



**March 12, 2024**

Today is voting day. Once you've gotten your civic duty out of the way, you have a series of great programs to look forward to here at the library for the rest of the week.

Tomorrow, Wednesday the 13th, we have "Gluten Free Eating" at 10:30a.m. teaching you about the particulars of such a diet. Then on Thursday the 14th, we have "Let's Talk About Grief" at 1p.m. helping you navigate the difficult times in life. Friday the 15th at 10a.m., we have the rescheduled "WellnessLink" program helping those in their advanced years deal with our increasingly complicated healthcare system. And in celebration of St. Patrick's day, Jane Ellis will be leading a sing-a-long on Monday the 18th at 10 a.m!

It's a busy week at the library and we hope to see you around!

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**On the Librarian's  
Nightstand:  
After Annie  
by Anna Quindlen**

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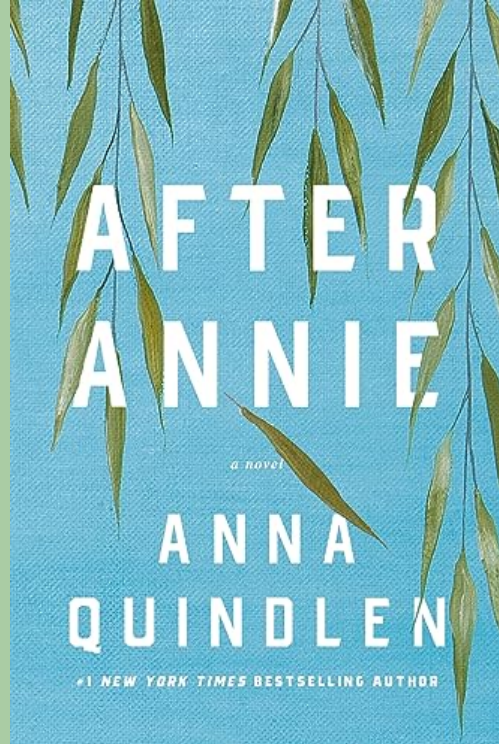
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**So much joy at Melody & Motions!**



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**The Eclipse is Coming!**



"Throughout her career, Quindlen's fiction and nonfiction alike have showcased her attention to detail and ability to weave compelling narratives from the common experiences that comprise life. *After Annie* is a heartfelt, nuanced portrait of life after loss."

—BookPage

**The Hunter**

by Tana French

**Wandering Stars**

by Tommy Orange

**The Sunlit Man**

By Brandon Sanderson

**Strong Passions**

by Barbara Weisberg

**The Phoenix Crown**

by Kate Quinn and Janie Chang

**A Wild and Heavenly Place**

by Robin Oliveira

**Book of the Week is**  
**The Extinction of**  
**Irena Ray**



Sally Jensen, a NASA Solar System Ambassador, will explain the coming total solar eclipse and how to safely observe it.  
**Tuesday, March 19th @ 5:30 p.m.**

**Discover Live: Florence, Italy**



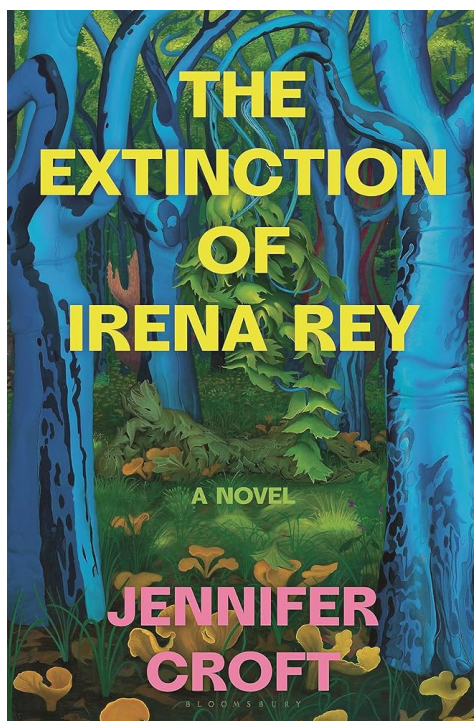
See the wonders of this magnificent city from the street market to the Cathedral of Saint Mary of the Flower in this live, virtual tour.

**Wednesday, March 20th @ 1:00 p.m.**

**This Week at the**  
**Library**



by Jennifer Croft



When eight translators from around the globe come together to translate the magnum opus of their favorite author they are quickly embroiled in all manner of drama and hijinks. Equal parts cabin fever and interpersonal drama this a fantastic read that is tough to put down.

### Links of the Week

[Book Riot's New Releases Tuesday: The Best Books Out This Week](#)

[50 St. Patrick's Day Recipes You'll Want to Make Year-Round](#)

[Gen Z & Millennials Are 'Discovering' the Public Library & Falling In Love with the Process](#)

[Where To Go for Easter Brunch in NH](#)

### Children's Corner

**We are so excited** to celebrate St. Patrick's Day with our patrons! We have

### Adults

#### Senior Sculpt

Today, 9:00 a.m. - 10:00 a.m.  
Exercise for 55+. Bring 2 -3 lb. dumbbell, a stretch band and water.

#### Intermediate Line Dancing

Today, 4:00 p.m. - 5:00 p.m.  
Lower intermediate dance class with Bonnie Deutch.

#### Senior Stretch Yogaaah

Wednesday, 9:00 a.m. - 10:00 a.m.  
Lani Voivod will lead us through a series of gentle stretches that can be done from a chair. Sponsored by the Friends of the Library.

#### Trustee Meeting

Wednesday, 10:00 a.m. - 11:00 a.m.

#### Card Games

Wednesday, 10:00 a.m. - 12:00 p.m.  
Play a few rounds of "Pay Me".

#### Check Out An Expert

Wednesday, 10:00 a.m. - 12:00 p.m.  
Need basic technology help? Swing by for a 20 minute session with our expert.

#### Gluten Free Eating: How Do I begin?

Wednesday, 10:30 a.m. - 11:30 a.m.  
An experienced health coach and occupational therapist will answer questions and share recipes and snacks.

#### Chess Group for Beginners and Up

Wednesday, 1:00 p.m. - 3:00 p.m.  
Chess for all levels; come learn or play a game with others.

#### Paint Group

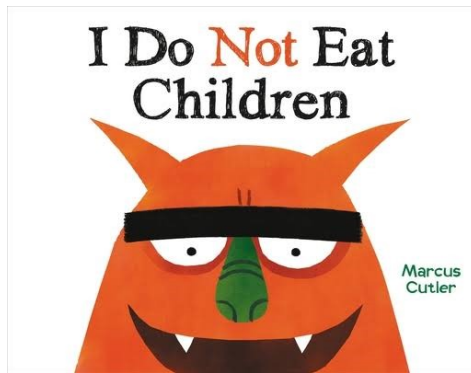
Wednesday, 1:00 p.m. - 3:00 p.m.  
Bring your supplies to work on your art with other artists!

#### Geri Fit

Thursday, 9:00 a.m. - 10:00 a.m.  
Please bring your own 2-3 pound dumbbell, a stretch band, and water to drink during the workout.

several fun events that highlight this holiday. Truly, St. Patrick's day is enriched with history about Irish culture. How do you celebrate St. Patrick's Day? Let us know on Facebook or Instagram and tag us!

**Featured Book:** *I Do Not Eat Children* by Marcus Cutler



## Word of the Week

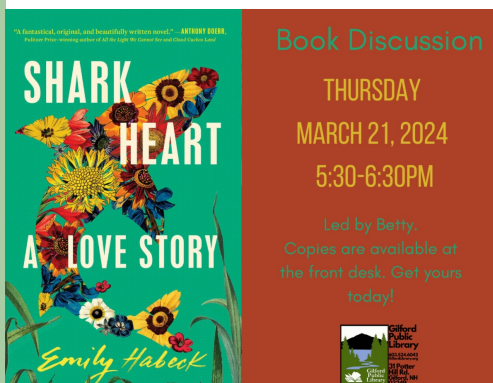
**Incipient**  
*adjective*

in-SIP-ee-unt

Beginning to come into being or becoming apparent.

"The study clearly needs to be extended because the most recent data suggest incipient changes in the trends identified."

## Upcoming March Programs



**Book Discussion**  
*Shark Heart* by Emily Habeck. Led by Molly.  
**Thursday, March 21 @ 5:30 p.m.**

## Let's Talk About Grief

Thursday, 1:00 p.m. - 2:30 p.m.  
Brenda Wentworth, MA, a bereavement provider in our area, helps people navigate the deeply personal journey through grief.

## French Club

Thursday, 4:00 p.m. - 5:00 p.m.  
Join the library's ongoing Conversational French Group.

## Senior Sculpt

Friday, 9:00 a.m. - 10:00 a.m.  
Exercise for 55+. Please bring your own dumbbell, stretch band and water.

## Partnership For Public Health-Wellness Link

Friday, 10:00 a.m. - 11:00 a.m.  
The Partnership for Public Health will be talking about their program, WellnessLink which supports older adults' access to public health.

## Hand and Foot

Friday, 12:30 p.m. - 2:30 p.m.  
Come play a few rounds of this fun card game.

## Happy Crafters

Friday, 1:30 p.m. - 2:30 p.m.  
All crafters welcome!

## Advanced German

Friday, 2:30 p.m. - 3:30 p.m.  
Join our weekly class for advanced conversational German speakers.

## Beginner Line Dancing

Friday, 4:00 p.m. - 5:00 p.m.  
Dancing Class with Bonnie Deutch.

## Beginner Line Dancing

Saturday, 10:30 a.m. - 11:30 a.m.  
Dancing Class with Bonnie Deutch.

## Fun and Fitness With Joyce

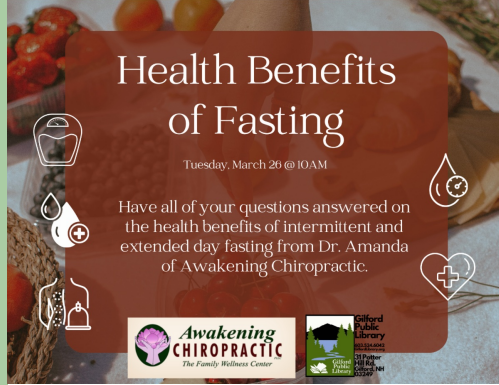
Monday, 9:00 a.m. - 10:00 a.m.  
The focus of this class is movement of the body - warmup, stretching, toning, weight training, balance, endurance and relaxing.

## St Patrick's Day Sing a Long

Monday, 10:00 a.m. - 11:00 a.m.  
Enjoy some songs with Jane, snacks and remember to wear green!

## Mahjong

Monday, 12:30 p.m.  
Know how to play? Join these



## Health Benefits of Fasting with Dr. Amanda of Awakening Chiropractic Tuesday, March 26 @ 10:00 a.m.



## Cookbook Club: Magnolia Table pick a recipe from the book to bring to the potluck. Tuesday, March 26 @ 5:30 p.m.



## Gray Ghosts & Old Fence Posts with raptor biologist Chris Martin Thursday, March 28 @ 5:30 p.m.

mahjong players every Monday!

## Children

### Preschool Storytime

Today, 10:30 a.m. - 11:30 a.m.  
Fun stories and crafts with Miss  
Linda.

### Little Math Whiz

Wednesday, 10:30 a.m. - 11:30  
a.m.  
Fun stories and educational games.  
Ages 3 - 6.

### Early Release: St. Patrick's Day Craft

Wednesday, 1:30 p.m. - 2:30 p.m.  
Celebrate by making shamrock  
shakers and wands!

### Melody & Motions

Thursday, 10:30 a.m. - 11:30 a.m.  
Have fun playing and moving with  
all different kinds of instruments.

### Preschool Storytime

Friday, 10:30 - 11:30 a.m.  
Join Miss Jill for a fun storytime.

### Baby Storytime

Monday, 10:00 a.m. - 10:30 a.m.  
An interactive storytime for you and  
your baby. Ages birth to 3 years.

## T(w)eens

### Early Release: De-stress for T(w)eens

Wednesday, 12:45 p.m. - 1:45 p.m.  
Make stress balls with Hayden and  
Karen Deighan from 4H, to help you  
get through finals week.

### Homeschool Game Club

Thursday, 12:00 p.m. - 1:30 p.m.  
Come hang out with Hayden and  
others ages 11 - 18.

## Nature Corner: Daylight Savings Time

by Wendy Oellers-Fulmer

For more than 50 years,

Americans have had to either move their clocks ahead or set them back for the bi-annual Daylight Savings Time. But when did this tradition begin and why?

Originally implemented during World War I, the practice was implemented to help our country conserve both fuel and power. At the end of the war, this practice was abolished in most states.

At one point of our country's history, there were over 144 different "local time zones". Trying to build consistency with train schedules, the Federal organization, Interstate Commerce Commission, created a more consistent plan for time management with the Standard Time Act in 1918. Currently, there are 9 time zones: Atlantic, Eastern, Central, Mountain, Pacific, Alaska, Hawaii–Aleutian, Samoa, and Chamorro.

In 1966, the newly formed Department of Transportation addressed modern day concerns and needs and passed our modern version of this clock change practice with the Uniform Savings Time Act.

Two states, Arizona (except for Navajo Nation) and Hawaii, do not observe Daylight Savings Time.

To discover more:

[Uniform Time](#)

[History of Time Zones and Daylight Saving Time \(DST\)](#)

For kids:

[Why do we have daylight saving time?](#)



**Did you know**...we have exercise programs at the library every day? If you're looking to get that heart rate up and those limbs nice and limber, look no further than your local library. We have a plethora of programs ranging from the exercise of Geri Fit, Senior Sculpt and Fun and Fitness. All the way to the practical Line Dancing and Senior Stretch Yogaaah. If you want to stay in shape and perhaps make some like-minded friends, then be sure to check out our calendar to see when you can make it in.

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



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