

Registration Information

Register & Record

Step 1 | Visit www.rowanpubliclibrary.org and click on the Adult Summer Reading tab

Step 2 | Register by recording your hours at the Adult Summer Reading Tab or
Contact a member of our Adult Summer Reading Team.

Step 3 | Record your reading & activities at your convenience starting June 10th

Only time recorded for reading **June 10th** through **August 5th** will count toward the prize drawings. You may count time spent reading books, magazines, newspapers, audio and ebooks. Keep track of your reading and record your time online or contact your team member before prize drawings for your chance to win.

No separate registration required—just record your time spent reading by logging on to our Adult Summer Reading page - click on the “Log Hours” button and record your hours or participation in a program. For more information click on “Packet” button.

Adult Summer Reading Team

Abigail Hardison—704-216-8248

Marian Lytle—704-216-7732

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Win Big Prizes

All attendees at the special programs (opposite page) will be entered for a chance to win door prizes. To be eligible for our end of summer prize drawings, participants must record at least 15 hours of reading between **June 10th** and **August 5th**. Winners will be announced at the Parade & Trivia event on Monday, August 8th. Participants do not have to be present to win. Prize levels are as follows:

Time Recorded	Prize Drawing Entry	# of Prizes
15 Hours	\$10 Amazon Gift Card	5
30 Hours	\$25 Amazon Gift Card	4
60+ Hours	\$50 Amazon Gift Card	2



Earn an extra prize entry for:

- + Every additional 5 hours of reading (beyond 60) that you record
- + Completing activity sheets in this packet
- + Attending special programs in June and July programs (opposite page)

To receive credit for participating in other activities go to the Adult Summer Reading Tab

EXERCISE *your mind.*

READ!

We're so glad you've decided to sign up for a fun-filled summer of exciting programs and great reads with "Exercise Your Mind." Below are a few of the exciting events we have planned.



Programs at a Glance

Mind's Eye

Tuesday, June 14 at 6:30
South Rowan Regional Library

Zentangle & other stress relief

Monday, June 27 at 6:30 pm
Headquarters (Salisbury)

Geocaching

Tuesday, July 12 at 6:30 pm
South Rowan Regional Library

Brain Health

Monday, July 25 at 6:30 pm
Headquarters (Salisbury)

Parade of Nations and Summer Reading Finale

Monday, August 8 at 6:30 pm
Headquarters (Salisbury)
Families Welcome

More details about programs inside



Movie Schedule

Tuesdays @ 6:30 pm

Headquarters (Salisbury)

Free popcorn & lemonade will be served

06/07/16 | Remember the Titans (PG)

06/14/16 | The 5th Wave (PG13)

06/21/16 | Secretariat (PG)

06/28/16 | The Mighty Ducks (PG)

07/05/16 | Cool Runnings (PG)

07/12/16 | 42 (PG13)

07/19/16 | Iron Will (PG)

07/26/16 | Invictus (PG13)

08/02/16 | Stick It (PG)

08/09/16 | Ice Castles (PG13)

Wednesdays @ 2:00 pm

South Rowan Regional (China Grove)

Free popcorn and lemonade will be served

07/06/16 | The Might Ducks (PG)

07/13/16 | Cool Runnings (PG)

07/20/16 | Iron Will (PG)

07/27/16 | Ice Castles (PG13)

Children must be accompanied by a parent.

Register online and track your reading hours for a chance to win big!

More details about how to track hours, win prizes, and keep your mind moving are inside.

Special Programs



Mind's Eye

Tuesday, June 14 at 6:30 pm
South Rowan Regional Library

Claudia Galup, a Chopra certified Meditation teacher will be giving us a brief introduction to meditation. She will share with the group what meditation is, and is not, and how it can expand your creativity and memory. She will also lead a short meditation.



Zentangle & Other Stress Relief

Monday, June 27th at 6:30 pm
Headquarters (Salisbury)

Exploring the new craze of adult coloring & its therapeutic benefits, along with other stress relieving activities.



Geocaching

Tuesday, July 12 at 6:30 pm
South Rowan Regional Library

Geocaching is an anytime outdoor adventure that can take you to amazing places or let you explore your community. **Greg Stienbarger**, local educator and Geocaching enthusiast has created a unique cache at South Regional Library. Join us to learn about this free healthy and interactive activity.



Brain Health

Monday, July 25 at 6:30 pm
Headquarters (Salisbury)

Jim Mallinson, a retired psychologist/therapist who will present a program relating to the workings of the brain. He will include information on lifestyle choices that help keep your brain healthy and nimble. Can completing crosswords and playing luminosity really help your mind? Come and find out!



Parade of Nations & Sports/Olympic Trivia

Family Fun—Monday, August 8 at 6:30 pm—Headquarters

Dress in support of your favorite country, a Parade of Nations will be followed by our annual “trivia crack” game concentrating on Olympic sport. Awards for largest team, best uniform and most unusual sport. Free refreshments and prizes at this end-of-summer bash!



Reads & Reels



To tie in with our theme of Exercise Your Mind, Rowan Public Library staff have put together a list of books and movies on our shelves that are sure to stretch your brain!



Reads

NonFiction

Bascomb, Neal. *The Perfect Mile : Three Athletes, One Goal, and Less Than Four Minutes to Achieve It.* 2004. **796.42 BAS**

Brown, Daniel James. *The Boys in the Boat: Nine Americans and their Epic Quest for Gold at the 1936 Berlin Olympics.* 2013. **797.123 BRO**

Dow, Mike. *The Brain Fog Fix: Reclaim Your Focus, Memory, and Joy in Just 3 Weeks.* 2015. **612.8 DOW**

Epstein, David J. *The Sports Gene: Inside the Science of Extraordinary Athletic Performance.* 2013. **613.71 EPS**

Gallagher, Winifred. *Rapt: Mastering Attention to Transform Experience.* 2009. **153.733 GAL**

Leviton, Daniel J. *The Organized Mind: Thinking Straight in the Age of Information Overload.* 2014. **Downloadable EBook**

McCown, Donald. *New World Mindfulness: From the Founding Fathers, Emerson, and Thoreau to Your Personal Practice.* 2012. **204.4 MAC**

Miller, Joe. *Adventure Carolinas Your Go-To Guide for Multi-Sport Outdoor Recreation.* 2014. **Downloadable EBook**

Rotella, Robert J. *How Champions Think: In Sports and In Life.* 2015. **796.019 ROT**

Williams, Mark. *Mindfulness: an Eight-Week Plan for Finding Peace in a Frantic World.* 2011. **616.8914 WIL**

Shaw, Beth. *Yogafit.* 2009. **613.7046 SHA**

Fiction

Doerr, Anthony. *All the Light We Cannot See: a Novel.* 2014

Groff, Lauren. *Fates and Furies.* 2015.

Hannah, Kristin. *The Nightingale.* 2015.

Henriquez, Cristina. *The Book of Unknown Americans: A Novel.* 2014

Krueger, William Kent. *Ordinary Grace: A Novel.* 2013

Ng, Celeste. *Everything I Never Told You.* 2014



Reels

Creed. 2016.

Essential Yoga for Inflexible People. Garden Story: Inspiring Spaces, Healing Places. 2008.

Interstellar. 2014.

Jupiter Ascending. 2015.

Jurassic World. 2015.

Million Dollar Baby. 2005.

Selma. 2015.

Still Alice. 2015.

T'ai Chi. 2002.

The Imitation Game. 2014.

The Man From U.N.C.L.E. 2015.

*The Martian** 2015

The Theory of Everything. 2015

Turn. Washington's Spies

Healthy Foods Word Find

B X W F P I Z D G S H O K Z K V E Y S Y
 Y J H Q E Y V F Z B U E L N F S E S O O
 W T O F U M I B N X G G Z I E C E K D M
 A Y C H E R R I E S S I A E V T X T A N
 T A R L V H P B Q C Q T H R A E U W C J
 E M P D O E E Y H R P C U N A R S Y O S
 R S H C A N I P S A Z L A N K P A G V E
 S U I C C A Z N L N I R U E L H S R A L
 P A H U Q W F X O B G W Y M R A A A L P
 S E N S T R A W B E R R I E S S W P V P
 S H T A T U I B M R F N D K P I T E S A
 L X O R N K N O X R X F P B C O I S O P
 B Y T N U A P A L I Y V E N M E B V Y P
 W L O Q E G B N J E O R S A B S B J B X
 M V U M P Y O Q X S R S T P K E K D E A
 S G G E J C D Y O I I O A W N I W A A H
 L Z I J B Q F E E E E N O H E R R I N G
 E E V S S E W S W S O P E Q I R N Z S H
 I Q N T I U R F E P A R G L V E S O L A
 K J E T W C L R R R S W O M K B T R Y E
 M E S L I M E S I A H C O C T K O A S V
 B L N O M L A S E E C I I Y Y C R N N I
 L E M O N S S P A O S H G Q P A R G A G
 T M M T K K J T R M C F G D G L A E E U
 A O E Z Y L W B S D N O M L A B C S B U

ALMONDS

APPLES

ASPARAGUS

AVOCADOS

BANANAS

BEANS

BEETS

BLACKBERRIES

BLUEBERRIES

BROCCOLI

CARROTS

CHEESE

CHERRIES

CHICKEN

CRANBERRIES

EGGS

GRAPEFRUIT

GRAPES

HERRING

HONEYDEW

KIWI

LEMONS

LENTILS

LIMES

OATS

OLIVES

ORANGES

PEACHES

PEAS

PLUMS

POMEGRANATES

RASPBERRIES

SALMON

SOYBEANS

SPINACH

STRAWBERRIES

TOFU

TOMATOES

TUNA

TURKEY

WALNUTS

WATER

WHEAT

YAMS

YOGURT

Test Your Health Facts!

1. Health care professionals recommend losing weight at the rate of:

- a) 5 pounds a week
- b) 2 pounds a month
- c) 10 pounds a month
- d) 2 pounds a week

2. To lose weight, you should:

- a) Skip breakfast
- b) Feel hungry after meals
- c) Eat small amounts more often
- d) Eat just one type of food

3. Approximately 80 calories are in:

- a) A slice of bread
- b) An apple
- c) 4 ounces of milk
- d) All of the above

4. To track what causes weight gain, you should keep track of:

- a) Where you eat
- b) Time of meals and snacks
- c) Who you eat with
- d) All of the above

5. The main rule of dieting for weight loss is:

- a) Eat foods that have little taste
- b) Select foods that are low calorie and high nutrient
- c) Avoid excessive exercise
- d) None of the above

6. Avoid diet plans that:

- a) Don't fit into your schedule or lifestyle
- b) Are too low in calorie intake
- c) Exclude specific food groups
- d) All of the above

7. When you are implementing an exercise program you should:

- a) Work out strenuously as frequently as you can
- b) Join a health club or a gym
- c) Make up for the exercise you missed during the week over the weekend
- d) Set short term and long term goals that are achievable

8. Approximately how many calories do you need to restrict or burn off to lose a pound?

- a) 1,750 calories
- b) 3,500 calories
- c) 2,500 calories
- d) None of the above

9. When you exercise for weight control:

- a) You should always exercise at a high rate of intensity
- b) Daily activity is recommended
- c) Exercising for 20 minutes twice a week is accepted
- d) You should work out more than twice a day

10. What food seems to be the most significant contributor to childhood obesity?

- a) French fries
- b) Non-diet soft drinks
- c) Sugary breakfast cereal
- d) Candy bars



Test Your Knowledge of Food Safety

1. **At what temperature should your refrigerator be maintained?**
 - a) 60 degrees F
 - b) 45 degrees F
 - c) 40 degrees F
 - d) Don't know

2. **In order to properly wash your hands before or after handling food, exactly what is the minimum amount of time you should wash your hands under running water?**
 - a) 10 seconds
 - b) 20 seconds
 - c) 1 minute
 - d) Don't know

3. **Which of the following bacteria are responsible for causing the greatest number of foodborne illnesses?**
 - a) Salmonella
 - b) Campylobacter
 - c) E. coli
 - d) Don't know

4. **Which is the minimum temperature at which hot foods on a buffet should be maintained?**
 - a) 212 degrees F
 - b) 180 degrees F
 - c) 140 degrees F
 - d) Don't know

5. **The majority of foodborne illnesses are a result of the following?**
 - a) Improper handling of foods by the consumer
 - b) Improper handling of foods in restaurants or food service settings
 - c) Improper processing of foods by the manufacturer
 - d) Don't know

- 6. When sanitizing dishcloths or cutting boards at home using chlorine bleach, how much bleach should be added, per quart of water?**
- a) 1 teaspoon
 - b) ½ cup
 - c) ¼ quart
 - d) Don't know
- 7. Which of the following ways is NOT a safe way to defrost raw meat?**
- a) In the refrigerator
 - b) On the counter
 - c) In the microwave
 - d) Don't know
- 8. What is the minimum temperature ground beef should be cooked to in order to assure safety?**
- a) 155 degrees F
 - b) 160 degrees F
 - c) 165 degrees F
 - d) Don't know
- 9. Which food is associated with the most cases of foodborne illness due to Salmonellosis?**
- a) Raw chicken
 - b) Raw eggs
 - c) Raw vegetables
 - d) Don't know
- 10. Which of the following federal agencies is responsible for regulating meat and poultry products in the United States?**
- a) USDA (US Department of Agriculture)
 - b) FDA (Food and Drug Administration)
 - c) EPA (Environmental Protection Agency)
 - d) Don't know

(Adapted from the North Carolina Department of Agriculture and Consumer Services)



Test Your Knowledge of Olympic Athletes!

Name the sport for each Olympic athlete.

1. **Michael Phelps** _____
2. **Venus Williams** _____
3. **Nadia Comaneci** _____
4. **Bonnie Blair** _____
5. **Jim Craig** _____
6. **Katarina Witt** _____
7. **Apolo Ohno** _____
8. **Mijain Lopez** _____
9. **Jesse Owens** _____
10. **Bode Miller** _____

