

CNY BOOKS AND AUTHORS

Horsing around with 'Itty & Bitty'

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Contributing writer

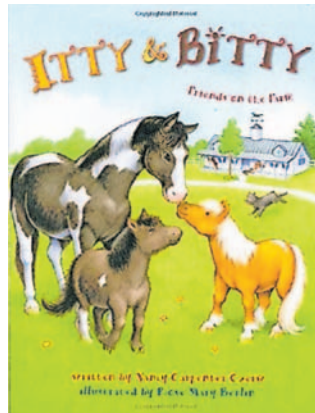
Nancy K. Carpenter grew up in Whitesboro, taught high school English in New Milford, Connecticut, for 20 years, then lived in Texas for 20 years before moving back to Central New York in 2010. Her time in Texas serves as the inspiration for a children's book collection that has become a hit across the country and in local schools.

Carpenter lived on a small horse farm in Texas and befriended a woman with whom she rode with while on the National Horse Show circuit. That friend owned miniature horses.

"Driving by her farm every day on my way to our show stable, I would see these two tiny, mischievous equines running all over her farm (and often escaping out into the street) and started penning verses about them. Twenty poems later, I began to realize I had the makings of a children's book, and the 'Itty & Bitty' series was born."

The series thus far is comprised of three books and a coloring book: "Itty and Bitty: Two Miniature Horses," illustrated by Dana Bauer; "Itty and Bitty: Friends on the Farm"; "Itty and Bitty: On the Road," and the coloring book, "Itty and Bitty Visit America's Parks," illustrated by Rose Mary Berlin.

Carpenter wanted to use her books to brighten children's lives and improve literacy. "The two 'real' minis, my crew of horse handlers, and I used to tour around Texas to schools, hospitals, the Ronald McDonald House, The Scottish Rite Hospital for Children



in downtown Dallas, literacy programs, federal food lunch programs and many other venues," the author says.

You can learn more about the series, the author and purchasing the books by visiting the Itty and Bitty website, ittyandbitty.com.

INTERVIEWS OFFER NEW INSIGHTS

Syracuse University alumna and Thousand Islands summer resident Heidi Doheny Jay has written "Confessions of 400 Men: True Revelations of Lust, Fidelity, Feelings & Fantasy." The book, to be released June 21, was borne from the author's desire to better understand what makes some men tick.

"I had been successful in every other area of my life but I found myself divorced and struggling to find a meaningful, healthy relationship," Jay said.

"This led me to asking men about their feelings about women. I had also grown up with two parents who were happily married for 53 years, so I thought maybe I was missing something about men. I knew I wasn't the only woman who felt that way."

Though she was originally searching for answers

for herself, Jay found that the men she interviewed were curious about how the other interviewees were answering.

"I heard everything from lifelong secrets, funny snafus, lovers that got away, and the real reason men love to have sex," she said. "I discovered why men feel lonely and what actually drives them to cheat."

You can learn more about Jay's work, as well as preorder the book, by visiting her website, heididoheny.com.

A SWEET LIFE

Jamesville resident Susan B. Sloane published her first book this year, detailing her experience raising two boys with Type 1 diabetes. Sloane's first son was diagnosed at 17 months, and her second son when he was 9, both when there wasn't enough information available about the disease.

She found help in Dr. Joseph Wolfsdorf at the Joslin Diabetes Center, who helped her learn to provide her sons with the tools to a healthy life. Sloane's eldest son would go on to become an endocrinologist working with the doctor who helped him in his early years.

"Sweet Genes: Finding a Balance Living with Diabetes" is a guide for parents and family members of those with diabetes, as well as a potentially helpful read for those interested in learning more about the disease. Sloane covers subjects like medical devices, monitoring schedules and diet considerations.

Sloane will be discussing her book, as well as signing copies, at the Dewitt Barnes & Noble at 1 p.m. June 10. The event is free and open to the public.