

Recent Non-Fiction Reads

By Paulina Poplawska, Library Director

The library has added some thought-provoking new non-fiction titles at the New Ulm Public Library over the last year. Here are several I enjoyed over the last few weeks:

An interesting collection of stories and descriptions about city infrastructure and how it grows can be found in Roman Mars and Kurt Kohlstedt's "The 99% Invisible City: A Field Guide to the Hidden World of Everyday Design." This book was inspired by the 99% Invisible podcast which I have not listened to before. Some of the stories include information about the Magic Roundabout (not Mankato's!), the origin of AirDancers and Camden Bench, and the role of the USPS in the nation's history. It has made me take notice of several signs around downtown that flew below my radar the first time I walked by them!

Lisa Genova is a neuroscientist who has written several books about neurology. In "Remember: The Science of Memory and the Art of Forgetting" she takes us on a journey through the human brain and how it processes memories. It explores the intricacies of how we remember, why we forget, and what we can do to protect our memories. She elaborates on the why and how remembering is impacted by our emotions, sleep patterns, and other factors. Most interesting was the critical role that the hippocampus plays in the formation, organization, and storage of new memories as well as connecting certain sensations and emotions to these memories.

"Privacy is Power: Why and How You Should Take Back Control of Your Data" by Carissa Veliz is an interesting read about privacy, the internet, how data is being used by companies, and how you can make your information safer and more secure online. By being plugged in, from the moment one picks up a cellphone in the morning, there is an exorbitant amount of information being collected. It's a fascinating read about data collection techniques and what it's being used for. It provides some ideas on how to proceed, utilizing privacy settings, ad blockers, and restricting the data you give out.

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