

# The Bandera PROPHEET

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The Latest at the Bandera Library

By Mauri Guillén Fagan  
Bandera Library Director

Here we are at the final update of 2020: a year we will all remember as the weirdest ever. From all the staff, volunteers and board members we send our best wishes to all for the coming new year. None of us knows what is coming down the pike, but I can say with certainty that the library continues our commitment to be a resource for our community in 2021 and beyond.

The Friends of the Library's Monthly Book Fair is usually held on the first Saturday of the month, but this month it will be on Saturday, Jan. 9, from 9 a.m. to 1 p.m. Come by for new and used books in good condition. All of the proceeds support the library.

New titles this week include "The Case for Keto: Rethinking Weight Control and the Science and Practice of Low-Carb/High Fat Eating" by Gary Taubes. Taubes is an award-winning science and health journalist. His book seeks to answer why is it following the traditional advice of eat less and exercise more has failed so many people and how the Keto diet may be a good alternative. For those who are needing recipes and inspiration for heart healthy or diabetic friendly cooking, check out the Library's newest books on healthy cooking.

Youtube star Cambria Joy Howard has a new book called "Growing Strong: Workouts, Devotions and Recipes to become Healthy from the Inside Out." Delicious recipes are paired with innovative workouts and spiritual inspiration.

The library will be open on New Year's Eve during normal hours and closed on Jan. 1 for the holiday. Regular hours will resume on Saturday, Jan. 2.

The Bandera Public Library is located at 515 Main Street and hours are Monday to Friday, from 9 am. to 6 p.m., and Saturdays from 9 a.m. to 1 p.m. Masks are required, and patrons are encouraged to make an appointment for computer use. Happy tales, y'all.