

Kentucky Extension Homemakers Association

Cultural Arts and Heritage



BOOK LIST

2018 – 2019

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

- **Cindy Cassady, Metcalfe County Extension Homemaker Member and retired librarian**
- **Jo Staggs Neel, Librarian, University of Kentucky W. T. Young Library**
- **Dr. Cherry Kay Smith, Assistant Director for FCS Extension Field Programs, University of Kentucky Cooperative Extension Service**

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University of Kentucky, Cooperative Extension Service

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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 that 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 may 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.

THE ARTS

Black Bone: 25 Years of Afrilachian Poets (2017) edited by Bianca Lynne Spriggs and Jeremy Paden – The poetry in this book highlights the multicultural identity that exists within the Appalachian region. Both new and classic works written by Frank X Walker, Nikky Finney, Gerald Coleman, Crystal Wilkinson, Kelly Norman Ellis, and others are featured in this book.

Clothing Art (2017) by Aileen Ribeiro – This book highlights the connection between art and clothing that has existed throughout history. Starting in the 1600s and going through 1914, the author writes about how fashion has changed over time and how artists have found their inspiration by looking to fashion and style.

Golden Kingdoms - Luxury Arts in the Ancient Americas (2017) by Joanne Pillsbury (Editor); Timothy Potts (Editor); Kim N. Richter (Editor) – The historic and cultural art of ancient Peru, Colombia, Panama, Costa Rica, Guatemala, and Mexico are presented in this book. Accompanied by an art exhibition, the book is focused specifically on Ancient American groups. Three hundred works of art are featured in the book, many of which have never been seen before.

A Small Porch: Sabbath Poems 2014 and 2015 (2016) by Wendell Berry – Spending his sabbath outside, Wendell Berry writes his poems about life, culture, agriculture and his own reflections while sitting on a small porch in the woods. Each year, Wendell releases his series of poems based off the date that they were composed, the years 2014 and 2015 are presented in the same series.

BIOGRAPHY

I Am Brian Wilson: A Memoir by Brian Wilson and Ben Greeman (2016) - Brian Wilson, co-founder of the Beach Boys, is recognized by most as a musical genius. His uncanny ability to hear unique harmonies in his head changed the music of his time and influenced many musicians that followed him. He readily and frankly describes mental health issues and the role he feels drugs played in the life struggles he has conquered. The 2015 movie, *Love & Mercy*, was released to chronicle his life, however, Wilson's memoir adds detail providing insight into the face of mental illness.

He's Got Rhythm: The Life and Career of Gene Kelly by Cynthia Brideson and Sara Brideson (2017) – Using articles and interviews from his life, the authors delve into the complex life of Gene Kelly. Not only does the book highlight his Hollywood success, but it takes a look into his life outside of his career which includes his relationships, competitiveness, and his views on Hollywood.

Jefferson: Architect of American Liberty by John B. Boles (2017) – An extensive biography of Thomas Jefferson which goes through his different jobs and roles from politician to paleontologist and bibliophile. This biography also looks into Jefferson's perspective on race, patriarchy, democracy, and abolition.

Oscar Wilde: The Unrepentant Years by Nicholas Frankel (2017) – This book follows Oscar Wilde after his time spent in an English prison. Frankel zooms in on Wilde's final years which were filled with poverty and transition in Europe. The author aims to explain the misunderstandings about Wilde, his experiences, and his relationships.

Educated: A Memoir by Tara Westover (2018) – Born to survivalist parents in Idaho, Tara lived a life that was separate from the mainstream life of most Americans. Tara was shown life outside of her home by her brother, which started her interest in a new life. Tara graduated from Brigham Young University and then went onto Harvard and then Cambridge University. Self-invention, strained family relationships, and the meaning of education are all explored in this memoir.

I Can Only Imagine by Bart Millard and Robert Noland (2018) – Bart Millard, lead musical artist of MercyMe, writes about his journey with his father. The hit song, "I Can Only Imagine" was inspired by the difficult relationship Millard had with his father, which was eventually healed through ministry and music. Millard walks the reader through how his faith, family, and music were shaped by his trust in God.

Van Gogh's Ear by Bernadette Murphy (2016) – Known as one of the most well-known events in Van Gogh's life, the author takes the reader through the true story of the event. Murphy travels through Europe to uncover more information about Van Gogh and his interesting life and his relationships. Through detection and new information, the author develops a new hypothesis regarding the incident with Van Gogh's ear.

FAMILY AND CONSUMER SCIENCES

The Historic Kentucky Kitchen: Traditional Recipes for Today's Cook by Deirdre A. Scaggs and Andrew W. McGraw foreword by John van Willigan (2016) – 100 dishes taken from hand written recipes, cookbooks, and scrapbook clippings are used in this book to highlight the traditions of Kentucky home cooking. In the book, the kitchen is seen as somewhere in which family, history, and culture come together in one place. The book provides the history behind the dishes and offers tips to help modern chefs recreate these nineteenth and twentieth century recipes.

Raising Kids to Thrive: Balancing Love with Expectations and Protection with Trust by Kenneth R. Ginsburg (2015) – This book uses resilience and youth development concepts to show parents how to approach parenting children. There are several strategies provided in the book to help parents raise happy, successful adults.

Downsizing the Family Home: What to Save, What to Let Go by Marni Jameson, foreword by Mark Brunetz (2016) - Downsizing can seem like an intimidating task; however, Marni Jameson provides a guide that will aid in starting the process. Professionals provide their insights throughout the book to help you decide what to keep, sell, or toss.

Floret Farm's Cut Flower Garden: Grow, Harvest, and Arrange Stunning Seasonal Blooms by Erin Benzakein and Michele M. Waite (2017) - Erin Benzakein is popular for her flower farm, Floret Flower Farm. In this book, she guides the reader through different seasonal arrangements and how to grow flowers in a variety of climates. Perfect for any skill level, this book is full of beautiful flowers and how to create floral garlands and centerpieces.

Quiet: The Power of Introverts in a World That Can't Stop Talking by Susan Cain (2013) - The author introduces readers to the strengths and societal contributions of both famous and non-famous introverts, in spite of living in a culture that rewards extroversion. She leads readers to better understand introverts and provides excellent strategies for how to negotiate the differences, even how to empower an introverted child to be their best in a world that won't stop talking.

FICTION

Circe by Madeline Miller (2018) – Circe is the daughter of the titan Helios and Perse, who becomes friends with mortals. When she is banished to an island by herself, she hones her powers in witchcraft and has to make the decision to be part of the gods, or stand with the mortals.

After Anna by Lisa Scottoline (2018) - Dr. Noah Alderman and Maggie Ippolitti, just recently married, welcome Maggie's estranged daughter, Anna, back into their family and home. Trouble begins to shake the family and the marriage. Maggie has to decide whether to trust the man she loves, or learn the truth about her perfect life.

Little Fires Everywhere by Celeste Ng (2017) – This book follows the story of the perfect, rule-following family, the Richardsons, and their relationship with a mother and daughter, Mia and Pearl Warren, who have contempt for the status quo. After Mia and Pearl rent a home from the Richardsons, Elena Richardson becomes obsessed with learning about the Warrens' history.

Before We Were Yours by Lisa Wingate (2017) - The story begins in Memphis in 1939, when a mother and father must rush to the hospital one night, and leave their daughter, Rill Foss, and her four siblings home alone. Strangers come and take the children away, but assure the children they will be reunited with their parents. However, the children find themselves in an orphanage. The story picks up, present day, in South Carolina with the story of Avery Steed, who was born into a wealthy family. When Avery begins to question her family history, she finds out a secret which may change her life forever. Based off the Georgia Tann's Children's Home Society scandal, in which poor children were taken and sold to rich families in Tennessee.

Small Great Things by Jodi Picoult (2018) – Ruth Jefferson is a labor and delivery nurse who is assigned to a white supremacist couple, who does not want her to touch their child. When the baby goes into cardiac arrest while Ruth is in the nursery, she must make the decision to intervene or follow the family's request. Ruth ends up being charged with a crime and is assigned a white public defender, Kennedy McQuarrie. Kennedy and Ruth must learn about each other, and question whether their previously held beliefs about each other were true.

Camino Island by John Grisham (2018) – This story follows Bruce Cable, a rare books collector, who has a darker secret that no one knows about, and Mercer Mann, a novelist. The two become intertwined when Mercer has an opportunity to join Cable's group of friends. Mercer begins to learn too much too fast about Cable's secrets, and runs into trouble.

Hitchhiker: Stories from the Kentucky Homefront (2017) by Bob Thompson – This collection of stories intertwines ghosts from the past with real and imagined worlds. The stories progress from the author's childhood in rural Kentucky through the coming of age of a baby boomer, interweaving memoirs, folk traditions and ghost stories.

HISTORY

Endless Caverns: An Underground Journey into the Show Caves of Appalachia by Douglas Reichert Powell (April 2018) – The Appalachian caves are an expansive network that have provided an opportunity for a popular tourist attraction. These show caves are beautiful, interesting, and sentimental. The author takes the reader through the caves, introduces the people who own and operate them, and shows how the caves have changed over the years.

Flags Across America by Karen S. Robbins & Dale Baskin (2018) – This book goes through different images of the American Flag throughout history. The author shares stories about the flag from people across the country including athletes, POWs, Tuskegee Airmen, and more.

Edith's War: Writings of a Red Cross Worker and Lifelong Champion of Social Justice by Peter A. Witt (2018) – Edith Witt joined the Red Cross during World War II and after her service during the war, she continued to serve and advocate for others. Her nephew, Peter A. Witt, reveals further information on Edith's life by looking through letters and papers which provide insight into her life as a social justice advocate.

Into the Storm: Two Ships, a Deadly Hurricane, and an Epic Battle for Survival by Tristram Kortem (2018) – This book details the events of September 2015, when Hurricane Joaquin hit near the Bahamas. Kortem tells the story of two ships in the path of destruction and the events that unfolded on board both. The book recounts the steps taken by both crews and Coast Guard to find and save both ships during the storm.

Kentucky and The Great War: World War I on the Home Front by David J. Bettez (2016) – This book provides the first comprehensive analysis of the impact World War I had in the Bluegrass State. It examines the impact on society, politics, economy and culture in Kentucky, as well as explores issues like women's suffrage and child labor.

KENTUCKY

Forty Minutes to Glory: Inside the Kentucky Wildcats' 1978 Championship Season by Doug Brunk (2017) – Taking the reader behind-the-scenes, this book goes through interviews with each surviving member of the 1978 Kentucky Wildcat basketball team. The book goes through the beginning of the season, all the way until the 1978 National Championship game where the Wildcats won 94-88 over the Duke Blue Devils.

Who Killed Betty Gail Brown? Murder, Mistrial, and Mystery by Robert G. Lawson (2017) - Betty Gail Brown was murdered October 26, 1961. After a confession and a mistrial, the murder has never been solved. Lawson provides the reader with police and court records, newspaper articles, and personal files to revisit this famous Kentucky case.

The Mentelles: Mary Todd Lincoln, Henry Clay, and the Immigrant Family Who Educated Antebellum Kentucky by Randolph Paul Runyon (2018) - Charlotte Mentelle and Augustus Waldemar came to Lexington, Kentucky in 1798. During their time in Lexington, they taught Mary Todd Lincoln and were close acquaintances with Henry Clay. However, the Mentelles struggled throughout their time in the Bluegrass, which Runyon chronicles in this book.

Yesterdays are Forever by Elizabeth Booth Marshall (2012) – Kentucky author Elizabeth Booth Marshall shares her story of life up in the foothills of Appalachia during the post-depression and World War II years. The book chronicles a time before technology when a tablet was a pad of paper and children often attended one-room schools.

The Origins of the Cornbread Mafia by Joe Keith Bickett (2016) - The author was one of the central Kentucky marijuana-producers that James Higdon wrote about several years ago in his book entitled *Cornbread Mafia*. Bickett's book provides the context in which the group organized, as well as how they came to be known as "the Cornbread Mafia". He recounts details and locations of the group's operations resulting from his first-hand, personal participation and having lived through it!

RELIGION and SPIRITUALITY

Everybody, Always by Bob Goff (2018) – In his newest book, Goff encourages the reader to love all people, even when times or people are not easy. By writing about his own experiences and lessons, Goff shows how to love one another without restriction or fear.

I've Been Thinking: Reflections, Prayers, and Meditations for a Meaningful Life by Maria Shriver (2018) - This book is perfect for women who are seeking both hope and grace within their lives. Shriver shares her own quotes and prayers to help the reader get through the difficult, every day details of life.

Strength in Stillness: The Power of Transcendental Meditation by Bob Roth (2017) - Meditation is broken down in an easy way to help the reader build resilience, lower stress, and access their inner power. Roth provides his insights into the types of meditation and how they can help reduce the effects that long-term stress has on our bodies and our emotional health.

Everything Happens for a Reason: And Other Lies I've Loved by Kate Bowler (2018) - As a Divinity student at Duke University, Kate Bowler believes in and studies the prosperity gospel. Everything in her life is going well, until she is diagnosed with Stage IV colon cancer. Throughout the book, Bowler writes about her experience as someone who is dying in a world where she is told "everything happens for a reason" and how that changed the way she lived.

Dying to Eat: Cross-Cultural Perspectives on Food, Death, and the Afterlife edited by Candi K. Cann with contributions by Emily Wu, Jung Eun Sophia Park, Joshua Graham, Lacy K. Crocker, Gordon Fuller, David Oualaalou, Christa Shusko, and Radikobo Ntsimane (2018) - This book delves into the traditions of food and the afterlife across cultures. Looking at food culture in Southern United States to rituals in Buddhism and Catholicism, the contributors highlight the ways in which humans create bereavement rituals.

Sufism: A New History of Islamic Mysticism by Alexander Knysh (2017) - Knysh provides an in-depth look into Sufism and how it grew from Islam. History, definitions, and practices of Sufism are all described in the book. Further, Knysh draws connections and parallels between Sufism, Judaism, and Christianity.

TRAVEL

The Italians by John Hooper (2015) - After spending fifteen years as a correspondent in Italy, John Hooper shares his observations and experiences of the Italian people. Hooper writes about everything from politics and history to food and opera.

Not Tonight, Josephine: A Road Trip Through Small-Town America by George Mahood (2016) – Two Brits take off across the United States to find the “real America.” Traveling from New York to California, Mahood finds himself in a variety of hilarious situations as he embarks with his friend Mark on a journey across the country.

North: Finding My Way While Running the Appalachian Trail by Scott Jurek (2018) - Scott Jurek’s goal was to beat the record for running the Appalachian Trail. Throughout the book, Jurek shares his inspirational story about doing your personal best, whether you are a runner or non-runner.

Kentucky Bourbon Country: The Essential Travel Guide, second edition by Susan Reigler (2016) - Detailing each of the bourbon distilleries in the state, this book provides an information guide for the bourbon lover. Reigler features 200 pictures, a glossary of bourbon terms, and little-known facts about each distillery.

CLASSICS and OLD FAVORITES

Jayne Eyre by Charlotte Bronte - A coming of age story that highlights Jane Eyre’s spirit and integrity. This classic novel emphasizes the importance of a strong female protagonist.

The Beautiful and the Damned by F. Scott Fitzgerald - Set in the Jazz Age, this book follows the rise and fall of the extravagant life of Anthony Patch and his wife, Gloria.

The Adventures of Sherlock Holmes, Volume I by Arthur Conan Doyle - Four novels and fifty-six short stories comprise this novel about the popular detective, Sherlock Holmes.

The Age of Innocence by Edith Wharton - During the Golden Age of New York, the book follows the lives of May Welland, Countess Ellen Olenska, and Archer, who is in love with both women and must make a decision that will define or destroy his life.

Narrative of the Life of Frederick Douglass by Frederick Douglass - Douglass recounts his time as a slave, his escape to the North, and his journey of educating himself in this biography about his life.

Don Quixote by Miguel de Cervantes - After reading tales of chivalry, Don Quixote decides to become a knight himself. Along with his squire, Sancho Panza, they adventure throughout Spain and get into many exploits.