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CURRENT

March 2022

Devices and Kits to Borrow from the Adult Department

The Adult Department at the library has several devices available for checkout by library patrons.

We recently added two **blood pressure kits** to our collection, courtesy of the Baraboo Lions Club and Dean Medical Group.



Library Director Jessica Bergin accepts blood pressure kits from representatives of the Baraboo Lions Club and Dean Medical Group.

A kit can be checked out for up to 4 weeks. Each kit includes a monitor; a cuff; a Quick Start Guide; a detailed monitor instruction manual; a wallet-sized blood pressure card you can keep; and

information about at-home blood pressure monitoring, symptoms, risks of elevated blood pressure, and ways to lower blood pressure.

We also have an **Epson presentation projector**, which includes a USB (3.1 Type-C) to HDMI adapter, HDMI cord, VGA cord, power cord, and a remote, all contained in a hard protective case. This device can be checked out for up to 3 days.

We have recently added two **portable DVD players**, including a carrying case, a portable DVD playing device, a power cord for wall plug-in, a power cord for vehicle plug-in, and a user manual. Each of these devices may be checked out for up to 14 days.

The **Watt Meter** is a device you can use to find out how many watts of electricity your appliances are using. This device includes 1 electricity watt meter with attached 6 ft. cord, and an operators manual. It can be checked out for up to 14 days.

Speakers Explain Managed Grazing Benefits for Local Consumers and Environment

On February 26, Sauk County Conservation Technician Serge Koenig and local regenerative farmer Roman Miller presented a program in which they described how managed grazing of animals, especially ruminants like cattle and sheep, can improve the soil structure and biology of the land.

Koenig explained that healthy soil (which does not require harmful chemical inputs like pesticides and fertilizer) allows for better rainwater infiltration through the soil. Preventing surface runoff of rainwater (and chemicals) to neighboring waterways can prevent soil erosion into the waterways that changes the character of streams, rivers, and lakes. Keeping chemicals out of waterways also helps prevent the out-of-control growth of algae and aquatic plants that monopolize the oxygen in the water. Grazing animals on pasture containing a variety of beneficial plants that grow in nutrient-rich soil creates more healthful meat for

consumers. Well-managed pasture also creates strong pasture plants that lock in carbon from the atmosphere.

Miller described his conversion to managed grazing practices, thanks in large part to Koenig's persistent and patient instruction, especially the benefits of such an approach for the farmer's financial bottom line. Miller said that besides improving his finances, shifting to managed rotational grazing has reduced his stress levels, an important factor in the mental health of many farmers.

This presentation was co-sponsored by the library, Powered Up Baraboo, and Sauk County Land Resources and Environment Department.

Serge Koenig (right) and Roman Miller



Puppy Club Fosters Literacy and Connections

Puppy Club is a warm, calm, and welcoming session for children from birth to 5 years old along with their caregivers. Youth Services Program Assistant Ms. Cari Jo leads the group in activities featuring songs, rhymes, flannel board stories, and books. These sessions are scheduled to continue in the library's program room at 9:30 AM and 11 AM on Wednesdays in March.

Ms. Cari Jo said the Puppy Club sessions are characterized by “lots of participation and interaction on the part of the children and the adults.”

Each session features a variety of activities built around a theme, so the little ones stay engaged. By addressing a theme in a playful way through multiple experiences for the children—touching, moving, seeing, singing, rhyming—the chance of engaging their attention and personal learning styles while stimulating their memories increases.

“A major benefit of Puppy Club is the social connections—for the children as well as the



Puppy Club with Ms. Cari Jo will continue in the library's program room at 9:30 AM and 11 AM each Wednesday through March.

caregivers—before, during, and after our sessions,” Ms. Cari Jo explained.

At each session, there are tips and ideas for encouraging literacy that caregivers can take with them to use in their own homes.

After the Puppy Club sessions in March are over, there will be a break in library story times. They are set to resume in June, during the summertime programs held in the Baraboo parks.

Getting a Jump on Spring Planting!

For the February 8 meeting of the Baraboo Buds Garden Club, members gathered at the Johnsen Insurance Agency conference room to make Wildflower Seed Bombs with the guidance of Baraboo Bud **Pat Taylor**. These are clay and soil balls that you form around seeds. The ball hardens and dries, offering the seeds some protection from rain, snow, and ice over the rest of the winter. If the seed bomb has been tossed or placed where it will eventually touch the ground, after repeated precipitation and thawing, springtime conditions will be right for the seeds to take root.

Thanks to Deb Johnsen for inviting the Garden Club to this great space for the workshop, and to Pat for providing the materials and the know-how to show the group how to make these little gems of springtime in the winter!



Scenes from the Seed Bomb Workshop