**LibraryWise: News and Notes from the Greenwood Reading Center**

Hello, Friends! If you’re reading this before or around noon and it’s Thursday, you still have time to pop on in for the Mystery Meal. Enjoy some good conversation and linger over dessert and a beverage, smell that fresh, spring air; it’ll really help shake off those winter doldrums after last week’s thundersnow.

We are very excited about our new website; greenwood.stls.org! Not only can you find a good book to pick up here, we also have tons of useful links. Did you know that STLS offers a free streaming service? With the prices of conventional streaming services matching the NYS motto (Ever Upward,) and gas or groceries not far behind, free anything is always welcome. Don’t have an STLS library card? You can sign up for a digital one that will allow you to access all of these services. This is also free!

The question was posed in a public meeting some time ago, ‘why do we even need a library?’ Studies show that reading from a book daily has many benefits; it can help people remember things better, it slows mental decline related to aging, reduces stress, increases learning and vocabulary (you get smarter and can talk more eloquently), and can expand problem-solving abilities. While the argument can be made that e-readers would make brick-and-mortar repositories like ours obsolete, science once again tends to disagree. Choosing a physical copy over the digital has been shown to increase retention of what was read, help children become better readers, reduce eyestrain, since paper print is easier on the eyes than that digital glare, decrease distraction because there’s no ads in physical novels (or next-to-no, depending on where the book was obtained,) and improve sleep quality when chosen over screen time before bed. Having a home library (ie a full bookshelf) has been linked to higher academic achievement for kids. They get better grades when there are lots of books to read at home! Not only that, studies show that readers report greater satisfaction from reading a physical copy of a book over a digital one. The feel of the paper in one’s hands and the smell of the book are visceral things that we barely notice but affect us without our realizing it. Also, it’s very hard to put a bookmark in an e-book! Having books, and the access to them, is very important. Since not many people have space in their homes for oodles of books anymore, they can change out the books in their homes here, at the local library. Happy reading!

FAQs: Our hours are Monday 2:00-7:00pm, Tuesday and Friday 9:00am to 2:00pm, Wednesday 11:00am to 4:00pm. Homework Helpdesk is on Mondays. We have free internet use via Wi-Fi or public-use computers, fax capabilities and can make copies for a small charge. Yes, you can find us on Facebook! Contact us at (607) 225-4553 or greenwoodreadingcenter@gmail.com.

<https://www.lifehack.org/articles/lifestyle/10-benefits-reading-why-you-should-read-everyday.html>

https://www.mentalfloss.com/article/554845/7-scientific-benefits-reading-printed-books