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OCTOBER 2016

Back Room/Front Page: Preparations

Where did the summer go? Suddenly it's dark at 7:00 p.m., there's a chill in the air and the leaves are starting to fall. The days of lounging outside in the sun with a good book and a cold beverage have turned into getting your home tucked in for winter, raking up all those leaves, and putting away the grill. But at the end of the day, what could be better than sitting by a fire with a cup of tea and a riveting novel? Come to the store and we'll have plenty of suggestions – lots of new books are being released this month!

In the bookstore world, we're getting ready to attend trade shows and finalizing our holiday book purchases, trying to determine what will be the hottest titles this season. Our holiday catalogs have been ordered and should arrive at the end of the month. 2017 calendars are here and our catalog books are being ordered.

We have a lot on events and book signings on the schedule that you can attend before things get too busy – nine authors will be here this month, and we even have a kid's yoga class!

We were at the Des Moines Library's Book Ball 150 last night to sell books celebrate the library's 150th anniversary. We value our partnership with the library and it was wonderful to hear about all of the services they provide and what they have planned for the future. Did you know the Des Moines was recently named one of the top ten literary cities in the country, primarily on the strength of our library system? A shout-out to Cedar Rapids also! You can read about it here: <https://smartasset.com/mortgage/the-best-cities-for-book-lovers>

Thanks for reading,
Alice

September Best Sellers:

These were the Top Ten sellers in our store last month - see what everyone's reading!

1. *Tell Me Something Real*, Calla Devlin*
2. *Let Your Spirit Guides Speak: A Simple Guide for a Life of Purpose, Abundance, and Joy*, Debra Landwehr Engle*
3. *27 Magic Words*, Sharelle Byars Moranville*
4. *The Good Divide*, Kali VanBaale*
5. *The Girl Before*, Rena Olsen*
6. *White Trash: The 400-Year Untold History of Class in America*, Nancy Isenberg
7. *Commonwealth*, Ann Patchett
8. *Harry Potter and the Cursed Child*, J. K. Rowling
9. *Love Warrior: A Memoir*, Glennon Doyle Melton
10. *The Nix*, Nathan Hill

*Iowa Author!

EVENTS THIS MONTH

Saturday, October 1

4:00 p.m.

Meet the Author

Baylen Linnekin

*Biting the Hands that Feed Us:
How Fewer, Smarter Laws
Would Make Our Food System More
Sustainable*

Sunday, October 2

2:00 p.m.

Meet the Authors

J.C. Hamm

*Life Beneath the Willow
Larry Stumbo
Experience as a New Soldier*

Thursday, October 6

6:30 p.m.

Meet the Author

Pam Iano

Harry Gets a Haircut

Saturday, October 15

1:00 p.m.

Yoga for Kids

Sara Weis

*Go Go Yoga Kids:
Empower Kids for Life
Through Yoga*

Sunday, October 16

2:00 p.m.

Meet the Author

Mike Kleine

Kanley Stubrick

Saturday, October 22

1:00 p.m.

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Victoria the Drama Investigator

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Susan Maupin Schmid
If the Magic Fits

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1:00 p.m.

Meet the Author

Joyce Rupp

Little Pieces of Light

**Saturday
October 1
4:00 p.m.**



Meet the Author

Baylen Linnekin

Biting the Hands that Feed Us: How Fewer, Smarter Laws Would Make Our Food System More Sustainable

Food waste, hunger, inhumane livestock conditions, disappearing fish stocks—these are exactly the kind of issues we expect food regulations to combat. Yet, today in the United States, laws exist at all levels of government that actually make these problems worse. In *Biting the Hands that Feed Us* (Publication Date: September 15, 2016), food lawyer and scholar Baylen J. Linnekin tells the human stories of farmers, food producers, sellers, and consumers who have been hurt by—or are working against—bad food laws.

The book's impressive cast of characters includes chef Mark DeNittis, whose artisanal salumeria was forced out of business by USDA rules and Jay "Eggman" Hamburger, a Houston food Samaritan who continues collecting and sharing food with the homeless, despite ordinances which mean he could be slapped with a \$2,000 fine or jail time. The individual experiences of these characters are echoed by disquieting statistics—like the sobering estimate that nearly 40% of all food goes to waste—and careful, peer-reviewed research. The result is an engrossing introduction to the perverse consequences of many food rules.

Some of these rules constrain the sale of "ugly" fruits and vegetables, relegating bushels of tasty but misshapen carrots and strawberries to food waste. Other rules meant to improve food safety—like those mandating food preparers wear latex gloves—are wasteful and actually make food less safe. There are even rules that prohibit people from growing fruits and vegetables in their own yards. Throughout the book, he identifies four broad failings of our current food system:

- Food safety rules often hurt sustainable producers without making food safer,
- Food rules are often crafted by "big government" to benefit "big food,"
- Food rules often promote food waste, and
- Food rules often prohibit sustainable food practices at home.

Far from calling for food rule anarchy, however, Linnekin acknowledges the vital importance of laws that keep people—and the environment—safe.

Linnekin is a staunch supporter of good food laws, which he says emphasize good outcomes over rigid processes. Throughout the book, Linnekin offers policy recommendations based on this standard. For some well-intentioned but misguided food laws—like the Healthy, Hunger-Free Kids Act—Linnekin offers common-sense changes that would make the law more sustainable. Others—like farm subsidies and rigid standards of identity—he proposes eliminating altogether.

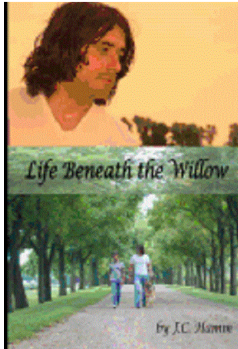
Authored by a leader in the burgeoning field of food law and policy, *Biting the Hands that Feed Us* is a powerful treatise in favor of fewer, smarter food laws that will create a food system that is healthier and sustainable.

About the author...

Baylen J. Linnekin, a food lawyer, scholar, and speaker, teaches food law and policy courses at George Mason University and American University, and founded the nonprofit Keep Food Legal. His opinion pieces on food and law have been published by the Boston Globe, New York Post, Newsweek, Playboy, Reason, Huffington Post, and many others.



**Sunday
October 2
2:00 p.m.**



Meet the Authors

Life Beneath the Willow

Will, a Marine and single father, reluctantly returns to his hometown with his daughter, Honor. He's led to confront events from the past as he finds himself reuniting with an old friend and his estranged brother.

While Will deals with his issues, Honor learns more about the mother she never knew. Will must face his fear of love and forgiveness in order to follow the path in which is laid out before him.

About the author...

J.C. Hamm lives with her family in Iowa. She studied Art and Theater at Indian Hills Community College in Ottumwa, Iowa. She began her art career at a very early age and continues to draw and paint under her artist name, Hambo. She began writing poetry and short stories as a teenager and has a passion for film. Her first published Book "Because of Me" was originally written as a screenplay.

Experience As a New Soldier

Written as a diary of the author's military experience to be shared with family, friends and anyone else interested in his experience, the writings are from journals, notes, and memory. Included are thoughts the author had at various times during his Army experience, personal photos, copies of photos enclosed from "graduation" book prepared by the U.S. Army, and internet sources. *This is a work in progress*

About the author...

Larry Stumbo comes from a family that has served in all of the Armed Forces except the Marines.

One grandfather was in the Navy; two uncles Air Force; two in the Army, and two Aunts, Nurses in the Army.

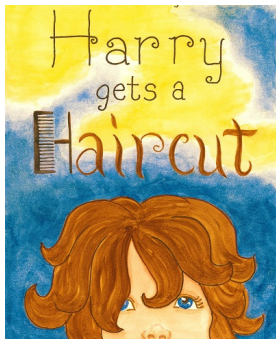
Larry applied to the Air Force Academy, was second in line for the Navy Academy. He took Air Force R.O.T.C. classes while he attending Drake University.

During his first year at Drake University, Larry worked part-time in a local hospital as a Dietary assistant.

He became more interested in learning about the care of the patient. An opportunity to work full time in surgery as an orderly started his nursing education.

Larry did not start out to write anything until he was drafted. He started to write a journal for a friend who was to be drafted later so that he would know what to expect. As it ended up, his friend went to different basic camp. Larry continued writing his thoughts down while in the Army, documented in words and photos to be shared in the book.

**Thursday
October 6
6:30 p.m.**



Meet the Author

Pam Iano

Harry Gets a Haircut

This is a story of an apprehensive child's trip to the barber shop. Harry's hair makes him feel like Einstein, but his mother insists it must go. When they reach the barber shop his fears soon melt away as he learns that the barber shop is actually a fun place!

This book is a great keepsake. Suitable as a gift, the book includes a haircut certificate to be filled out by a parent, grand-parent, or barber/stylist. Also included is a page to secure a lock of hair and a blank page for a photo.

About the author...

Pam Iano was raised in Kellogg, Iowa in a large house full of siblings. She is a 1974 graduate of Newton High School then attended the Iowa Barber College in Des Moines. She and her husband raised 2 children and now have 2 grandchildren. They live in rural Indianola, IA with their wonder dog Annie and cat Wild Thing.

As a licensed barber of 39 years Pam has seen her share of frightened children in the barber shop. She has always enjoyed painting, so when her grandson was born it seemed like a natural blend of her interests to write this book. He was her inspiration. Look for a future book about gardening featuring his little sister.

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2300
FOLLOWERS!

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FUNDRAISE SUNDAYS

If your group or organization is looking for a quick and easy way to raise money, give us a call. We will dedicate a Sunday to your cause and donate 20% of the day's sales! Whether your group is a PTA, church youth group, sports team or other charity, we can help. All you need to do is publicize the event and get your supporters to come to the store that day to purchase books, and we'll do the rest!

CALL US NOW AT 279-5400 to set up a day to raise funds for your cause!

**Sunday Store hours:
Noon - 4:00 p.m.**

**Saturday
October 15
1:00 p.m.**

Kid's (Ages 5-11) Yoga Class

**with author and instructor
Sara Weis**

Go Go Yoga Kids: Empower Kids for Life Through Yoga

*Join local author of the bestseller *Go Go Yoga Kids: Empower Kids for Life*, Sara Weis, for a creative, fun and engaging kids yoga class! Kids will jump right into the Fall Season as they learn several yoga poses, games and mindful ways to calm, strengthen and build healthy bodies.*

****Please bring a towel as opposed to a yoga mat.***

For anyone who enjoys kids and yoga and wants to make a positive difference in their lives, *Go Go Yoga Kids: Empower Kids for Life Through Yoga* is the book for you. It is a complete and creative guide for introducing kids to yoga through movement, mindfulness, fun, and games.

By introducing kids to yoga they will learn lifelong skills that will help them physically and mentally throughout life. Yoga can easily be incorporated in the home, school, extracurricular activities, camps, and clubs – anywhere you find kids who are ready to learn and have fun!

Go Go Yoga Kids Includes: Over 75 fun and creative yoga games, activities, and challenges for all ages

- 15 ready to use unique yoga lesson plans that will have kids engaged from the start
- Ways to bring mindfulness and awareness to all children
- Kid yoga photos and pose illustrations
- Easy ways to incorporate yoga in the school setting for all types of learners and abilities
- How to get your kids involved with yoga at home
- Tips on working with teens and tweens
- Partner poses, balance activities, group and inversion teaching tips and ideas
- Sample parent communication ideas
- Examples of where and how to teach yoga for kids
- Books, music and other fun resources to help kids learn about yoga.

This book details everything in an easy to follow, step-by-step format that will help you successfully teach yoga to kids of all ages. *Go Go Yoga Kids* is the only resource you will need to inspire children in a healthy and lifelong way.

About the author...

Kids, yoga, and teaching are truly **Sara Weis's** passions. With over 17 years of teaching in the public schools and after leading hundreds of kids yoga classes, Sara has a great deal of expertise in these areas. She is a certified kid and adult yoga instructor and holds a master's degree in education. Using all of her knowledge and experience Sara has created and kid tested hundreds of yoga games, lessons and movement ideas that will help instill the lifelong benefits of yoga in all kids.

Visit us at gogoyogakids.com for more information.

**GO GO
Yoga Kids**

EMPOWER KIDS FOR LIFE THROUGH YOGA

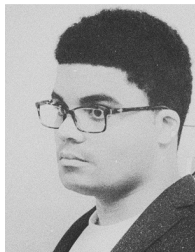
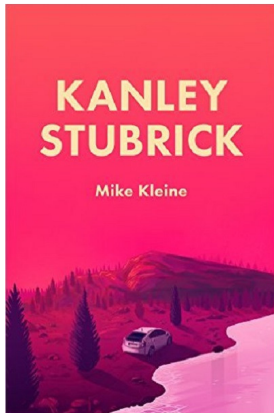


A CREATIVE GUIDE FOR INTRODUCING KIDS TO YOGA THROUGH MOVEMENT, GAMES, AND FUN

Sara J. Weis



**Sunday
October 16
2:00 p.m.**



Meet the Author

Mike Kleine

Kanley Stubrick

How can one describe a work as original as *Kanley Stubrick* by Mike Kleine?

A girl loses her shoe and the guy she lives with starts calling their friends to see if they know anything about the missing shoe.

Some of them have theories, others don't seem to care.

Then the girl herself disappears and the guy goes looking for her.

It might be April, but it might also be June. The missing girl might be in Ojai, or she might be in Merced. She might have brown hair, or she might not. Things disappear because there is nothing to hold them in place.

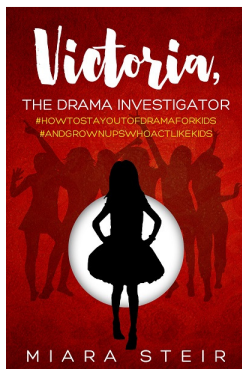
Kanley Stubrick is about the things in the world that we don't know, and Mike Kleine gives us permission to not be afraid of what we don't know.

Like Franz Kafka tasked with rewriting a Haruki Murakami novel in parable form, *Kanley Stubrick* is a novella in verse that takes the reader beyond every comfort level into a new way of perceiving the world. With deft alacrity and an uncommon narrative speed, Kleine's existential adventure spans the globe and many years, most often in a rented Toyota Prius.

About the author...

As the world saw with **Mike Kleine's** previous works, *Mastodon Farm* (2012) and *Arafat Mountain* (2014), he is a writer unafraid to venture into strange and exciting territory both stylistically and thematically. Kleine grew up in West Africa and graduated from Grinnell College with a BA in French literature. He currently lives somewhere in the Midwest.

**Saturday
October 22
1:00 p.m.**



Meet the Author

Miara Steir

Victoria, The Drama Investigator

What if your fun-loving friends turned in to drama filled tweenagers? How would you handle the new wardrobes, behaviors and personalities? Do you have what it takes to reassure your friends they can leave the drama behind? Victoria does her best in this one week journal of experiences and lessons she's ready to share with you!

About the author...

Miara is a 9 year old elementary school student doing her best to navigate the day to day world of drama. She loves doing gymnastics and creating projects on Musical.ly. She also enjoys motivational speaking and encouraging others to reach for their goals.

**Thursday
October 27
6:30 p.m.**



Book Launch

Susan Maupin Schmid

If the Magic Fits

Try on a little magic with this lighthearted fantasy adventure! For fans of Liesl Shurtliff, Jessica Day George, E. D. Baker, and Gail Carson Levine.

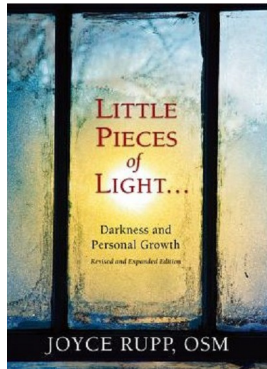
"A charming new fairy tale! Readers won't want this adventure to end!" — Jessica Day George, *New York Times* bestselling author of *Tuesdays at the Castle*

Inside an enchanted castle, there's a closet—a closet with one hundred dresses that nobody ever wears. Dresses like those need a good trying-on, and Darling Dimple is just the girl to do it. When she tries on Dress Number Eleven, something unbelievable happens. She transforms into the castle's Head Scrubber! It turns out that each dress can disguise her as someone else. And Darling is about to have an adventure that calls for a disguise or two . . . or a hundred.

About the author...

Susan Maupin Schmid writes in a little blue office in Iowa. She has a particular weakness for good coffee, good books, and beautiful dresses. Her closet doesn't contain a hundred dresses—yet—but someday it will. To find out more, visit SusanMaupinSchmid.com and follow her on Twitter at [@maupinschmid](https://twitter.com/maupinschmid).

**Saturday
October 29
1:00 p.m.**



Meet the Author

Joyce Rupp

Little Pieces of Light...Darkness and Personal Growth

Little Pieces of Light offers both courage and solace. It reaches into the human heart, encouraging the reader to approach painful, inner darkness as a help rather than a hindrance to personal growth. In a culture that pushes away darkness, this book carries a radical message: darkness is where one waits patiently for the stirrings of new life to develop.

This revised volume offers additional chapters as well as a study guide and prayers for personal reflection reminding the reader that there is a strong light within the self and within others that will serve as a comfort and guide along a sometimes bleak and barren journey.

About the author...

Joyce Rupp is well known for her work as a writer, a spiritual "midwife," and retreat and conference speaker. She has led retreats throughout North America, as well as in Europe, Asia, Africa, Australia and New Zealand. Joyce has a B.A. in English, a M.R.E. in Religious Education, and a M.A. in Transpersonal Psychology. She is a member of the Servites (Servants of Mary) community and was a volunteer for Hospice for fifteen years. She currently resides in Des Moines, Iowa.



TAKE A LOOK AT OUR HANDSELLING FAVORITES WITH A STRONG MIDWEST REGIONAL APPEAL

MOLLY ON THE RANGE by Molly Yeh



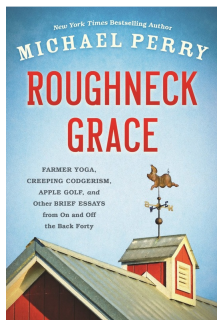
Mega-blogger at *My Name is Yeh*, Molly Yeh, shares recipes, stories, and photos from her unlikely life on a Midwestern farm.

From her upbringing in Chicago, to attending Juilliard in New York, to her travels abroad, Molly Yeh has eaten her way through life with a diary and camera at hand. In 2013 she and her now-husband moved from New York City to his family's fifth generation farm on the North Dakota/Minnesota border. What followed were stories of learning intricate family recipes, throwing picnics in the snow, and creating countless whimsical cakes in her farm kitchen. Fans started flocking to her blog, and magazines, food Web sites, and other media outlets started taking note, too. Yeh won blog awards by the handful, and a mega-blogger was born.

In addition to more than 120 recipes, *Molly on the Range* is filled with Yeh's signature, beautiful photography and essays about her new Midwestern life written in the quirky, friend-to-friend voice that her many fans know and love.

Molly Yeh is a baker, blogger, writer, and farmer living in East Grand Forks, North Dakota. She is the voice behind the wildly popular blog, *My Name is Yeh*, which has been the recipient of multiple awards, including two Saveur 2015 blog awards — Editor's Choice and Blog of the Year. Molly also graduated from Juilliard and plays percussion in symphonies and orchestras around the world. She lives in North Dakota with her husband and their chickens.

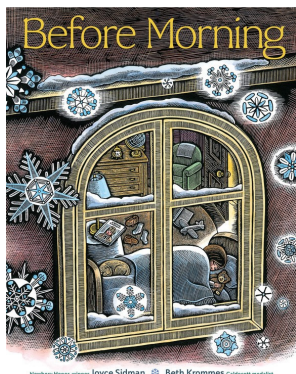
ROUGHNECK GRACE by Michael Perry



New York Times bestselling author, humorist, and newspaper columnist Michael Perry returns with a new collection of bite-sized essays from his Sunday Wisconsin State Journal column, "Roughneck Grace." Perry's perspectives on everything from cleaning the chicken coop to sharing a New York City elevator with supermodels will have you snorting with laughter on one page, blinking back tears on the next, and--no matter your zip code--nodding in recognition throughout.

Michael Perry is the author of numerous books including *Population: 485* and the *New York Times* bestseller *Visiting Tom*. His live humor recordings include *Never Stand behind a Sneezing Cow* and *The Clodhopper Monologues*. He lives in rural Wisconsin with his wife and daughters and is privileged to serve as a first responder with the local fire department.

BEFORE MORNING by Joyce Sidman



In a spare text that reads as pure song and illustrations of astonishingly beautiful scratchboard art, Sidman and Krommes remind us that sometimes, if spoken from the heart, wishes really can come true.

"Throughout, Krommes's illustrations do the narrative work, and a series of wordless spreads at book's end provides a sweet balance to the front matter's opening scenes, slowly easing the reader out of this mesmerizing book." — Horn Book, STARRED review

There are planes to fly and buses to catch, but a small child wishes for a different sort of day in this striking picture book. When clouds gather and heavy flakes begin to fall, her invocation comes true. As a too-busy world falls silent, a family revels in the freedom and peace of a snow day.



Newbery Honor winner **Joyce Sidman** is simply one of the best poets writing for children today. Her accolades include a Lee Bennet Hopkins Award, winner of the Cybil Award, Texas Bluebonnet Master List, two Caldecott Honors, winner of the Claudia Lewis Award, and many stars and notables and best of lists. For her award-winning body of work, she recently won the Award for Excellence in Poetry for Children. She lives in Wayzata, Minnesota.



Beth Krommes is the Caldecott Winning illustrator of *The House in the Night* and other beautifully illustrated, much-acclaimed picture books like *Swirl* by Swirl, and *Butterfly Eyes and Other Secrets of the Meadow*. She lives in Peterborough, NH.

Storybook Time
Every Thursday @ 11:00 a.m.

Beaverdale Writers Group
Tuesday, October 4 @ 7:00 p.m.

Beaverdale Book Browsers Book Club
Thursday, October 13 @ 6:30 p.m.
Water: Love Polluted by Politics and Power Plays!
by Jennifer Wilson

Environmental Book Club
Saturday, October 15 @ 10:00 a.m.
The Burning Question: We Can't Burn Half the World's Oil, Coal, and Gas. So How Do We Quit?
by Mike Berners-Lee

UCC Book Club
Monday, October 17 @ 6:00
All the Light We Cannot See
by Anthony Doerr

Mind-Body-Spirit Book Club
Monday, October 24 @ 6:00 p.m.
When the Heart Waits
by Sue Monk Kidd

Mystery Book Club
NO MEETING AT THE STORE THIS MONTH
Members will attend the presentation on the Villisca Axe Murders
Franklin Avenue Library (5000 Franklin Avenue)
Tuesday, October 25
6:30 p.m.

It's Better in Beaverdale

Come to Beaverdale the last Thursday of the month from 5-8 pm and enjoy what the local businesses have to offer! Enjoy food & drink specials, live music, promotions and other events. Come and enjoy our beautiful new streetscape!



October 27

**20% off
Coloring
Books**

Check out **It's Better in Beaverdale** on Facebook to see what's happening each month!