



Friends of the Chemung County Library District

BOOKS SANDWICHED IN - Fall 2022

Steele Memorial Library, 101 E. Church Street, Elmira, NY 14901

No Lunches for Sale/No Food Allowed

September 16: *The Kelloggs: The Battling Brothers of Battle Creek* by Howard Markel. Reviewed by Margaret Kappanadze. Marge is the Director of the Gannett Tripp Library at Elmira College, and has served as a librarian in academic, school, and public library settings, as well as reviewed books for *Library Journal*. She is a former member and past president of the CCLD Board of Trustees. *The Kelloggs* is the story of two Kellogg brothers between the mid 19th century and World War II. John, autocratic and domineering, became a physician and the founder of the world renowned Battle Creek Sanitarium. Younger brother, Will, business minded and innovative, tirelessly experimented with John's wellness-promoting ideas and developed the company that became known as the Kellogg Company. The brothers had a contentious relationship, but their individual passions, intelligence, and diligence contributed to their mutual success.

September 23: *Atomic Habits* by James Clear. Reviewed by Lisa Rustici. Lisa is a teacher and life coach who loves to help people become all they were meant to be. She has fulfilled this goal in all different arenas, from elementary school to college and to various businesses. Currently, Lisa is a motivational speaker, offering various programs and talks that are designed to uplift and empower. *Atomic Habits* is a book that has totally changed how to look at breaking bad habits in order to form better ones. An Atomic Habit is defined as a regular practice or routine that is not only small and easy to do, but is also the source of incredible power! James Clear shows us easy ways to do tough things.

October 14: *You Have More Influence Than You Think: How We Underestimate Our Power of Persuasion and Why It Matters* by Vanessa Bohns. Reviewed by Juan Jones. Juan Jones is a self-described bookworm, born and raised in Elmira. He always has been an advocate of the Steele Memorial Library and was a member of the Chemung County Library District Board of Directors. Juan is currently working in the field of higher education. This book shows us how we do have influence, and it turns out that we have more influence than we think. An author-autographed copy of this book will be given to an attendee through a random drawing at Juan's review.

October 21: *Odes to Common Things* by Pablo Neruda. Kaye Newbury & Martha Horton. Through his poetry, the Chilean poet and political activist looks lovingly at simple things ranging from an artichoke to a chair to a sock. Neruda's poems encourage us to discover joy in the mundane. Kaye Newbury and Martha Horton will read poems from *Odes*, as well as poems from other sources. Kaye holds a Master of Arts degree with a concentration in Poetry from Goddard College. Her poems have appeared in anthologies, including *The Healing Muse* and *The Pitkin Review*, and in her chapbook, *The Way She Looks Now*. Martha, a Penn State Journalism graduate, is a journalist and novelist, and recently published *An Older Eye*, a collection of poems with memoir.

Reviews start at 12:00pm and finish by 1:00pm in the Auditorium at the Steele Memorial Library, 101 E. Church Street, Elmira, NY, 14901. Visit www.cclld.lib.ny.us/friends-of-cclld/ and www.facebook.com/friendsofcclld to learn more about Friends of CCLD. Email friendsofcclld@gmail.com to donate to the Friends. Thank you.