BOOK LIST
2009 to 2010

Kentucky Extension Homemakers Association
BOOK LIST 2009 to 2020

The KEHA Cultural Arts and Heritage program area annually sponsors a reading program. Extension Homemakers may participate by reading one book from six of the ten categories listed: the arts, biography, family and consumer sciences, family life, fiction, history, Kentucky, religion, travel, or children’s (preschool, primary, and middle school).

Keep a record of the books you read and submit that record to your local Cultural Arts and Heritage chair. Qualified readers may receive the Cultural Arts Reading Award.

Remember, 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 inter-library loan. If you cannot find the book you wish to read, ask about this service.

THE ARTS


Gee’s Bend is an isolated area of Alabama where the women have created beautiful handmade quilts from whatever materials were available, in patterns of their own imaginative design. This book includes information on the quilters and full-page photographs.


Learn the steps to successfully sell your artwork or crafts online. This book will help you develop a marketing plan using practical ideas.
**BIOGRAPHY**


John Muir is revered as the founder of the modern American conservation movement. Based on Muir’s private correspondence, this biography explores the complex inner life behind the legend of this solitary mountain man.


Franklin D. Roosevelt’s grandson describes his strange and wondrous coming-of-age in the White House—and the perils of a public childhood.


This Kentucky native was at the forefront of the suffrage movement at both the state and national level. She was the great-granddaughter of Henry Clay and a descendant of several Bluegrass families. This is an account of the hardships that changed her into a selfless advocate for the disadvantaged. Among her many causes were social programs for the poor, compulsory school attendance, laws regulating child labor voting rights, and the antituberculosis movement.

**FAMILY AND CONSUMER SCIENCES**

Clothing and Textiles


This book is a five-star winner. It gives us an up-close look at tablecloths, dishtowels, and napkins with details and histories. Each is a memory of our mothers and grandmothers. Includes 20 projects and 8 recipes.
Family Resource Management


This book offers good, solid, easy-to-understand advice on how to improve your credit score. Learn how to cope with a credit crisis and how to bounce back from bad credit or bankruptcy; makes complex information, easy to understand.

Foods and Nutrition


Dr. Schwarcz takes his thorough knowledge of food chemistry, and applies it to today’s top food fears, trends, and questions. The result is a lighthearted exploration of the misconceptions surrounding the obsession with diets and nutrition.


This book presents a cornucopia of culinary delights from every cuisine around the world — from single press extra-virgin olive oils to zebra jerky.


Author and cultural geographer D’Aluisio visited 25 families in 21 countries to create this fascinating look at what people around the world eat in a week.

Health and Well Being


Based on exhaustive research and interviews with driving experts, this book is about more than the everyday activity of driving — it’s about human nature.

For the last 10 years, psychologist Gosling has been studying how people project and protect their inner selves. Now he looks at what can be learned about people simply from looking at their stuff. What he has discovered is astonishing.

**Home Furnishings**


Learn about gardens under glass — the perfect way to spark creativity while incorporating favorite plants in a home.

**Human Development and Family Relations**


The author has extensive personal experience with foster children and adoption. Chapter topics include adopting as: a grandparent, older siblings, stepparents, single parent, older parents, and same-sex couples. Other topics include adopting outside your ethnic group, international adoptions, adoption through the foster care system, and adopting children of varying ages. The author writes in a clear, conversational style.


The author is an expert on developmental and behavioral issues. She supports including children with special needs in regular programs and classes. This book helps identify at an early stage of life what developmental differences look like, and advises trusting your instincts and seeking help if in doubt about whether a child is developing normally.

The authors first tell their own stories of struggles to understand and cope with their children’s misbehavior. When they discovered the sensory processing problems at the root of the behavior and changed their parenting methods, their children responded like different people. The book shows how to recognize sensory-processing difficulties, evaluate treatment options, and gain strategies for handling the challenges.

FAMILY LIFE


This is an emotional, humorous, story of Joe and his wife, as they plunge into the work of horses. The lessons of this book apply not just to horses, but to life and to all of us. “Who should read this book — every person who has a relationship with a horse, other animals, spouse, family, or other humans — so that includes just about everybody.” —The Rider Magazine


This book includes nearly 200 heroic rescues, heartwarming reunions, and stories of selfless efforts of strangers brought together by a disaster in an effort to save animals at the Best Friends Animal Society.


The story of a professor at Carnegie Mellon University who is diagnosed with pancreatic cancer. The book is inspiring and often entertaining as it offers life lessons and morals for his young children to learn once he is gone.


This convenient, entertaining guide offers a wealth of helpful information for parents considering pet ownership, or pet owners considering parenthood.
FICTION

ISBN: 140006063X.

The story of two women who jointly inherit a mysterious property in Georgia – a rundown theater called the Venable Opera House. They soon learn the history of the theater and the stories of the strong, desperate women who lied, cheated and even killed to keep it in the family. A charming and engaging read.


About an author who wrote a book called the 13 tales that only contains 12. Her story, her biographer and the 13th tale. Will remind you of Bronte.


This book affirms the power of books to nourish people during hard times. It explores the darker side of human nature with lighthearted tone and characterizations.


A look at the lusty love choices of Irina, a children’s book illustrator living in London. The book unfolds along two tracks: if she stays with her live-in love or if she leaves him for another.


A master quilter in her 70s agrees to teach a young 30 something, out-of-work newcomer to the area how to quilt. During these quilting sessions a family history of wealth and privilege ruined by tragedy unfolds.
**HISTORY**
(In celebration of the 200th anniversary of Abraham Lincoln’s birth, all books in the history section of this list are related to Lincoln.)


Some of the most notorious tales and distorted ideas about Lincoln are carefully examined. Steer looks at the evidence and points to the conclusion. Fourteen popular legends are examined. A captivating and informative book.


In this remarkable book, Catherine Clinton displays an emotional depth in her understanding of Mary Lincoln that has rarely been revealed in the Lincoln literature.


The award-winning author of "Ben Franklin's Almanac" and "Our Eleanor" has created an enthralling joint biography of one of the nation's greatest presidents and his complex wife unlike any other. A scrapbook history that uses photographs, letters, engravings, and even cartoons to form an enthralling museum on the page.


The murder of Abraham Lincoln set off the greatest manhunt in American history - the pursuit and capture of John Wilkes Booth. From April 14 to 26, 1865, the assassin led Union cavalry and detectives on a wild, twelve-day chase through the streets of Washington, D.C., across the swamps of Maryland, and into the forests of Virginia, while the nation, still reeling from the just-ended Civil War, watched in horror and sadness.
This extensive look at Lincoln shows him as an experienced politician, as he matured and then guided the nation through the four worst years of its history. Includes illustrations, maps, and photos.

Looks at the evidence that sent Mary Surratt to her death as an accomplice in Lincoln’s assassination. This book captures the atmosphere of her trial and her execution.

This work looks at the marriage of Mary and Abraham and puts aside the stereotypes associated with the Lincolns — that she was mad and he was a saint.

This account of Lincoln offers fresh insight into his leadership style and his deep understanding of human behavior and motivation. His relationship with three rivals for the presidency and how he incorporated them into his cabinet is examined as he gained their support and their admiration.

This outstanding biography follows Lincoln from his impoverished birth through his education and presidency.

This is a study of Lincoln and Douglas and their relationship and evolving rhetoric and how this helped influence Lincoln’s view of emancipation, black service in the Union army, and black suffrage.
KENTUCKY


Larry Turner was a role model, for his family, his church, and for many of us in the Kentucky Cooperative Extension Service. This is the story of a man who triumphed over many personal hardships, while working selflessly to inspire others. While he perished in the crash of Comair flight 5191 in September, 2006, his strength and vision continues to inspire all who knew him.


Recipes in this book combine the traditional dishes of Kentucky homes with the gourmet creations of Kentucky restaurants and inns. Look for classics such as the hot brown, Benedictine spread, or the mint julep.


Kentucky Living, the magazine of the Kentucky Association of Electric Cooperatives has the widest circulation of any publication in the state, reaching 487,000 homes and businesses each month. This book is a diverse collection of recipes from 10 years of her popular column in Kentucky Living.


A passionate, clear, concise and profound representation of observation, experience and research in Appalachia. A revealing insightful look at this region and the politics of economic development.


A fascinating collection of memoirs from Kentucky’s medical providers. The stories are both humorous and heartwarming and often tragic. A combination of personal experiences, humorous anecdotes, and local legends.

This book serves as a primer on mountaintop removal while it humanizes the practice through the voices and stories of those involved. It is a revealing look at the poverty and exploitation of both the people and the land.


After World War II many Jewish Holocaust survivors came to the United States to settle in large metropolitan areas. But some came to rural areas, including Kentucky. Currently about 40 survivors still live in Kentucky. This book focuses on nine of them. Learn their reasons for coming to Kentucky, their reaction to American culture and their stories of integrating into rural American life.

### RELIGION

(Participants Choice)

### TRAVEL

**Novel Destinations: Literary Landmarks from Jane Austen’s Bath to Ernest Hemingway’s Key West** by Shannon Schmidt and Joni Rendon. National Geographic Society, ISBN: 142620454X.

Called, the “ultimate browser’s delight,” this book offers a whirlwind tour of 500 literary landmarks, great reading suggestions, and little-known tales of literary gossip.


Much of the beauty and natural environments of Kentucky are preserved in its state parks. The system of 52 state parks is ranked among the nation’s finest. This book blends captivating history and breathtaking photos of every park. It offers a firsthand guide for planning a “stay-at-home” vacation this year.
CHILDREN’S (PRESCHOOL, PRIMARY, MIDDLE SCHOOL)
For suggestions about books for these age groups, contact the librarian at your local school or public library.

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

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