

## At the library

Beneficial Bites meets Wednesday, March 26 at 1 p.m. to discuss the health gains of the Italian herb, parsley. Hard to believe but those little leaves have a lot going for it as it is high in not only antioxidants, but vitamins A, C and K, all of which help reduce inflammation. Parsley also supports bone, eye and kidney health. Food samples are included with the event.

Attention! All those needing assistance using your electronics, Technology Tutoring is every Thursday, from 2:30-3:20 p.m. Chetek-Weyerhaeuser High School's National Honor students are on hand to help people use their smart phones, laptops and other gadgets. Call 715-924-3195 to let library staff know you are stopping in for assistance. For more information about the library or its programs, visit [calhounmemoriallibrary.org](http://calhounmemoriallibrary.org) or check out our Facebook page.

Culinary Crusaders will meet Friday, April 11 at 5 p.m. at the Calhoun Memorial Library. The theme is candy. The library will have a variety of cookbooks available for checkout so finding a candy recipe will be easy-peasy. Anyone wanting to participate may sign up by calling 715-924-3195 or emailing [director@calhounmemoriallibrary.org](mailto:director@calhounmemoriallibrary.org). Bring samples of your sugary masterpiece for your fellow Culinary Crusaders and enjoy! The library provides eating utensils and plates.

## New large print

"Sunflower House," by Adriana Allegri. Allina Strauss is living a quiet life in a quiet German village. She helps her uncle run his bookshop, bakes desserts with her aunt and on the weekend, it's spent with friends and her fiancé. The future is bright for Allina, until 1939 when Adolf Hitler is made chancellor and the Nazi Party rules over the land. Allina is also troubled by a secret – her birth mother was Jewish. And while she has papers stating she is racially pure; she understands all too well she is living on a knife's edge. When German troops enter her village, she is taken to Hochland Home to work as a nurse. There, Allina is witness to one of the many horrors perpetrated by the Nazis: The Lebensborn Program. The brainchild of Heinrich Himmler, places like Hochland Home dot the land, where young girls and women are made to sleep with SS soldiers to populate Germany with "pure blood" children. However, those children born with physical and mental disabilities are taken to the third floor where they receive little to no care. Knowing the birth defects will eventually mean their death, Allina is determined to save them. She finds an unlikely ally in Karl, a high-ranking SS officer, but can she trust him? And how much can Allina risk for these children, when she has Jewish blood to keep secret?