



Matt Bellace '96, M'98

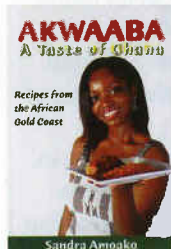
A Better High: A Humorous Look at Getting High Naturally, Everyday (Winter Oak Press)

After founding C.A.L.V.I.N.&H.O.B.B.E.S. (Creating A Lively, Valuable, Ingenious, New & Habit of Being at Bucknell and Enjoying Sobriety) on campus in 1993, **Matt Bellace** headed into two concurrent careers that dovetail in *A Better High*. He is a clinical neuropsychologist and a stand-up comic familiar to cable and satellite TV audiences. Whatever hat he wears on a given day, his message is the importance of developing coping skills that keep demons at bay. He examines several examples of natural highs, and not surprisingly laughter and a sense of humor are studied thoroughly.

Sandra Amoako '01

Akwaaba: A Taste of Ghana (Alikobooks)

Never underestimate the connective power of food. For **Sandra Amoako**, who has lived abroad for many years, cooking the foods of her native Ghana, West Africa, is a way of staying in touch.



For fellow expatriates

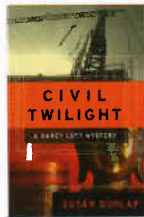
and anyone interested in learning about Ghanaian cuisine, she has compiled “down home” recipes that capture the essence of the culture in a book titled *Akwaaba*, which means “welcome.” Most of the dishes are prepared using ingredients found on supermarket shelves: nutmeg, peanuts, rice, tomato products, peppers, tilapia and ginger root. Items like fufu flour and fermented cornmeal, available through Internet resources or African grocers, take the American cook into adventurous new territory with easy to follow instructions.

Susan Dunlap '65

Civil Twilight (Counterpoint)

“Civil twilight,” writes **Susan Dunlap**

in her latest mystery starring Darcy Lott, a stuntwoman-sleuth, is “the bridge between clear afternoon and the first shadow of dusk, the last time you could see clearly without artificial light.” A student of Buddhism, Darcy is still learning to grapple with the ambiguities



that stalk her, like the disappearance of a favorite brother when she was a teen, or her return to the large family fold in San Francisco after years of estrangement. The questions threaten to outweigh the answers before her perspicacity and physical prowess rally to the rescue.

Laura Lopez '82

The Connected and Committed Leader: Lessons from Home, Results at Work



(Living Leadership) **Laura Lopez** drove herself to the top of corporate culture by pushing hard for results. She admits that she ignored the deans of business like Peter

Drucker, who wrote, “Management is doing things right. Leadership is doing the right thing.” When she adopted a child and became a mother at age 44, she abruptly had to learn to let her heart,

not her head, do the talking. Lopez found that she became a more effective team leader when she applied her new parenting skills in the workplace. Her book promotes nurturing strategies in the interest of sustainability.

James Cullen '65

Finely Carved and Nicely Painted (James H. Cullen, Publisher)

George Boyd (1873–1941) could have been a supporting character in *Our Town*. A man who probably never spent a



full day in his life away from Seabrook, N.H., nonetheless enjoys posthumous fame as sculptor of waterfowl decoys prized by expert

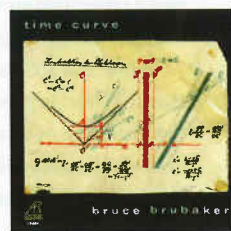
collectors. As a young man, Boyd supplemented his income from shoemaking by market gunning — hunting game birds of the tidal marshes for the Boston market. Early 20th-century conservancy laws shuttered the practice but gave rise to sport hunting, which created a demand for the well-crafted decoys at which Boyd excelled. **Jim Cullen** has collected photographic illustrations, well-documented research and oral history into a striking volume honoring Boyd’s legacy.

MUSIC

William Duckworth

Time Curve (Arabesque Recordings)

In 1978, **William Duckworth**, Bucknell professor of music, launched the post-



minimalist movement in contemporary classical music with the debut of “The Time Curve Preludes.” The

compositions have never ceased to fascinate, and their latest expression,

juxtaposed with minimalist Philip Glass’ “Six Etudes For Piano,” is found on renowned pianist Bruce Brubaker’s album *Time Curve*. It is a synergetic combination of pieces that comprise a conversation on the nature of time. Glass’ etudes pulse with an urgency while Duckworth’s pieces prize individual moments in fluent measures. Brubaker weighted several piano keys to introduce subtle hues and effects in the Duckworth preludes. The result is a listening experience that is pristine as well as thought provoking.