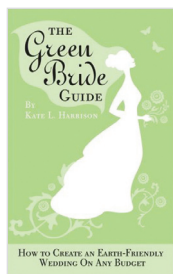


Learn to use a computer if you do not know how already. Bolster your information with a good book (e.g. her own *Sex for Dummies*) and good web sites (sexetc.org and teenpregnancy.org are among those in the appendix). Successful parents transfer control to their young but gradually: Dr. Ruth wisely prefers excess caution to excess freedom. Control yielded to kids is hard to get back. Some examples seem peripheral to sex, but they are used well. For example, cell phones and driving don't mix--especially text messaging: she would take away both phone and driving privileges for a teen who crosses that line.

Dr. Ruth sets limits in a kindly but no-nonsense way. Her conversational style makes heavier material surprisingly approachable, helping the reader to engage with teens. The chapters on social networking via computer and on Internet pornography are clear and essential. The appendix reproduces a contract from MySpace on safe Internet practices. Dr. Ruth is traditional in urging gradual increase of intimacy. She accepts masturbation as normal, and approves of premarital sex if reliable contraception is used and love is mutual. Sexual contortions displayed on porn sites are people acting for pay, not having fun. She cautions about the danger of anal sex, but is accepting of gay relationships. Westheimer has concerns about "friends with benefits," i.e., sexual favors done presumably without strong feelings, therefore with minimal emotional risk. "I'm particularly afraid that this person will be a young girl being taken advantage of by a boy, particularly if she has any self-esteem issues."

A pioneer and prophet in sex education, Dr. Ruth Westheimer offers an antidote to sexualized media in general and Internet porn in particular. Her prescription is sex only with the partner you know and love best, with heart and soul, and when you are fully informed and prepared. This book will help parents, teachers, clergy, and counselors guide teens through the maze of "abstinence only" vs. "Do it" messages. (September 2008) *E. James Lieberman*



**The Green Bride Guide: How to Create an Earth-Friendly Wedding on Any Budget**

**Kate L. Harrison**  
Sourcebooks, Softcover  
\$12.95 (280pp)  
978-1-4022-1345-8

As part of the wedding ceremony in many traditions, the soon-to-be couple drinks from the same cup. On her wedding day in 2007, the author created a new family tradition: she and her husband "were lucky to be able to use the same cup my parents used at their wedding in 1976."

Not only was the bride able to check off the "borrowed" item from her "something old, something new" list, but she also did it the green

way. An engraver simply added their names and the date. Harrison, who works in environmental law and policy, practices what she preaches.

When she and her environmental historian fiancé became engaged two years ago and began planning their own "green" wedding, they found that information was difficult to come by. They persevered, and Harrison shares what she discovered: "A green wedding is about making sustainable choices where possible and practical and doing what you can to lessen the impact of your event."

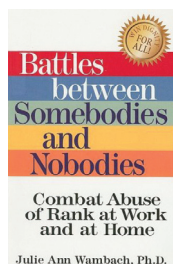
Harrison covers everything, from the engagement to the honeymoon. For example, chapter three ("Here Comes the Eco-Chic Bride") is further broken into segments covering gowns, shoes, veils, jewelry, hair, and make-up. She lists suggestions in ascending order of approximate cost.

Her least expensive alternative for a veil is to borrow one, or go one non-traditional route and convert a lace headscarf or table cover "into a beautiful veil (and no one needs to know)." Other ideas: real flowers, pearl or crystal hairpins, even ribbons or feathers.

Each chapter is filled with this much attention to detail. As a tech-savvy student of the Internet age, she offers multiple Web site addresses for resources. Harrison includes her own Web site, which offers updated product information, photos of "green" in her wedding, and even a question and answer section. Her narration style is very personable; it's like sitting down with a friend to plan the Big Day.

Even if a wedding isn't on the calendar, readers will find many of her ideas can be adapted to their own lifestyle, no matter the party or occasion. A list of all her sources, a recommended reading list, and "sustainability worksheets" which can be photocopied and used when choosing a location or caterer, etc., are all contained in the back of the book. Harrison's hope is: "Do your best, enjoy the process, and know that every green element you choose makes a difference." (December) *Robin Farrell Edmunds*

## SOCIAL SCIENCES



**Battles Between Somebodies and Nobodies: Combat Abuse of Rank at Work and at Home**

**Julie Ann Wambach**  
**Rita van Alkemade,**  
**illustrator**  
Brookside Press, Softcover,  
\$16.95 (224pp)  
978-0-9814818-0-7

School shootings, abuses of power in the workplace, and spousal or child abuse are results of what Dr. Julie Wambach calls "rankism," or "the abuse of position within a hierarchy." Wambach identifies "rankists" as individuals who "move to meet their personal needs while

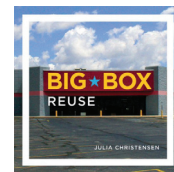
depriving others of their own. They treat humans as objects without concern for individual feelings or safety." Rankist behaviors, whether exhibited by those considered "somebodies," or those seen as "nobodies" within a group, have damaging consequences for the individuals who engage in them, the groups to which they belong, and often, to innocent bystanders.

All social creatures naturally arrange themselves in hierarchies, with different levels claiming for themselves different rights, privileges, and responsibilities. In more complex societies, individuals may belong to more than one hierarchy—a teacher, for example, may be at the highest level in his classroom, but at the bottom in his theatre group. In hierarchies that function well, all members are seen as vital to the efficient functioning of the whole, and are respected for performing their functions well; when a hierarchy is dysfunctional, rank is used as a means to control, or even harm, those of different rank.

The author avers that rankism, which she sees as the cause of violence and wars, is a communication problem. Instead of faulting hierarchies for the problems and battles that occur within them, she asserts that "Rankist battles are created by Somebodies and Nobodies who abuse their position within a hierarchy. Learning to take responsibility for our own parts in rankist battles is an important step toward achieving right-rank and stopping the cycle of rankism."

Wambach is a counselor, workshop leader, speaker, coach, activist, and author who has brought her interest in the dynamics of power in human interaction to the study of abuse in hierarchical structures. She mediates disputes for a variety of governmental and nonprofit agencies. Wambach earned her doctorate in Adult Development and Aging at Arizona State University.

This compelling and much-needed book offers the key to identifying rankist behaviors not just in others, but in oneself, and presents exercises to aid anyone involved in social groups, including parents, educators, managers, and employees in developing the skills that lead to group relationships characterized by mutual respect and dignity. (October) *Kristine Morris*



**Big Box Reuse**

**Julie Christensen**  
MIT Press, Hardcover  
\$29.95 (220pp)  
978-0-262-03379-4

Across America, "big box" stores rise like bland jewels in settings made just for them—huge parking lots and highways built or diverted to direct traffic flow. With the landscape so altered, what happens when a chain abandons a store to build a larger one nearby? Julie Christensen's *Big Box Reuse* examines just that: adaptive reuse of Wal-Marts and K-Marts by communities, business people, and city councils.