

Upcoming Events

ANIMALS AS THERAPY

Paws to Read for Everyone
Lincoln Park Library
1012 11th Street, Greeley

Friday, September 6
3:00-4:00 pm

All ages. These adorable therapy dogs listen patiently and with open hearts whether you want to practice English, need a non-judgmental companion, or just love reading.

Precious Potential Pets
Riverside Library & Cultural Center
3700 Golden Street, Evans

Saturday, September 7
11:00 am-noon

All ages. Visit with the Weld Humane Society and their precious pets that could potentially be yours. Learn about fostering, adopting and the unconditional love that pets bring their owners.

Service Animals at Work
Lincoln Park Library
1012 11th Street, Greeley

Tuesday, September 24
3:30-4:30 pm

All ages. Guide dogs for the blind are coming to the library to demonstrate how the power of partnership makes life a little easier for their human. Learn about the many tasks and functions they perform.

Dog Day in October
Riverside Library & Cultural Center
3700 Golden Street, Evans

Saturday, October 19
1:00-3:00 pm

All ages. Come to our Open House that will showcase the many dogs in our community that help us, entertain us, and love us. Interact with dogs and the people who work with them to make our lives better.

Gentle Persuasions - Dog Training 101
Farr Regional Library
1939 61st Avenue, Greeley

Friday, October 25
6:00-7:00 pm

All ages. Learn about dog training and good manners for our favorite canine friends. Whether you are new or well trained in dog ownership, don't miss the tips and tricks presented by Gentle Persuasions Training.

ART AS THERAPY

Aromatherapy Diffuser Bracelet
Centennial Park Library
2227 23rd Avenue, Greeley

Thursday, September 12
6:30-8:30 pm

Ages 18+. Learn about essential oils and their applications and then create your own aromatherapy diffuser bracelet using gemstone beads, lava beads, and essential oils. Supplies provided. Registration required.

The Art of Lines
Erie Community Library
400 Powers Street, Erie

Saturday, October 5
10:30 am-noon

Ages 10+. Learn a fun and relaxing pen and pencil drawing technique. Create your own beautiful images using repetitive pattern on an Enzo dog shape. No art experience needed; supplies provided. Taught by local artist Lisette Walker. Registration required.

DIY Self Care: Aromatherapy Bath Bombs
Carbon Valley Regional Library
7 Park Avenue, Firestone

Monday, October 21
12:30-2:00 pm (Grades 3-5)
3:00-4:30 pm (Grades 6-12)
6:00-7:30 pm (Ages 18+)

Destress and learn how to make your own aromatherapy bath bomb to use as a tranquil addition to your bath or for a gift. Materials provided. Registration required.

EXERCISE AS THERAPY

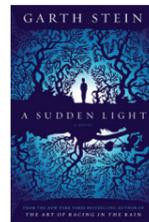
Chair Yoga
Lincoln Park Library
1012 11th Street, Greeley

Tuesday, September 24
10:00-11:00 am

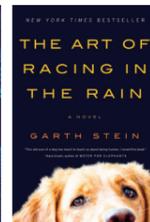
All ages. Bethany Wiley from Banner Health Wellness will teach us one of the gentlest forms of yoga available - chair yoga. This approach uses the support and safety of a chair to adapt yoga positions. Beginners welcome. Registration required.

Selected Works by Garth Stein

NOVELS



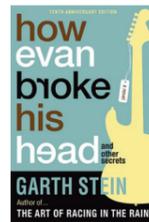
A Sudden Light



The Art of Racing in the Rain



Racing in the Rain - My Life as a Dog



How Evan Broke His Head and Other Secrets



Raven Stole the Moon

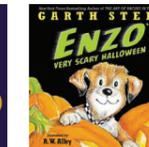


Hotel Angeline - A Novel in 36 Voices

CHILDRENS BOOKS



Enzo Races in the Rain



Enzo's Very Scary Halloween

OTHER



Brother Jones



When Your Head's Not a Head, It's a Nut

Additional Resources

Community Grief Center
www.communitygriefcenter.org
970.506.4114

North Range Behavioral Health
<https://northrange.org>
844.493.TALK (8255)

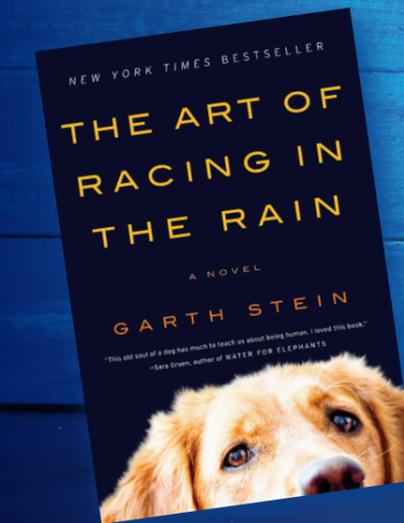
Home to Heaven (pet hospice)
<https://hometoheaven.net>
970.412.6212

Colorado Blind and Low Vision Resources
<https://www.colorado.gov/pacific/dvr/blind-and-low-vision>

The Center for People with Disabilities
<https://www.cpwd-ilc.org>



Garth Stein



Signature Author Series

 **highplains**
Library District

  #hpldsas



Garth Stein is the internationally bestselling author of the contemporary classic, *The Art of Racing in the Rain*, the story of a beloved philosopher dog named Enzo who teaches us everything we need to know about being human. *The Art of Racing in the Rain* has sold more than 6 million copies world-wide, been translated into 36 languages, and spent more than three years on the New York Times bestseller list. The novel inspired a Young Reader edition as well as four children's picture books, and a stage adaptation by Book-It Repertory Theatre in Seattle. 20th Century Fox recently released the major motion picture based on the novel on August 9, 2019.

HPLD's Signature Author Event features **Garth Stein**. His book, *The Art of Racing in the Rain*, is a catalyst for community conversation surrounding loss and the resulting feelings of grief. The event is intended to inspire guests to become champions for grief awareness and advocacy. In choosing to acknowledge and experience grief, we are empowered to successfully navigate it. *The Art of Racing in the Rain* is a heart-wrenching but deeply funny and ultimately uplifting story of family, love, loyalty and hope.

Sunday, November 10, 2019

University of Northern Colorado Ballroom

2101 10th Avenue, Greeley, Colorado

Venue sponsor: University of Northern Colorado University Libraries

2:00–3:00 pm: Conversation with the Author

3:15 pm: Book Signing

TICKETS and Event Information:
MyLibrary.us/racingintherain

Loss - noun

- *the state of being deprived of or of being without something that one has had.*

Grief - noun

- *keen mental suffering or distress over affliction or loss; sharp sorrow; painful regret.*
- *a cause or occasion of keen distress or sorrow.*

Empowerment - noun

- *the process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights.*

Grief is the natural reaction to loss in any form — not just death. Feelings of loss are personal, and the extent of those feelings and the length of the grief process are unique to each individual.

TYPES OF LOSS

Significant losses

- Loss of a close friend
- Death of a partner
- Death of a classmate or colleague
- Serious illness of a loved one
- Relationship breakup
- Death of a family member

Less obvious losses

- Leaving home
- Illness/loss of health
- Death of a pet
- Change of job
- Move to a new home
- Graduation from school
- Loss of a physical ability
- Loss of financial security

NORMAL GRIEF REACTIONS

- Feel like you are “going crazy”
- Have difficulty concentrating
- Feel anxious, fearful, sad or depressed
- Be irritable or angry (at the deceased, oneself, others, higher powers)
- Feel frustrated or misunderstood
- Experience anxiety, nervousness, or fearfulness
- Feel like you want to “escape”
- Experience guilt or remorse
- Be ambivalent
- Feel numb
- Lack energy and motivation

TOOLS TO COPE WITH GRIEF

- Talk to family or friends
- Seek counseling
- Read poetry or books
- Engage in art therapy
- Engage in social activities
- Exercise
- Eat healthy, good foods
- Seek spiritual support
- Take time to relax
- Join a support group
- Listen to music
- Be patient with yourself
- Let yourself feel grief

WAYS TO SUPPORT OTHERS WHO ARE GRIEVING

- Be a good listener
- Ask about their feelings
- Just sit with them
- Share your feelings
- Ask about their loss
- Remember the loss
- Make telephone calls
- Acknowledge the pain
- Let them feel sad
- Be available when you can
- Do not minimize grief
- Talk about your own losses

“We cannot avoid suffering but we can choose how to cope with it, find meaning in it, and move forward with renewed purpose.” – Viktor Frankl

Discussion Questions

1. Some early readers of the novel have observed that viewing the world through a dog's eyes makes for a greater appreciation of being human. Why do you think this is?

2. Enzo's observations throughout the novel provide insight into his world view. For example:

- “The visible becomes inevitable.”
- “Understanding the truth is simple. Allowing oneself to experience it, is often terrifically difficult.”
- “No race has ever been won in the first corner; many races have been lost there.”

How does his philosophy apply to real life?

3. In the book's darkest moments, one of Zoe's stuffed animals — the zebra — comes to life and threatens him. What does the zebra symbolize?

4. Can you imagine the novel being told from Denny's point of view? How would it make the story different?

5. In the first chapter, Enzo says: “It's what's inside that's important. The soul. And my soul is very human.” How does Enzo's situation — a human soul trapped in a dog's body — influence his opinions about what he sees around him? How do you feel about the ideas of reincarnation and karma as Enzo defines them?

6. Do you find yourself looking at your own dog differently after reading this novel?

7. In the book, we get glimpses into the mindset and mentality of a race car driver. What parallels can you think of between the art of racing and the art of living?

8. The character of Ayrton Senna, as he is presented in the book, is heroic, almost a mythic figure. Why do you think this character resonates so strongly for Denny?

Discussion questions for The Art of Racing in the Rain used with permission from garthstein.com.

“To live every day as if it had been stolen from death, that is how I would like to live. To feel the joy of life, as Eve felt the joy of life. To separate oneself from the burden, the angst, the anguish that we all encounter every day. To say I am alive, I am wonderful, I am. I am. That is something to aspire to.”



Enzo – *The Art of Racing in the Rain*