your little ones quiet and busy

At childcare drop off. Calm a crying child with a favorite short story or lullaby. Leave a photo book with pictures of family so your child can flip through it when they miss you.

At the doctor's office. Before the visit, read books about going to the doctor so your child knows what to expect. Read or tell a soothing story to your little one in the waiting room and sing or talk through the scary parts of the visit. Read or tell a soothi

At the grocery store. Put a couple board books in the shopping cart, or tie a cloth book to the cart to help entertain your little one as you shop.

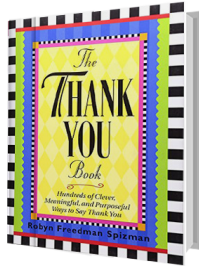
At nap time. Familiar routines help babies calm down. Use books and stories to quietly ease your baby to sleep.

SEE BOOKS PAGE 6 ...

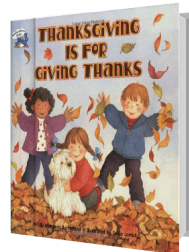
Celebrate the “Thank You!”

Here are some books in our collection that highlight thankfulness:

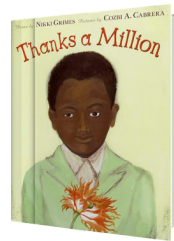
persuaded President Lincoln to transform Thanksgiving Day into a national holiday.



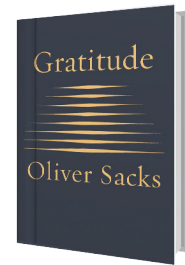
The thank you book: hundreds of clever, meaningful, and purposeful ways to say thank you, by Robyn Freedman Spizman. Available again in a freshly redesigned edition, The Thank You Book teaches you what to say and how to say it in more unique and clever ways than you’ve ever imagined.



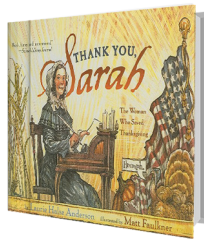
Thanksgiving is for giving thanks, by Margaret Sutherland. This sweet picture book about being thankful is a great way to celebrate Thanksgiving with the youngest readers!



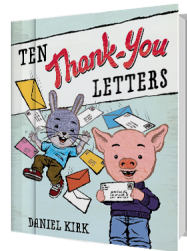
Thanks a million, by Nikki Grimes. What makes you thankful? A book? Weekends? Your family? How do you say thanks? With a flower? With a chocolate bar? With a surprise? In sixteen extraordinary poems that range in form from a haiku to a rebus to a riddle, Nikki Grimes reminds us how wonderful it is to feel thankful, and how powerful a simple “thank you” can be.



Gratitude, by Oliver Sacks. “My predominant feeling is one of gratitude. I have loved and been loved. I have been given much and I have given something in return. Above all, I have been a sentient being, a thinking animal, on this beautiful planet, and that in itself has been an enormous privilege and adventure.” ♦



Thank you, Sarah: the woman who saved Thanksgiving, by Laurie Halse Anderson. Relates how Sarah Hale, a magazine editor and author,



Ten thank-you letters, by Daniel Kirk. While Pig’s trying to finish a thank-you note to his grandmother, his best friend Rabbit repeatedly interrupts to borrow supplies for a series of his own notes, thanking all of the special people in their lives.



Thank You, Omu!, by One Mora. When the aroma of Omu’s homemade stew fills the air, her neighbors arrive, one by one, for a taste until all is gone except for her generous spirit.

...CONTINUED FROM PAGE 5 ♦ **Books**

At day’s end. When you are exhausted and the baby is fussy, lay on the floor together. You can put some books on the floor and read together, play an audiobook on your phone, or sing a song together to relax.

At bath time. Plastic bath books are a great way to make bath time fun and help a fussy baby enjoy the tub.

At bedtime. Soothing books and stories can work magic with babies who fight sleep. ♦

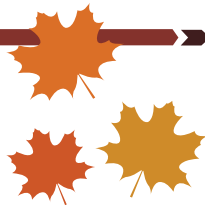
Why did the turkey love the library so much?

It was able to gobble up so much information!



Thankfulness

By Laura Hughes, Information Specialist



The month of November is known for Veterans' Day, football season, cooler weather (depending on where one lives), big sales in preparation of Christmas, and giving thanks on the fourth Thursday, Thanksgiving Day. On social media, many people like to post what they are thankful for each day in November. There's just not enough space in this newsletter to post 30 days' worth of thanks. So, here's a simple acrostic poem about what I am thankful for at the library.

There is always time to
Help
Answer the
Needs of
Kind, curious, and inquisitive patrons who have
Fun times at
Unique
Libraries which provide
Never-ending
Entertainment and education by
Sincere
Staff members at the Carlsbad Public Library ♦



How to Express Gratitude to Others

By Elaine Houston, B.Sc

Think of a time you told someone how grateful you were for their help, support or even just for being in your life. How did that moment make you and that person feel?

Or maybe you can remember a time someone gave you something, something you didn't buy or ask for – just a token of their appreciation? It felt pretty good, didn't it?

This article will look at the ways we can best express our gratitude, the benefits of expressing the gratitude we feel towards others, and how you can practice the act of gratitude whilst learning to appreciate the positive emotions that accompany it.

'Gratitude' is a multi-layered, complex concept with multiple definitions. It can be regarded at many levels of analysis ranging from momentary affect to long-term dispositions, as a general state of thankfulness and/or appreciation, and as the recognition and appreciation of an altruistic gift. ♦

Read more at positivepsychology.com/how-to-express-gratitude

“
Feeling gratitude and not expressing it is like wrapping a present and not giving it.
— William Arthur Ward
”



...CONTINUED FROM PAGE 1 ♦ **Welcome**

with library programs to expand our Adult programs we offer. Part of that is a new book club called Paranormal Reads. It will feature books with witches, lycans, and vamps. The first meeting was in October. Our next meeting will be in December. Make sure to join us for this new club.

If there are other programs you wish we offered please let us know. Make sure to take our survey and give us feedback. This will ensure the changes we make and things we add are what you want. Take our survey at:

<https://forms.gle/G5dT57hpkbjwy4tH9>

Also make sure to keep an eye out for new programs and events we will be offering.

Another passion of Jo's is helping patrons find books. Have you read every book by your favorite author? And the next book cannot be published soon enough? Don't worry Jo can help you find a new author to discover and love. She is also working

on expanding our graphic novel section and updating our nonfiction, science fiction, and fantasy collections. We always welcome book requests, make sure to let us know what you are looking for in these collections.

Make sure to stop by the library today to introduce yourself to Jo. She is excited to be here and looking forward to meeting you all. There have been many changes at Carlsbad Public Library these last few years, our mission is: Carlsbad Public Library is a strong community partner providing programs and services that connect people, foster creativity and curiosity, enrich lives, inspire lifelong learning, encourage literacy, and preserve the rich history of our multicultural community. The whole staff including Jo believe in this mission and are excited for the future and more ways we can make this come to life. ♦

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. ♦

