

At the library

If you haven't already mark July 31 on your calendar for River Valley Raptors will be stopping by at 10:30 a.m. during the children's storyhour. The interactive program last 45 minutes to an hour and attendees will learn about hawks, falcons and owls and each raptor's unique adaptations, such as how a hawk's talons are so strong, they can pick something up that is nine times its own weight, while owls can rotate their necks 270 degrees. Another interesting fact? Falcons have reached 242 mph while diving for prey. The birds are such fearsome predators humans have used falcons for hunting for more than 3,000 years.

Besides learning about each bird's distinctive features, River Valley Raptors, which is based out of Buffalo City, Wis., discusses conservation of these amazing birds and what people may do to help them thrive. The program is free and open to the public.

Beneficial Bites meets at 1 p.m. July 24 at the Calhoun Memorial Library. The topic is tempeh, a traditional Indonesian food made from soybeans. Tempeh is high in protein, probiotics and is often used as a meat replacement for vegetarians. Stop in to learn all of tempeh's many health benefits. The event is free and includes food samples.

For more information about the library or its programs, visit calhounmemoriallibrary.org or check out our Facebook page.

New fiction