

**C A T C H
H E R W H E N
S H E F A L L S**

A L L I S O N B U C C O L A

B O O K C L U B K I T



CHARACTERS

MICAH WILKES

Alex Swift's former girlfriend.
Emily Winters's former best friend.
The only person she trusts is herself.

EMILY WINTERS

Micah's best friend. She was an accomplished ballerina on the path to stardom before she was found dead at a party in the woods.

JOSHUA WINTERS

Emily's brother. A strange kid who quickly became a prime suspect in Emily's murder.

RYAN TERRASEN

Micah's current boyfriend and friend from high school. Sweet, reliable; a campus librarian with a deep love of books.

ALEX SWIFT

Micah's former boyfriend. Caught cheating with Emily shortly before her death. Known as a confident, funny, star athlete before being convicted of Emily's murder.

JULIA REYNOLDS

Alex's current girlfriend. Convinced that he's innocent and will do whatever she can to prove it.

DISCUSSION QUESTIONS

1. Which character in *Catch Her When She Falls* did you like the most, and why? Who did you like the least?
2. Describe Micah and Emily's relationship. How does it evolve throughout the novel—even after Emily's death?
3. "'Maybe he didn't do *that*,' everyone reasoned. 'But he must have done *something*.'" Why do you think it's so easy for people to suspect the "different" or "weird" kid, like Joshua, when something goes wrong?
4. Why didn't Micah go to Emily's funeral? Do you understand her reasoning? Why or why not?
5. "People can be so cruel without realizing it," Micah says. "The ones who watch without helping. The ones who enjoy the spectacle." Do you agree? Why or why not?
6. What do we learn about Emily from her diary? Who do you think is a more reliable narrator—Emily writing in her diary, or Micah narrating the novel? Discuss.
7. How do rumors and conjecture play into the story?
8. How is the dance world portrayed in the novel? Why do you think this field often ends up being so harmful—especially to teen girls?
9. Which scene in the book stuck with you the most?
10. True-crime blogs and message boards, like the novel's No Stone Unturned, are an increasingly familiar aspect of today's culture. Do you think these websites are harmless, helpful, or harmful? Why or why not? Which of these categories does No Stone Unturned fall into?
11. Cindy tells Micah, "We never get to know the whole truth. That's not the way it works." Do you agree? Why or why not?
12. "The truth is we're all capable of monstrous things." What did this quote mean to you when you first read it? Did its meaning change for you once you finished the book?
13. Micah admits at one point that she "only saw what she wanted to believe." Have you ever had an experience like that? Describe it.
14. Discuss the ending of the novel. Were you surprised to learn the truth? Why do you think Micah made the decision she did at the very end?

RECIPES FROM STOMPING GROUNDS : HAM AND CHEESE CROISSANTS

INGREDIENTS :

- ¼ cup unsalted butter, at room temperature
- 2 tbsp. Dijon mustard
- 2 green onions, thinly sliced
- 1 tbsp. honey
- Kosher salt and freshly ground black pepper, to taste
- 12 mini croissants, halved horizontally
- ¾ lb. thinly sliced smoked deli ham
- 6 slices Swiss cheese, diagonally sliced
- 1 large egg white
- 2 tsp. poppy seeds

DIRECTIONS

1. Preheat oven to 375°F. Lightly oil a 9x13" baking dish or coat with nonstick spray.
2. In a small bowl, combine butter, Dijon, green onions, and honey; season with salt and pepper to taste.
3. Spread butter mixture on each side of the croissants; fill with ham and cheese to make 12 sandwiches.
4. Place croissants in a single layer onto the prepared baking dish.
5. In a small bowl, whisk together egg white and 1 tablespoon water. Brush tops of croissants with egg white mixture; sprinkle with poppy seeds.
6. Place into oven and bake until golden brown and toasted, about 15–18 minutes. Let stand 5 minutes.
7. Serve warm.

RECIPES FROM STOMPING GROUNDS : BLUEBERRY SCONES

INGREDIENTS :

- 2 cups all-purpose flour, plus more for hands and work surface
- ½ cup granulated sugar
- 2 and ½ tsp. baking powder
- 1 tsp. ground cinnamon
- ½ tsp. salt
- ½ cup (1 stick) unsalted butter, frozen
- ½ cup heavy cream, plus 2 tbsp. for brushing
- 1 large egg
- 1 ½ tsp. pure vanilla extract
- 1 heaping cup fresh or frozen blueberries (do not thaw)
- For topping: coarse sugar and vanilla icing

DIRECTIONS

1. Whisk flour, sugar, baking powder, cinnamon, and salt together in a large bowl. Grate the frozen butter using a box grater. Add it to the flour mixture and combine with a pastry cutter, two forks, or your fingers until the mixture comes together in pea-sized crumbs. Place in the refrigerator or freezer as you mix the wet ingredients together.
2. Whisk ½-cup heavy cream, the egg, and vanilla extract together in a small bowl. Drizzle over the flour mixture, add the blueberries, then mix together until everything appears moistened.
3. Pour onto the counter and, with floured hands, work dough into a ball as best you can. Dough will be sticky. If it's too sticky, add a little more flour. If it seems too dry, add 1–2 more tbsp. heavy cream. Press into an 8-inch disc and, with a sharp knife or bench scraper, cut into 8 wedges.
4. Brush scones with remaining heavy cream and for extra crunch, sprinkle with coarse sugar. (You can do this before or after refrigerating in the next step.)
5. Place scones on a plate or lined baking sheet (if your fridge has space!) and refrigerate for at least 15 minutes.
6. Meanwhile, preheat oven to 400°F.
7. Line a large baking sheet with parchment paper or silicone baking mat. After refrigerating, arrange scones 2–3 inches apart on the prepared baking sheet(s).
8. Bake for 22–25 minutes or until golden brown around the edges and lightly browned on top. Remove from the oven and cool for a few minutes before topping with vanilla icing.
9. Leftover iced or un-iced scones keep well at room temperature for 2 days or in the refrigerator for 5 days.