

FREE TECHNOLOGY SERIES BEGINS SEPTEMBER 7

Rangeley Public Library

SEPTEMBER 2017 NEWSLETTER

Dear Patron,

You may have noticed recent suggestions that we read to children starting at birth because reading helps young brains to develop. But, it is not just young children whose brains benefit from reading. According to Brandon Spector ("Why It Pays to Increase Your Word Power", Reader's Digest, Sep. 2017, pp. 66-72), book readers have more connections in their brains than non-book readers which provide "a greater defense against the worst effects of cognitive decay".

Spector says that research shows that people who read books for about 1/2 an hour per day also live an average of two years longer than their non-book-reading counterparts. Interestingly, reading newspapers or magazines did not show the same benefits as reading books. Researchers believe that this is because chapter books cause people to make connections between chapters which translates into new connections between regions of the brain. These extra connections have many positive consequences, including making the brain more able to recover from a stroke.

When the doctor tells us to get more exercise or stop eating so

much junk food, we may have to force ourselves to comply. But this time, the good advice for our health is also fun! So, come on into the library, and pick up your prescription for good brain health: a book!

Janet Wilson, Director
director@rangeleylibrary.org

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ONGOING PROGRAMS

Book Groups - 3rd Weds. at 10:00 AM and last Tues. at 4:00 PM

Book Groups

Rangeley Readers

Unknown Caller by Debra Spark
September 20, 10 AM.

Adventure Book Group

The Moth edited by Catherine Burns, September 26, 4 PM

LIBRARY HOURS

Tuesday 10AM-7PM Wednesday-Friday 10AM-4:30PM Saturday 10AM-2PM

UPCOMING SUMMER PROGRAMS

Where Do Our Birds Go & Why &

When?

Tuesday, September 5th, 6:00 PM

Biologist and author Bernd Heinrich Ph.D., will discuss bird migration, patterns of movement, and why some birds are here one year, then not here another year.

Technology Series

Thursdays in September & October, 6:00 PM

Patrick Smith will host a free technology series aimed at the novice computer user focused on the following topics:

Sept. 7 - Computer Basics, Sept. 14 - Internet Safety, Sept. 21 & 28 - Android Phones, Oct. 5, 12, & 19 - Windows 10, Oct. 26 - The iPhone

Story Swap

Saturday, September 9, 10:00 AM

Members of Western Maine Storytelling will be sharing their stories. Members of the community are invited to also share stories.

Jeep Wilcox, Local Storyteller

Wednesday, September 13, 3:00 PM

Join local storyteller and poet, Jeep Wilcox, as he shares his own stories and poems of a life lived in the Maine woods.

OWL Club begins Thursday,

September 14, 2:45 PM

For kids in kindergarten through second grade, OWL Club includes stories, crafts, games, snacks, and other fun things to do together. Children may take the bus directly from school (please let the school know!). Pick up your child at the library at 4:00 PM.

Preschool Story Hours

begin September 14 & 15

Story hours for 3-5 year olds will take place on both Thursday and Friday mornings at 10:00 AM (same program both days - please choose a day). Join us for an hour of stories and activities.

Old & Joyous

Tuesday, September 19, 6:00 PM

Retired relationship therapist, David Sanford, will share ideas on living a meaningful life as a senior.

MEDIA COMING IN SEPTEMBER

Adult Fiction

Glass Houses (Three Pines #13) by Louise Penny
Y is for Yesterday (Kinsey Milhone #25) by Sue Grafton
Exposed (Rosato & DiNunzio #5) by Lisa Scottoline
Two Nights by Kathy Reichs
Persons Unknown (DS Manon #2) by Susie Steiner
The Burning Girl by Claire Messud
The Heart's Invisible Furies by John Boyne
Midwinter Break by Bernard MacLaverty
Fast Falls the Night (Bell Elkins #6) by Julia Keller
The Room of White Fire by T. Jefferson Parker
The Saboteur by Andrew Gross
The Girl Who Takes an Eye for an Eye (Millenium #5) by David Lagercrantz
Class Mom by Laurie Gelman
A Column of Fire by Ken Follett
The Hidden Light of Northern Fires by Daren Wang
Lie to Me by J. T. Ellison
The Cottingley Secret by Hazel Gaynor
Proof of Life (J.P. Beaumont #23) by J.A. Jance
Executive Authority (Delta Force #5) by Dalton Fury
A Legacy of Spies by John LeCarre
Enemy of the State (Mitch Rapp #17) by Flynn/Mills
Sing, Unburied, Sing by Jesmyn Ward
Little Fires Everywhere by Celeste Ng
The Romanov Ransom (Fargo #9) by Clive Cussler
Love and Other Consolation Prizes by Jamie Ford
Dead Woman Walking by Sharon Bolton
Secrets in Death (In Death #45) by J.D. Robb
Enigma (FBI Series #21) by Catherine Coulter
Young Jane Young by Gabrielle Zevin
The Bloody Black Flag (A Spider John Mystery) by Steve Goble
Reincarnation Blues by Michael Poore
Stay With Me by Ayobami Adebayo

Adult Nonfiction

The Great Quake: How the Biggest Earthquake in North America Changed Our Understanding of the Planet by Henry Fountain
Why Gender Matters: What Parents & Teachers Need to Know About the Emerging Science of Sex Differences (Second Ed.) by Leonard Sax
Rescued from ISIS: The Gripping True Story of How a Father Saved His Son by Dimitri Bontinck
Taking Aim: Daring to Be Different, Happier, & Healthier in the Great Outdoors by Eva Shockey
iGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy--and Completely Unprepared for Adulthood--and What That Means for the Rest of Us by Jean Twenge
150 Healthiest Foods on Earth by Jonny Bowden
Bones: Brothers, Horses, Cartels, & the Borderland Dream by Joe Tone
What Made Maddy Run: The Secret Struggles & Tragic Death of an All-American Teen by Kate Fagan
It's Not Yet Dark by Simon Fitzmaurice

Young Adult

Turtles All the Way Down by John Green
Wicked Like Wildfire (Hibiscus Daughter #1) by Lana Popovic

Older Kids

Call Me Sunflower by Miriam Spitzer Franklin
Overboard (Survivor Diaries #1) by Terry Lynn Johnson

Younger Kids

The Sorcerer's Shadow (Kingdom of Wrenly #12) by Jordan Quinn
Thanks From the Very Hungry Caterpillar by Eric Carle
The Day I Ran Away by Holly Niner

Audiobooks

Proving Ground by Peter Blauner
The Good Daughter by Karin Slaughter

DVDs

Megan Leavy
Homeland (Season 6)
Tales of Teenage Mutant Ninja Turtles Wanted: Bebop & Rocksteady
The Immortal Life of Henrietta Lacks
Karen Kingsbury's A Time to Dance

LIBRARY FUNDRAISING

Thank you to all who helped to make Summer Celebration a fabulous success!

Board members Claire Chase and John Burgess draw Dine-Around Raffle winners.

Student volunteers did a great job serving the food.

Chef Dave Kretzing and Janice Adler make last minute preparations.

Board members Madelyn Dean and Judy Wicken sell tickets.

Buy a Rangeley Phone Book App - Only \$9.99!

Rangeley Phone Book Apps are now available for both Android and Apple IOS! Visit our website and look under Phone Book to purchase the app so that you can have your Rangeley Phone Book with you wherever you go! As an added benefit, the online app is updated regularly, so you don't have to wait for the next edition of the phone book to get all of the latest changes.

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