SUMMER FUN GUIDE
Hello, Summer!
Summer is synonymous with relaxation and fun in the sun. The easygoing nature of summer can make it easy to overlook safety concerns that run the gamut from heat-related illnesses to bug bites to water play injuries. Though no one wants to rain on their own summer parade, keeping these safety tips in mind can ensure the coming months are as safe as they are fun.

• **SAFEGUARD AGAINST THE THREAT OF HEAT-RELATED ILLNESSES.** Sizzling summer days pose a significant threat if the proper measures aren’t taken to avoid heat-related illnesses. According to the National Safety Council, heat exhaustion, which occurs when the body loses excessive water and salt, and heat stroke, which the Centers for Disease Control and Prevention notes is marked by the body’s inability to control its temperature, can escalate rapidly. The NSC identifies individuals who work outdoors, infants and young children, people who are 65 and older, people who are ill, and people who are overweight as those most at risk of heat-related illnesses. Such illnesses are entirely preventable, and the CDC recommends remaining indoors in air conditioned rooms, drinking plenty of fluids but avoiding alcohol, wearing loose and lightweight clothing as well as a hat, and replacing salt lost from sweating by drinking fruit juice or sports drinks.

• **APPLY SUNSCREEN.** Long days in the summer sun may be a great way to relax, but it’s imperative that individuals apply sunscreen before going outside and then reapply it throughout the day as necessary. Sunburn is not only unpleasant, it also increases a person’s risk for skin cancer and affects the body’s ability to cool itself, which can increase the risk for heat stroke.

• **PROTECT AGAINST MOSQUITOES.** Mosquitoes are more than a mere nuisance. Mosquitoes can carry an assortment of viruses, including Zika virus and West Nile virus. And though such viruses are often thought of as a problem for people in faraway lands, the NSC notes that the Aedes mosquito, which is a known transmitter of the Zika virus, has appeared in various regions of the globe, including the continental United States and popular vacation destinations like Mexico and Central and South America. The NSC recommends that everyone, and especially individuals who work outdoors, apply mosquito repellent before going outside and to continue to do so as necessary throughout the day. In addition, clothing treated with the insecticide permethrin may help to repel mosquitoes.

• **EXERCISE CAUTION AROUND WATER.** The CDC reports that drowning is the leading cause of unintentional death for children between the ages of one and four. Though children might be most vulnerable to water-related accidents and death, adults also must exercise caution when around the water. The NSC recommends individuals avoid the water, be it in a lake, river, ocean, or pool, unless they know how to swim. Individuals also should never swim alone and only swim in areas supervised by a lifeguard. When swimming at a private residence, children should never be allowed to swim unless an adult is supervising. Adults also should avoid alcohol when swimming.

Summer is a season to relax, but it’s also a season when safety should be a top priority for people of all ages.
Looking for fun this summer? Visit your local parks

Find us on www.dannicholas.net

GEM MINE
Take a turn at the sluices and see what treasures you can unearth in our gem mine.

MINI GOLF
Try your luck at our 2, 18-hole golf courses for hours of family fun!

BARNYARD
Rowan Wild’s Stanback Barnyard is filled with farm animals and historic farming equipment.

NATURE CENTER
Meet turtles, alligators, snakes, and other creatures at Rowan Wild’s Nature Center. Check out a variety of species of fish in the Cheerwine Aquarium.

TRAIN STATION
Stop by Hurley Station to purchase tickets, snacks, and gifts.

WILDLIFE ADVENTURES
Explore a host of native species at Rowan Wild’s Wildlife Adventures.

SOUTH PARK
6800 Bringle Ferry Road
Salisbury, NC 28146
704-216-7800
1-866-767-2757

Sloan Park
550 Sloan Rd.
Mt. Ulla, NC
704-637-7776

Ellis Park
3541 Old Mocksville Rd.
Salisbury, NC
704-216-7783

Eagle Point Nature Preserve
665 Black Rd.
Salisbury, NC
704-239-0134

Dunn’s Mountain Park
1740 Dunn’s Mountain Rd.
Salisbury, NC
704-239-0134
Summer crafts families can enjoy together

Things seem to slow down in summer. Come summer, the hurried pace that dominates much of the year takes a backseat to vacations, lounging around the pool, diving through ocean waves, and setting up tents at campsites near or far.

When the weather is accommodating, there’s a seemingly endless list of ways to enjoy time spent outdoors. But as everyone knows, Mother Nature tends to be a bit unpredictable during the hazy days of summer. Thunderstorms can roll in quite suddenly, or rain may persist for a few days as the atmosphere attempts to right itself after an abundance of steamy days. Keep a list of craft ideas at the ready to make the most of time spent inside or out.

- **FRIENDSHIP BRACELETS**: There have been different iterations of friendship bracelets for every generation. With some general craft supplies, such as embroidery thread, beads, plastic lanyards, or other jewelry-making materials, kids can make and share a variety of friendship bracelets.
- **SEASHELL CREATURES**: At the next beach excursion, pick up differently shaped shells. They can be painted and glued together to resemble different animals or whatever designs one can imagine.
- **DREAMCATCHERS**: With some twigs, yarn and feathers, crafters can make dreamcatchers to hang bedside.
- **SUNPRINTS**: Check out the craft store for a special light-sensitive solution that can be painted onto thick craft paper. Set various natural items on top (such as fern boughs, shells, feathers, and more) and let the sun do its work. You’ll ultimately be left with some beautiful silhouettes.
- **LEATHER SEWING KITS**: Evoke the feelings of summer camp right at home with leather sewing kits that enable everyone to make handcrafted leather wallets or small purses.
- **PAINTED STONES**: Kids can have fun gathering smooth pebbles from trails or at the shores of lakes. They can be painted with various designs or sweet sentiments, only to be left around the neighborhood for others to discover.
- **SEA GLASS JEWELRY**: An adult can use a very thin drill bit to make holes in sea glass remnants that washed up on beaches. Feed through earring hooks or chains to create one-of-a-kind jewelry.
- **DYED SHOES OR ACCESSORIES**: Use commercially produced or homemade dyes made from teabags, berry juice, turmeric powder, or more to color certain items. Dress up canvas sneakers with summertime hues, or make colorful bandanas to help keep you cool.

Summer craft ideas abound to keep everyone entertained all season long.

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**Who invented the banana split?**

Ice cream aficionados enjoy it in many different forms — from cups to cones — but sundaes truly can be the ultimate treats. The impressive and often enormous “banana split” may be the king of all sundaes, with ice cream shops scooping them out in record numbers when the weather warms. Because banana splits are so large, they’re often the perfect desserts to share on date night.

When taking a spoonful of banana split, some people may ponder where this sweet reward came from. As with many food origin stories, various people lay claim as the inventor of the banana split. A trusted historical account points to Latrobe, Pa. as the home of the first banana split. Legend has it that Latrobe pharmacy owner David Strickler sliced a banana in two, added scoops of vanilla, chocolate and strawberry ice cream, three kinds of flavored toppings, and whipped cream in 1904. Strickler also enlisted the help of a glassmaker to create the first “banana boat” vessel to house his newfangled dessert.

Other cities, including Boston and Wilmington, Ohio, also claim to be birthplaces of this beloved dessert. In fact, Wilmington holds fast to their banana split creation story and even hosts its annual Banana Split Festival.

Even though these dessert giants battled it out as banana split inventors,
Make the most of the summer camp experience

Summer camp season will soon be here, and throngs of children will board buses each morning or pack their parents’ cars full of essentials to survive a few weeks away from home.

Looking back, many adults who experienced summer camp have fond memories of their adventures — whether they all went according to plan or there were some hiccups along the way. Parents want their children to make their own summer camp memories. Even if the canoe capsizes or the cabin leaks during a summer thunderstorm, such experiences can build character and strengthen friendships.

According to RegPack, an online registration software company, more than six million American children participate in some form of camp each year, including sleep-away camp or day camp. The American Camp Association says that number is closer to 14 million, with the most popular camp session length around one week or less. Families getting prepared for camp can follow these guidelines to ensure the experience is one kids won’t soon forget.

SEARCH FOR AN ACCREDITED CAMP

Accredited camps must meet more than 300 standards related to program quality, safety and health, according to the ACA. An accredited camp will likely give parents the most peace of mind.

CONNECT WITH FELLOW CAMPERS

If possible, attend a meet-and-greet prior to the start of the season. Neighborhood day camps tend to draw kids from local communities, so there’s already a chance kids will know a few fellow campers.

GET TO KNOW CAMP COUNSELORS EARLY ON

Campers can introduce themselves to camp counselors and other program directors and are urged to ask questions about specific programs. Counselors can direct campers toward activities they may enjoy.

MAKE THE MOST OF ALL SITUATIONS

Much of summer camp will likely be smooth-sailing, but it’s reasonable to expect some bumps along the way. Campers shouldn’t expect perfection, but use the situations that may go awry as learning experiences on how to handle adversity — trying to find the fun in them anyway. Even a medical situation can be overcome, particularly because camps staff qualified medical personnel to ensure campers are safe and well.

Summer camp can be a great experience, especially when families take some pre-camp measures aimed at ensuring kids have a fun season.

Families getting prepared for camp can follow these guidelines to ensure the experience is one kids won’t soon forget.

• Search for an accredited camp
• Consider children’s readiness
• Connect with fellow campers
• Get to know camp counselors early on
• Make the most of all situations

Saving Grace Therapeutic Programs

SAVING GRACE FARM HORSEMANSHIP CAMPS

• $175/week - Monday, Tuesday, Wednesday 8:30 am - 2:00 pm
• Campers ride at least 45 minutes every day under the supervision of an adult instructor.
• Camp includes crafts, horsemanship, art, water play, trail rides, mounted games and more!
• Open to all children ages 6-12

CAMP DATES AND THEMES:

- June 19-21 • Pony Express Week
- June 26-28 • Knights Week
- July 10-12 • Rodeo Week
- July 31-Aug 2 • Fox Hunting Week

www.savinggracefarm.com
704-209-6577
Keep summer days fun and busy when camp ends

Many adults have fond memories of attending summer camp when they were children. The American Camp Association reports that each year more than 14 million children and adults take advantage of the camp experience. Summer camp is a place for kids to learn new skills, make new friends, experience being away from home for extended periods of time, and explore new locales.

Summer camp program lengths vary. Some children attend local camps that may last a week or two, while others attend sleep-away camps that last a little longer. Since summer vacation typically lasts between eight to 10 weeks, parents may discover there still is plenty of downtime after summer camp ends. Here are some ways to fill the gap between the end of camp and the start of a new school year.

SCHEDULE A VACATION
What better way to keep the magic of summer going than by rolling summer camp right into a family vacation? Give kids time to enjoy a few days to relax at home, but then buckle up for the next adventure. This can be a trip away from home, or a series of day trips or activities guided by all members of the family.

ORGANIZE A SLEEPOVER EXCHANGE
Parents of school-aged children can coordinate with one another to fill up a week or more with sleepovers. Each family can take a night or two, and the kids can jump from house to house extending the fun with one another. Sleepovers can occur inside the home or under tents in the yard.

RECREATE FAVORITE CAMP ACTIVITIES AT HOME
Why not take what makes camp entertaining and try it at home? Copy the camp’s itinerary and engage in similar activities, such as canoeing or nature hikes. On nights when the weather cooperates, everyone can gather around a fire pit to roast marshmallows.

ENROLL IN A RECREATIONAL PROGRAM
Some towns offer free or low-fee activities to residents through their parks and recreation departments. If budgeting does not allow for a camp experience, there are likely town-wide activities that can fill the gaps until it’s time for children to go back to school. Some even may offer after-hours childcare options for parents who have scheduling conflicts with work. When summer camp ends, parents have different options they can explore to keep children engaged and supervised until a new school year begins.

Walgreens pharmacy ultimately is credited with helping to make banana splits popular across the country after adopting the dish as the pharmacy’s signature dessert.

There’s never a wrong time to enjoy a banana split, but they’re especially tempting in summer. Dig into these other fun banana split and ice cream facts.

• The banana scientifically is classified as a berry because a berry must contain seeds inside the flesh and not outside.
• Around 0.074 pounds of bananas per person per day are consumed in the United States.
• The first banana split cost 10 cents. That may seem like a bargain, but it was double the cost of other sundaes.

• Romans purportedly sent people into the mountains to collect snow that they flavored with fruits and juices to create an early version of ice cream.
• Around 50 percent of the volume of ice cream is air, which gives the dessert its light and creamy texture.
• You’ll want to make your banana split with a ripe, yellow banana. A green banana starts out very starchy. As the fruit yellows, the starch turns into sugars.
• A traditional recipe for a banana split contains around 1,000 calories. Dairy Queen lists their banana split at 510 calories per serving.

Banana splits are delectable desserts that may have originated in Pennsylvania, but are now known across the globe.
ROWAN-CABARRUS COMMUNITY COLLEGE

Summer Enrichment Programs

Looking for plans for your kids this summer?

Summer Programs start

JUNE 19

Virtual Escape Rooms, Improv, Fashion Design, Welding & More!

Programs are designed to expose students to a wide variety of exciting hands-on experiences, as well as self-esteem building exercises.

Programs are well-supervised, with low teacher/student ratios; located on our campuses, affording exposure to the college experience.

Reserve your seat now!

www.rccc.edu/summerprograms
MAY

20 :: Saturday :: Noon – 10 pm
Cheerwine Festival
Downtown Salisbury
A day-long event celebrating Salisbury’s own Cheerwine! Listen to live music, visit craft vendors, food, shopping, and more! Stay tuned for official updates, coming soon, downtovnsalisburync.com.

21 :: Sunday :: 12pm – 4pm
Gold Hill Farm Fest – Village of Gold Hill
Historic Gold Hill
840 St. Stephens Church Rd. Gold Hill, NC 28071
Farm vendors will be on hand with a great selection of Farm fresh produce, fresh meats, farm goods, baby goat cuddling & more. (704) 267-9439
vivian@historicgoldhill.

27 :: Saturday :: 7:30 am start
Group Gold Hill Bike Ride
Registration and check-in opens at 7:30am. Registration fee $25. The ride kicks off at 9am. Lunch will be served at 11:30am. Enjoy the 25k, 50k or 100k rides through the beautiful rolling countryside. Online registration is also available at www.ghhps.org.

30 :: Tuesday
Rising 1st - 8th grade
YMCA Traditional Camp
• YMCA Members: $125 weekly
• Potential Members: $190 weekly
*Payments are due each Monday of that week of camp.
Registration:
• The required one time, non-refundable administration fee per camper is $30.
• Go to www.rocabymca.org/summer-camp to register.
Contact the YMCA nearest you for more information:
J.F. Hurley Family YMCA
828 Jake Alexander Blvd. W, Salisbury, NC 28147
704-636-0111
Email: hurley@rocabymca.org
J. Fred Corridor, JR YMCA
950 Kimball Rd, China Grove, NC 28023

JUNE

3 :: Saturday :: 5 pm
Pops at the Post at Bell Tower Green
Bell Tower Green
120 S. Church St., Salisbury, NC 28144
Pops at the Post is an annual community event featuring a performance by the Salisbury-Rowan Symphony.

3 :: Saturday :: 11am-6pm
Gospel on the Farm
Almost Heaven Farm, 255 St. Stephens Ch. Rd. Gold Hill, NC
The gospel festival hosted by The Gospel Plowboys. Admission is by donation. Food will be available. Bring a lawn chair or blanket. More info available at: gospelplowboys.com

4 - Aug. 4 :: Monday-Friday
7:30 am - 5:30 pm :: Ages: 5-12
Summer Camp
City of Salisbury Parks and Rec.
Registration begins April 1, 2023. To view and register follow the link: www.salisburync.gov/play select online registration, and search for CAMPS! Starting at $85.00

5 :: Monday :: stars at 9am
Ages 4yrs - 5th grade.
Piedmont Players Summer Theatre Camps
*PPT camps are designed to provide a fun and challenging experience for students eager to learn about the theatre! Your children will be able to explore and experience the theatre while learning valuable skills as an artist and actor.
June 5th through June 9th
A CAT NAMED PETE
9AM to Noon :: 4 – 6 year olds
June 5th through June 9th
DISNEYPALOOZA!
9AM - 2 pm :: 1st – 5th grade
June 12th through June 16th
HOW TO AUDITION
9AM - 2 PM :: 4th – 12th grade
June 19th through June 30th
PRODUCTION CAMP: THE LITTLE MERMAID, JR.
9AM to 5PM :: 2nd – 12th grade
June 19th through June 30th
TECH CAMP: THE LITTLE MERMAID, JR.
9AM to 5PM :: 2nd – 12th grade
July 10th through July 14th
PIRATES & PRINCESSES & SUPERHEROES, OH MY!
9AM - 2PM :: 1st – 5th grade
July 17th through July 21st
THE WIZARDRY OF HARRY POTTER
9AM - 2PM :: 4th – 8th grade
July 24th through July 28th
FROM PAGE TO THE STAGE
9AM - 2PM :: 1st – 5th grade
PiedmontPlayers.com/summer or call (704) 633-5471 to register.

9 - July 21 :: Friday :: 10am-12pm
$5 pp
Family Fun Friday
Horizons Unlimited
1636 Parkview Cir, Salisbury, NC 28144
Facebook: facebook.com/RSSHorizons
June 9 - Southern Skies
June 23 - Scales, Scutes & Scat
July 7 - Sustainable Salisbury
July 21 - Buggin’ Out

10 :: Saturday :: 9 am - 4 pm
All ages.
RAD Carolina
N.C. Transportation Museum
1 Samuel Spencer Drive, Spencer, NC, 28159
704-636-2889
Email address: info@nctransportationmuseum.org

10 :: Saturday :: 12pm-5pm
Kickoff to Summer at New Sarum Brewing
New Sarum Brewing Company
109 N Lee St, Salisbury, NC
Vendor Show - Food Truck - Local Sweets - Local Brews
Brewery opens at 12PM!

12 :: Monday :: 9am-1pm
June 12-16: 10-12 year olds :: June 19-23: 7-9 year olds
Summer Cooking & Yoga Camp at Heart of Salisbury
Enroll now, limited space.
Location: Heart of Salisbury
120 E Innes St., Salisbury, NC
Event Contact: (704) 245-6654 or email heartofsalisbury@gmail.com

12 - July 10 :: Monday-Friday
8:30am - 4pm :: Ages 6-9 & 10-13
Week Camps
Horizons Unlimited
1636 Parkview Cir, Salisbury, NC 28144. $155 per week/camper
June 12-16: Cutting Edge Anatomy
June 26-30: Ecosystems 2.0
July 10-14: Rocks and Minerals

17 :: Saturday :: Noon – 7 pm
Juneteenth at Bell Tower Green Bell Tower Green
120 S. Church St., Salisbury, NC 28144
Celebrate Juneteenth with music, vendors, children’s activities, and more. This event is sponsored by: Salisbury Parks and Recreation, Novant Health and Salisbury-Rowan NAACP.

19-23 :: Mon.-Thurs. :: 9am-4pm
24 :: Friday :: 9am-12pm
2023 Solid Rock Day Camp: The Jesus Way
Faith Evangelical Lutheran Church
205 S Main St, Faith, NC 28041
Campers: Children currently in elementary school, grades K-5.
Register online: faithlutheranfaithnc.com/2023-solid-rock-day-camp

Pride Festival at Bell Tower Green
Bell Tower Green
120 S. Church St., Salisbury, NC 28144
Bring a chair and/or blanket and come out and watch all your favorite entertainers, enjoy great food, vendors, and more at Bell Tower Green.

JULY

7-9 :: Friday-Sunday 6:45 pm start
Gold Hill Methodist Revival Continues
Gold Hill Historic Methodist Church celebrates 175 years.

9 :: Sunday :: 1-4pm
Car/Motorcycle/Truck Show Gold Hill Methodist Church & Gold Hill Mines Historic Park
John Earnhardt, NASCAR Chaplain/ Evangelist and wife, Crystal will host a Car, Motorcycle, Truck Show from, At Gold Hill Methodist Church and Gold Hill Mines Historic Park. The car show is open to all and trophies will be awarded. Free pizza will be available while it lasts.

15 :: Saturday
Summer Concert at Bell Tower Green
Bell Tower Green
120 S. Church St., Salisbury, NC 28144
Move! Groove! Dance!
Sponsored by Visit Rowan County and Downtown Salisbury, Inc.
(704) 216-PLAY
play@salisburync.gov

19-22 :: Wednesday – Saturday
Krazy Klearance Week
Shop krazy merchandise markdowns throughout Downtown and enjoy other fun festivities.

22 :: Saturday :: 10am – 5pm
Gold Rush Arts & Craft Festival
Village of Gold Hill
Juried art Show in the Village of Gold Hill. 9 shops, bakery, Flynn’s Village Grill, live music, and more!
More info: shopgoldhill.com

SEPTEMBER

23 :: Saturday :: All day
Gold Hill Founders Day
Fun for the whole family. Gold Hill Mines Historic Park and village of Gold Hill. 10am Parade, over 70 art & Craft vendors, 10 food trucks & food vendors plus Flynn’s Village Grill will be open from 7am – 9pm. Events include AXE Throwing, History hayrides, Little Miss & Mr. Gold Hill Pageant, All Day entertainment, gold panning & more. More info: www.historicgoldhill.org
Come “All Together Now” This Summer at Rowan Public Library

This year’s Summer Reading theme is “All Together Now,” and Rowan Public Library has a multitude of program offerings for patrons of all ages to explore.

Summer Reading programs include professional Big Show performances, children’s storytimes, teen activities, and adult programs. Though registration for Summer Reading is encouraged, programs are open to the public. Some age restrictions may apply.

Summer Reading participants are organized by age bracket: children, teens, and adults. Each participant tracks their reading hours, which qualifies them to win prizes and enter raffles within their bracket, using READsquared, an online reader’s advisory and reading program tool that tracks reading and activities. It is compatible with all mobile devices and gives participants easy and quick access to log and track their reading. RPL staff are trained in the use of READsquared, and staff at any branch can assist participants. Readers who prefer to use pencil and paper to track their reading hours can collect copies of print logs from any RPL location and return them to the library once they are completed.

Summer Reading registration opens for all ages on May 15, and participants can register online via READsquared or at any RPL branch: Headquarters (201 W. Fisher St. in Salisbury), RPL East (110 Broad St. in Rockwell), RPL South (920 Kimball Rd. in China Grove), or RPL West (201 School St. in Cleveland). Special kickoff events are planned for May 20, too. The “RPL East Summer Reading Kickoff” will be held at the branch in Rockwell at 11 am, and the “RPL West Summer Reading Kickoff” will be held at the same time at the branch in Cleveland. Both branch kickoff programs will feature storytimes, snacks, crafts, and more. Also on May 20, RPL Headquarters will have a booth on the library’s front lawn from 11 a.m. to 2 p.m. during the Cheerwine Festival in Salisbury. On Saturday, June 3, from 4 to 7 p.m., RPL South will have a special booth promoting Summer Reading during the China Grove Community Block Party.

Read on for a preview of RPL’s “All Together Now” programs, organized by age. All Summer Reading programs are free and open to the public. Contact your nearest RPL branch for more information.

Summer Reading for children is coordinated by RPL Youth Services Supervisor Wendy Campbell and is designed to include children from birth to rising 5th graders. Children who haven’t yet learned to read can still participate with their parents’ help, and several of the activities are designed for non-readers.

Children’s reading hours may be tracked May 25 through July 29. Prizes are awarded when children complete various activities on their summer reading activity logs or read a certain amount of time, which can be done on paper logs or online with READsquared. Children who earn 20 hours’ worth of reading and/or activity time will receive a special certificate and be entered into the Super Reader Raffle. Super Reader Raffle Winners will be announced on the Summer Reading Finale Video, which is set to release across the library’s social media channels at noon on Friday, August 4.

Weekly children’s programs begin June 12 and, depending on the target age group, run four or seven weeks. These programs, designed for babies, toddlers, preschoolers, and school age children, are highly interactive programs run by RPL children’s staff and other professional performers.

**Books & Babies**
(0-12 months) This RPL-staffed, 25-minute program is for children 0-12 months old and their adult caretakers. Program runs four weeks, June 14 — July 6.
RPL Headquarters (Salisbury) Wednesdays 9:30 a.m.
RPL South (China Grove) Thursdays 9:30 a.m.

**Mother Goose on the Loose, Toddler Time**
(Infants to 35 Months) This RPL-staffed, 25-minute program is for infants to children 35 months old and their adult caretakers. Storytimes include lap bouncing, nursery rhymes, action songs, fingerplays, and more. This program runs for 6 weeks, June 12 — July 20.
RPL Headquarters (Salisbury) Tuesdays 10 a.m.
RPL South (China Grove) Wednesdays 10 a.m.
RPL East (Rockwell) Thursdays 10 a.m.
RPL West (Cleveland) Mondays 10 a.m.

**Spectacular Storytime**
(Preschool — 1st Grade) This RPL-staffed, 30 to 45-minute program is for children ages 3 to 6 years old and their adult caretakers. Program runs four weeks, June 12 — July 20.
RPL Headquarters (Salisbury) Tues. 9:30 a.m. & 10:30 a.m.
RPL South (China Grove) Wednesdays 11 a.m.
RPL East (Rockwell) Thursdays 11 a.m.
RPL West (Cleveland) Mondays 11 a.m.

**The Big Show Series**
(School Age; rising K — 5th grade) The school-aged children’s programs feature professional performers and are designed for Kindergarteners through rising 5th graders, though all ages are welcome. To enter the weekly prize drawing, submit completed “Reader Book Reviews” before the program begins. A respon
June 12-15, The Grey Seal Puppets will use the art of puppetry to bring various classic fairytales to life.

June 19-22, The Amazing Teacher Steve Somers returns this summer with a magic show and comedic interactive program for school age children.

June 26-29, Imagine Circus: Time with Tain visits RPL with a one-man comedic circus featuring juggling, live music, magic, and other interactive fun.

July 3, 5 & 6, The Ro & Mo Show returns featuring fun stories and skits with Mr. Robert and Ms. Mary Ann. Note: RPL South will not host a July 4 show due to the holiday closure; RPL South patrons are invited to see the show at any other RPL location that week.

July 10-13, The always-popular Dare Devil Dogs returns to RPL with thrilling outdoor K-9 frisbee and diving show. Note: All Dare Devil Dogs programs will be held outdoors, and RPL Headquarters’ shows will be held across the street at Bell Tower Green Park.

July 17-20, Lee Street theatre returns with inventive and exciting story-telling featuring the selections from John Scieszka’s famous The Stinky Cheese Man & Other Fairly Stupid Tales.

RPL also offers special Summer Reading programs for camps and daycares, though by reservation only. Call 704-216-8258 for more information.

Summer Reading for Teens is coordinated by RPL Young Adult Librarian Amanda Brill and is designed for rising 6th through 12th graders. Beginning June 5, each branch will have weekly Teen programs inspired by the theme “All Together Now.” Programs run approximately 90 minutes.

Teens Programs
RPL Headquarters (Salisbury)
Tuesdays 3 p.m.
RPL East (Rockwell)
Thursdays 3 p.m.
RPL South (China Grove)
Mondays 3 p.m.
RPL West (Cleveland)
Wednesdays 3 p.m.

June 5-8, Teens will learn the art of solar wood burning by creating their own patterns and designs onto wood using magnifying glasses and the sun.

June 12-15, Teens will learn how to create the classic camp craft lanyards out of flexible plastic string.

June 19-22, Teens will learn how to create their own friendship bracelets to keep or share.

June 27, Teens are invited to play a Tabletop Roleplaying Game at the library where they can slay dragons and find treasure! This program is only held at RPL Headquarters at 6 p.m.

July 25, Teens are invited to play a Tabletop Roleplaying Game at the library where they can slay dragons and find treasure! This program is only held at RPL Headquarters at 6 p.m.

July 28, The National Teen Lock-in, held from 7 to 9:30 p.m. at RPL South, doubles as the Teen Summer Reading Finale. Teens will play games, enjoy snacks, and participate in streamed author chats. Door prizes will also be awarded. A permission slip signed by a parent or guardian and registration for one author chat is required to participate. Teens will also redeem their raffle tickets for tiered prizes at this event.

Teens earn raffle tickets by converting hours spent reading during the summer into tickets. Teens register and track their participation online with READsquared or via a hard-copy paper log and earn points by reading books and attending programs.

Summer Reading for Adults is coordinated by RPL East Supervisor Sydney Smith Hamrick and is designed for all adults (ages 18 and up, including 2023 high school graduates).

Adults track their reading and program participation online with READsquared. Adults who prefer paper logs can collect them at any RPL location. The number of hours earned determines eligibility for prize drawings. All readers who log at least 20 hours of reading time over the summer are also eligible to enter the Adult Super Reader Raffle, which consists of a book-themed gift basket packed with goodies.

Genealogy Workshop: Connecting to Your Roots
RPL East (Rockwell)
Saturday, June 3, 10 am
Pool safety essentials to live by

A backyard pool can be a wonderful summer oasis. Swimming immediately cools people off on hot and humid days, and even provides thorough exercise that works many different muscles in the body. And summer revelers know that swimming and splashing in the pool is an entertaining activity for people of all ages.

Though pools are great summer spaces, one downside of pool usage is the potential for drowning. The Centers for Disease Control and Prevention reports that, every year in the United States, there are an estimated 3,960 fatal unintentional drownings — an average of 11 drowning deaths per day. In addition, around 8,080 nonfatal drownings occur. It’s important to note that many of these incidents are unrelated to pool usage, as boating and even bathtub accidents contribute to drowning as well. But a 2020 review of 2,213 unintentional immersion deaths and other water-related injury deaths in Canada by the Canadian Red Cross found that immersion deaths were most likely to occur when swimming and wading. Children ages one to four, males, and people with seizure disorders or other medical conditions like autism are among those at a higher risk for drowning.

Pools are fun, but it’s a great responsibility to keep all swimmers safe. The following are some pool safety measures to put into effect.

- **Keep water sanitary.** Make sure pool water is chemically balanced so that it is comfortable to swim in and will not harbor any pathogens that can make swimmers ill. The pool equipment company Pahlen says the ideal water pH is 7.4 because that is the same as the pH in human eyes and mucous membranes, and it also supports good chlorine disinfection. The free chlorine content of a pool can range from 0.5 to 1.6 to keep it sanitary. A quality testing kit can help pool owners balance water.
- **Learn your local ordinances.** Local ordinances will spell out which precautionary measures are required by law for people who have a backyard pool. These often include a fenced yard, a fence around inground pools that is at least four feet high, self-latching gates, and/or pool ladders that can be locked or closed when the pool isn’t in use.
- **Rely on non-slip surfaces.** The pool environment can be wet and slippery. Utilizing materials like non-slip deck surfaces or rougher concrete finishes around pools can help reduce some slips and falls. The pool resource Poolonomics says people should be instructed to avoid running near or around the pool.
- **Inspect water returns and drains.** PoolSafety.gov warns that hair, limbs, jewelry, or bathing suits can get stuck in a drain or suction opening in a pool or spa. Broken or missing drain covers should be replaced immediately and no swimming should occur until the issue is remedied.
- **Install other barriers.** Barriers, alarms and pool covers can save lives and prevent access to pool water when the pool area is not in use.
- **Learn how to swim and perform CPR.** Families can take swimming lessons to become better swimmers. Learning how to perform CPR on adults and children can save lives. Courses are available at many hospitals and community centers or through the Red Cross.

Swimming pools are welcome additions to yards. Safety is vital when around water.

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Summer fun for active seniors

Seniors may have more time for leisure and recreation than working adults, and the summer months provide ample opportunities to get active. After months of chilly temperatures, seniors in various parts of the country may be eager to get outdoors and enjoy some fun in the sun.

The U.S. Centers for Disease Control and Prevention recommends that adults age 65 and older get at least 150 minutes of moderate-intensity aerobic activity each week. There are plenty of ways for active seniors to meet this exercise goal and have some fun along the way. The following are some good starting points.

- **Join or start a walking club.** Walking is a great way to stay in shape and work the mind as well. View new sights along the way by changing the route each time you go. Walking with friends can pass the time and provide the motivation to keep going.
- **Catch a sporting event.** Attending a sporting event can be an entertaining way to spend several hours, and that includes amateur and recreational sports. Catch a grandchild’s swim meet or a baseball game for an action-packed way to connect with loved ones and get out.
- **Take a fishing charter.** Casting a rod from a dock or pier is perfectly acceptable, but securing a spot on a fishing charter is a great way to spend hours out on the water enjoying the scenery and the sport of fishing. Plus, there’s the added benefit of enjoying the fruits of your labors by cooking the day’s catch for dinner once you arrive home.
- **Be a tourist.** Many cities and towns have their own tourism boards and showcase interesting spots that have historical significance or appeal to other interests. Be a tourist for the day — even in a area with which you are familiar. Hop on a trolley or sightseeing bus to view the town as an outsider.
- **Spend time swimming.** Swimming is a low-impact activity that can work the body in many different ways. Devote time to doing a few laps in the pool. Or make a day of going to a lake or another body of water to wade out and enjoy some strokes in nature. Stick to swimming areas that are monitored by lifeguards for optimal safety.
- **Tend to a garden.** Gardening is a great form of light exercise that can produce rewarding results. If you don’t have a garden or enough space for one at home, many neighborhoods have community gardens in which you can secure a plot.
- **Visit a fair or farmer’s market.** The warm weather months are a peak time for outdoor activities, including various community fairs and farmer’s markets. Chances are you can find a farmer’s market nearby most days of the week, but especially on the weekend. A town market or state fair is a great way to get out and walk, play games of chance or enjoy some live entertainment. Check your community calendar for local events.

Active seniors can embrace long, warm summer days to enjoy plenty of time away from home.
Vacation ideas

Summer is the unofficial season of vacations, especially for families. School is not in session in summer, and kids’ often busy schedules may grind to a halt in summer, when sports leagues, dance classes and other activities go on hiatus.

School closures and a largely empty obligation schedule makes summer a great time for families to go on vacation. Traditional vacation hotspots like adventure parks and resorts merit consideration, but the following are some unique family vacation ideas that can help parents and their children make lasting memories.

- **Ballpark tour:** For families that love baseball, a summer ballpark tour can be a truly unique experience. Whether families prefer Major League Baseball and its large ballparks or the more intimate settings at minor league stadiums, there’s no shortage of options for a ballpark tour. Both MLB and minor league stadiums tend to be located in larger or mid-size cities, which means there’s plenty to do in between games as well.

- **Camper/RV trip:** A family vacation in a camper or RV is a cozy way for families to bond as they vacation at their own pace. National parks across the United States and Canada make for ideal places to visit when touring each country in a camper or RV. But there’s really no limit to the experiences families can enjoy on self-driving trips when their beds are on board for the ride.

- **History road trip:** Historical landmarks dot the North American landscape, making a history road trip a fun way to hit the road and learn a little something along the way. American history buffs have no shortage of historic sites to see regardless of which region of the country they plan to visit or which period of history most intrigues them, from the Revolutionary War to the California Gold Rush to the American Civil War and more. Canadian history buffs can go all the way back to the days of the dinosaurs at the Dinosaur Provincial Park in Alberta or visit Nova Scotia to see the eighteenth century economic and military hub the Fortress of Louisbourg, which is the largest historical reconstruction in North America.

- **Urban tours:** One of the joys of visiting Europe is the chance to travel from city to city without spending too much time in the car or on the train between stops. Though North America might be more spread out, families can still tour various urban locales in a single vacation. Parents can pick a region of the country (such as the northeastern United States) and then plan road trips that enable them to visit different cities in that area over the course of a week or two weeks. Make an effort to try the foods each city is known for and visit a local landmark, making sure to leave time to walk around so everyone can get a feel for what a day in each city is like.

- **Family vacations can be as unique as the individuals taking them.**

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**8 tips to make for a fun day at the water park**

1. **Pack light.**
   Belongings can be tricky when it comes to water parks because most items cannot get wet. Leaving them beside rides also leaves you vulnerable to theft. Bring only the essentials and plan to stash car keys, mobile phones and minimal cash in lockers. Lockers in many modern facilities are paid for with your credit card and work by entering a self-generated code. This way there are no keys or locks to worry about.

2. **Bring three bags.**
   Bring a backpack or a tote bag that is filled with a change of clothes. Unless you dry off for the last hour by walking around the park, you likely will not want to get in your vehicle in your swimsuit. Leave the clothes in the aforementioned locker. Stash a plastic shopping bag or garbage bag inside the backpack, as it can hold wet swimsuits and other damp items after you’ve changed. Bring a mesh or breathable shoulder bag that can hold a few essentials, like towels and water bottles. The mesh will enable air flow so that you don’t end up with a sopping, mildew-riddled towel by the end of the day.

3. **Wear comfortable swim gear.**
   It’s hard to get out of the sun at a water park, so covering up is key. A rash guard or swim shirt can be paired with swim trunks or one- or two-piece swimsuits. Avoid any swimsuits that have flimsy straps, as they’re more likely to come undone while crashing through waves or during high-speed water slide excursions.

4. **Plan locker trips strategically.**
   Aim to visit your locker at least two or three times if you’re spending a full day at the water park. This gives you chances to reapply sunscreen (which you should always wear at the park) and grab a few dollars for snacks and beverages. Remember to stay hydrated while out in the sun, even if you are in the water most of the time.

5. **Utilize water shoes.**
   Water park pavement can get hot and slippery. Water shoes are ideal so that you do not injure your feet. Many rides prohibit flip flops, but secured water shoes are allowed.

6. **Arrive early.**
   Try to get to the water park shortly after it opens. Crowds will be sizable on hot days. You don’t want to waste all of your time waiting in line for rides. Plus, the earlier in the day you arrive, the less steamy and the greater chance you will find parking near the entrance.

7. **If budget allows, rent a cabana.**
   Some parks rent cabanas. A cabana can be a family’s home base and a place to cool off and relax. For an extra cost, some cabanas come with food service.

8. **Have extra adults on hand.**
   When the kids outnumber the adults, it can be tricky keeping eyes on everyone, especially in larger attractions like wave pools. Plus, there’s bound to be some kids who are more adventurous than others. An extra adult or two can wait with children who do not want to go on particular slides or other rides.

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Salisbury City Park
316 Lake Dr, Salisbury, NC 28144

Easy Street Alleyway
Easy St, Salisbury, NC 28144

Gateway Park
289A, Salisbury, NC 28144

Cannon Park
132, Salisbury, NC 28144

Centennial Park
608 Wiley Ave, Salisbury, NC 28144

Long Street Park
Long Street, Salisbury, NC 28144

Spencer Park
706 8th St, Spencer, NC 28159

Kelsey Scott Park
920 Old Wilkesboro Rd, Salisbury, NC 28144

Morian Park
525 Carolina Blvd, Salisbury, NC 28146

Second Street Park
101 S Rowan Ave, Spencer, NC 28159

Dunn’s Mountain Park
1740 Dunns Mountain Rd, Salisbury, NC 28146

Library Park
300 4th St, Spencer, NC 28159

West End Community Park
1110 Brenner Ave, Salisbury, NC 28144

Fred and Alice Stanback Educational Forest and Nature Preserve
11th St, Spencer, NC 28159

Rockwell Park
699 Lake Dr, Rockwell, NC 28138

Dan Nicholas Park
680 Bringle Ferry Rd, Salisbury, NC 28146

8th Street Ball Field
Ballpark, 706 8th St, Spencer, NC 28159

Centennial Nature Trail
Granite Quarry, NC 28146 (Location on Google Maps)

Riverpark at Cooleemee Falls: The Bullhole Park
645 Erwin Temple Church Rd, Woodleaf, NC 27054

Salisbury Community Park Bike Trails
Salisbury, NC (Location on Google Maps)

Precious 9 Memorial Dog Park
4101 Statesville Blvd, Salisbury, NC 28147

Sloan Park
550 Sloan Rd, Mt Ulla, NC 28125

Stanback Trailhead 2
1100-1505 S Rowan Ave, Spencer, NC 28159

Ellis Park
3541 Old Mocksville Rd, Salisbury, NC 28144

Pitner Dog Park
Behind Salisbury Civic Center
201 S Martin Luther King Jr Ave
Salisbury, North Carolina 28144

Granite Lake Park
500 US-52, Granite Quarry, NC 28146

Granite Civic Park
Granite Quarry, NC 28146

Yadkin River Park
1212 Wilcox Way, Linwood, NC 27299

Cooleemee Park
Cooleemee, NC 27014 (Location on Google Maps)

Ben Ketchie Park
Gold Hill, NC 28071 (Location on Google Maps)

China Grove Community
Memorial Building & Parks
412 S Myrtle Ave, China Grove, NC 28023

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12pm until one hour before sunset, arrive by 4pm
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The North Carolina Transportation Museum
1 Samuel Spencer Dr, Spencer, NC 28159
nctransportationmuseum.org
(704) 636-2889
Monday-Friday 9am-1pm
Tuesday-Saturday 9am-5pm
Sunday 12-5pm

Historic Salisbury Foundation
215 Depot St, Salisbury, NC 28144
historicsalisbury.org
(704) 636-1003
Monday-Friday 9am-1pm

Patterson Farm Market & Tours
10390 Caldwell Rd, Mt Ulla, NC 28125
visitpattersonfarm.com
(704) 797-0013
Monday-Sunday 9am-6pm

Douglas Vineyards
7696 Freeze Rd, Kannapolis, NC 28081
douglasvineyardswines.com
(704) 939-6260
Friday-Saturday 11am-6pm
Sunday 11am-5pm

Gold Hill Mines Historic Park
735 St Stephens Church Rd, Gold Hill, NC 28071
goldhillmines.org
(704) 267-9439
Monday-Saturday 9am-5pm
Sunday 12-5pm

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10390 Caldwell Rd, Mt Ulla, NC 28125
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(704) 797-0013
Monday-Sunday 9am-6pm

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215 Depot St, Salisbury, NC 28144
historicsalisbury.org
(704) 636-1003
Monday-Friday 9am-1pm

Dunn’s Mountain Park
1740 Dunns Mountain Rd, Salisbury, NC 28146
(704) 239-0134
SUMMER FUN GUIDE
at the museum that moves you!

RAD Carolina - Car Show
June 10 | 9 a.m. – 4 p.m.
Break out your high-top sneakers or boots, tease up your hair, get decked out in neon or plaid, and take a trip “back in time” to the 1980’s and 1990’s. Relive those glory years at RAD Carolina, where we will celebrate everything 80’s and 90’s, including your favorite cars and trucks from these decades. Included in general museum admission.

LESTER J. BROWN ANTIQUE TRUCK SHOW
May 20 | 9 a.m. – 3 p.m.
Come see antique pickups, fire trucks, flatbeds, military trucks, tow trucks, road tractors, and more. This event is hosted by the Piedmont Carolina Chapter of the American Truck Historical Society. Included in general museum admission.

FIRE TRUCK FESTIVAL
June 24 | 9 a.m. – 3:30 p.m.
Join us for the hottest event of the summer! At the Fire Truck Festival, you’ll get to meet firefighters from across the state, get a close-up look at the equipment they use, vote for your favorite fire truck, and have a fun family day at the museum. During your visit, enjoy activities and train rides throughout the day.
At the end of the festival, watch the parade which begins at 3 p.m.
General museum admission is required.

Celebtrity Car & Truck Show
July 29 | 9 a.m. – 3 p.m.
Replicas of your favorite cars that were stars in movies and film will be displayed during the event that offers great photo opportunities and a chance to talk with those who have put in the hard work to create these awesome replicas.

Historic Spencer Shops Train Show
May 20 | 9 a.m. – 5 p.m.
May 21 | 10 a.m. – 4 p.m.
Features vendors with railroad memorabilia of all types: model train dealers, model train layouts, collectors, and more. Take a train ride around our 60-acre historic site, ride on restored railroad maintenance motor cars, and enjoy more fun for all ages. Museum exhibits are open and included in admission.

North Carolina Transportation Museum
1 SAMUEL SPENCER DR. | SPENCER, NC 28159 | 704-636-2889 | WWW.NCTRANSPORTATIONMUSEUM.ORG