

# COMMUNITY PROGRAMS

DESERT FOOTHILLS LIBRARY

SEPTEMBER 2019

**Phoenix Zoo and Arizona Science Center**  
bring youth & family programs to Desert Foothills Library!

**Get Lit Book Club**  
Read great books, support local businesses.  
*Kicks off Sept. 10th!*

**Keep the Light On: Banned Books Discussion**  
September 26,  
3:00-4:00 PM



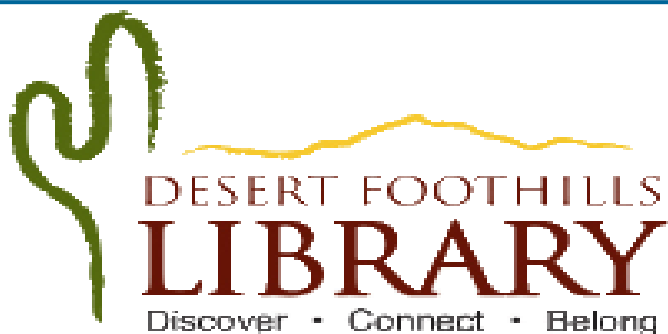
**Banned Books Week**  
**September 22-28**

**CENSORSHIP LEAVES US IN THE DARK**  
**KEEP THE LIGHT ON**

[ala.org/bbooks](http://ala.org/bbooks)

**DFLA.ORG | 480-488-2286 | 38443 N. SCHOOLHOUSE RD. CAVE CREEK**

# INFORMATION



## Find DFL on Social Media



### LIBRARY/BOOKSTORE HOURS

Monday—Friday, 9 am—6 pm  
 Saturday, 10 am—4 pm  
 Sunday, 11 am—3 pm

Front Desk: 480.488.2286  
 Bookstore: 480.488.2777

[www.dfla.org](http://www.dfla.org)  
 38443 N Schoolhouse Rd.  
 Cave Creek, AZ 85331

*Library Closed September 2nd in  
 observance of Labor Day*

Desert Foothills Library is a member supported 501©3 non-profit. As always, we strive to bring you the best resources available and create a welcoming place for everyone in our community. Your continued support helps us accomplish this mission and we appreciate everything this community has to offer. Come get your FREE library card today!

**Chapter2Books**  
 Great Books. Great Prices.

INSIDE THE LIBRARY

**OPEN 7 DAYS**

**North Valley's Biggest used bookstore**

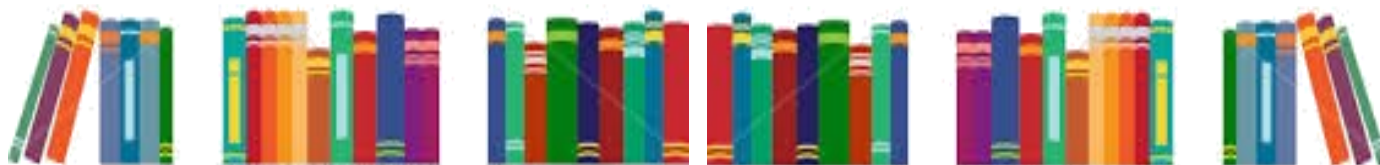
More than 15,000  
**BOOKs - DVDs - CDs - AUDIOBOOKs**  
 Starting at just 50 cents!

**Special Sale Dates: September 13, 14, & 15**  
 (2nd weekend each month)

**Check us out on Amazon!**

**Donations are welcome and help support the library!**

[www.Chapter2BooksAZ.com](http://www.Chapter2BooksAZ.com) 480-488-2777



## Staff Showcase

## Nancy Mackie

**Your role at DFL:** I interview applicants for U.S. Passports and process their applications, providing passport information for patrons.

**Where is your hometown?:** Western Massachusetts but my remaining family lives in the Valley, so now Cave Creek, AZ.

**If you were an ice cream flavor which would you be?:** Ben and Jerry's *Urban Bourbon*— its just the best and I love the name!

**If you have to sing karaoke what song would you pick?:** Nobody could make me sing karaoke! I have a voice like a corncrake.

**What are you currently reading?:** *Killing with Confetti* by Pater Lovesey. I've always been a mystery fan. Have also been working my way through the novels of David Baldacci.

**What is the most memorable vacation you have ever taken?:** Egypt was by far the best. Had a wonderful boat trip down the Nile. The ancient monuments were incredible. In many places illustrations thousands of years old were still legible.

**What is the slogan for your life?:** Make the best of the good times; deal with the rest.



## Volunteer Spotlight

## Jewell C.

**Where is your hometown?:** The Windy City of Chicago, Illinois.

**What did you do in your career?:** Marketing rep for a major healthcare insurance company.

**What season best fits your personality?:** I love summer time, fun in the sun!



**What is your favorite movie?:** I love a good musical— *Mama Mia!*

**What is your favorite part of volunteering at DFL?:** I look forward to the camaraderie with Barbara and Carol. We are all helpful, friendly, and kind. We are a great team on Sundays!

**What would be the title of your autobiography?:** *A Tap Dancer, Dancing Dances.*

**What is a skill you learned when you were young that you still use today?:** My Nana owned a dance studio. There I learned expression through movement and imagination. Problem solving, perseverance, and recover gracefully.

**If you were to change your name, what name would you adopt going forward?:** Joy— because it means the emotion of well-being, a state of happiness, good fortune, and success.

**Thank you to all of our volunteers and the work they do!!**

# YOUTH & FAMILY PROGRAMS

## September 2019 Programs

### Family Yoga Storytime

*Tuesday, September 3 • 10:00-10:30 AM*

Join our favorite mom & daughter yoga teachers, Crystal and Maddie for a special yoga storytime! There will be stories, songs and yoga poses for children joined by a parent or caregiver. No experience is needed to join in on the movement and fun! No registration necessary.

### Discovery Playdate: Preschool Playtime

*Wednesday, September 4 • 11:00 am—noon*

Discovery playdate is unstructured playtime for children up to age 6. This constructive free play is a great time to socialize with other children. Activities will rotate and include sensory bins, water table, building toys and manipulatives, STEM and technology toys, board books, art activities, and games. No registration necessary.



### Dino-Mite Storytime

with Arizona Science Center

*Tuesday, September 10 • 10:00-11:00 am*

Join the Arizona Science Center at Desert Foothills Library for this special preschool program!

Explore paleontology as you transform into a dinosaur detective. Study Arizonan fossils, excavate dino eggs and investigate the fossil inside.



Please register online or call (480) 488-2286 as registration will be limited to 25 children.

### Art Party: Planes, Trains, and Automobiles

*Monday, September 16 • 10:00-10:45 am*

Fuel your creativity at this transportation related art party for kids up to age 8. This fun program will let kids explore vehicles with art activities they can take home with them! Snack will be provided.

Please call (480) 488-2286 to register, or drop in for this fun event.



### Art on a Loom: Weaving for Kids

*Thursday, September 19 • 4:30-5:30 PM*

Join Librarian Caitlin for a beginner's lesson on loom weaving. Use yarn to weave an artistic creation you can take home and display! Materials provided. Suggested ages 8 and up.

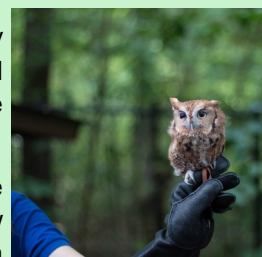
Register online, or call (480) 488-2286 to register to ensure we have enough supplies.

### Up All Night: Pajama Party with the Phoenix Zoo

*Friday, September 27 • 4:30-5:30 PM*

Join us in your PJs for a Pajama Party with the Phoenix Zoo! This educational and interactive experience is fun for the whole family!

A whole world of animals comes alive when we go to sleep. Discover how animals use their senses to navigate in the dark and learn why these animals are active at night. This program offered by Phoenix Zoo staff will include an up-close experience with live animals. Please call (480) 488-2286 to register, or sign up online.



### Block Party: Legos in the Library

*Monday, September 30 • 4:00-5:00 PM*

Build from your imagination! This program for school age children and their siblings is an hour of Lego building and free play.

No registration necessary.



### Storytime @ Desert Foothills Library

#### Family Storytime

*Tuesdays, September 3, 10, 17, 24 • 10:00-10:30 AM*

Children 2-6 and families are encouraged to join us for a 30 minute storytime featuring music, movement, craft & stories. Siblings are welcome. Please note that September 3rd will feature a yoga storytime and September 10th's storytime will be presented by the Arizona Science Center.

#### Lapsit for Babies and Toddlers

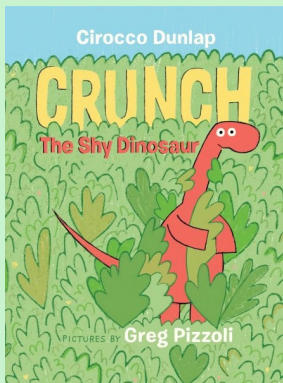
*Thursdays, September 5, 12, 19, 26 • 10-10:30 AM*

Geared to children 10 months to 3 years, join us for a fun 25-30 minute romp with music, books, rhymes, and bubbles! Siblings are welcome. No registration required.

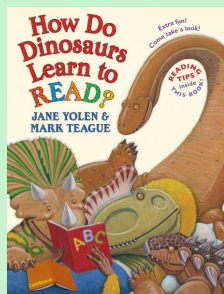
# September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 10:00 AM Family Yoga Storytime	4 11:00 AM Discovery Playdate	5 10:00 AM Lapsit	6	7
8	9	10 10:00 AM Dino-Mite Storytime	11	12 10:00 AM Lapsit	13	14
15	16 10:00 AM Art Party	17 10:00 AM Family Storytime	18	19 10:00 AM Lapsit 4:30 PM Weaving for Kids	20	21
22	23	24 10:00 AM Family Storytime	25	26 10:00 AM Lapsit	27 4:30 PM Up All Night Pajama Party	28
29	30 4:00 PM Lego Block Party					

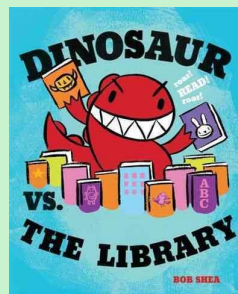
## Books for Dinosaur Lovers



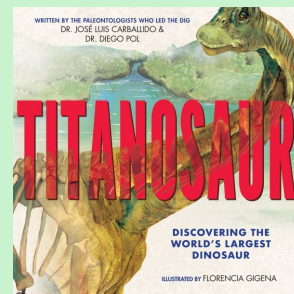
**Crunch, the Shy Dinosaur**  
E FIC DUNLAP



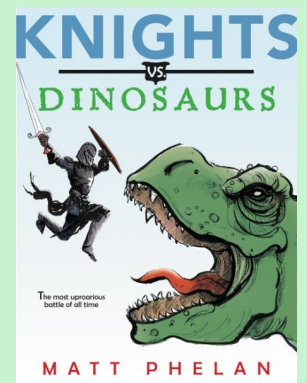
**How Do Dinosaurs...?**  
E FIC YOLEN



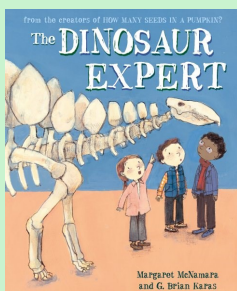
**Dinosaur vs. The Library**  
E FIC SHEA



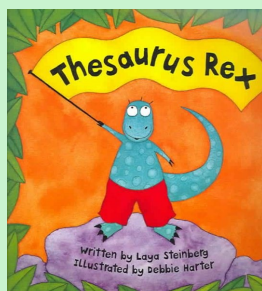
**Titanosaur**  
J 567.913 CARBALLIDO



**Knights vs. Dinosaurs**  
J FIC PHELAN



**The Dinosaur Expert**  
E FIC MCNAMARA



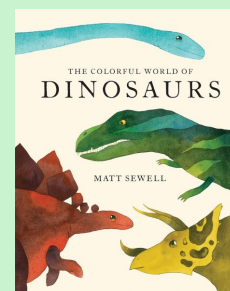
**Thesaurus Rex**  
E FIC STEINBERG



**Long Lost Secret Diary...**  
J FIC COLLINS



**Dactyl Hill Squad**  
J FIC OLDER



**The Colorful World of...**  
J 567.9 SEWELL

Enjoy these  
prehistoric  
reads for  
dinosaur lovers  
of all ages!

# TEEN PROGRAMS

**September 2019 @ Club 11/17**

## TEEN BOOK CLUB

### Book Club September Meeting

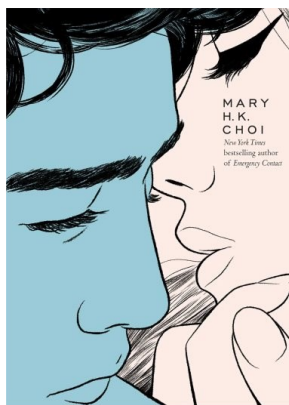
Wednesday, September 25 • 4:30-6:00 PM

Join us for our Teen Book Club meeting! Meet new friends, eat snacks, and discuss the book we are currently reading. This month, we are reading *Permanent Record* by Mary H. K. Choi.

See a staff member for a copy of this book, available upon its release September 3rd!

“When Leanna and Pablo meet at 5:00 a.m. at a Brooklyn bodega in the dead of winter it’s absurd to think they’d be A Thing. But as they discover who they are, who they want to be, and how to defy the deafening expectations of everyone else, Lee and Pab turn to each other.

Which, of course, is when things start to get properly complicated.”



PERMANENT RECORD

## TEEN PROGRAMS

### Astrology 101

Friday, September 13 • 4:30-5:30 PM

Learn about astrology on Friday the 13th at Desert Foothills Library! Learn about the signs of the zodiac from an astrologer in this introduction to Astrology for teens 11 and up. Teens will learn about their sun, moon, and rising sign and receive a mini-reading.



Loreena has been an Intuitive Astrologer since 1970 and has interpreted thousands of people’s charts from all over the United States.

Please call (480) 488-2286 to register or sign up online, as registration is limited to 12 participants.

### Teen Snack & Chat: Oreo Taste Test & Conspiracy Theories

Wednesday, September 18 • 4:30-5:30 PM

Join us in Club 11/17 for Teen Snack & Chat! We will be tasting several different flavors of oreos and discussing conspiracy theories, including whether JK Rowling is real and more.

Bonus: oreos are vegan! No registration necessary.

## Teen Volunteers

@ DESERT FOOTHILLS LIBRARY

Complete service hours, gain valuable experience, have fun!

- regular 2 hour shifts available
- help with events
- shelve books and organize
- tutoring opportunities
- create displays and decorate

CONTACT INFO@DFLA.ORG TO LEARN MORE ABOUT VOLUNTEERING AND GET INVOLVED!



# ADULT PROGRAMS

## LIBRARY FEATURE EVENTS

### Book Reading and Discussion With Author Karlheinz Moll

Tuesday, September 10 • 3-4:30 pm

Part I: A short introduction to the book and the story line.

Part II: Reading various chapters from the book with a focus on those taking place in Scottsdale and Prescott.

Part III: Q&A session and lively discussion with the audience about writing books in general, planning and finding the time writing it, development of characters and story line, integrating localities into a book, self-publishing and book marketing. Karlheinz Moll, born 1966 in Meckenbeuren, is a business consultant in the international financial service industry and the author of two non-fiction books. *EGO SHOOTER – The Depth of the Pain* is his first work of fiction and the first of several novels featuring Bundeskriminalamt (BKA) operative Alexander Granger. Parts of the story take place in Scottsdale and Prescott, AZ, as well as Missoula, MT. Karlheinz lives in Munich, Germany, and is currently promoting his second Alexander Granger novel, titled *The Fake – Deadly Finances*.

**RSVP** online at [dfla.org](http://dfla.org) or call: 480-488-2286.



### Get Lit Book Club

Tuesday, September 10 • 5-6:30 pm (2<sup>nd</sup> Tuesdays)



Your Librarians Caitlin, Sara, and Ashley invite you to a new style of book club: Get Lit Book Club. This fun and informal gathering will be found at a different, local restaurant or watering-hole each month to help support our local community. Books will include non-fiction, classics, contemporary fiction and memoirs, to list a few. Everyone is welcome! This month: *Hit Makers: The Science of Popularity in an Age of Distraction* by Derek Thompson. Meet us at Venues Café in Carefree.

Please **RSVP** at [dfla.org](http://dfla.org) or call 480-488-2286 so we may give accurate numbers to the restaurant for setup. Everyone is free to join, and we encourage you to eat, drink and be merry to support a local business.

### Hot Art/Cool Show Exhibit

DESERT FOOTHILLS GALLERY is presenting an exciting Art Show to continue through October 2.



Featured are Sonoran Arts League artists who stay in the foothills for the summer! You will see a wide variety of excellent juried work and have a chance to buy art. Desert Foothills Library is proud to host this event!



### Highs in the 70's Performed by Two of a Kind

Wednesday, September 18 • 3-4 pm

A combination informative talk and performance exploring the music of the 1970's, both the popular and the important; often not the same thing. The event will include rock, pop, folk/singer-songwriter, jazz fusion, funk, Motown, punk and disco, Broadway, classical/concert music, and other genres. Music will be presented through recorded examples as well as live performances. David & Jenny Heitler-Klevans are award-winning musicians based in the Philadelphia area. They perform and record as Two of a Kind, a children's/family group as well as a folk/singer-songwriter for adults. They are also involved in the alternative folk quartet, Acoustic Blender. David also teaches adult continuing education music appreciation and history classes at various schools in the Philadelphia area.

**RSVP** online or call 480-488-2286.

### Refugee 101: How Refugee Resettlement in the U.S. Works

Thursday, September 19 • 2-3:30 pm

Learn about who refugees are, the U.S. refugee resettlement program, and what services are offered to refugees in the Phoenix area in this presentation by the International Rescue Committee (IRC). The IRC is Arizona's largest refugee resettlement agency and has resettled 15,000 refugees in the Phoenix area since 1994. Stanford Prescott is the Community Engagement Coordinator for the International Rescue Committee in Arizona, where he has worked since 2017. Stanford is a Phoenix native and a graduate of Arizona State University. **RSVP** at [dfla.org](http://dfla.org) or call 480-488-2286.



# ADULT PROGRAMS

## AUTHOR, AUTHOR

### Writers Connection

Friday, September 6 • 1-3 pm (1<sup>st</sup> Friday)

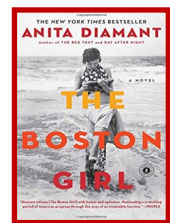
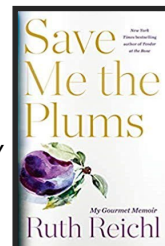


Today's world is literally at a writer's fingertips. A few keyboard strokes can open the internet information gates to help you create credible & compelling stories. **This Month:** Susan Pohlman - Characterization and Dialogue. What makes a character jump off the page and keep an agent, publisher or reader hooked all the way until the end of the book? How does a writer create believable, compelling and effective dialogue? Understanding characterization and dialogue is crucial to effective storytelling. In this cross-genre hands-on workshop we will explore techniques for creating characters that your readers won't soon forget. Come enjoy an afternoon of camaraderie and craft as we unlock the secrets to great writing. Susan Pohlman is the founder and director of The Phoenix Writers Network. She is a Phoenix-based freelance writer, editor, writing coach and workshop facilitator. Her essays have been published in a variety of print and online outlets. Presently, she works as a writer-in-residence for the Arizona State Library System. **RSVP** online or call: 480-488-2286.

### Literate Foodie Club

Monday, September 9 • 12:30-2:30 pm (1<sup>st</sup> Mondays)

Love food, books, cooking and conversation? We will explore all these and more. **Topic:** *Save Me the Plums: My Gourmet Memoir* by Ruth Reichl. Facilitated by Dana Rakinic and Jan Kruse. **Questions:** [danarakinic@gmail.com](mailto:danarakinic@gmail.com) or [jan-kruse@cox.net](mailto:jan-kruse@cox.net). **RSVP** online or call: 480-488-2286. **Cost:** \$10.



### Library Book Club

Thursday, September 12 **and** Tuesday, September 24 • 10 am-Noon (2<sup>nd</sup> Thursday and 4<sup>th</sup> Thursday)

Book Club is now offered twice a month. **This month:** *The Boston Girl* by Anita Diamant. Everyone is welcome! No registration.

## THOUGHTFUL THEMES

### Death Cafe

Wednesday, September 4 • 12:30-2:30 pm (1<sup>st</sup> Wednesday)

Death Café is back at Desert Foothills Library, now every first Wednesday of the month. Death Cafe is a gathering to talk about death & dying. The aim is to increase awareness of death to help people make the most of their (finite) lives. It is a global, non-profit movement begun in London in 2011. To date, more than 7,000 Death Cafes have been held in 63 countries. Death Cafe does not promote beliefs, agendas, or products, nor is it a bereavement or grief support group. Join for open, respectful, interesting conversation about topics relevant to all of us but often considered dark or taboo. For more information go to [deathcafe.com](http://deathcafe.com). **RSVP** online at [dfla.org](http://dfla.org) or call: 480-488-2286.



### Drum Circle facilitated by AARP

Tuesday, September 17 • 4:45-5:45 pm (3<sup>rd</sup> Tuesday)

Join us for a fun and interactive drum circle led by trained HealthRhythms facilitator, Frank Thompson. Drum circles are a form of recreational music-making proven to reduce stress, boost the immune system, promote joy, and a sense of well-being and to build community. All drums and percussion instruments provided. No musical experience required! If you have a heartbeat, you can drum. Open to all adults, all ages. No registration.

### Craft N Chat

Mondays • 1-3 pm

Do you knit, crochet, or practice another table craft? Join other local enthusiasts weekly for companionable creating and good conversation. Any portable craft is welcomed! New crafters and all skill levels are always welcome! No registration.



### DFL Passport Services

Passport Books & Cards  
Regular or Expedited



**APPOINTMENTS ESSENTIAL!!**

Photo Services  
Call direct 480-575-3201

## THE MOVIE SCENE

### Monday at the Movies

Every Monday • 2:30 pm

New releases. Foreign film once each month. Check our website [www.dfla.org](http://www.dfla.org) for titles. No registration.



### Music @ the Movies

Thursday, September 5 • 2-5 pm (1<sup>st</sup> Thursdays)



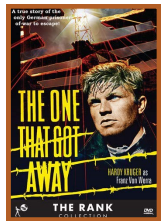
Join us for a celebration of movie musicals! Hosted by music enthusiast, Annis Scott. **This Month:** *Chicago*, starring Renée Zellweger, Catherine Zeta-Jones and Richard Gere, explores the themes of celebrity, scandal, and corruption during the Jazz Age. Velma and Roxie are two murderers now in jail together awaiting trial. Vaudevillian Velma and housewife Roxie fight for the fame that will keep them from the gallows. 113 min. No registration.

The following two movie series feature a post-film discussion, facilitated by Gary Zaro, Humanities Professor from Paradise Valley Community College (PVCC).

### Around the World in 9 Films

Friday, September 13 • 3 pm (2<sup>nd</sup> Fridays)

Movies are a great way to learn about different cultures — how people live, love, laugh, & cope with hardships and tragedy. This series will explore films from nine different countries, each one telling the story of individuals caught up in conflicts unique to their culture & country and yet, at the same time, linking a thread of humanity that stretches across the globe. **This month:** *The Nile Hilton Incident* (NR, 2017, Morocco, 111 min.) **RSVP** online or 480-488-2286.



### Cinematic Reflections: Little Known Stories of WWII

Friday, September 20 • 3 pm (3<sup>rd</sup> Fridays)

World War II is one of the best known and widely depicted conflicts in history. This film series will explore little known stories from that war — stories filled with daring, intrigue, and sometimes such improbability that they have to be seen to be believed. At the heart of each one are the men and women who made World War II modern history's seminal event. **This month:** *The One That Got Away*. 111min. **RSVP** online or call 480-488-2286.

### Ghostbusters Movie Marathon

Tuesday, September 17

Join us for a movie, or two, or three! The Library will be showing **all three** *Ghostbusters* movies throughout the day. Come to enjoy refreshments and the *Ghostbusters* you want to see!

**Ghostbusters** (1984) • 9:30-11:15 am

Three former parapsychology professors set up shop as a unique ghost removal service; featuring Dan Akroyd, Bill Murray, Harold Ramis, and Sigourney Weaver. Join for donuts, coffee, and orange juice.

**Ghostbusters II** (1989) • 11:30 am-1:20 pm

The discovery of a massive river of ectoplasm and a resurgence of spectral activity allows the staff of Ghostbusters to revive the business; featuring Dan Akroyd, Bill Murray, Harold Ramis, Ernie Hudson, and Sigourney Weaver. We will have pizza and refreshments to get you through lunch.

**Ghostbusters: Answer the Call** (2016) • 1:45-3:45 pm

Following a ghost invasion of Manhattan, paranormal enthusiasts Erin Gilbert and Abby Yates, nuclear engineer Jillian Holtzmann, and subway worker Patty Tolan band together to stop the otherworldly threat; featuring Melissa McCarthy, Kristen Wiig, Kate McKinnon, Leslie Jones, and Chris Hemsworth. Come have some popcorn and refreshments. No registration.



## PARA CONTINUAR EL ESPAÑOL

### Intermediate Conversational Spanish

Every Wednesday • 10:30 am-Noon

Informal chat session using various books, flashcards, etc. No instructor. No registration.

# ADULT PROGRAMS

## GAME ON!!

### Mahjongg 102: Step-up to the Next Level

*Mondays, September 9-30 • 1-4 pm*

The class is designed for those who have a basic understanding of the game and want to take it to the next level. You will learn how to use, categorize and select hands and to discard defensively and offensively. Hands-on attention in a small-group setting makes learning and playing fun while stimulating and improving your brain health. The required 2019 Mahjongg Card is available at [www.nationalmahjonggleague.org](http://www.nationalmahjonggleague.org). Class limited to 8 students, minimum 4 students. **Registration required** online at [dfla.org](http://dfla.org) or call: 480-488-2286. **Cost:** \$90 for a 4-week series.



### Learn to Play Bridge

*Fridays, September 13 to November 1 • 10 am-Noon*

This class is designed to teach new players the game of bridge: introduction to the game, bidding, play and scoring. Materials provided by instructor. **Tickets available** at [dfla.org](http://dfla.org) or call 480-488-2286. **Cost:** \$85 for 8-week series.

### Supervised Bridge Play

*Fridays, September 27 to November 15 • 1-3 pm*



This class is designed to introduce new players to the world of bridge and to improve the skills of those who have been playing for a short time and want to improve their game. The emphasis will be on describing opening bids, responses, some of the more popular conventions, and a very short description of the 2-over-1 bidding system.

**Tickets available** at [dfla.org](http://dfla.org) or call 480-488-2286. **Cost:** \$85 for 8 sessions and all materials included by instructor.

## TECHNOLOGY

### E-Media & Library Digital Content Help

*Every Tuesday • 10-11 am*

Downloading eBooks & eAudiobooks can be easy through the library's digital collection! Drop-in with questions about Overdrive, RB Digital or any of the apps the library offers. We will show you how to download the apps to your phone or tablet and how to navigate the digital collection. No question is too small! Please bring your device and have your library card ready! For Apple users your Apple ID will be needed. No registration.



## MONTHLY SUPPORT GROUPS

**Led by Hospice of the West facilitators. No registration.**

### Caring for the Caregiver

*Tuesday, September 3 • 10-11:30 am (1<sup>st</sup> Tuesday this month only)*



Taking care of yourself is essential in being able to take care of your loved one. Join us for this opportunity to fellowship with other caregivers.

### After Loss of a Spouse or Partner "The Healing Pathway"

*Mondays, September 9, 23 • 9:30-11 am (2<sup>nd</sup> & 4<sup>th</sup> Mondays)*

Join us on this Journey that will guide you to find a "NEW NORMAL" as you process through your personal brief journey.

## INTRODUCTION to the ANTI-INFLAMMATORY DIET

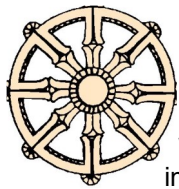
### The Diet That Won't Fail You

*Thursday, September 19 • 3:30-5 pm*

Inflammation plays a central role in some of the most challenging diseases of our time, including being overweight, rheumatoid arthritis, cancer, heart disease, diabetes, asthma and even Alzheimer's. In this introduction to the anti-inflammatory diet & meal timing, learn the most important factors for reducing inflammation, losing weight and drastically improving your health. Dr. Fabio Almeida, MD, is the founder and Medical Director of the Center for Integrative Healing Wellness at Civana Resort in Carefree. He is a board certified physician specializing in integrative medicine/oncology, nutritional & culinary medicine and anti-aging medicine.

**Tickets** are available online or call 480-488-2286. **Cost:** \$5.





## THE ART of YOGA

Presented by the Phoenix Art Museum

Friday, September 27 • 1-2:30 pm

Yoga continues to grow in practice & popularity in our modern world. It is a practice of influence & transformation. We'll discuss the eightfold path of yoga, its iconography, symbolism, literary & religious traditions. We will view images from Phoenix Art Museum and other collections. Marcia Ruddock is a Master Docent at Phoenix Art Museum and a yoga practitioner and teacher. **RSVP** online at [dfla.org](http://dfla.org) or call 480-488-2286.

## HEALTHY LIVING

### ELIMINATING CHRONIC BACK PAIN

**A Fascia & Posture Based Approach by Sterling Structural Therapy**

Wednesday, September 18 • 11 am-Noon

What if a big part of your back pain is due to a giant anatomical system called Fascia, which does not show up in imaging? What if imbalances in this system are keeping you "stuck"? Come join us and find out how you can achieve sustainable results regardless of your age.

Dana Sterling is the founder and owner who pioneered Sterling Structural Therapy, a revolutionary non-invasive method for the treatment of chronic pain and orthopedic conditions. Dana holds a bachelor's degree in Kinesiology with an associate's degree in pure and applied science along with numerous certifications in advanced therapeutic movement modalities. Driven to find solutions to the multitude of orthopedic and chronic pain conditions her clients presented with, Dana used a results-driven scientific approach in developing Sterling Structural Therapy (SST), a new paradigm in chronic pain treatment.

**RSVP** online at [dfla.org](http://dfla.org) or call 480-488-2286.



## ONGOING HEALTH AND FITNESS



### Gentle Yoga

Every Sunday and Wednesday • 11 am-Noon

You are only one class away from a good mood! Slow poses begin to strengthen your heart and bones, improve balance and sharpen your mind. *Bring a yoga mat and light blanket.* **Registration:** contact Marina Kachur: [yokama14@gmail.com](mailto:yokama14@gmail.com) or 480-510-6572. **Cost:** \$8 cash, pay each class.

### Yoga Inspired Soul Play

Every Monday • 9:15-10:30 am



A hybrid yoga class for all levels; yoga styles infused with play-bringing us to our true inner child space. Movement of dance for body awareness of strength, balance, resilience & flexibility. Meditation - Guided visualizations, energy, & breath flow, use of voice via chant. **Questions:** Jennifer Mathews, [jen72mathews@yahoo.com](mailto:jen72mathews@yahoo.com) or 480-707-8377. **Cost:** \$8 paid at class.



### Yoga Fusion (Intermediate level)

Every Thursday • Noon-1 pm

This intermediate-level course starts with breathing exercises, stretching movements to open hearts and hips and then into Vinyasa or Flow yoga and standing sequences with balance exercises. 5 minutes of Savasana ends the class. **Questions:** Elizabeth Boisson: 480-363-5275 or [evboisson@yahoo.com](mailto:evboisson@yahoo.com). **Cost:** \$8 cash, pay to instructor at each class.

### Qigong/Tai Chi

Every Friday • 9-10 am



A discipline that can be practiced & benefits gained at any age – you are never too old! Blend Qigong and Tai Chi, with deep breathing, repeated gentle motions and stretches to improve health, balance, agility & flexibility. Wear loose clothing & bare feet. **Questions:** Bina Bou at [bina.b75@gmail.com](mailto:bina.b75@gmail.com) or 480-284-1300. **Cost:** \$40 cash for 5 classes; or \$10 drop-in.



### Practical uses of Reiki

**Energy Modalities in Meditation, Relaxation, Healing, Health, & Overall Self-Care**

Wednesdays, September 11, 25 • 10:30-11:30 am (2<sup>nd</sup> & 4<sup>th</sup> Wednesdays)

A discussion explores the energy body & how it functions & the effects this unseen energy force or body and how you use it. We will play with body energy to learn how to control it to consciously use the energy that makes up all that is you. **Questions:** Contact instructor Karen Cimaglia: [rockinvibes21@gmail.com](mailto:rockinvibes21@gmail.com) or 602-721-7714. **Cost:** \$8 cash, pay to instructor at each class.

# CENSORSHIP LEAVES US IN THE DARK

# KEEP THE LIGHT ON

BANNED BOOKS WEEK

SEPTEMBER 22-28

## CENSORSHIP BY THE NUMBERS

Censorship leaves us in the dark. Keep the light on by standing up to censorship when you see it happening, and exploring a challenged or banned book. Learn more at [ala.org/bbooks](http://ala.org/bbooks).

531

Total materials affected in censorship attempts in 2018 (including magazines, films, databases)

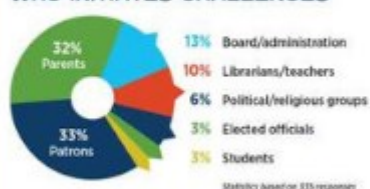
### CHALLENGE

Attempt to remove or restrict materials or services based on content

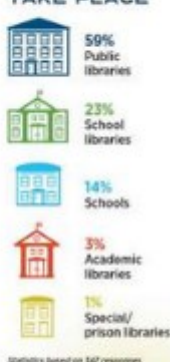
### BAN

Removal of materials or cancellation of services based on content

### WHO INITIATES CHALLENGES



### WHERE CHALLENGES TAKE PLACE



### REASONS FOR BOOK CHALLENGES



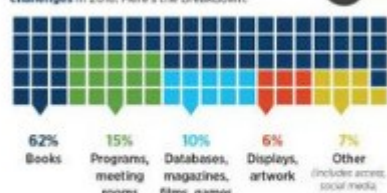
### FIVE TYPES OF BOOK CENSORSHIP IN 2018



### BEYOND BOOKS

Libraries are not only about books. They are continually transforming to meet community needs and provide new platforms, programs, and services. The American Library Association has noticed an increase in attempts to censor drag queen story hours and LGBTQIA+ programming, as well as challenges to remove access to databases.

The American Library Association's Office for Intellectual Freedom tracked 347 challenges in 2018. Here's the breakdown:



### TOP 11

## CHALLENGED BOOKS OF 2018

The American Library Association tracked 347 challenges to library, school, and university materials and services in 2018. Of the 483 books that were challenged or banned in 2018, here are the top 11 most challenged:

- 1 | *George* by Alex Gino**  
Banned, challenged, and relocated because it was believed to encourage children to clear browser history and change their bodies using hormones, and for mentioning "dirty magazines," describing male anatomy, "creating confusion," and including a transgender character
- 2 | *A Day in the Life of Marlon Bundo* by Jill Twiss, illustrated by EG Keller**  
Banned and challenged for including LGBTQIA+ content, and for political and religious viewpoints
- 3 | *Captain Underpants* series written and illustrated by Dav Pilkey**  
Series was challenged because it was perceived as encouraging disruptive behavior, while *Captain Underpants* and the *Sensational Saga of Sir Stinks-A-Lot* was challenged for including a same-sex couple
- 4 | *The Hate U Give* by Angie Thomas**  
Banned and challenged because it was deemed "anti-cop," and for profanity, drug use, and sexual references
- 5 | *Drama* written and illustrated by Raina Telgemeier**  
Banned and challenged for including LGBTQIA+ characters and themes
- 6 | *Thirteen Reasons Why* by Jay Asher**  
Banned, challenged, and restricted for addressing teen suicide
- 7 | *This One Summer* by Mariko Tamaki, illustrated by Jillian Tamaki**  
Banned and challenged for profanity, sexual references, and certain illustrations
- 8 | *Skippyjon Jones* series written and illustrated by Judy Schachner**  
Challenged for depicting stereotypes of Mexican culture
- 9 | *The Absolutely True Diary of a Part-Time Indian* by Sherman Alexie**  
Banned and challenged for sexual references, profanity, violence, gambling, and underage drinking, and for its religious viewpoint
- 10 | *This Day in June* by Gayle E. Pitman, illustrated by Kristyna Litten**  
Challenged and banned for including LGBTQIA+ content
- 11 | *Two Boys Kissing* by David Levithan**  
Challenged, banned, and hidden for including LGBTQIA+ content

Join your librarians for a discussion about banned books on September 26th 3:00-4:00 pm