

PUBLISHERS WEEKLY  
**BEST SELLERS**

**HARDCOVER FICTION**

1. "For One More Day" by Mitch Albom (Hyperion)
2. "The Hunters" by W.E.B. Griffin (Putnam)
3. "Cross" by James Patterson (Little, Brown)
4. "Next" by Michael Crichton (HarperCollins)
5. "Shadow Dance" by Julie Garwood (Ballantine Books)
6. "Hannibal Rising" by Thomas Harris (Delacorte)
7. "Dear John" by Nicholas Sparks (Warner)
8. "The Cat Who Had 60 Whiskers" by Lilian Jackson Braun (Putnam)
9. "Treasure of Khan" by Clive Cussler, Dirk Cussler (Putnam)
10. "Stalemate" by Iris Johansen (Bantam)

**NONFICTION/GENERAL**

1. "You: On A Diet: The Owner's Manual for Waist Management" by Michael F. Roizen, Mehmet C. Oz (Free Press)
2. "The Audacity of Hope" by Barack Obama (Crown)
3. "The Proper Care and Feeding of Marriage" by Dr. Laura Schlessinger (HarperCollins)
4. "The Best Life Diet" by Bob Greene (Simon & Schuster)
5. "The God Delusion" by Richard Dawkins (Houghton Mifflin)
6. "The Innocent Man: Murder and Injustice in a Small Town" by John Grisham (Doubleday)
7. "Marley & Me" by John Grogan (Morrow)
8. "Jim Cramer's Mad Money: Watch TV, Get Rich" by James J. Cramer with Cliff Mason (Simon & Schuster)
9. "Cesar's Way" by Cesar Millan, Melissa Jo Peltier (Harmony)
10. "I Feel Bad About My Neck: And Other Thoughts on Being a Woman" by Nora Ephron (Knopf)

**MASS MARKET PAPERBACKS**

1. "Honeymoon" by James Patterson, Howard Roughan (Warner Books)
2. "Point Blank" by Catherine Coulter (Jove)
3. "Slow Burn" by Julie Garwood (Ballantine Books)
4. "The Last Templar" by Raymond Khoury (Signet)
5. "Sun Kissed" by Catherine Anderson (Signet)
6. "The Cat Who Dropped a Bombshell" by Lilian Jackson Braun (Jove)
7. "S is for Silence" by Sue Grafton (Berkley)
8. "Gone" by Lisa Gardner (Bantam)
9. "The Hostage" by W.E.B. Griffin (Jove)
10. "Lethal Justice" by Fern Michaels (Zebra)

# Moments in Indiana history

## Authors recall tales of Hoosier sons, daughters

By RICH GOTSHALL  
DAILY JOURNAL STAFF WRITER  
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**A**braham Lincoln, Ernie Pyle and 10 inspiring women are the focus of recently published biographies about Hoosier heroes.

The Lincoln book, "The Darkest Dawn" by Thomas Goodrich, concentrates on the assassination and immediate aftermath of Lincoln's assassination.

Goodrich recounts the assassination plot, which included an attempt on the life of Secretary of State William Seward, and the hunt for and trial of John Wilkes Booth and the other conspirators.

The author doesn't interpret the events as much as he creates context that give the actions meaning. He writes in a straightforward style, almost a journalistic narrative, letting the events create the drama.

He draws a great deal on contemporary newspaper accounts and later published remembrances. This gives the book more of a you-are-there feel, rather than a detached examination from the distance of time.

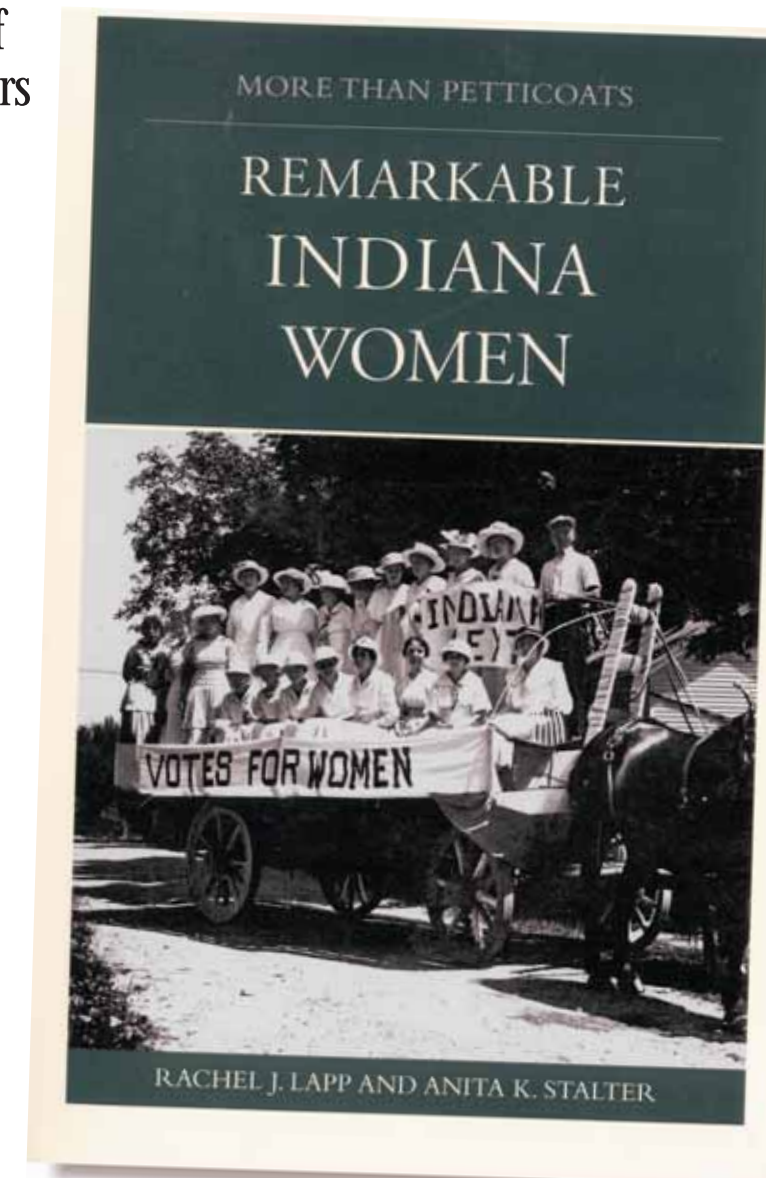
The biography of Ernie Pyle also draws on the memories of people who knew him. "The Soldier's Friend" is a warm portrait.

It takes the reader from Pyle's hometown of Dana, Ind., through his years at Indiana University and then career as a newspaper columnist to his greatest fame, as a war correspondent during World War II.

This book is aimed at readers middle school and older, but adults who don't know much about Pyle will come away with a great deal of information. Just because he targets younger readers, author Ray Boomhower in no way writes down to the reader.

The book is exceptionally well illustrated, with photos from every period of Pyle's life. A few of his wartime columns are reprinted, as well.

"More Than Petticoats" gives brief biographies of 10 influential



"More Than Petticoats: Remarkable Indiana Women" by Rachel J. Lapp and Anita K. Stalter (TwoDot-The Globe Pequot Press, 118 pages, \$10.95)

Hoosier women. Some are fairly widely known, such as novelist Gene Stratton Porter and cosmetics millionaire Madame C.J. Walker. Others are less well known but no less important.

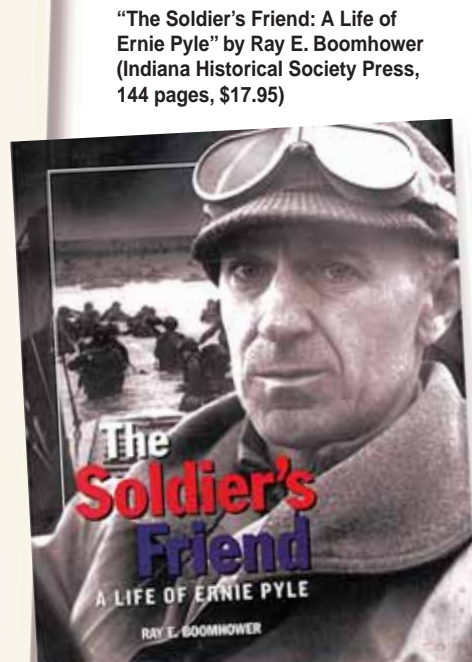
May Wright Sewall was one of the nation's leading suffragists and peace advocates of the early 20th century. She championed those causes in writings and lectures across the country.

Sewall got her professional start in Franklin. After graduating from college in Illinois, she accepted a position teaching German at Franklin High School. In 1873, she

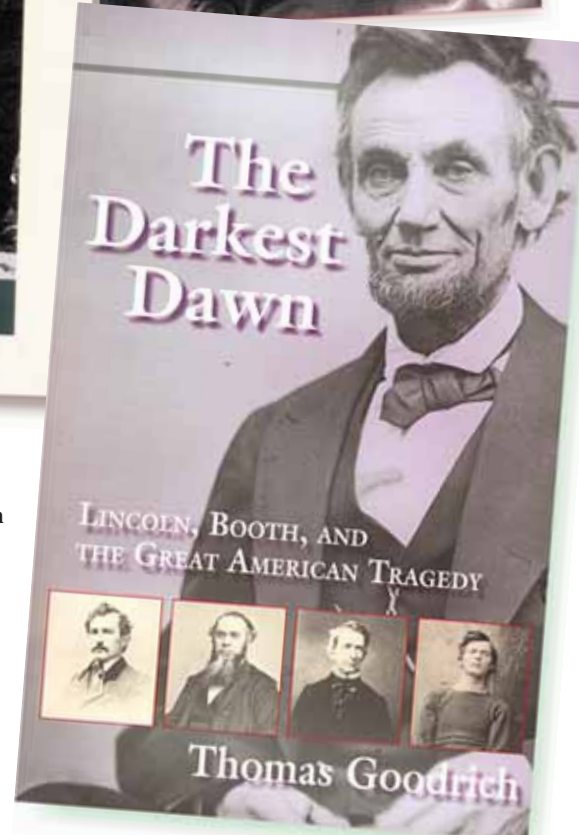
was named principal of the high school and her first husband, Edwin Thompson, was superintendent of schools.

They moved to Indianapolis, and Edwin died a short time later of tuberculosis. She continued teaching and formed the Indianapolis Women's Club, not as a social organization but as a group of educated women championing social issues.

Sewall died July 22, 1920, barely one month before the 19th Amendment to the Constitution, guaranteeing women the right to vote, was ratified.



"The Soldier's Friend: A Life of Ernie Pyle" by Ray E. Boomhower (Indiana Historical Society Press, 144 pages, \$17.95)



"The Darkest Dawn" by Thomas Goodrich (Indiana University Press, 372 pages, \$21.95)

# 'Eating' something to chew on

By STEPHANIE R. OLSON  
THE ASSOCIATED PRESS

Weight problems and obesity are soaring among Americans. Some take drastic measures to reduce, such as gastric bypass surgery, while others try the latest fad diet (although 95 percent of such dieters regain lost weight within a year).

To the rescue comes Brian Wansink's brilliant book, "Mindless Eating: Why We Eat More Than We Think."

Using the tricks of his trade, the food psychologist explains why it can be so hard to control what we eat yet so easy to control our environment to help us eat less.

According to Wansink, it is nearly impossible to be in full control of our eating.

He says we make at least 200 food decisions each day, most of them mindlessly, for example, snacking and overeating when distracted or when prompted by our environment, such as a bowl of candy at the

**"Mindless Eating: Why We Eat More Than We Think"**  
Author: Brian Wansink  
Publisher: Bantam Books  
Pages: 276  
List price: \$25

office or people around us eating. So, maintaining a healthy weight is more about controlling our environment than about controlling ourselves.

Food psychologists have conducted countless experiments to prove this point.

One, described in the book, involved giving free popcorn to movie-goers, half of whom got a large bag and half a medium-size bag. Although some people from each group left some popcorn in their bags, those with the larger bags ate more.

It's surprising, though, that anybody ate any popcorn at all; it was five days old and so stale that it squeaked when chewed. However, the context — in this

case, being at the movies with popcorn in hand and neighbors who are chowing down — trumps the taste of the food and even the hunger level of the eaters.

Deciding when to stop eating rarely has to do with feeling full, Wansink says. Perhaps as a result of our hyper-consumer culture, Americans have lost any sense of when they are full.

Unlike people from many other cultures, we take all of our cues from our environment. And, as Wansink demonstrates, our environment most often encourages us to eat.

The good news: As easy as it is to mindlessly eat, it is almost as easy to mindlessly not eat.

There's no miracle diet involved here; it's just a matter of eating less by controlling our environment, using smaller plates, buying smaller packages of food, or even using chopsticks to eat Asian food.

Although such changes won't lead to drastic weight loss, cutting 100-200 calories here and there each day will lead to losing about 10 to 20 pounds in a year.

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-Marda Arkebauer, Milwaukee, WI

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