



Metcalfe County Public Library 2023 TEEN Summer Reading Program "All Together Now"

Program Rules:



Children of all ages, including teens, are eligible to participate.



Books you have at home or check out from the library **MUST** be on your reading level.



Children not yet able to read may participate by having an adult read to them.



For every 9 achievement challenges completed you will receive 1 ticket into our grand prize drawings.



Grand prizes will be divided into age appropriate groups.



Each age appropriate prize will be awarded to a different child.



Due to limited prizes, only 2 prizes per household will be given away.



All achievement challenges must be turned in by 4:30 on Friday, July 7th.

Sponsors donate cash, free advertising, and other items to make this program possible.

Please say "Thank You" to the following sponsors:

Big Meadow Farm Supply Inc.

Bowling Park

Carhartt, Inc.

Edmonton Homemakers

Edmonton / Metcalfe Chamber of Commerce

Glass & Thompson Insurance Agency

Herald-News©

Kingsford Manufacturing Co.

McDonald's of Edmonton

Metcalfe County School District

Miller Family Dentistry

The Printing Press

Red Lick Ranch, LLC

Save the Children Grant

South Central RTC

Town and Country Homemakers

Tri-County Electric

Whitlow Family Vision Center

WHSX Radio Station



Summer Reading Events

These events are free to attend, but not required, to participate in the Summer Reading Program.



Wednesday, June 14th @ 10:00 am
Bowling Park Gym
Yurtfolk (Music)



Friday, June 23rd @ 10:00 am
Bowling Park Gym
Animal Tales



Wednesday, June 28th @ 10:00 am
Bowling Park Gym
Reed Masterson (Magician / Illusionist)

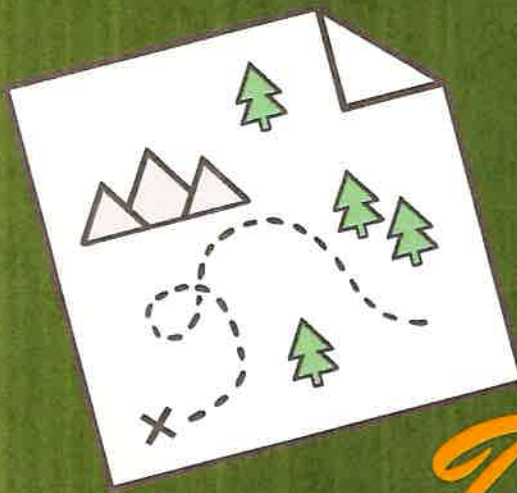


Wednesday, July 12th @ 10:00 am
Bowling Park Gym
Finale



On June 14th at 1:00 pm Yurtfolk will present an educational program in the library community room.





TEEN SRP EVENT:

*Hike through
Dry Fork Gorge!*

FRIDAY, JUNE 30TH

9:00 AM

**JOIN US AT METCALFE COUNTY'S OWN
NATURE CONSERVANCY, THE DRY FORK
GORGE, LOCATED OFF BRANSTETTER RD
IN EDMONTON.**

REGISTRATION IS REQUIRED!!

**YOU MUST HAVE YOUR FORM
TURNED IN BY JUNE 23RD.**

**Call the library at 270-432-4981 for
more information!**

Important Notes:

- Dry Fork Gorge is located off Branstetter Rd in Edmonton. (see attached for directions)
- The hike will take place on Friday, June 30th at 9:00 AM. We will meet in the parking lot at the top of the Gorge.
- All forms must be turned in on or by June 23rd.
- The overall program should last approximately 1.5-2 hours.
- There are two (very shallow) creek crossings on the hiking trail. The trail going down into and coming up out of the Gorge is VERY steep and can be slippery at times as well. Please wear shoes that attach firmly to your feet and that are okay to get wet/muddy.
- Apply sunscreen prior to attending in order to prevent possible sunburn.
- Water/snack will be provided for each participant.
- Please read the included CDC brochure: *Understanding Tick Bites & Lyme Disease*

Dry Fork Gorge Hike Waiver

Parent or Legal Guardian

You are required to read the following information very carefully, make sure that you understand it fully, and sign it before allowing your child to participate in this activity/program.

I, _____, am fully aware that participation in Dry Fork Gorge Hike
(Name of parent/guardian)
may result in risk of personal injury or harm to my child.

I recognize that the program requires physical exertion that may be strenuous at times and may cause physical injury, and I am fully aware of the risks and hazards involved.

I certify that my child is in good physical condition, and has no medical or physical conditions that would restrict his/her participation in this activity.

I agree to assume full responsibility for any risks, injuries, or damage known or unknown which I/they might incur as a result of participating in the program.

I hereby agree to release and hold harmless the Metcalfe County Public Library, its employees, volunteers, committees and boards, from and against any and all liability, loss, damages, claims, or actions (including costs and attorney fees) for bodily injury and/or property damage, the extent permissible by law.

I understand that my child is not to wander throughout the park unattended but is to be accompanied by his/her parent(s) or library employee(s) at all times.

I have read the above waiver and release liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

Parent or Legal Guardian Signature

Date

Email address

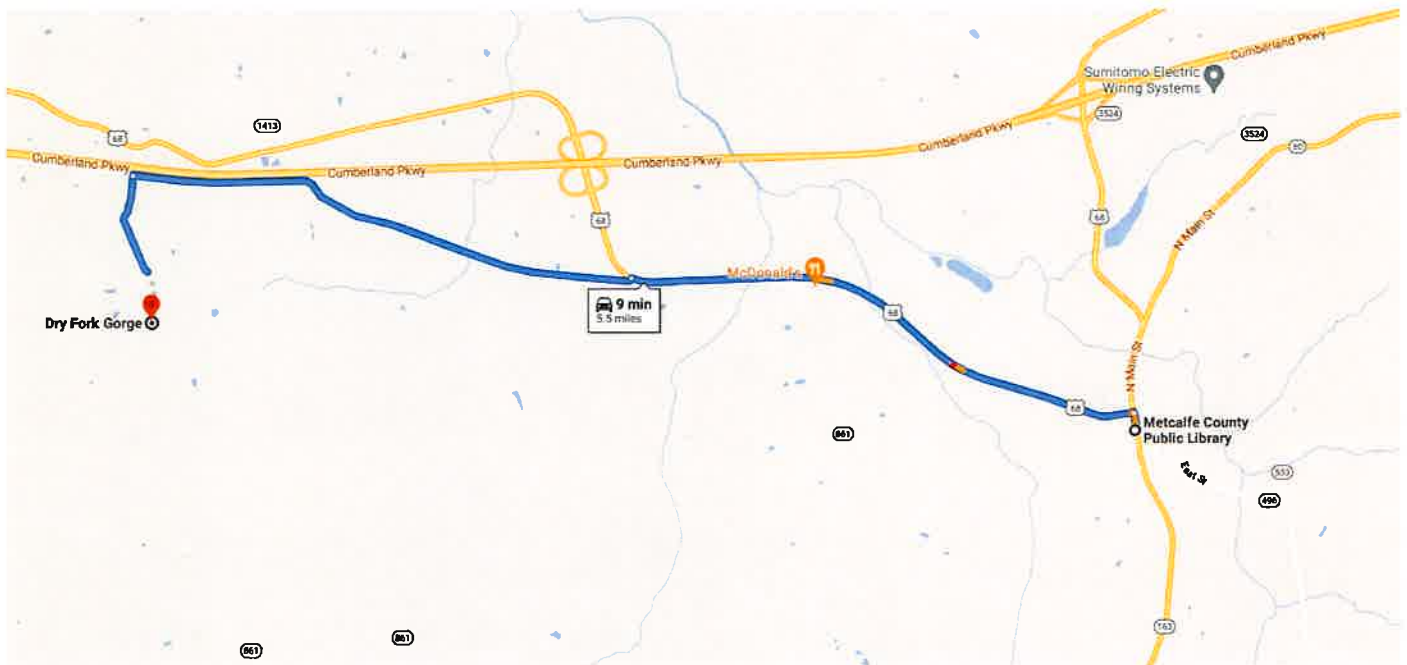
Phone Number

Name of Participant

Age

Directions to Dry Fork Gorge:

- From the library, turn left to go to the four-way stop at the square.
- Turn left at the four-way stop onto W Stockton St.
- After 2.5 mile, turn left onto Old Glasgow Rd/Old US 68 Rd.
- After 2.4 mile, turn left onto Branstetter Rd.
- Dry Fork Gorge is 0.5 mile at the end. (Branstetter Rd will dead end at the Gorge parking lot).





Understanding Tick Bites and Lyme Disease



How to prevent tick bites



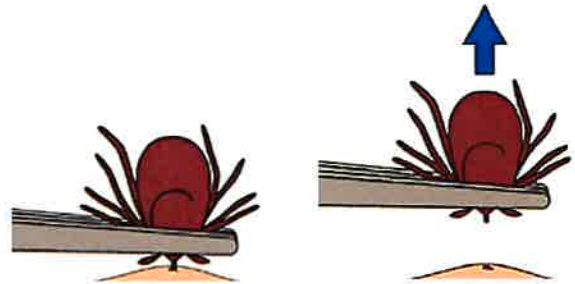
Ticks can spread disease, including Lyme disease.

Protect yourself:

- Use Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone. Always follow product instructions.
- Wear clothing treated with permethrin.
- Shower as soon as possible after spending time outdoors.
- Check for ticks daily. Ticks can hide under the armpits, behind the knees, in the hair, and in the groin.
- Tumble clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed.

How to remove a tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure to remove the tick. Avoid twisting or jerking.
3. Clean the bite area and your hands with rubbing alcohol or soap and water.



Notes:

- Remove the tick as soon as possible to reduce your chances of getting an infection from the tick bite.
- Don't use nail polish, petroleum jelly, or a hot match to make the tick detach.
- If tick mouthparts remain in the skin, leave them alone. In most cases, they will fall out in a few days.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



Facial paralysis.



Bull's eye rash on the back.



Arthritic knee.



When to see your healthcare provider

If you develop a rash, fever, exhaustion, or joint and muscle aches within several weeks of removing a tick or spending time in tick habitat, see your healthcare provider. Be sure to mention your recent tick bite and when it happened, or that you've spent time in places where ticks may live.

If left untreated, Lyme disease can affect the joints, heart, or nervous system.

Antibiotics treat Lyme disease

People treated with antibiotics in the early stages of Lyme disease usually recover rapidly and completely. The antibiotics most commonly used to treat Lyme disease include: doxycycline, amoxicillin, or cefuroxime axetil.

Looking ahead to recovery

Rest and take antibiotics as prescribed. Recovery may take several weeks or longer.

Some people wonder if there is a test to confirm that they are cured, but there is no such test. Retesting for Lyme disease is not recommended because blood tests might be positive for months or years after you have been treated. A positive test doesn't mean you are still infected. It simply means that your immune system remembers your infection.

You can get Lyme disease again if you are bitten by another infected tick, so protect yourself from tick bites.

**For more information see www.cdc.gov/Lyme
and www.cdc.gov/Ticks**






METCALFE COUNTY PUBLIC LIBRARY







SUMMER READING 2023

TEEN ACHIEVEMENT CHALLENGE



-  On the attached page write individual achievements on each heart.
-  Once your challenge sheet is full return it to the library for a ticket to enter into the grand prize drawings.
-  You may complete as many challenges as you wish.

What counts as an achievement?

-  Every 20 minutes I read (book or eBook)
-  Every 20 minutes I listen to an audiobook
-  Every library event I attend
-  Every time I check out 3 books
-  Every time I use a MCPL database
-  Looking through / reading a whole magazine or newspaper

Have an idea for an achievement that's not listed? Ask a MCPL employee about your idea and it might be approved!

Other achievements include:

-  Going on a nature walk
-  Going swimming
-  Visiting a museum (in person or virtually)
-  Going fishing
-  Watching a book-to-movie adaptation
-  Learning about a culture different than your own
-  Doing a chore that isn't normally your responsibility
-  Holding the door open for someone
-  Picking up litter
-  Shopping at a Farmer's Market
-  Visiting the park
-  Following MCPL on Facebook, Instagram, and/ or TikTok
-  Compliment someone
-  Donating things you no longer need
-  Writing a thank you note for someone



Name:

Age:

METCALFE COUNTY PUBLIC LIBRARY
SUMMER READING 2023
TEEN ACHIEVEMENT CHALLENGE SHEET

Write each achievement on a heart. When completed you will receive a ticket for the grand prize drawings. You may complete as many achievement challenge sheets as you wish.

