

From the Stacks
By Julie Orf
Dunklin County Library
04/11/26

Heeding my sister's advice, I read *Eat Your Ice Cream* by Ezekiel J. Emanuel. First of all, being the youngest sibling, I thought I should follow the instructions or there might be a quiz. Secondly, any recommendation to eat ice cream seems valid! Dr. Emanuel cuts through trends and fads to six simple rules for a long and healthy life. With humor and common sense, he suggests life changes about nutrition, sleep, and many other things. I grabbed onto the idea of putting the phone away at home and focusing on my family. However, books and a bowl of ice cream are another tale!

Emmy Award-winning actress and television icon Susan Lucci returns with her second memoir, *La Lucci*. In this deeply personal book, she reflects on love, loss, reinvention, and resilience with warmth, honesty, and humor. Blending stories from her celebrated career and private life, Lucci shares the moments that shaped her outlook and strength. The memoir also includes a special fan-focused chapter, "Thank You for Asking," answering questions from admirers worldwide. New York Times bestselling author, Laura Morton, writes in collaboration with Lucci.

Growing up in poverty, relying on welfare and food stamps, Holly Thompson Rehder left school at fifteen to care for her family after a devastating accident, then married young and became a mother determined to break the cycle. Through resilience, faith, and determination, she rose from hardship to become a successful businesswoman and later a Missouri lawmaker. In *Cinder Girl*, Rehder shares her unfiltered journey, offering a candid look at life on the margins while urging readers to recognize and remember those still struggling without the opportunities many take for granted.

From ancient giants to cultural icons, remarkable trees have shaped history and imagination alike from "Methuselah," a nearly 4,900-year-old bristlecone pine, to the legendary apple tree linked to Isaac Newton and his discovery of gravity. Others have endured historic tragedies, like Japan's Hiroshima survivor trees and New York City's 9/11 Survivor Tree. Still more continue to inspire today, including Northern Ireland's Dark Hedges, Robin Hood's famed oak in Sherwood Forest, and the trees that influenced J. R. R. Tolkien's vision of the Ents in *The Lord of the Rings*. Colin Salter puts his focus on trees in his photographic collection, *The History of Trees*.

Christina Applegate grew up on sets, where acting began as a necessity and became an escape from a turbulent childhood in 1970s–80s Laurel Canyon. Rising to fame on *Married...with Children* and starring in projects like *Don't Tell Mom the Babysitter's*

Dead, Anchorman, and Dead to Me, she built a decades-long career until a 2021 diagnosis of Multiple Sclerosis brought everything to a halt. In a deeply personal reflection, Applegate revisits her lifelong diaries to confront struggles with self-image, family trauma, and loss, while also uncovering moments of joy and resilience, ultimately sharing her story with raw honesty and a renewed sense of purpose. *You With the Sad Eyes* presents this remarkable woman in an atypical memoir.