THE SUMMER READING ADVENTURE IS BUILDING BETTER READERS

Did you know that when you bring your child to the High Plains Library District this summer, you can help them build a better world in just one visit?

Picture this: you take your 2nd grader to the library for the afternoon. Your visit begins with taking her to a yoga event you read about on Facebook. In time, you see her surrounded by a group of kids doing the tree pose and laughing. Your heart fills with pride for her – she’s getting so big!

When the yoga session ends, she seems happy and energetic. She’s building a better world by improving her health and her mind. She is also making new friends, and learning to build a better world through community. You’re curious to find similar experiences like this again, so you look at the summer event schedule here. You find several workshops that sound perfect and make plans for her to go to more.

Together, you visit the children’s section and after browsing for awhile, she excitedly picks out some books on display about building with LEGO blocks. She shares that she can’t wait to go home and start making a city. You listen as pre-engineering skills begin to form in her mind and she envisions what she’s going to include in this city. She’s building a better world (almost literally) by exercising her imagination.

Books in hand, you stop by the front desk to sign her up for the Summer Reading Adventure – it’s the library’s summer program. You’ve heard that reading and continuing to learn are important skills to keep up over the summer - and this program, consisting of reading goals, fun prizes and activity tracks sounds like the perfect roadmap to help her do just that. And just like that, your child is on her way to building a better world.

The Summer Reading Adventure gives readers in grades K-8 chances to earn cool online badges and prizes for reaching reading and summer learning milestones. This year, readers can track their progress by using a paper log, the online log, or both. Visit our website for more information.

This summer, let the library help your children build a better world while they develop self-confidence, learn empathy, read great books, and make a few friends along the way.
Libraries throughout the country recognize how important our roles are in connecting patrons with health information through library books, videos and programs. Riverside Library was selected to be one of ten libraries in Colorado to host Discover Health/Descubre la Salud exhibit. This museum-quality exhibit makes learning about health fun with interactive table-top manipulatives, engaging anatomical models, and computer-based interactives that are appropriate for all ages-preschool through adults. The exhibit at Riverside Library will run through June 30 and hopes to teach patrons about preventing diabetes, obesity and heart disease. There will also be health programs to go along with the display.

Libraries pride themselves in providing the highest level of service to all patrons they serve and connecting their patrons to the best resources available. Never can things get more confusing than with health information online. Today we have access to more health information than ever before because of the internet.

There are thousands of websites ready to inform us about our conditions and their treatments. Unfortunately, many of these websites are not telling us the most accurate and latest information available. Because of this, we need to take extra steps when searching for health information online. Always ask yourself the following questions:

Where did this information come from?
Any website with health information should list where the information came from. Did it come from a known health organization, hospital or government agency? Websites ending in .org, .gov or .edu tend to be more reliable than .coms as these are commercial websites looking to make a profit off a product. Was it written by a medical doctor or health professional? Doctors, nurses or recognized leaders in the health field are considered more reliable than those that do not have medical training.

How current is this information?
The health field is constantly changing. Every day we are learning new things about diseases and their treatments. Therefore, you should make sure that the information you are accessing is up-to-date. Often times websites will list the date that their website was last reviewed or updated towards the bottom of the page. If no date is to be found, be wary and find a website that does post its updated date as it would be considered more reliable.

Who is responsible for the information on this website?
Some health information out there is written or sponsored by private companies while others are written by government agencies, non-profits and educational institutions. Though one might not be necessarily better than the other, private companies can often benefit financially by supporting a treatment, hospital or drug company. Simply consider the source.

Where can I find reliable health information?
The United States government has two reliable websites that I would recommend to begin your search: medlineplus.gov and healthfinder.gov

MedlinePlus.gov: is a website put together by the National Library of Medicine. It is easy to use and it has information on over 1000 health topics, drug and supplement information and has videos and interactive tools.
Healthfinder.gov: is a website put together by the Department of Health and Human Services. Like MedlinePlus, it is easy to use and has reliable health information. It is a clearinghouse for health information from various government agencies and health organizations.

To learn more about the great resources and others, or if you have questions about doing health research online, feel free to contact Maggie at 970-506-8488 or email mshawcross@highplains.us.
**SPECIAL EVENTS**

**ADULTS | "THE CLOUD" FOR BEGINNERS**
May 5, 10:00 am-12:00 pm
Centennial Park Library
You can use the cloud to access your documents, photos, and other files from almost anywhere. From your tablet, to your phone, to your desktop - you can sync across devices. We will teach you the basics of backing up your data to the cloud and discuss some popular options for storage. **Registration required.**

**CHILDREN | BEYOND THE CLASSROOM**
Fridays; 1:00-2:00 pm
Centennial Park Library
If you are a third, fourth or fifth grader who does not have school on Friday afternoons, please join us. A different topic will be presented weekly.
- May 5: Balloon Sculpting - **registration required**
- May 12: Japanese Culture - **registration required**
- May 19: Polymer Clay Bookmark - **registration opens 4/19**

**ALL AGES | DIY DAY with Carbon Valley Regional Library and the Town of Frederick**
May 6, 8:30 am-12:00 pm
Frederick Recreation Area, 8201 Blvd., Firestone
Join us for a whole morning of do-it-yourself action like jewelry-making, gardening, training your dog and more! The event will take place in conjunction with the Frederick Fishing Clinic. For more information, visit [www.frederickco.gov/695/DIY-Day](http://www.frederickco.gov/695/DIY-Day).

**SPECIAL EVENTS**

**CHILDREN & FAMILIES | SPRING CHICKENS**
May 1- May 8, Erie Community Library
Drop in to see the hatched chicks and learn about caring for baby chicks.

**ADULTS | TECNOGUÍA: ENVIAR UN EMAIL**
May 1, 7:00-8:00 pm
Centennial Park Library
El email se ha vuelto en una habilidad vital en el mundo de hoy y abre la puerta a muchas oportunidades, ya sea aplicando a un trabajo nuevo o mantenerse en contacto con amigos. ¡Entérate y aprende acerca de cómo enviar, guardar, y manejar su email! Café y pasteles incluidos. **Registracción requerida.**

**TEENS | COLLECTING COMICS**
May 3, 6:00-7:00 pm
Carbon Valley Regional Library
Christopher Bishop has been an avid comic book collector for years, amassing a collection of rare and interesting titles that go back to the earliest days of comic books. Come hear Mr. Bishop talk about the process of collecting valuable comics and get an up-close look at some of the gems of his personal collection.

Have you visited your library lately?
**SPECIAL EVENTS**

**CHILDREN | MAKE-IT TOGETHER**
**FOR MOTHER’S DAY**
May 7, 1:30-3:00 pm
Centennial Park Library

Learn how to finger knit and make a yarn necklace that you can give to a parent, guardian or caregiver for Mother’s Day. A variety of colorful yarns will be available, and light healthy refreshments will be provided. Ages 7-12; *registration required*. A parent or guardian should attend with you so that you can make the project together.

**ADULTS | BOOKS AND BREWS**
May 7, 2:00-6:00 pm
Weldwerks Brewing
508 8th Avenue, Greeley

Books and Brews is back! Join us for an afternoon and evening of reading, bookish trivia, local authors, and delicious craft beer. Kick the day off with our group reading party at 2:00 (bring a book or take one of ours). Pub quiz starts at 3:00, so assemble your team and your wits. Then, top off the evening by rubbing elbows with local authors and getting book or two. And don’t forget to try one of Weldwerks’ custom brews while you’re there (Must be 21 or over to drink)! Oh, by the way, we have OVER 250 brand new giveaway books, so come and claim yours!

**CHILDREN | EARLY LITERACY FAIR**
May 9, 10:00 am-12:00 pm
Centennial Park Library

Read, Write, Sing, Talk and Play with your children! Visit any time during our free Early Literacy Fair for lots of fun, interactive learning activities based on the 5 practices of Every Child Ready to Read. You and your child will enjoy Eric Carle themed activities, fun crafts, and much more!

**ADULTS | ESTATE PLANNING 101**
May 9, 6:30-7:30 pm
Centennial Park Library

May 16, 6:30-7:30 pm
Carbon Valley Regional Library

Estate planning can seem confusing and intimidating. This class will provide you with an overview of the tools available to help you develop an appropriate estate plan. The following topics will be covered: naming guardians for minors, wills and trusts, powers of attorney, pay on death joint tenancy, probate and much, much more.

**ADULTS | WORLD WAR I AND AMERCIA**
May 10, 6:00-7:30 pm
Centennial Park Library

Join us for a scholar-led book discussion commemorating America’s entrance into WWI through a reading of Willa Cather’s *One of Ours*. First 10 registrants receive complimentary copies of the book. *Registration opens April 26.*

**ADULTS | INTRODUCCIÓN AL CORREO ELECTRONICO**
May 11, 1:00-3:00 pm
Riverside Library

Regístrese para una cuenta de correo electrónico de Gmail y aprenda a enviar y recibir correos electrónicos, adjuntar un archivo a un correo electrónico y descargar adjuntos que le han sido enviados. *Registro requerido.*

**ADULTS | SPIRITS OF THE HIGH PLAINS**
May 11, 6:30-7:30 pm
Erie Community Library

Spring 44 Distillery will talk about their products, how they are made, how they got started and will conclude with a tasting. *Registration required; ages 21+.*
SPECIAL EVENTS

ADULTS | HANDMADE AT THE LIBRARY: CASSEROLE CARRIER
May 15, 6:30-9:00 pm
Centennial Park Library

Go to your next potluck dinner in style with a one of a kind casserole carrier. This carrier is insulated to keep foods either hot or cold. Let your creativity shine through with your choice of fabrics. Registration is required; ages 21+. Participants must know how to operate a sewing machine; may bring own sewing machine. Pattern provided. Registration opens 4/24.

CHILDREN | BUGGY FOR BUGS
May 16, 10:00-11:00 am
Farr Regional Library

We’re going Buggy for Bugs! Join a special buggy storytime with books, a craft, and for an extra special treat - a live butterfly release (weather permitting).

ADULTS | A NATURALIST’S DESIDERATA WITH KEVIN COOK
May 18, 12:00-1:30 pm
Farr Regional Library

The desideratum for May is Grow What Enriches You. From countless sources we learn of nutrients our bodies need, such as vitamins and proteins. But our minds and spirits require nutrients, too, knowledge and beliefs which are nutrients no grocery store or pharmacy can provide. This becomes the naturalist’s quest: grow what enriches you.

ADULTS | LOCAL HISTORY SERIES - COLORADO GHOST TOWNS WITH KENNETH LESSEN
May 18, 7:00-8:00 pm
Erie Community Center, 450 Powers Street

Colorado’s Best Ghost Towns covers thirty-four abandoned towns in a variety of places throughout the state. Kenneth Lessen gives a brief history of each town along with its location and what it is like to visit. Some of these ghost towns are open to the public during the summer, and others are obscure and in remote areas. In addition to their history, information about preservation efforts are included as well.

ADULTS | SBDC START-UP SEMINARS
May 23, 6:00-7:45 pm
Carbon Valley Regional Library

This free comprehensive program has been designed to be a starting place for anyone who is considering jumping into business for the first time (or the second time with a better outcome). This seminar will provide you with a Colorado Start-Up Guide, free library resources to support your business and websites, as well as a general overview of the things to consider when starting a business. Registration required.

ADULTS | 3D PRINTING
May 27, 10:00 am-12:00 pm
Centennial Park Library

Come learn how 3D printers work! Learn easy software that will have you 3D printing your ideas to life! Registration opens 4/27.

FAMILIES | SUMMER FUN
May 27, 10:30 am-12:30 pm
Riverside Library

Join the Evans Police Department and the library in kicking off summer the healthy way with hopscotch, hula hoops, and freeze tag.

CHILDREN | MOVIE AND A CRAFT
May 31, 1:00-3:00 pm
Erie Community Library

Join us as we kick off your summer break at the library! Watch Moana and then make a fun coconut pirate craft to take home. We’ll provide the craft supplies and popcorn; feel free to bring your own water bottle or other snacks. Grades K-8; registration opens 5/1.
LIBRARIES  www.MyLibrary.us/contact/library-hours-and-locations

Administration & Support Services  
2650 West 29th Street, Greeley, CO 80631
1-888-861-READ(7323)

Carbon Valley Regional Library  
7 Park Avenue, Firestone, CO 80504
1-888-861-READ(7323)

Centennial Park Library  
2227 23rd Avenue, Greeley, CO 80634
1-888-861-READ(7323)

Eaton Public Library  
132 Maple Avenue, Eaton, CO 80615
(970) 454-2189

Erie Community Library  
400 Powers Street, Erie, CO 80516
1-888-861-READ(7323)

Farr Regional Library  
1939 61st Avenue, Greeley, CO 80634
1-888-861-READ(7323)

Fort Lupton Public & School Library  
425 S. Denver Ave., Fort Lupton, CO 80621
(303) 857-7180

Glenn A. Jones, M.D. Memorial Library  
400 S. Parish Avenue, Johnstown, CO 80534
(970) 587-2459

Hudson Public Library  
100 S. Beech St., Hudson, CO 80642
(303) 536-4550

Kersey Library  
413 1st Street, Kersey, CO 80644
1-888-861-READ(7323)

Lincoln Park Library  
1012 11th Street Suite B, Greeley, CO 80631
1-888-861-READ(7323)

Northern Plains Public Library  
216 2nd Street, Ault, CO 80610
(970) 834-1259

Outreach  
2650 W. 29th Street, Greeley, CO 80631
1-888-861-READ(7323)

Platteville Public Library  
504 Marion Ave., Platteville, CO 80651
(970) 785-2231

Riverside Library & Cultural Center  
3700 Golden St., Evans, CO 80620
1-888-861-READ(7323)
AFFILIATED LOCATIONS

Hazel E. Johnson Research Center at the City of Greeley Museum
714 8th Street, Greeley, CO 80631
(970) 350-9220

Poudre Learning Center
8313 West F Street, Greeley, CO 80631
(970) 352-1267

Prairie View Senior Center
1151 Main St.
Hudson, CO 80632

BOOK DEPOSITS

Briggsdale Library
42089 WCR 70
Briggsdale, CO 80620

Hill & Park Senior Center
4205 Yosemite Dr.
Greeley, CO 80634

Milliken Senior Center
1109 Broad Street
Milliken, CO 80543

Pierce Senior Center
321 Main
Pierce, CO 80650

Prairie View Senior Center
1151 Main St.
Hudson, CO 80632

PUBLIC COMPUTER CENTERS

Evans (Community Complex)
1100 37th Street, Evans, CO 80620
(970) 475-1125

Lochbuie (Senior Center)
501 Willow Drive, Lochbuie, CO 80603
(303) 659-8262

Milliken
1109 Broad Street, Milliken, CO 80543
(970) 660-5045

Nunn (Town Hall/Community Center)
185 Lincoln Avenue, Nunn, CO 80648
(970) 897-2385

Pierce Senior Center
321 Main
Pierce, CO 80650

Prairie View Senior Center
1151 Main St.
Hudson, CO 80632
Discover Health Quiz Game
Take our health quiz and find out how much you know about your health.

Hollywood Health: Fact or Fiction
Check out this interactive kiosk and decide if Hollywood movies/videos/TV shows have their healthcare information right.

Discovery Tables
Dress up as a health professional while learning more about health careers.

Look Inside the Brain
Learn about different parts of the brain and how to protect it through actual brain slices.

Body Systems Touch Table
Take a peek at hands-on activities that will teach you about different body systems and their components.

Listen to my Heart
This interactive activity allows you to hear your own heartbeat.

Human Body Report
Take a “journey through the human body” with the double-sided green screen kiosk.

Tooth Model
Learn the correct way to remove plaque build-up with a large interactive toothbrush and mouth.

Which Liver?
View slices of both healthy and unhealthy sections of a liver.

My Healthy Plate
Learn how to read a nutrition label and choose healthy foods from a grocery store and a convenience store.

Fuel My Hike
Dress up and pack your backpack for a hike on our short obstacle course.

EXHIBITS

PROGRAMMING

PRESCHOOL PROGRAMS
April 22, 10:30-11:30 am
Toddler Little Dance Party
Join us for fun, action-packed music, awesome books, light refreshments and a simple craft! Groovy dance costumes encouraged. Ages 3-6; limited to the first 25 people.

Thursdays in May, 10:30-11:00 am
Little Healthy Me Storytime
Stories, snacks, crafts and a visit to the health exhibit!
May 4: Here Comes the Sun!
May 11: Let’s Go Hiking!
May 18: Happy Teeth
May 25: Boot Camp with the Evans Police Department

SCHOOL AGE PROGRAMS
April 1, 2:00-3:00 pm
Stepping Stones - Grades K-5
Create and decorate two concrete stepping stones; one for the Riverside Community Garden and another to take home.

May 6, 2:00-3:30 pm
Healthy Snack Fun - Grades K-5
Learn how to make healthy snacks and then eat them! Presented by the Weld Food Bank.

June 7, 2:00-3:30 pm
Because Amelia Smiled - Grades K-2
Create a smiley face mixed media project on canvas or wood after listening to the story, Because Amelia Smiled, by David Ezra Stein. Presented by The Art Spot.
PROGRAMMING

SCHOOL AGE PROGRAMS continued

June 28, 2:00-3:00 pm
Healthy Planet Heroes - Grades K-2
The Earth needs a superhero, and there’s only one person for the job... YOU! Learn how easy and fun it can be to save the environment by reducing, reusing, and recycling through song, dance, and interactive games. Presented by The Children’s Museum.

TEEN PROGRAMS

April 22, 2:00-3:00 pm
Namaste at the Library
Discover the health benefits of yoga for wellness and stress relief in this fun yoga class that incorporates modern music.

May 20, 2:00-3:00 pm
Holistic Crystals: Align Your Chakras
Learn the basics of choosing the right crystals, the meaning behind their crystal systems and shape as well as cleansing and crystal care.

June 5, 2:00-3:00 pm
Survival in the Wild - Grades 6-8
Learn the importance of being prepared when venturing outdoors.

June 17, 2:00-3:00 pm
Build A Better Breakfast
Learn how to make easy and healthy breakfasts. Presented by the NCMC Wellness Department.

ADULT PROGRAMS (17 YEARS AND OLDER)

April 10, 6:00-7:30 pm
Painted Flower Pots
Choose from a variety of designs and paint a pot to take home! We will also be planting and discussing cooking with herbs. Registration required.

May 16, 6:00-7:30 pm
Marijuana in Colorado
We will discuss the effects of marijuana on the developing brain, the unintended consequences of legalizing marijuana and what we as parents can do to help our youth make positive choices.

June 21, 6:00-7:30 pm
Healthy Grilling with Lew
Lew Miller, from Lew Miller BBQ, shares his tips and recipes for grilling the healthy way! Registration opens 4/1.

ACTIVE SENIORS

April 6, 2:00-3:30 pm
Chronic Disease Management
Explore tools to be a better self-manager of chronic health conditions. Presented by Area Agency on Aging’s Weld Aging Well Program.

May 4, 2:00-3:30 pm
Painted Flower Pots
Choose from a variety of designs and paint a pot to take home! We will also be planting and discussing cooking with herbs.

June 1, 2:00-3:30pm
Healthy Habits for your Brain
Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. This class is intended for those without memory loss.

PROGRAMAS EN ESPAÑOL

13 de abril, 6:00-8:00 pm
Preparando Bocadillos Saludables
Venga a aprender sobre la grasa o la azúcar escondida en los alimentos que comemos a través de esta clase divertida e interactiva. ¡También aprenderemos a preparar bocadillos saludables que a sus hijos les encantarán!

20 de abril, 6:00-8:00 pm
Hablando con sus Hijos Sobre Relaciones Saludables
Esta presentación es para padres que quieren desarrollar habilidades para hablar con sus hijos acerca de relaciones sanas y seguras, cómo establecer expectativas sobre cómo quieren ser tratados y cómo reconocer cuando una relación es nada saludable.

27 de abril, 6:00-8:00 pm
Marihuana en Colorado
Discutiremos los efectos de la marihuana en el cerebro que se esta desarrollando, las consecuencias no deseadas por legalizacion de la marihuana y cómo podemos, como padres, ayudar a los jóvenes a tomar decisiones positivas.