

# Adult Programs

## Natural Weight Loss

Leann Fritz, ND | Thurs., January 25 at 7 pm

Audience members will walk away with hope, encouragement, inspiration and practical ways to take their next step toward amazing health. This isn't the same old "eat right and exercise" information that has been flying around for years. This is incredible content that gets to the heart of why people do what they do, the root of their health struggles, and gives a clear direction to the most amazing health ever. LeAnn is one of the most unique speakers in the health field receiving a BS in exercise science, a Naturopathic Doctorate degree, a Master's degree in Live and Vegan Nutrition and a PhD in Natural Medicine with an emphasis in Quantum Physics. She is the founder and CEO of New Hope Health; an innovative natural health practice that helps people from all over the country reach a level of optimal health. She is also the author of the book *Get Healthy Now*, a practical book to launch people on their health journey.

## Why Run: The Physical, Psychological, Social and Spiritual Benefits

Bonnie Saxton | Wed., January 31 at 7 pm

The benefits of participating in a running program can be life changing and impact many areas of wellness; physical, psychological, social and spiritual. Join us for this presentation as we dive into the positive effects of running and hear stories of how running has transformed the lives of individuals in our community. Learn more about how you can begin or build upon your running program and become involved in the running community. Bonnie Sexton is Kalamazoo Area Runners (KAR) Board President and has served on the leadership team since 2004. Bonnie is an RRCA Certified Coach and Lydiard Certified Coach II.

## A Killing in Capone's Playground

Author Chriss Lyon | Thurs., February 1 at 7 pm

"Bloody Chicago" was the name given to America's most corrupt city after the grotesque scene that left seven humans embedded into masonry walls and oil-slicked concrete. Two Thompson submachine guns did the majority of the damage but the masterminds behind the St. Valentine's Day Massacre escaped. Using techniques of forensic genealogy combined with investigative research, historian Chriss Lyon has been able to uncover little known facts about the people and events surrounding the St. Valentine's Day Massacre. Join us as she uncovers Southwestern Michigan's connection to the Prohibition-era assassinations that took place in "Bloody Chicago."

## Tax Help at Ransom

Wed., February 7 & Wed., March 7 | 10 am-1 pm

The Allegan County United Way and H&R Block will be offering assistance and encouragement in filing your own taxes through their "My Free Taxes" program. This free program is intended for people with incomes under \$62,000.

## Pound Fitness: Ransom Rock-Out

Presented by Zeldia Peters Schippers of the Calico Rabbitt | Sat., February 10 at 10:30 am

Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

## Big Love with Scott Stabile

Thurs., February 15, 2018 at 7 pm

Scott Stabile's parents were murdered when he was fourteen. Nine years later, his brother died of a heroin overdose. Soon after that, Scott joined a cult that dominated his life for thirteen years. Through it all, he has become ever more committed to living his life from love. In this inspiring evening, he'll explain how he was able to bring himself back to a place of peace despite these immense challenges, while encouraging each of us to be "love-spreaders" in our own lives. In *Big Love*, he writes about these experiences and many other personal milestones in ways that are universally applicable, uplifting, and even laugh-out-loud funny. Whether trying (as we all must) to silence shame, show up for friends, or overcome dreaded what-ifs, Stabile shares hard-won insights that return readers to love, both of themselves and others.

## Walk 15 Class

Deb Manville | Sat., March 10 at 10:30 am

WALK 15 takes group fitness to a new level. It is a low impact, multi muscle, calorie torching, walking based workout - with very effective results! Anyone - all fitness levels can do it! Bad knees or hips and age are no excuse not to try this free introductory class!

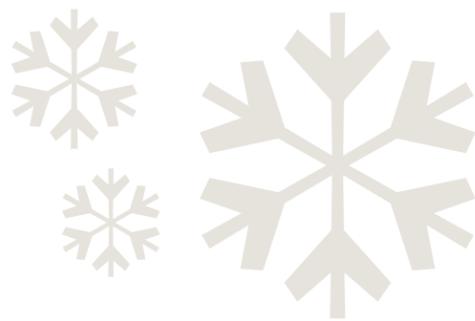
## Friends of RDL News

Thanks to all who continue to donate books and DVDs to the library for our book sales. We use the funds from our sales to purchase new books and sponsor programs for the library.

Our next book sale dates are Saturday, January 20 and Saturday, March 17 from 10 a.m. to 3 p.m.

We can always use volunteers and new members. If you have an hour or two that you could volunteer or would like to join us, please give Char a call at 269-685-6646.

- Jan Ragainis, President  
Friends of Ransom Library



## The Four Agreements Book Discussion

Todd Adams | Thurs., March 15 at 7 pm

In *The Four Agreements*, bestselling author Don Miguel Ruiz reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. Based on ancient Toltec wisdom, *The Four Agreements* offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love. In addition to being a Toltec teacher, Todd is a certified professional coach and hypnotist.

## Stress Less with Mindfulness

Georgina Perry of Michigan State Extension

Thurs., March 22 & 29 at 7 pm

Autopilot is the way we typically respond. Our brain is wired to go down the same pathways we have used before, to have the same thoughts and feelings, to behave the same we have before. Mindfulness offers a way out of his trap. Participants will learn about the benefits of mindfulness and pinpoint behaviors which make us vulnerable or resilient to stress and experience mindful movements as a way to relax. Registration is required for this two part class.

## WINTER 2018

### Be Better @ Ransom This Winter January 11 – March 20, 2018

Ransom District Library invites adults to "Be Better" this winter during our adult reading program. Whether you are looking to be healthier; be motivated to live more fully or just be entertained we have you covered.

Adults we know you have been envious of those scratch off tickets your kids get all summer long to keep them reading! This winter we will be rewarding your efforts with a steady supply of scratch off tickets to help you stay motivated to keep those New Year's Resolutions and be the best you can be.

It's simple: For every 3 books you read or one program attended, come in and get a scratch off ticket. Win something! Prizes will include books, nifty adult trinkets, passes for exercise classes, and of course candy!

The program kicks off on Thursday, January 11, 2018 and prizes will be awarded until the first day of spring March 20, 2018.

## LIVE MUSIC @ THE LIBRARY

Join us this winter for our free Sunday afternoon concert series kicking off on February 18 at 2 p.m. with the *Out of Favor Boys*.

### Out of Favor Boys | February 18 at 2 p.m.

Since coming together in 2003, Out of Favor Boys has developed a reputation as an entertaining, interactive and energetic contemporary blues band from bars to festivals to private parties and everything in between. Their four studio recordings show off their original songwriting, which runs the gamut of blues from Chicago style to the Mississippi Delta, and reflects the bands contemporary influences.

### Bronk Brothers "Island City Hoe-down" February 25 at 2 p.m.

How much fun can you have with your boots on? Grab your Stetson, polish those rhinestones, and come on down for the best party ever at Ransom Library featuring the Bronk Bros. A blue-collar work ethic, big dreams, and a grassroots attitude has gained the Michigan-based brother duo, The Bronk Bros., respect in the Midwest music scene. With over a decade of live performances, the act has shared the stage with more than 80 National touring country artists.

## RANSOM DISTRICT LIBRARY NEWS

### New Year, New You, New Us!

This Year We Can 'Get Real, Get Gutsy and Get Going' on Being Healthier and Getting it Together Around Our Food

Nancy Lee Bentley | Thurs., January 11 at 7 pm

Join us to welcome food and holistic health expert, Nancy Lee Bentley, a grandmother of the organic movement, author of *Truly Cultured* and *Dr. Mercola's Total Health Program*, for a lively, wit 'n wisdom-filled talk about how we can more easily shift to create realistic, productive, and lasting changes in our life - especially with stubborn chronic issues - without rigid, restrictive diets, expensive equipment or supplements. Why not take advantage of the New Year's energy to gain a fresh perspective and a new, more successful approach to eating and being healthy?

### Elden Kelley Trio | March 25 at 2 p.m.

The Elden Kelly Trio features Carolyn Koebel on percussion and Denis Shebukhov on bass. Carolyn and Elden have worked together since 2010, cultivating a musical vocabulary based on a shared affinity for instrumental improvisation and exploration, unusual instrumentation, and original songs. Denis completed the trio in 2015, and they have been performing together ever since.

## Ongoing Programs

### Genealogy Help Offered Wednesday Mornings

This is a great opportunity to learn about genealogy from our experts!

### Book a Geek

New at Ransom Library: book a private tutor for your basic technology questions! Need a little help with your laptop, figuring out Excel or downloading digital books? Call the library at 685-8024 to set up a 30 minute session.

RANSOM DISTRICT LIBRARY

180 S. Sherwood Avenue • Plainwell, MI 49080  
phone 269.685.8024 | fax 269.685.2266

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

Hours: M-Thu 10am-9pm • Fri & Sat 10am-5pm • Sunday 1pm-5pm





# WINTER SPECIAL EVENTS

## Tween Nerf War for grades 4-7

Friday, January 26, 6-9 p.m.

Kids in grades 4-7 are invited to hang out at the library for the evening and let their darts fly! Versions of Capture the Flag, Protect the President and others will be included. Please mark your equipment with your name in permanent marker or with some other identifier so you can track it down at the end of the night. Darts will be available at the library. Pizza/drinks will be provided. This popular program has been split into two age groups to make the evening more enjoyable for everyone. Older players (grades 8-12) should plan to attend the teen Nerf war on February 9. Please contact Erin Marsh if you have questions.

## Teen Nerf War for grades 8-12

Friday, February 9, 6-9 p.m.

Play the ultimate in library indoor sports! Please mark your equipment with your name in permanent marker or with some other identifier so you can track it down at the end of the night. Darts will be available at the library. Pizza/drinks will be provided. This popular program has been split into two age groups to make the evening more enjoyable for everyone. Younger players (grades 4-7) should plan to attend the tween Nerf war on January 26. Please contact Erin Marsh if you have questions.

## Introducing the Launchpad!

These great little tablets are made to be passed from one set of hands to the next. Based on the Android operating system, they are easy to use and are designed for durability. They are pre-loaded with fun learning apps for kids ages 3-8. Launchpads are not internet accessible, so they require no download time and they are 100% secure. Launchpads are now available to check out! Ask to see one the next time you visit the library.

## Spring Break Sneak Preview

If you are having a “stay-cation” this spring, be sure to check Facebook or the library’s web page to see our lineup of youth events. Details will be available starting on Dr. Seuss Night (March 6.) Events to look forward to include:

- Teen Video Game Tournament Wednesday 4/4 (p.m.)
- Princess Tea Party Thursday 4/5 (a.m.)
- Tween Nerf War Friday 4/6 (after hours)

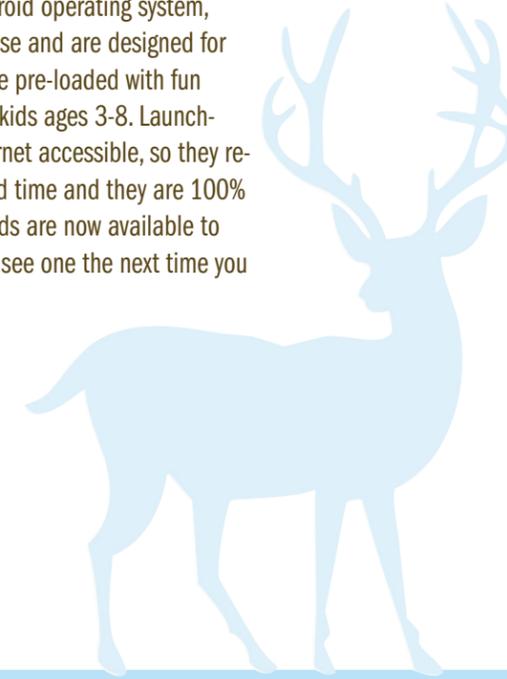
## Mark your calendars now!

The Missoula Children’s Theatre will be back in Plainwell again this summer. The 2018 performance will be Robin Hood! This is a week long, intensive theater experience beginning with auditions on July 9 and culminating in a performance on July 14. This incredible opportunity is for K-12 students who reside in the Plainwell school district (including homeschoolers.) Sponsored by the Plainwell Arts Council with the help of Hope Lutheran Church. Additional information will be available at the library as it becomes available.



**Dr. Seuss Night** Tuesday, March 6, 7-8 p.m. Sponsored by the Friends of Ransom Library

The tradition continues as the Friends of RDL put on their annual Dr. Seuss program. Local dignitaries will read Seuss classics, The Cat and friends will roam the building, and, as Dr. Seuss himself wrote, [You’ll have fun.] “You will indeed! (98 and ¾ percent guaranteed!)”



# WINTER PRESCHOOL PROGRAMS

Weekday mornings belong to the preschoolers! Programs run January 2-March 30. All preschool programs begin at 10:30 a.m.



**Story Time** will take place on Monday and Thursday (Monday will be a repeat of Thursday’s program, and will not include a craft.) Story Time is a great place for children to make friends and enhance their early literacy skills: singing, playing, reading, writing and talking.

**Baby Story Time**, which takes place every Tuesday, is open to preschoolers birth-age 5, but the stories are simpler and emphasize concepts rather than plot. Kids will enjoy bouncing rhymes, fun songs, and interacting with others their age.



**Preschoolers Explore!** is our Wednesday program: a playgroup-style program that emphasizes sensory experience, discovery science and language development. Different activities are available each week. Children should wear play clothes—we usually get messy.



**Preschool Dance Party: January 5, February 2, and March 2**  
Kick up your heels to the “banana song,” the “gong song” and more with Miss Erin. Shakers, scarves, and silliness will be plentiful.

**Parachute Play: January 12, February 9, and March 9**  
Catch some air as we place projectiles on the parachute! This activity is highly recommended for children who are at least 3 years old—they need to be strong enough to hold on to the chute and keep their footing.

**Crafty Kids: January 19, February 16, and March 16**  
Create a work of art to give to a loved one or hang on the fridge. We have paint shirts, but dress for a mess just in case.



**Groovin’ with Mr. Joe: January 26, February 23, and March 23**  
Mr. Joe is done with grad school! Enjoy a special storytime with the extra cool that only Mr. Joe and his guitar can provide.

# WEEKLY PROGRAMS FOR KIDS AND TEENS

STEAM concepts (science, technology, engineering, art, and math) are emphasized in our weekly programs for kids. Running from January 2- March 30.

## Build-o-Rama | Mondays 4-5 p.m.

Build whatever your heart desires with our bricks! Your creation will be on display at the library all week.

## Guitar Club | Mondays 4:00 – 4:45 p.m. | January 8th - March 26th

Guitar Club continues for beginning guitar students of all ages. Mr. Joe leads these free sessions that focus on music reading and basic technique. Participants who do not have access to an instrument may inquire about borrowing one from the library free of charge, depending on availability. Note: we are always looking for guitar donations! Plan to arrive 10-15 minutes early, if schedule allows, for tuning and other preparation.

## Discovery Hour | Tuesdays 4-5 p.m.

Learn how exciting science can be in our most popular program! Kids learn about scientific concepts by creating interesting experiments. We encourage kids to discover their own answers. Plan to get messy!

## Anime Club | Wednesdays 3-4:30 p.m.

Hang out for an hour and a half after school to talk about your favorite series! We’ll also watch new series, sample Asian snacks, and check out the latest library manga titles. New members are always welcome!

## The Closed Door Science Club | Thursdays 4-5 p.m.

More power, more mess, more science! This STEAM-based program helps kids explore the world of science through hypothesis formation, experimentation and observation. Recommended for students in grades 4-7. Note: Students younger than 4th grade are welcome to participate in the Tuesday session, which will be age-appropriate.

