

# Kentucky Extension Homemakers Association

Cultural Arts and Heritage



Book List  
2020-2021

Thank you to the following for their contributions to this list:

- Laverne Bush, Jean Chapman, Lelia Gaines, Ann Whitmer, Patricia Matthews, Victoria Faoro, Janet Hobbs, Sharon Newell, Connie Lawson, Donna Wilson, Judith Calkin, Mindy McCulley and Marilyn Watson
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Kim Henken, KEHA State Advisor  
University of Kentucky, Cooperative Extension Services

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## Book List

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The KEHA Cultural Arts and Heritage Program area annually sponsors a reading program. Extension Homemakers may participate by reading one book from six of these nine categories: the arts, biography, family and consumer sciences, fiction, history, Kentucky, religion and spirituality, travel and classics and old favorites. Keep a record of the books read and submit the record to the club Cultural Arts and Heritage chair. The club chair should forward that information to the county chair or to the extension agent. Qualified readers may receive the Cultural Arts Reading Award Bookmark recognition at the county level. Counties are responsible for printing their own bookmark. The bookmark is available for downloading on the KEHA Cultural Arts and Heritage web page.

This is only a suggested list. You may choose your own titles. Your local public librarian many have other suggestions. Local libraries usually belong to the Kentucky Library Network, which allows individuals to borrow books from other libraries through interlibrary loan. If you cannot find the book you wish to read at your local library, ask about this service.

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# THE ARTS

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***Boom: Mad Money, Mega Dealers, and the Rise of Contemporary Art* by Michael Shnayerson (2019)** - The contemporary art market is huge, unregulated, and perplexing. A few key dealers and tastemakers who make multimillion-dollar deals drive it. This book is a concise history of the art market and gives insight into this secret world.

***Dragonfly* by Leila Meacham (2019)** – The U.S. OSS recruits five young college graduates with foreign language skills in French and German for a few weeks training before being placed in Paris with their assignments. One of the group is an artist and devises a way to communicate by the mural she paints. This story will keep you anxious and even offers up a surprise or two.

***Find Your Artistic Voice: The Essential Guide to Working Your Creative Magic* by Lisa Congdon (2019)** - Lisa Congdon is a well-known fine artist and illustrator who has worked for the Museum of Modern Art, Harvard University, Random House Publishing and more. In this book, Congdon addresses artists of all types: professionals, amateurs, hobbyists and more. She gives tips so others can identify, define and nurture their unique artistic style.

***Keep Going: 10 Ways to Stay Creative in Good Times and Bad* by Austin Kleon (2019)** - Author and artist Austin Kleon follows up his two previous New York Times bestselling books, *Steal Like an Artist* and *Show Your Work!* With this short volume on unlocking creativity. This book offers 10 rules on how to keep your creativity going even when you feel like it has dried out.

***The Art of Looking Up* by Catherine McCormack (2019)** – Features photography of exceptional ceilings from over the world. This book provides a handbook of ceilings from Italy and to buildings in Washington, DC.

***The Art of Discarding: How to Get Rid of Clutter and Find Joy* by Nagisa Tatsumi (2017)** – Inspires a young woman to begin cleaning up her closet. The book urges people to get the courage and get rid of things they really do not need. It also offers advice on how to tackle pile-ups in your home and how to take control of your space.

***You Are an Artist: Assignments to Spark Creation* by Sarah Urist Green (2020)** - This book contains 50 prompts for anyone who wants to make art — even if you're not very good at it. Curator Sarah Urist Green, creator of *The Art Assignment*, compiles a list of ideas and facts that will have you be more creative.

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# BIOGRAPHY

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***Hidden Valley Road: Inside the Mind of an American Family* by Robert Kolker (2020)** - This biography explores the life of the Galvins; a family who seemed to be living the American Dream during the baby boom after the Second World War. However, out of twelve children, six of them were diagnosed with schizophrenia. As a result, the Galvins became one of the first families studied by the National Institute of Mental Health. Their story reveals the history of mental health treatment in America during the mid-20th century.

***Maureen O'Hara: The Biography* by Aubrey Malone (2019)** – In this first book-length biography, Aubrey Malone chronicles the life of Maureen O'Hara from her childhood in Ireland to the height of her career and fame in Hollywood.

***Sword and the Shield: The Revolutionary Lives of Malcolm X and Martin Luther King Jr.* by Peniel E. Joseph (2020)** - This dual biography explores the divergent activism methods of Malcolm X and Martin Luther King Jr. and provides an in-depth analysis of their ideological rivalry and corresponding political goals.

***The Tattooist of Auschwitz* by Heather Morris (2018)** - A vivid, harrowing, and ultimately hopeful re-creation of Lale Sokolov's experiences as the man who tattooed the arms of thousands of prisoners with what would become one of the most potent symbols of the Holocaust. *The Tattooist of Auschwitz* is also a testament to the endurance of love and humanity under the darkest possible conditions.

***Untamed* by Glennon Doyle (2020)** - This memoir by feminist activist and bestselling author Glennon Doyle is a story full of self-love and empowerment. Part coming-out story, part galvanizing encouragement to show up to ourselves and the people we love fully, this book is a tender and soulful look into what it means to be a woman who is truly herself.

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## CLASSICS and OLD FAVORITES

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***Anne of Green Gables* by Lucy Maude Montgomery (2015)** - When Marilla and her brother Matthew Cuthbert, residents of Green Gables on Canada's beautiful Prince Edward Island, send away for an orphan boy to help them on the farm they, instead, receive a girl — the bright and talkative Anne Shirley. After deciding to keep her on, they adjust to life with Anne as she gets herself into scrape after scrape and warms the town to her with her wit and charm. This classic tale is full of warmth and heart.

***Little Women* by Louisa May Alcott (2018)** – Novel of the lives of four sisters Meg, Jo, Beth and Amy which details their passage from children to women. However, this book based on the author and her sisters.

***The Call of the Wild* by Jack London (2019)** – A dog name Buck becomes a leader of the wild along with a gold prospector while exploring nature and the fight for existence in the Alaskan Landscape.

***They Loved to Laugh* by Kathryn Worth (1997)** - Cries and happiness interchange in this book of a young girl's development to womanhood in the 1830's. 16-year-old orphan Martitia Howland moved into a Quaker farm family of five sons and one judgmental daughter. As she runs their gauntlet, she begins to flourish and gain the skills they expect of her and discovers other talents all her own.

***The Hobbit; or There and Back Again* by J.R.R. Tolkien (2012)** - In this fantastical prequel to Tolkien's classic *Lord of the Rings* series, a hobbit, Bilbo Baggins, finds himself on an epic adventure when he would much rather be holed up in his home with his books and his tea. This epic tale is perfect for children and adults alike.

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## FAMILY and CONSUMER SCIENCES

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***Beyond Behaviors: Using Brain Science and Compassion to Understand and Solve Children's Behavioral Challenges* by Mona Delahooke, PhD (2019)** -This book is an accessible look into how children's behaviors indicate deeper needs. It includes worksheets and charts to help explain what children need from parents, educators and other authority figures to create healthy and secure attachments.

***Cottage by the Sea* by Debbie Macomber (2019)** – In this book, a young woman decides to sub come to all the problems in her life and leave to go where she has always felt safe, had fun, and enjoy her family, the family cottage by the sea. This is a book helps the understanding of diversity of others and accepting of individual differences. As you read, you are able to see ways of handling and helping accept family and/or individual problems of living your life.

***Juggling Elephants* by Jones Loflin and Todd Mustig (2007)** – This easy reading book offers strategies and tips for focusing your time and energy through the example of a three-ring circus. The book will help you relate the concepts associated with managing a circus to your life, your involvements, and your activities. A worksheet for use with the book is available at [www.jugglingelephants.com](http://www.jugglingelephants.com).

***Magnolia Table, Volume 2: A Collection of Recipes for Gathering* by Joanna Gaines (2020)** - This cookbook from Joanna Gaines of HGTV's hit show Fixer Upper and of the Magnolia home brand is a sequel to her first New York Times bestselling cookbook. This book includes family recipes that have been beautifully photographed and lovingly explained.

***Maid* by Stephanie Loud (2019)** – Hard work, low pay, and a mother's will to survive are related in this personal narrative of Stephanie's struggles with a system that works against any gains or steps forward a person might make. An eye-opening story of how Stephanie was able to achieve her dream of a college education.

***Medical Medium* by Anthony Williams (2015)**- Medical Medium reveals the root causes of diseases and explores all-natural solutions for dozens of the illnesses that plague us, including Lyme disease, fibromyalgia, adrenal fatigue, chronic fatigue syndrome, hormonal imbalances, Hashimoto's disease, multiple sclerosis, depression, neurological conditions, chronic inflammation, autoimmune disease, blood-sugar imbalances, colitis and other digestive disorders, and more. Whether you have been given a diagnosis you do not understand, you have symptoms you do not know how to name, or someone you love is sick, Medical Medium offers the answers you need.

***The Life Changing Magic of Tidying Up* by Marie Kondo (2014)** - This book takes tidying to a completely new level, promising that if you properly simplify and organize your home once, you will never have to do it again. The KonMari Method, with its revolutionary category-by-category system, leads to lasting results. With detailed guidance for determining which items in your house "spark joy" (and which do not), this international bestseller featuring Tokyo's newest lifestyle phenomenon will help you clear your clutter and enjoy the unique magic of a tidy home-and the calm, motivated mindset it can inspire.

***The Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child* by Daniel J. Siegel, M.D. and Tina Payne Bryson, PhD (2019)** - This book addresses children's reactive no-brain responses which in many contexts, can often be negative and lead to children acting out or shutting down. The authors of this book suggest a way forward to cultivate openness and curiosity within children through teaching balance, resilience, insight and empathy.

***We are called to Rise* by Laura McBride (2015)** – Three lives are bound together by a split-second mistake and a child's fate hangs in the balance. What happens next will test and restore your faith in humanity. Set far from the Las Vegas strip, three lives collide.

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# FICTION

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***A Moonbow Night* by Laura Frantz (2017)** – The plot pivots around a little known incident in the life of Daniel Boone, 18<sup>th</sup> century Kentucky and Cumberland Falls.

***Finding Dorothy* by Elizabeth Letts (2019)** – The richly imagined novel tells the story behind the Wonderful Wizard of Oz.

***Little Fires Everywhere: A Novel* by Celeste Ng (2019)** - This novel is a #1 New York Times bestseller that has just been made into a Hulu original series starring Reese Witherspoon and Kerry Washington. Touching on the nature of secrets, identity, motherhood, and race, the book follows the lives of the Richardson family and a mother and daughter who turn their lives upside down.

***Long Way Gone* by Charles Martin (2017)** - "No matter where you go, no matter whether you succeed or fail, stand or fall, no gone is too far gone. You can always come home." At the age of 18, musician and songwriter Cooper O'Connor drove 1,200 miles from home to Nashville, his life riding on a six-string guitar and the bold wager that he had talent. His wager soon proved foolish. Five years after losing everything, he falls in love with Daley Cross, an angelic voice in need of a song. Just as he realizes his love for Daley, Cooper faces a tragedy that threatens his life as well as his career. With nowhere else to go, he returns to his remote home in the Colorado Mountains, searching for answers about his father and his faith. When Daley shows up on his street corner 20 years later, he wonders if it is too late to tell her the truth about his past - and if he is ready to face it. *Long Way Gone* takes us from tent revivals to the Ryman Auditorium to the tender relationship between a broken man and the father who never stopped calling him home.

***On the Come Up* by Angie Thomas (2020)** - This young adult novel shares the story of Bri, a 16-year-old rapper whose father, an underground rap legend, died before he was able to make his claim to fame. Bri participates in her first rap battle and then goes on to battle with her family's poverty, the labels and views of others, and how fame can change a person.

***The Astonishing Color of After* by Emily X.R. Pan (2018)** - This young adult novel covers the subjects of familial love, beauty and grief in a unique and gripping way. After her mother's death by suicide, Leigh Chen Sanders begins seeing a mysterious bird and is convinced that it is her mother with a special quest for her. Leigh travels to her mother's childhood home in Taiwan as she grapples with her grief, her rocky relationship with her dad, a special friendship that may be turning into something more, and the struggle of being both American and Taiwanese but feeling like she doesn't fully fit in anywhere.



***The Bridge to Belle Island* by Julie Klassen (2019)** - A lawyer will never trust a pretty woman again after an embarrassing error. A friend was killed, and the senior partner asks Benjamin to investigate which takes him to Belle Island. However, he finds himself falling in love with the main person of interest in the death of this person and several others.

***The Dutch House* by Ann Patchett (2019)** - This family drama is a dark fairy tale about the love between a brother and sister who were exiled from their childhood home. It centers on the looming shadow of the mansion that Maeve and Danny grew up in before their lives turned upside down.

***The End of October: A Novel* by Lawrence Wright (2020)** - This eerily timely thriller tells the fictional tale of a viral pandemic and its impact on social, scientific, and governmental institutions as it spreads across the globe.

***The Island of Sea Women* by Lisa See (2019)** - The Island of Sea Women takes place largely on the remote Korean island of Jeju. It follows Young-sook and Mi-ja, girls from strikingly different backgrounds who bond over their shared love of the sea. Working in their village's all-female diving collective, the two friends come of age in a community where gender roles are anything but typical. Here, women are the primary breadwinners, the heads of household in all but name, and yet, as Mi-ja and Young-sook come to realize, there are limits to their control that can prove devastating. This book explores the complexities of female friendship and introduces readers to the strong and spirited female divers of Jeju Island.

***The Oysterville Sewing Circle* by Susan Wiggs (2019)** – Story about domestic violence and women supporting women. Caroline flees the fashion world of Manhattan to return to her hometown where she finds things have changed. She starts a sewing circle as a safe place for women to meet and feel safe.

***Where the Crawdads Sing* by Delia Owens (2018)** - This New York Times bestselling novel blends the genres of murder mystery and coming-of-age tale. Set in the marshes of North Carolina in the late 1960s, this book tells a tale of a sensitive, intelligent girl whose life changes is shaped by the beauty and violence of the natural world.

***Where the River Ends* by Charles Martin (2009)** – Doss a fishing guide and struggling artist from a south Georgia trailer park and Abbie a beautiful child of South Carolina's senator. Abbie is faced with a life-threatening disease and before she loses the her battles with this disease she makes a bucket list of things she want to do and her husband is with her all the way.

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# HISTORY

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***A Simple Justice: Kentucky Women Fight for the Vote* by Melanie Beals Goan (2019)** – One hundred years ago, women were granted the right to vote through the passage of the nineteenth amendment. This book provides an understanding of the women’s suffrage movement in Kentucky by focusing on the people who labored to ensure the first for the vote was won.

***Lincoln on the Verge: Thirteen Days to Washington* by Ted Widmer (2020)** - This book gives special attention to the 13-day journey Lincoln made to Washington when he was elected president. His journey was grueling and gave him many obstacles to overcome before he could even take his oath of office. This book shows Lincoln’s strength and courage as he draws up the strength needed to lead a divided nation.

***No Man’s Land: The Trailblazing Women Who Ran Britain’s Most Extraordinary Military Hospital During World War I* by Wendy Moore (2020)** - This is the story of two suffragette doctors who bravely treated those injured in the battlefields of World War I. Through their skill, determination, and expert care, they were able to transform modern medicine and pave a way forward for female doctors.

***The Book Woman of Troublesome Creek* by Kim Michele Richardson (2019)** - Inspired by the genuine and old blue-skinned people of Kentucky and the brave and dedicated Kentucky Pack Horse library service, this book is a bold story. It is a hard life for the folks of Troublesome Creek in Eastern KY; they have everything they need besides books. This is a story set during the Great Depression and a New Deal program that brought books to the remote areas by the horseback librarians. It is a tale of strength and of one woman’s belief that books can carry us everywhere.

***The Flight Girls* by Noella Salazar (2019)** – During WWII women were not permitted to serve in combat. As the war progressed, a woman who was a licensed pilot convinced the military to allow the training of a group of female pilots to fly military planes to military bases in order to free the soldiers for fighting. This book tells the stories of the female pilots as they train to survive under enemy fire, the friendships that develop and the final recognition received long after the war ended.

***The Girls of Pearl Harbor* by Soraya M. Lane (2019)** – On December 7, 1941, three nurses had just arrived to an ideal life at Pearl Harbor. One nurse stationed on a Navy ship in the harbor. On that day, four nurse’s lives were connected forever due to the bombing of Pearl Harbor by the Japanese changing their lives for their lifetime. This book tells their struggles, despair, hardships, use of nursing skills and long hours spent trying to save soldiers’ lives. Many of whom were close personally or of the same age.

***The Splendid and the Vile: A Saga of Churchill, Family and Defiance During the Blitz* by Erik Larson (2020)** - This book tells the story of Winston Churchill's resilience and leadership during the Blitz in London. The story masterfully told while giving insight into an important era of world history.

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## KENTUCKY

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***Don't Overthink It* by Anne Bogel (2020)** - Anne Bogel is a Louisville, Kentucky native, an author, and a well-known voice in the reading world thanks to her blog, "Modern Mrs. Darcy," and her podcast, "What Should I Read Next?" In her third book, "Don't Overthink It," Bogel offers tips for getting out of your head, making decisions, and getting more out of life. Anne shares personal stories and experiences with her usual warmth and charm.

***Down Cut Shin Creek: The Pack Horse Librarians of Kentucky* by Kathi Appelt and Jeanne Cannella Schmitzer (2019)** - During the Great Depression, President Roosevelt introduced innovative programs designed to get people back to work. Among these programs was the Pack Horse Librarian Project of Eastern Kentucky. This book gives the history of this program along with period photographs.

***John Prine: In Spite of Himself* by Eddie Huffman (2015)** - This biography outlines Prine's early life and musical career, weaving behind-the-scenes anecdotes into the artist's more well-known history. Heavily quoting Prine himself, Huffman conveys a fascinating portrait of one of the most influential songwriters of our time.

***Kentucky Wildlife Encyclopedia: An Illustrated Guide to Birds, Fish, Mammals, Reptiles, and Amphibians* by Scott Shupe (2018)** - This book is a layman's guide to Kentucky wildlife. It includes over 800 colored photographs and 600+ range maps of their territories.

***The Cancer Crisis in Appalachia: Kentucky Students Take Action* by Nathan L. Vanderford (Editor), Lauren Hudson (Editor), Chris Prichard (Editor) (2020)** - This book contains essays of 20 high school and five undergraduate students who are participants in the Appalachian Career Training in Oncology Program at the University of Kentucky Markey Cancer Center. The student essays describe the effects of cancer problems and deaths of the communities of fifty-four Appalachian counties.

***The Giver of Stars* by Jojo Moyes (2019)** - Based on the true story of Eleanor Roosevelt's traveling library into the Kentucky Mountains. Set in depression era, five women riding on horseback delivering books to families in the mountains.

***The Martin Family Legacy: There is Always Room for one More...* by Barry Duvall -**

This book tells the history of Muhlenberg County, Kentucky and a compelling history of the legacy of the Laurenza Martin family and the impact this family has on Kentucky and other places. This is different from a typical biography in which one person is discussed as this book provides biographical information of the seven generations in the context of life within Muhlenberg County, Kentucky and the bioregions the fifth generation moved during the Black migration of the 1940s and 1950s.

***Voices of African Immigrants in Kentucky: Migration, Identity, and Transnationality* by Francis Musoni, Iddah Otieno, Angene Wilson and Jack Wilson (2020) -** Based on oral history interviews with African-born immigrants in Kentucky, this book recounts their unique experiences and reasons for immigrating to the Bluegrass.

***Waverly: A Novel* by Amy Bellamy (2019) –** A fictionalized account of the last public execution (hanging) in 1936. Kentucky overseen by a woman sheriff. In all probability the young black man accused, tried, and found guilty was not actually guilty of the killing and rape of a kind elderly woman.

***What I Stand On: The Collected Essays of Wendell Berry 1969-2017: (A Library of America Boxed Set)* by Wendell Berry (2019) -** Kentucky-native Wendell Berry is a fierce advocate for our planet, for local farmers, and is a prolific writer. This set includes a wide selection of his essays.

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## RELIGION and SPIRITUALITY

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***Becoming Supernatural: How Common People Are Doing the Uncommon* by Dr. Joe Dispenza (2019) -** This book explores the link between science and spirituality. It offers concrete practices that people can follow to become more spiritual and have more mystical experiences.

***Becoming Us* by Robin Jones Gunn (2019)–** A story of family and friendship of courage and spirit. A sweet and beautiful tale of letting to and letting God.

***Everything Happens for a Reason: And Other Lies I've Loved (Christian Nonfiction/Memoir)* by Kate Bowler (2018) -** Kate Bowler, a 35-year-old professor of divinity at Duke and a young wife and mother is diagnosed with stage IV colon cancer. In this book she walks readers through her personal, moving story as she grapples with her faith in the face of loss and pain.

***Get Out of Your Head: Stopping the Spiral of Toxic Thoughts* by Jennie Allen (2020)** - This book is written from a Christian perspective by Jennie Allen, the person behind the popular “IF:Gatherings.” In this book, Allen suggests ways to use faith to cope with toxic negativity and spiraling thoughts.

***The Purpose Driven Life* by Rick Warren (2012)** - You are not an accident. Even before the universe was created, God had you in mind, and he planned you for his purposes. Rick Warren will guide you through a personal 40-day spiritual journey that will transform your answer to life's most important question: What am I here for? This is a book of hope and challenge that you will read and re-read.

***Why Buddhism is True: The Science and Philosophy of Meditation and Enlightenment* by Robert Wright (2017)** - This book works to show how psychology, philosophy, and meditation reveal some core truths associated with Buddhist belief and practice. This book shows the value of meditation in building a spiritual life.

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## Travel

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***Kentucky Bourbon Country: The Essential Travel Guide* by Susan Reigler (2019)** – Now in its third edition, the book provides updated information and advice for those interest in a trip to Kentucky distilleries or visits to the restaurants and bars on the Urban Bourbon Trail.

***Literary Places (Inspired Travelers’ Guides)* by Sarah Baxter (2019)** - This book takes you on a journey through the most memorable places in literature. It is well-researched and includes beautifully drawn artwork. From James Joyce’s Dublin to Salinger’s New York City, travel journalist Sarah Baxter transports to you these places.

***Lonely Planet’s Best In Travel 2020* by Lonely Planet (2019)** - The book presents the ten best places to travel in the country, region and city. It tells a person were to begin, to go and what things you should experience.

***Wanderlust USA* by Cam Honan (2019)** - Many people daydream of traveling all over the world. However, this book shows plenty of places within the United States to travel and check out images of landscapes around our beloved country.

***Wherever You Go: A Guide to Mindful, Sustainable, and Life-Changing Travel* by Daniel Houghton (2019)** - Daniel Houghton, former CEO of the Lonely Planet travel guide publisher and a graduate of Western Kentucky University, was tasked with traveling the world and reporting back. In this book, Houghton shares the wisdom he has gained about travel's ability to transform our awareness and develop our empathy.

