

News and Information for COHS Students at PWPL

DID YOU KNOW?

Seasonal Affective Disorder (SAD) is a type of depression that affects many people during certain seasons, most often fall and winter. It is thought that the shorter days and less sunlight may be the root cause of this disorder.

Light therapy, using a special lamp, is a treatment recommended to alleviate symptoms of SAD. PWPL has SAD lamps available for checkout.

[SAD Lamp](#)

REMINDER

All libraries will be closed:

- Wednesday, January 1
- Saturday, January 18
- Sunday, January 19
- Monday, January 20

All libraries will close at 5:00 on Tuesday, December 31.

“You are never too old to set another goal or to dream a new dream.”
C.S. Lewis



**CONGRATULATIONS TO
OUR 2024 GRADUATES!**



Your hard work, determination and accomplishments inspire friends, neighbors, family and library staff! 29 local adults have graduated from this program since 2020, and we know that in 2025, we will celebrate the accomplishments of many more COHS students at PWPL. Some of you have already moved on to college and vocational programs. Some have gotten promotions or gotten a better job. We are so proud of each of you!

Stay connected with the library along your educational journey. We want to know your stories. We want to help you with your challenges. We look forward to celebrating you at graduation and beyond!