

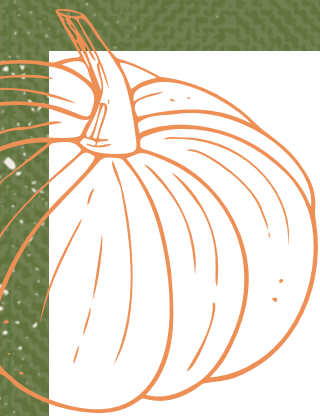
# THE PAGE TURNER

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## October 2023

Black= Children's Library Activities      Black Italicized= Teen Activities      Bold Black= Adult/All Ages Activities						
SUN	MON	TUE	WED	THU	FRI	SAT
01	<b>02</b> <b>9:30 am Yoga for You!</b> <b>7 pm Novel Destinations: Race to Alaska with David Kilmer</b>	<b>03</b> 9 & 11 am Autumn Baby Story Time <b>10 am Tai Chi &amp; Qi Gong</b> <i>4 pm Classic BookTok</i>	<b>04</b> <b>4 pm Ready! for Kindergarten</b> <b>MUST REGISTER</b> <a href="http://cdalibrary.org/library-events/ready-for-kindergarten">cdalibrary.org/library-events/ready-for-kindergarten</a>	<b>05</b> 9 & 11 am Toddler Story Time <b>12-3 pm Community Sew-In</b> <b>4 pm Lawyer in the Library</b> <i>4 pm Creative Arts Club</i>	<b>06</b> 9 & 11 am Pre-School Story Time  <i>4 pm Gamers' Guild</i>	<b>07</b> <b>2 pm Writer's Mythic Quest</b>
Stand with the Banned October 1-7						
08	<b>09</b> <b>9:30 am Yoga for You!</b> 10:30 am PAWS to Read <b>2 &amp; 5 pm Scribbler's Society</b> <i>4 pm Monster Mâché</i>	<b>10</b> 9 & 11 am Autumn Baby Story Time <b>10 am Tai Chi &amp; Qi Gong</b> <i>4 pm Classic BookTok</i>	11	<b>12</b> 9 & 11 am Toddler Story Time <b>12-3 pm Community Sew-In</b> <i>4 pm Creative Arts Club</i> <i>4 pm Slime Lab</i> <b>6 pm Writing Historical Fiction</b>	<b>13</b> 9 & 11 am Pre-School Story Time 10:30 am Memory Café <b>4 pm Mindful Doodling</b> <i>4 pm Gamers' Guild</i>	14
<b>15</b> <b>10-5 pm White Cane Awareness Day Expo</b>	<b>16</b> <b>9:30 am Yoga for You!</b> <i>4 pm Monster Mâché</i>	<b>17</b> 9 & 11 am Autumn Baby Story Time <b>10 am Tai Chi &amp; Qi Gong</b> <b>1:30 pm Medicare Workshop</b> <i>4 pm Classic BookTok</i>	<b>18</b> <b>11 am Sit-n-Stitch</b>	<b>19</b> 9 & 11 am Autumn Toddler Story Time <b>12-3 pm Community Sew-In</b> <i>4 pm Creative Arts Club</i> <i>4 pm Slime Lab</i> <b>4 pm Feng Shui with Jan Rednall</b>	<b>20</b> 9 & 11 am Pre-School Story Time <b>11 am Arty Afternoons</b>  <i>4 pm Gamers' Guild</i>	<b>21</b> 11 am Saturday with the Symphony  1 pm Idaho Battle of the Books
22	<b>23</b> <b>9:30 am Yoga for You!</b> 3:30 pm PAWS to Read <i>4 pm Monster Mâché</i> <b>2 &amp; 5 pm Scribbler's Society</b>	<b>24</b> 9 & 11 am Autumn Baby Story Time <b>10 am Tai Chi &amp; Qi Gong</b> <b>10:30 am Friends of the Library Mtg.</b> <i>4 pm Classic BookTok</i> <b>5:30 pm History Hour Lecture</b>	<b>25</b> <b>9:15 am Walking Adventures</b> <b>10:15 am Pageturners Book Club</b> <b>4 pm Library Board Meeting</b>	<b>26</b> 9 & 11 am Autumn Toddler Story Time <b>12-3 pm Community Sew-In</b> <i>4 pm Creative Arts Club</i> <i>4 pm Slime Lab</i> <b>5 pm Conquering Sugar: health class</b>	<b>27</b> <b>8 am Pumpkin Giveaway</b> 10 am Autumn StoryFest <i>4 pm Gamers' Guild</i>	<b>28</b> <b>10 am Mindful Doodling</b> <b>10:30 am Writer's Mythic Quest</b> <i>1 pm Teen Movie Matinee</i> <b>3-5 pm Autumn Pumpkin Decor</b>
					Pumpkin Decoration Contest Submission	
29	<b>30</b> <b>9:30 am Yoga for You!</b> <i>4 pm Monster Mâché</i>	<b>31</b> 9 & 11 am Autumn Baby Story Time <b>10 am Tai Chi &amp; Qi Gong</b> <b>1 pm Spooky Crafts and Scary Stories</b> <i>4 pm Classic BookTok</i>	01	<b>02</b> 9 & 11 am Autumn Toddler Story Time <b>12-3 pm Community Sew-In</b> <i>4 pm Creative Arts Club</i>	<b>03</b> 9 & 11 am Pre-School Story Time  <i>4 pm Gamers' Guild</i>	<b>04</b>
Pumpkin Decoration Contest Voting						





# Pumpkin AUTUMN Programs



## Autumn StoryFest

**Friday, October 27 (10 am)** - Celebrate harvest season at the library! We'll meet outside in the brisk fall weather to have a fun family storytime that includes autumn books, songs, and activities. Afterward, families can sip hot cider while meeting costumed ponies, decorating pumpkin cookies, and playing games! Children can also take home a small pumpkin after this program, which will be geared towards ages 2-7.

## Pumpkin Giveaway

**Friday, October 27 (starting at 8am)** - Each year the Wastewater Department grows a crop of pumpkins with their special Coeur d'Green Compost and they let Coeur d'Alene Public Library give them all away! Join us on Friday, October 27 (8 am) and pick out a pumpkin from the Library's pumpkin patch on the parkside of the Library in the amphitheater. (One pumpkin per member of your family please)

## Pumpkin Decorating Contest

**Saturday, October 28 Submission Deadline - October 31 Voting Deadline**

It's a pumpkin decorating contest for all ages. Grab a pumpkin at the library on October 27 (8 am) or use your own, decorate it however you want, take a photo of it, and submit it online for everyone to see. Submit a photo by Saturday, October 28 and it will be posted on the Library's Facebook page where everyone will vote with their likes. The entry with the most likes will be announced on November 1!

## Autumn Pumpkin Decor

**Saturday, October 28 (3-5 pm)** - Join us for a craft program for adults! We're decorating pumpkins, but these are for keeps; decorate, decoupage, and design your very own autumn decor. We've got your paper pumpkin, all of the supplies, cozy drinks, and spooky entertainment.

REGISTER HERE TO RESERVE YOUR PUMPKIN: [CDALIBRARY.ORG/AUTUMN-DECOR](http://CDALIBRARY.ORG/AUTUMN-DECOR)

## Teen Movie Matinee - Haunted Mansion (PG-13)

**Saturday, October 28 (1 pm)** - In the Teen Zone - Watch a movie on a big screen. Eat free popcorn. Bring a project to work on while you watch. Meet new people in a low-stress environment. In October, we'll be watching Haunted Mansion (PG-13). (Ages 12+)

## Spooky Crafts and Scary Stories

**Tuesday, October 31 (1 pm)** - For adults who want to celebrate Halloween too, come join us at the Library to spend the afternoon making spooky crafts, eating treats, and listening to scary stories! We will have a variety of seasonal crafts available to make while listening to Christopher Lee read a selection of short stories by Edgar Allen Poe.



## Weekly Children's Programming

### Autumn Baby Story Time (0-18 mo)

**Tuesdays (9 & 11 am)** - Settle into fall with a sweet storytime that's designed for caregivers to share quality time with their baby! We'll bounce, giggle, listen to flannel stories, sing catchy songs, and make silly actions that will bring a smile to your little one's face. Participants are encouraged to stick around afterward for playtime and adult conversation. You might even leave with ideas for new engaging ways to introduce developmental activities at home!

### Autumn Toddler Story Time (18 mo-3 yo)

**Thursdays (9 & 11 am)** - Bring your toddler to the library for some fall themed fun! Of course, we'll read great stories, but there will also be plenty of singing, dancing, and silly moves to keep youngsters busy. All of the activities are intended to delight and emphasize early learning concepts. After storytime, you're invited to stay for unstructured playtime filled with creative opportunities and fun toys.

### Autumn Pre-School Story Time (3-5 yo)

**Fridays (9 & 11 am)** - Fall is a great time to introduce preschoolers to the fun of group activities such as storytime at the library! You can expect entertaining stories that nurture your child's imagination along with fun activities that fuel their curiosity and build literacy skills. In addition to offering plenty of music and movement, this storytime always ends with an exciting, crowd-pleasing craft.

### Monster Mâché (10-14 yo)

**Mondays, October 9, 16, 23, 30 (4-5 pm)** - Create funky papier mâché monsters this spooky season with special instructor, Hazel Howard, who is planning and facilitating this class for her LCHS senior project. Participants will produce small, quirky sculptures that are only limited by imagination! A four-week commitment is required to learn the planning, form-building, and painting stages needed to construct a finished product. Please register online to reserve a space. If parents would like to create a monster alongside their child, please indicate that on the registration form!

This event is intended for children ages 10-14 years old and the instruction is designed for an audience of that age.

REGISTER HERE: [cdalibrary.org/library-events/monster-mache/](http://cdalibrary.org/library-events/monster-mache/)

### Slime Laboratory (5-9 yo)

**Thursdays, October 12, 19, 26 (4-5 pm)** - Get ready to make a gooey mess! Each week, we'll have fun experimenting with different goop recipes that turn everyday household ingredients into fascinating concoctions. Participants can expect to produce a personal batch of jiggly, stretchy slime to take home after each class!

## Special Children's Programming

### Paws to Read (All Ages)

**Mondays, October 9 (10:30-12 pm) & October 23 (3:30-5 pm)** - Bring your young reader to the children's library to read to a real, live therapy dog. This is the perfect program for children who are working on building their reading confidence or who love sharing books with a furry friend. These dogs love to hear stories and are ready to help you become the best reader you can be!

### Saturday with the Symphony: A Children's Program (3+yo)

**Saturday, October 21 (11 am)** - Children 3 and older can enjoy "Saturday with the Symphony" from 11-11:45 a.m. Saturday, at the Coeur d'Alene Public Library. The free music education program is coordinated by the Coeur d'Alene Symphony Orchestra and recurs the third Saturday of each month. The music-filled hour typically includes a fun musical performance, an interactive activity and a book reading by the children's librarian. Past musical performances have included traditional classical music, jazz, pop and world music. Come for a lively morning of musical enrichment.



### September Scavenger Hunt

Explore the children's library during the month of September by participating in a fun scavenger hunt. After tracking down hidden clues, you can turn in the completed activity sheet to receive a small prize!

### StoryWalk® in the Parks

Stroll through McEuen Park this fall while reading A Fall Ball for All by Jamie Swenson. Each page of the book is posted alongside a path that stretches from the library to the playground. The Library's Higgins Point State Park StoryWalk will feature award-winning children's book Swoop and Soar: How Science Rescued Two Osprey Orphans and Found Them a New Family in the Wild. Coauthored by raptor biologist Janie Veltkamp, executive director of Birds of Prey Northwest in St. Maries, Idaho, and Deborah Lee Rose, Swoop and Soar will be on display for visitors from August 28 through October.

### Idaho Battle of the Books® Book Club (grades 4-6)

#### Saturday, October 21 (1pm)

It's like sports, but with books! Participate in a fun statewide reading experience by joining a team at the Coeur d'Alene Library. IBOB is a program that brings booklovers together to compete in book-themed trivia competitions that focus on quality literature, comprehension, and teamwork. Registration is required, along with a commitment to join a 4-person team, read at least 4 of the 16 IBOB curated book titles, and attend 1pm book club meetings on the 3rd Saturday of each month from September through February. Participants will be expected to attend our library's competition in March, with the possibility of moving on to district or regional competitions where they'll battle kids from other libraries and schools. We already met once in September, but we're still accepting new members who will choose their first book at October's meeting. Registration and the list of book titles are available online at [cdalibrary.org/library-events/ibob/](http://cdalibrary.org/library-events/ibob/).



## Weekly/Bi-weekly Adult Programming

### Yoga for You!

**Mondays (9:30 am)** - Join us for this Yoga program for adults. This blend of stretching, strengthening and balance work, along with relaxation, may be just what you're looking for. Come enjoy the many benefits of this ancient practice! Your instructor, Gerry Bryak, will adapt poses to your needs so this yoga is truly for YOU! All levels are welcome, from beginners to experienced. Bring your mat!

### Scribbler's Society Writing Club

**Mondays, October 9 (2 & 5 pm) & October 23 (2 & 5 pm)** - Join fellow writers for an hour of brainstorming, critiquing, and inspiration — in-person every 2nd and 4th Monday from 2-3 and 5-6 in the Gozzer Room. All skill levels and genres welcome. Geared toward adults. If you are interested in joining our email list, please email [moore@cdalibrary.org](mailto:moore@cdalibrary.org) for more information.

While everyone is always welcome at the Library, this event is intended for adults and this collaboration is designed for an adult audience.

### Tai Chi & Qi Gong - Mind Body Movement

**Tuesdays (10 am)** - Improve strength, balance, coordination, focus, breathwork and relaxation, all while exploring different movements from Tai Chi and Qi Gong styles. All movements can be done within your own comfort zone and mobility level. No special equipment or clothing needed, wear what is comfortable for you. Avoid wearing flip flops or slides. Chairs will be available for those that need to sit or use for extra balance. This program is for anyone at any age and any ability level. Your instructor Christine brings over 25 years of experience in teaching and sharing Tai Chi and Qi Gong.

### Community Sew-In

**Thursdays (12-3 pm)** - Come join us with your current quilting project to socialize, get advice, or whatever else you might need. Bring your sewing machine (or your hand work,) your fabric, your extension cord, and your love of sewing! Find us in the Community Room.

### Mindful Doodling (All-Ages)

**Friday, October 13 (4-5 pm) and Saturday, October 28 (10-11 am)** - Join us for a fun mindfulness activity! Mindful Doodling is a self-directed art program based on the ZenTangle Method. Drop in anytime during art sessions to listen to relaxing music, enjoy hot tea and cocoa, and make beautiful "tangle" art to take home! (All directions and supplies will be provided. No previous art skill required. While this is a "quiet" program, we welcome patrons of all ages to draw with us.)

### #ClassicBookTok

**Tuesdays (released by 4 pm)** - On social media and YouTube - Hear a sample from one of our YA Classics. Find out if it's available as a Classic Digital Book Club item. Learn how to create a classic book club with your friends! (for ages 12+)

### Creative Arts Club

**Thursdays (4-5 pm)** - In the Teen Zone - Make art—and friends! Explore your creative, crafty, artistic side, and get help when you're struggling creatively (for ages 12-19)

### Gamers' Guild

**Fridays (4-5:30 pm)** - In the Teen Zone - Play games together! Hangout with other local teens while playing games like League of Legends, chess, UNO, the Library's Nintendo Switch games, board games from our Library of Things, or bring your own game to play! (for ages 12-19).

## Teen Weekly Programming

## Teen Special Programming

### Idaho Teen Reading Challenge Begins in October (starts October 2)

During the months of October - April, teens are challenged to read 8 books from the following 10 categories:

- Found While Browsing: a book you found on your library's shelves
- Judge a Book by its Cover: a book with a cover you like
- One-Word Title: book with a title that is only one word long
- Read Before You Stream: a book that was turned into a film
- Retelling of a Classic: a retelling of a classic story
- Sci-Fi/Fantasy: a science fiction or fantasy book
- True Story: a book based on an actual event or person
- YRCA Nominee
- Your Favorite Genre: any book from your favorite genre
- Free Choice: read whatever you want!



### D&D KITS

Anytime, anywhere - Checkout one of our D&D kits, and you'll have everything you need to play--whenever, wherever. Gather your friends to play, or find a group to join on our Discord server.

### Nintendo Switch

2-hour sessions, first come, first served - Checkout the Switch equipment box from the front desk, and you'll have everything you need to play the Teen Zone's Switch. This service is limited to 2-hour sessions at a time.

### Teen Zone Take-Out Book Boxes

Subscribe to our service to receive two book recommendations, a craft, and a small prize. Sign-up at [tinyurl.com/cdateenbookbox](https://tinyurl.com/cdateenbookbox)

Become a Volunteer, fill out our Teen Zone Survey or join our Teen Discord Server HERE: [cdalibrary.org/services/teen-services](https://cdalibrary.org/services/teen-services)



## Sign up for our monthly e-newsletter, including a special children's or teen's edition!

Don't miss out on all of our upcoming programs and services. Sign up for our monthly newsletter at [cdalibrary.org/2021/09/22/signup](https://cdalibrary.org/2021/09/22/signup). You can also email us at [communications@cdalibrary.org](mailto:communications@cdalibrary.org), give us a call at 208-769-2315, or ask a librarian to get you on the list!





# Special Adult/All Ages Programming

## Stand with the Banned – October 1-7

As long as there have been books, someone somewhere has tried to keep certain titles from being read. The Coeur d'Alene Public Library will once again celebrate the right to read so visit the library during Banned Books Week (October 1–7)! Learn which of your favorite books, classics, and new publications have been banned and why. Support the right to intellectual freedom by checking out a banned book and participating in Banned Books activities in the library all month long!

## Novel Destinations: Race to Alaska with David Kilmer

**Monday, October 2 (7 pm)** – The crew departed Pt. Townsend at first light bound for Ketchikan. Ahead lay 750 cold water miles. Their home was a small craft with no engine, a good chance of capsizing, and a slight chance of being eaten by bears. If that sounds like the makings for adventure, it most certainly was. Spend an enjoyable evening with Capt. David Kilmer, who joined the Race to Alaska 2023, to hear how it all turned out. Race to Alaska is an annual race is a project of the Northwest Maritime Center, a 501(c)(3) non-profit committed to engaging people in the waters of our world in a spirit of adventure and discovery. R2AK is the first of its kind and North America's longest human and wind powered race, and currently the largest cash prize for a race of its kind.

## Ready! For Kindergarten

READY! For Kindergarten is a program that creates workshops for parents that show them different ways to foster their children's essential pre-literacy, math, and social-emotional skills through songs, activities, and reading. Childcare is provided for this event. Register here for these free workshops: [cdalibrary.org/library-events/ready-for-kindergarten](https://cdalibrary.org/library-events/ready-for-kindergarten)

**October 4** – Part 1: Language and Literacy

**February 15** – Part 2: Math and Reasoning

**April 25** – Part 3: Social and Emotional

## Lawyer in the Library-



October 5 (4–6 pm) – The Library is partnering with the Idaho Volunteer Lawyers Program (IVLP) to provide resources for low-income individuals and families in Idaho who require civil legal services and cannot afford to pay for them. Although they are unable to assist with criminal issues or fee generating cases, these free legal clinics are an opportunity to receive advice and counseling from local attorneys who volunteer their time and expertise. Registration is required and must be done at least 24 hours before the clinic, every first Thursday of the month in the Gozzer Room. REGISTER HERE: [cdalibrary.org/library-events/lawyer](https://cdalibrary.org/library-events/lawyer)

## Challenge Yourself to The Writer's Mythic Quest

Are you tired of going it alone? Step out of your comfort zone and become a better writer. Understanding mythology deepens narrative storytelling. Come join us in the Community room from 2:00–3:30 for this four-part series of self-discovery with local writer Kim Morgan. Your takeaway is a plethora of re-Visioning strategies for writing in any literary genre.

**Saturday, October 7 (2-3:30 pm)** – Carl Jung's Red Book and Understanding Active Imagination

**Saturday, October 28 (1:30 pm)** – Kim discusses re-Visioning strategies with literary themes in mini-lessons. Find your creative flow. Discover your personal mythology and more. Writing Myth, Mythic Writing: Plot Your Personal Narrative.

## Writing Historical Fiction: Inspiration, Research, and Serendipity with Genie Higbee

**October 12 (6-7 pm)** – Genie Higbee, author of *The Violin Thief*, *A Curious Tale of Lost & Found*, discusses writing historical fiction—the initial idea, the hard work, and the rewards. She shares her process, and importantly, what she learned from five years of research, and surprise. This is accompanied by the reading of related passages from her novel. To be included are insights on publication. Opportunity for Questions & Answers concludes the program. Ms. Higbee has been an active member of the 3CS Book Club since 2005; as chairman emeritus she now serves as a presenter and an advisor. You might find Genie observing nature, playing the piano, kayaking, reading-reading-reading, or creating in her studio, joined there, from time to time, by young students.

## Memory Café

At a Memory Cafe, persons living with Alzheimer's or other dementias and their loved ones enjoy socializing or engaging activities in a relaxed setting. Families and friends meet and socialize in an environment that is accepting and non-judgmental. They will meet every 2nd Friday of the month from 10:00–11:30am in the Community Room.

**Friday, October 13 (10 am)** – Join us for refreshments, pumpkin pie, and good company in a safe and welcoming environment.

## White Cane Awareness Day

**Sunday, October 15 (all day)** – October is Blind Equality Achievement Month! Celebrate National White Cane Safety Day with us by attending our community awareness event. Held by the Coeur d'Alene Lions Club in the Community Room, this expo brings recognition to visual impairment needs and services. Join certified mobility specialists, educators, and volunteers from the community, participate in a simulated "Cane Quest Challenge," explore Braille activities, learn proper etiquette for assisting the visually impaired, and discover local resources available to those in need of services and support.



## Medicare Workshops

SHIBA is presenting a series of senior health workshops at the library. Join us for any of the series. Senior Health Insurance Benefits Advisors (SHIBA) serves Idahoans on Medicare and those who help them by offering free, unbiased Medicare benefits information and assistance through workshops, group presentations and personal counseling. SHIBA is Idaho's provider for the federal network of State Health Insurance Assistance Programs (SHIPs). The program is partially funded by and operated under the authority of the U.S. Department of Health and Human Services Administration for Community Living (ACL).

**Tuesday, October 17 (1:30-2:30 pm)** - Using the Medicare Plan Finder - Learn how a Medicare.gov account helps you during open enrollment & throughout the year.



## Sit-n-Stitch

**October 18 (11 am)** - New to crochet? Always wanted to learn? Want to come and craft with some friendly faces? Join us on the third Wednesday of every month for our crochet Sit-n-Stitch! Materials, patterns, and project help will be provided. All skill levels are welcome, feel free to bring your own handwork projects! You can find us this month in the Jameson Room.

Our October project is: Granny square stitch bookmarks

## Feng Shui

In this monthly series, learn from certified Feng Shui consultant Jan Rednall how Feng Shui techniques can help you achieve wellbeing and find balance in different aspects of your life. By manipulating your environment using ancient Feng Shui principles, you can balance and harmonize the energy flow in a space to help improve your wellbeing. Every third Thursday of the month, we will meet in the Community Room from 4:00-5:00.

**Thursday, October 19 (4 pm)** - Feng Shui Works Like Magic! - Learn how the arrangement of our living and working spaces influence the quality of our lives. We will discuss the basic principles of this ancient art.

## Arty Afternoons: An Art Workshop Series (For Adults and Teens Age 12+)

Get to know your local artist community in this special collaboration with The Coeur d'Alene Arts and Culture Alliance. Each class will be led by a local artist who will teach you step-by-step how to make your own unique piece of art. All supplies are provided free of charge but are limited, so registration is required!



**Friday, October 20 (11 am)** - Watercolor Collage - Join local artist Donna Bain in making a beautiful watercolor collage. She will teach you watercolor techniques then show you how to make a collage unique to you! Supplies will be provided but feel free to bring anything you might want to include in your collage. REGISTER HERE: [cdalibrary.org/library-events/arty-afternoons](http://cdalibrary.org/library-events/arty-afternoons)

## History Hour Lecture

In this monthly lecture series, join us in the Community Room at the Library for a special presentation with the Museum of North Idaho, featuring a local author or historian who will talk about Idaho's fascinating heritage.



**Tuesday, October 24 (5:30 pm)** - Since the beginning of humanity, humans have always honored the passing of loved ones through various customs and rituals. In this one-hour lecture, local historian Britt Thurman will present on the death and mourning rituals common in America during the 19th and early 20th centuries. This lecture is open to all ages but sensitive topics such as death and burial preparations will be discussed.

## Walking Adventures - Fall Colors Summit Tour Series

We will meet once or twice a month starting at the library where we will walk to our destination and meet up with a special tour guide who will lead the main part of the tour. The walks are moderate intensity, as there will be some hills and we may cover up to five miles, so dress appropriately for the weather, bring water, and be prepared to be out for at least two hours.

**Wednesday, October 25 (9:15 am)** - Fall is finally in the air! Join The Friends of Tubbs Hill at 9:15 in the Gozzer Room where we will then proceed to Tubbs Hill. While there may not be very many colors on Tubbs Hill, we will hike to the summit for some spectacular views of the Fall colors in town! Please dress appropriately for the weather and expect some hills.

While this event is intended for patrons of all ages, young children may find the walk strenuous.

## Pageturners Book Club

**Wednesday, October 25 (10:15 am)** - The Pageturners Book Club is discussing "On Trails: an Exploration" by Robert Moor. New York Times Bestseller, winner of the National Outdoor Book Award, and recently made into an Oscar-winning film, "On Trails" is a wondrous exploration of how trails help us understand the world—from invisible ant trails to hiking paths that span continents, from interstate highways to the Internet. Pageturner discussions are lecture-based and open to any adult reader. Books are available for check out at the Reference Desk. For more information call or email JD Smithson, 208-769-2315 ext 455., [communications@cdalibrary.org](mailto:communications@cdalibrary.org)



## Conquering Sugar: a Health Class

**Thursday, October 26 (5 pm)** - Join local doctor Darcy Greenwald in this free health class about how to conquer sugar cravings and sugar diseases. Darcy Greenwald holds a Master's degree in Oriental Medicine, is a Licensed Acupuncturist, certified in Western Herbalism, and has extensive training in nutritional therapy. She has over 20 years of experience in natural medicine.

