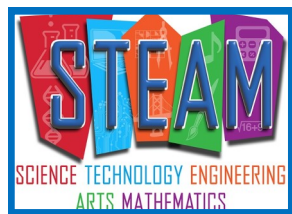


## More Events



### Phoenix Art Museum S.T.E.A.M.

Thursday, March 8 • 2–3 pm

STEAM speaks to the integration of Art & Science (Science Technology Engineering Art & Math) and the use of the Scientific Method not only in

the scientific fields, but in Art as well. Examples of Scientific Approaches and how artists have developed much of their techniques from the various fields of Science. The speaker is Phoenix Art Museum docent Sylvia Wright.

**Register:** 480-488-2286.

## FOR WRITERS Writers Connection

### Microtension Keeps Readers Turning the Page

March 2 • 1–3 pm (1st Fridays)

Most writing workshops focus on the big plot elements--the car chases, fight scenes, and breakups. But what about those moments when we're walking down a dark street and we hear footsteps behind us? Award-winning fiction writer Marylee MacDonald's workshop explores microtension. To understand how microtension works, we'll be looking at a single passage from author Margot Livesey's novel *HOMEWORK* (for writers of short stories, novels, or memoirs). Facilitated by Sherry Kesling.

**Register:** 480-488-2286.



## Remembering our Stories A Writing Group

March 1 • 9:30–11 am (1st Thursdays)

Experience connection and get inspired in a writing group that will nurture your heart and spirit, as well as spark your creativity. Absolutely no writing experience needed!

Questions? Contact Life and Wellness Coach

Sharon Spector at 512-460-9108. **Register:** 480-488-2286.

## Memoir Writers Group

March 12 • 10-11:30 am (2nd Mondays)

Meet monthly to share stories and receive constructive feedback. Organized by Elena Pavlova. No registration.



## Looking for a FULFILLING VOLUNTEER OPPORTUNITY?

Join the Desert Foothills Library & make a real impact! Volunteers

are needed at the library & Chapter 2 Books. Shifts are generally 3-4 hours and available for all days of the week; Volunteers will be fully trained. Apply to Library Manager Terri Engebretson at [tengebretson@dfila.org](mailto:tengebretson@dfila.org) or 480-488-2286.

## DESERT FOOTHILLS LIBRARY

Details at [www.dfila.org](http://www.dfila.org) March 2018

## MONTHLY SUPPORT GROUPS

Led by Hospice of the West facilitators. No registration.

### Caring for the Caregiver

March 5 • 10–11:30 am (1st Mondays)

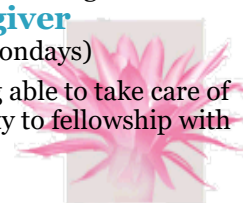
Taking care of yourself is essential in being able to take care of your loved one. Join us for this opportunity to fellowship with other caregivers.

### "The Healing Pathway"

### After the Loss of a Spouse or Partner

March 12 & 26 • 9:30–11 am (2nd & 4th Mondays)

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



## HEALTH & FITNESS

### Guided Meditation

Thursday, March 22 • 2–3 pm

In this practice, we lie on the floor with closed eyes & relax in the space just before sleep. *Please bring a yoga mat or blanket.* **Registration required:** Contact instructor Payton Cooper at [studiomagic@cox.net](mailto:studiomagic@cox.net) or 480-563-1142.

**Cost:** \$6 cash, pay to instructor at each class.



### Qigong/Tai Chi Easy

Every Friday • 8:45–9:45 am

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

### Gentle Yoga

Every Sunday • 11 am–Noon (no class 3/25)

You are only one class away from a good mood! Yoga for Every Body: through a slow flow of controlled poses you'll begin strengthening your heart & bones, improving balance & sharpening the mind. *Please bring a yoga mat & light blanket.* **Registration required:** Contact instructor Marina Kachur: 480-510-6572 or [yokama14@gmail.com](mailto:yokama14@gmail.com). **Cost:** \$8 cash, pay at each class.



### Restorative Yoga

Every Thursday • Noon–1 pm

Great for beginners! Improve your ease of movement, flexibility, breathing & meditation. *Please bring a yoga mat and light blanket.* **Registration required:** contact instructor Elizabeth Boisson at 480-363-5275 or [evboisson@yahoo.com](mailto:evboisson@yahoo.com). **Cost:** \$8 cash to instructor at each class.

### Natural Body Movement

Every Sunday • 1–2 pm (no class 3/25)

Classes are a gentle approach to movement. Emerging from mindfulness, learn to trust the body's sensations while increasing strength, flexibility and mental clarity. Release stress, tension & chronic pain. *Please bring a light blanket.* **Registration required:** contact instructor Judah Page at 602-931-2865 or [judah.page@gmail.com](mailto:judah.page@gmail.com). **Cost:** \$10 cash, pay instructor at each class.



## ASSOCIATIONS

### of DRY EYE and EYE LASH MITES

Tuesday, March 27 • 2–3 pm

Many people are not aware of eyelash mites, otherwise known as demodex folliculorum, but most people have them! These parasites can cause red, irritated, itchy eyes and/or eyelids. In this presentation, medical optometrist Dr. Julie Lam discusses eyelash mites, how they can contribute to the worsening of dry eye symptoms and alternative dry eye treatments.

**Register:** 480-488-2286.



## CREATING GLADITUDE

Saturday, March 24 • 10:30–11:30 am

Digging deep doesn't mean you have to get and keep your hands dirty. Get involved with what's making and keeping you stuck. Author & Life Coach, Raleigh Pinskey, helps you establish credibility, prosper, and even surpass your goals. Questions? Email [raleigh@creatingglatitude.com](mailto:raleigh@creatingglatitude.com) or call 480-488-4840.

**Registration Required:** 480-488-2286. **Cost:** \$8.

## AARP DRIVER SAFETY PROGRAM

Saturday, March 10 • 10:30 am–3 pm

A refresher course in driver safety and driving skills (lecture). Materials are included. Completion of the course may entitle you to an auto insurance discount (check with your insurer; not all participate). Bring a sack lunch. Class Limit 15. Email instructor Scott Rexinger at [srexinger@gmail.com](mailto:srexinger@gmail.com) with questions. **Registration Required:** 480-488-2286.

**Pay Instructor at class:** \$20; or \$15 with AARP member card (checks only), plus \$5 cash or check to Desert Foothills Library.



## ADELANTE GALLERY

presents

### Fowl Play

March 10-18

Enjoy this exhibition of avian-inspired art to benefit the Desert Foothills Library. A reception will be held at Adelante on Saturday, March 10 • 5–7 pm, 7212 East Ho Hum Road, #14. For information call 480-488-1285 or email [adelantecarefree@gmail.com](mailto:adelantecarefree@gmail.com).

(Shown: Polish White-Crested Blue by Phillip Grainger.)

## VISIT THE LIBRARY WEBSITE

TO ACCESS

## FREEGAL SERVICE



## More Events

## AROUND THE WORLD IN 9 FILMS

The Best in International Cinema

March 9 • 1–3 pm (2nd Fridays)

Movies are a great way to learn about different cultures -- how people live, love, laugh, and 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 and country and yet, at the same time, linking a thread of humanity that stretches across the globe. A post-film discussion, facilitated by Gary Zaro, Humanities Professor from Paradise Valley Community College (PVCC), will follow.

**This Month:** *Phoenix* (98 min.). Germany.

**Register:** 480-488-2286.



## WWI CINEMATIC REFLECTIONS

The 100th Anniversary

March 16 • 3–5 pm (3rd Fridays)

Inevitable, but also easily avoidable, World War I is one of the most tragic and unique wars in history. This series will highlight films that define the triumphs, tragedies, innovations, and sacrifices in what was hailed as "The War to End All Wars." WWI will ultimately cause WWII and shape the entire 20th Century. A post-film discussion, facilitated by Gary Zaro, Humanities Professor from Paradise Valley Community College (PVCC), will follow.

**This month:** *The Wipers Times* (92 min.).

**Register:** 480-488-2286.



## MONDAY MOVIES

### @ THE LIBRARY

Every Monday • 3–5 pm

New Releases, with a Foreign Film once each month! Check our website [www.dfila.org](http://www.dfila.org) for titles.



## SKETCHING & DRAWING

2 – Part Series

Monday, March 12, 19 • 10 am–Noon



Get your artistic juices going! This is not "Art for Art's Sake." Roberta Kritzia, noted Art Instructor, will introduce the group to a Classical approach to Rendering in Fine Art. Don't put this off...it's better than therapy and you can't buy the feeling of creativity at the pharmacy. **Register:** 480-488-2286.

**Cost:** \$39 (includes materials).

## SHOP AMAZON

Click this icon on the Desert Foothills Library web site to shop Amazon and support your Library!





## DESERT FOOTHILLS LIBRARY



### SPANISH OFFERINGS

#### Intermediate Conversational

Every Wednesday • 10:30 am–Noon

Informal chat session using various books, flashcards, etc. with discussion in Spanish. No instructor. No registration.

#### Spanish Classes

All Spanish classes below are taught by Alina Lowen, a native speaker who has taught for 30+ years. Class sizes are limited. Please call the instructor directly with questions about which class level to join, at 480-595-5500.

**Registration required 2 days prior to class start:**

480-488-2286. **Cost:** \$54 for each 6-week series.

#### Spanish Level 1

**Wednesdays, Mar 7–Apr 11 • 9:30–10:30 am**

No knowledge necessary, or take this class as a refresher. Oral skills will be emphasized; students learn basic grammatical structures to communicate on everyday topics.

#### Spanish Level 2

**Wednesdays, Mar 7–Apr 11 • 10:40–11:40 am**

#### Spanish Level 3

**Wednesdays, Mar 7–Apr 11 • 11:50 am–12:50 pm**

#### Spanish Level 4

**Tuesdays, Mar 6–Apr 10 • 10:40–11:40 am**

#### Spanish Level 5

**Tuesdays, Mar 6–Apr 10 • 11:50 am–12:50 pm**

### TEEN TECH HELP DESK

Saturdays, March 3, 17 • 10 am–1 pm  
Contact Brandon Holmes: 480-695-2638.

Sunday, March 11 • 11 am–1 pm  
Contact Bo Manuszak: [manuszakbo@yahoo.com](mailto:manuszakbo@yahoo.com).

Get help with e-mail accounts, apps, downloading e-books, setting up devices, Windows 10, websites & more! Bring your device or use a library computer to get your questions answered. Contact Bo for more information. No appointments needed; 1st-come, 1st-served.



### COMPUTER/TABLET CLASSES

All classes below taught by Tech4Life

**Registration required:** 480-488-2286



#### Home Automation

March 1 • 9:30–11 am (1<sup>st</sup> Thursdays)



Amazon Echo, Google Home, Nest, Wink, Video. Unlock your doors, close the garage, change the temp, be notified of water leaks, see AND talk to someone at your door from ANYWHERE! Experience real practical applications of today's products.

#### Password Management & Security 101

March 22 • 9:30–11 am (4<sup>th</sup> Thursdays)

Frustrated with a million passwords? Worry about credit card fraud? Has someone called you about your computer being hacked? Is your data safe? Show up and we'll explain all of this and more! Lecture and handout provided; no computers.



## DETAILS AT WWW.DFLA.ORG



### MUSIC @ THE MOVIES

March 1 • 2–5 pm (1<sup>st</sup> Thursdays)

**Turandot:** The story is set in China and involves Prince Calaf, who falls in love with the cold Princess Turandot. To obtain permission to marry her, a suitor has to solve three riddles; any wrong answer results in death. The music of the opera by Jacobo Puccini is glorious, including the well-known aria, Nessun Dorma, the settings and costumes are magnificent, the story is compelling and even humorous at times, but best of all it has a happy ending. 134 min. Hosted by Music Enthusiast Annis Scott. No Registration.



### MUSIC APPRECIATION

#### @ THE LIBRARY

Fridays, March 23, 30 • 4–5:50 pm

(4<sup>th</sup> & 5<sup>th</sup> Fridays March only)

Fran Rosenthal, Music Enthusiast, will educate & entertain, as she takes us on a tour of music throughout our history. **Register:** 480-488-2286. **March 23:** "Cello Concertos: a Haydn and a Dvorak and more" **March 30:** "Rogers and Hammerstein & their Well loved Musicals"

### MONEY MATTERS

**Register for each seminar:** 480-488-2286



#### Wills and Trusts 101

Tuesday, March 13 • 1:30–2:30 pm

Nicole Pavlik of Nicole Pavlik Law Firm, PLC will host a **FREE** Estate Planning Workshop, providing a small group setting for men & women to learn the essentials of Wills, Trusts and Probates. Attendees will learn:

- Powers of Attorney - why they are important and what you should have in them
  - Probate - what it is and how to avoid it
  - Trusts - what they are and how are they different from a Last Will and Testament
  - Taxes - who has estate or inheritance tax
  - Beneficiary designations—why these need to be updated
- Attendees will have the opportunity to actively learn, plan, and ask questions in a supportive and engaging environment.

#### Secure Your Financial Future

**Lessons from Warren Buffet**

Saturday, March 17 • 10:30 am–12:30 pm

- Understand Buffet's "Rule 100" or risk ruin in retirement
- Why your stock market portfolio violates Buffet's "Rule 100"
- Avoid the next crash in stocks and bonds
- Buffet's rules for financial success

#### Solar Business Leasing

**Earn 7% and enjoy 30% Tax Credit**

Saturday, March 31 • 10:30 am–12:30 pm

- The food industry uses diesel-powered reefers (refrigeration units that are noisy with heavy pollution)
- Solar-powered reefers cool much better and use NO fossil fuel
- Large companies such as Kroger pay part of the cost upfront and 7% annual interest
- 30% solar tax credit and deduction or depreciation saves you Taxes

Presented by Dr. Harold Wong, PhD Economics (UC Berkeley), long-time financial columnist for the AZ Republic.



## MARCH 2018

### Chapter2Books

Great Books. Great Prices.

#### Biggest used bookstore in the North Valley!

**More than 15,000  
BOOKS - DVDs - CDs - AUDIOBOOKS**

**Starting at just 50 cents!**

**Special Sale Dates: March 9, 10, 11**

(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

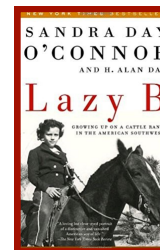


### LITERARY SALON

#### Not Your Typical "Book Club"

March 15 • 10 am–Noon (3<sup>rd</sup> Thursdays)

**Topic:** *Western Literature.* Western literature is replete with archetypes of wide open spaces and the American cowboy: the Grand Canyon, Monument Valley, wild horses, large ranches and farm land, gunfights, Tombstone, Prescott, and Santa Fe. Novels have been made into mini-series and movies such as *Lonesome Dove* by Larry McMurtry and *True Grit* by Charles Portis. Facilitator Jill Hall grew up in rural Arizona reading Louis L'Amour, Tony Hillerman and Edward Abbey. Come and discuss your favorite stories and movies. Other suggestions: *Going Back to Bisbee* by Richard Shelton, *The Lazy B* by Sandra Day O'Connor and Alan Day, and *I Am the Grand Canyon: Story of the Havasupai People* by Stephen Hirst. No Registration.



### LIBRARY BOOK CLUB

March 8 • 10–11:30 am (2<sup>nd</sup> Thursdays)

Discussion of *Riders of the Purple Sage* by Zane Grey. Everyone is welcome!

### THE LITERATE FOODIE CLUB

March 5 • 12:30–2:30 pm (1<sup>st</sup> Mondays)

Love food, books, cooking and conversation? We will explore all these and more. **March Topic:** *Coming to My Senses* by Alice Waters. Facilitated by Dana Rakinic. Questions? Contact [danarakinic@gmail.com](mailto:danarakinic@gmail.com). **Register:** 480-488-2286. **Cost:** \$10.



### SAVE THE DATE!!!

Monday, May 7, 2018

#### Desert Foothills Library Golf Tournament

Contact David Court [dcourt@dfila.org](mailto:dcourt@dfila.org).

## Adult Events

## MARCH 2018

### LIBRARY CLOSURE NOTICE:

**Construction necessitates closure  
for regular library use on March 14 & 15  
but scheduled events/classes will be held.  
Library will be closed March 25 for BLOCK PARTY.**

### BLOCK PARTY

Sunday, March 25 • 1–4 pm

Due to Library construction, we've transformed our traditional, Annual Gala into a Block Party— where you and friends can enjoy an afternoon of fun while supporting your favorite Library! There will be several interactive activities, including participating in a Community Art Mural in partnership with the Sonoran Arts League & a wonderful opportunity to sample gourmet fare from local food trucks. You will not want to miss this important fundraising event! **Tickets: \$125, from the Library or search for Library Block Party at [www.eventbrite.com](http://www.eventbrite.com).**



### PREVENTING WEIGHT GAIN

#### Is Easier Than Losing Weight!

**How a Mobile App Can Help**

Saturday, March 24 • 10:30–11:30 am

Research shows that people do make lower calorie choices when calorie amounts are presented as "exercise equivalents." Author and Health Coach Stan Reents, PharmD, will summarize this intriguing new concept. Additional discussion points will include: recent and future changes to food labels, the evolution of the term "m-Health", why responsive design is important when using mobile devices, using your smart phone to read bar-codes and QR codes. **Register:** 480-488-2286. **Cost:** \$5.



### DESERT FOOTHILLS LIBRARY

38443 N Schoolhouse Rd.  
Cave Creek, AZ 85331

Front Desk: 480.488.2286

Bookstore: 480.488.2777

#### HOURS

Monday—Friday

9 am—6 pm

Saturday, 10 am—4 pm

Sunday, 11 am—3 pm

[www.dfla.org](http://www.dfla.org)