Kentucky Extension Homemakers
Cultural Arts and Heritage

BOOK LIST
2011 - 2012

Kentucky Extension Homemakers Association
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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, travel, and classics and old favorites.

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 interlibrary loan. If you cannot find the book you wish to read, ask about this service.

THE ARTS


From the seasoned perspective of her eighty-nine years, Agathe, the eldest von Trapp family daughter paints a portrait of life before and after the highly fictionalized Broadway and Hollywood account of her famous family’s story. Her homespun recollection is a must-read for diehard Sound of Music fans.


This book is for anyone who loves music. It combines the technical side of music with a good bit of English humor to keep the book light and fun. Recommended for anyone who just loves a good tune!


Gustav Stickey is one of the renowned names in American architecture. He created the Craftsman style of home and furniture design. Like many others of his time, he designed
both the home and the furniture for the home. This book includes garden plans as well. While his house plans are more than one hundred years old, they include contemporary and functional design including open floor plans, natural lighting, and built-in storage.

**THE GREAT MOVIES II** by Roger Ebert; University of Chicago Press, 2010.

Once again America's most trusted and most visible film critic has compiled a collection of 100 essays on films that define greatness. This edition includes information and background on the actual making of the movie.

**BIOGRAPHY**

**WITH LOVE AND LAUGHTER, JOHN RITTER** by Amy Yasbeck; Gallery, 2010.

John Ritter was one of the most popular film and television actors in the United States. Who can forget Jack Tripper of *Three's Company* or the dad on *8 Simple Rules for Dating My Teenage Daughter*? His death on September 11, 2003, from an undiagnosed aortic aneurysm shocked his fans and his loving family. This book, written by his wife, is the memory of their life together.


This book shows us a fresh awareness of one of the most intriguing women in world history. It is a page turner, although it is long on facts that show Cleopatra as a clever leader, rather than a devastatingly beautiful femme fatale.


Lincoln is remembered as one of the most beloved presidents in the history of the United States. Lincoln was a poor man with little education who rose to national attention in the years before the Civil War. The author uses Lincoln's private papers and those of his contemporaries to paint a vivid picture of Lincoln's thoughts as he matured and then guided the nation through the four worst years of its existence.


This authoritative work provides a close look at the famous seamstress while shedding new light on the lives of the artisan families who populated the young nation and crafted its tools, ships, and homes.
**TRUE COMPASS: A MEMOIR** by Edward M. Kennedy; Twelve, 2009.

This book offers an interesting look at the Kennedy family and the changing landscape of politics in the United States. In this book Kennedy does not dwell on the family flaws. It is interesting to read how the family evolved and see the decline from the powerful days of Camelot. The strength Ted Kennedy showed in the many crises his family faced over the years is to be admired.

**FAMILY AND CONSUMER SCIENCES**

**Foods and Nutrition**

**EASY GLUTEN-FREE: EXPERT NUTRITION ADVICE WITH MORE THAN 100 RECIPES** by Tricia Thompson, MS, RD and Marlisa Brown, MS, RD, CDE, CDN; John Wiley & Sons, 2010.

A diagnosis of celiac disease often causes concerns about a future with only bland food. Learn how to select gluten-free whole grains, and then try recipes for dishes such as Sweet Potato Quesadillas and Chocolate Sponge Cake.

**AMERICAN CANCER SOCIETY COMPLETE GUIDE TO COMPLEMENTARY AND ALTERNATIVE CANCER THERAPIES** by Experts at the American Cancer Society; American Cancer Society, 2009.

If you're considering complementary and alternative cancer therapies, here is an analysis of over 200. Among those included are diet and nutrition; herb, vitamin and mineral; and mind, body, and spirit therapies.


Barbara Kingsolver is well known for her bestselling novels. This book records the true story of the Kingsolver family as they begin a yearlong series of experiences on a Virginia farm where they vow to only eat locally produced food. The book and the yearlong adventure is a family experiment, where all family members contribute to the lifestyle and to the content of the book.

**CANNING FOR A NEW GENERATION: BOLD, FRESH FLAVORS FOR THE MODERN PANTRY** by Liana Krissoff with photographs by Rinne Allen; Stewart, Tabori & Chang, 2010.

The latest generations are the do-it-yourself generations. All things domestic are popular again. Now is a great time to bring out grandma’s canner and make a trip to the
county extension office for the latest in canning directions. This book is filled with many new ideas for canned, pickled, dried, and frozen foods.


In this entertaining yet comprehensive book, a food expert traces the history of coffee, showing how coffee consumption evolved to fit the social and economic needs of different times.

**Clothing and Textiles**

**VINTAGE NOTIONS: AN INSPIRATIONAL GUIDE TO NEEDLEWORK, COOKING, SEWING, FASHION AND FUN** by Amy Barickman; Amy Barikman, Inc., 2010.

Americans may be buying less these days, but they’re investing more than ever in life at home. Barickman wrote this book to inspire readers to parlay their hobbies into a lifestyle that promises personal reward, stronger family ties, financial potential, and the sense of fulfillment that comes from making something special with your own two hands. It is filled with creative ideas, practical advice, and charming anecdotes that celebrate the domestic arts.


The Kitchen Linens Book invites women of all ages to visit with the past. In this book, Geisel gives us an up-close look at tablecloths, dishtowels, and napkins with details and histories as fine as the stories themselves. Embroidered or hemstitched, linens or oilcloths — these are the fabrics and the memories of our mothers and grandmothers. Each one has an endearing story and a vivid history.

**MARIE OSMOND’S HEARTFELT GIVING: SEW AND QUILT FOR FAMILY AND FRIENDS** by Marie Osmond; That Patchwork Place, 2010.

This is a crafter’s book, full of projects and personal stories. The directions are well written and easy to follow; a great book for anyone who finds crafting a part of their life.
Family Life

CAKE BOSS: STORIES AND RECIPES FROM MIA FAMIGLIA by Buddy Valastro; Free Press, 2010.

If you have ever watched TV's "Cake Boss," you are familiar with this personality. However, this is not just another collection of recipes by another famous baker; it is a memoir to entertaining both the brain and the palate. This is a lively read, with side notes and pictures, about the family's (four generations) influence on his profession and personality. Along with glimpses into his heritage, he gives 37 recipes — some not so easy, some downright difficult, but all sound delicious and worthy of the "Cake Boss" skills.


In over his head with two pigs, a dozen chickens, and a baby due any minute, the acclaimed author of Truck: a Love Story gives readers a humorous, heartfelt memoir of a new life in the country.


Promised as an upcoming present for her son's tenth birthday, a tiny kitten named Cleo was a gift never received. Just weeks after his birthday, Sam was killed in an auto accident, and Helen Brown's world changed forever. Yet, Cleo was delivered to her home right on schedule. Brown's tale of loss and recovery celebrate the resilient patience and restorative powers of animal compassion.


From a writer who traded her single life in the big city to marry a farmer, The Dirty Life is a chronicle of a year on their sustainable farm.


Do redheads have fiery tempers? Are stepmothers wicked? Do politicians lie? Answering these and many other questions with an engaging mixture of humor and psychological insight, this book examines the truths and misconceptions behind the stereotypes that we often take for granted. Clever, compelling, and often surprising, this
is the perfect book for anyone who wants to find out more about why we believe the things we do.

**FICTION**

**CLARA AND MR. TIFFANY** by Susan Vreeland; Random House, 2011.

The famed Tiffany lamp, with its leaded glass and dynamic colors forms the background for this historical fiction title. It’s not just for art lovers; read it if you enjoy love stories, human drama, and American cultural history.

**THE DOUBLE CROSS: A SOMEDAY QUILTS MYSTERY** by Clare O’Donohue; Plume, 2010.

Nell Fitzgerald and the Someday Quilts ladies are asked to lead a quilting workshop. After a body is found in the woods, and one of their own is the chief suspect, the ladies must rely on their craftiest thinking as they embark on their most personal case yet.

**KEEPING TIME** by Stacey McGlynn; Crown, 2010.

Inspired by her elderly great-aunt’s first visit to America, McGlynn delivers a deeply moving and entertaining story about the way love persists as she chronicles 77-year-old Daisy Phillips’ adventure from England to America to find her long-lost love.

**BERRIED TO THE HILT** by Karen MacInerney; MIDNIGHT INK, 2010.

When a lobsterman pulls up a 200-year-old anchor, Cranberry Island is abuzz with excitement. Soon the island is swarming with marine archaeologists, treasure seekers, and ghost-hunters. It’s good news for Natalie, innkeeper at the Gray Whale Inn, until one of her guests turns up dead.

**THE WIDOWER’S TALE** by Julia Glass; Pantheon, 2010.

The author spins a suspenseful, moving tale about multigenerational loyalties, family secrets, and falling in love again — all seen through the eyes of a reclusive father whose life abruptly changes at the age of 70.

**NEEDLES AND PEARLS** by Gil McNeil; Voice, 2010.

Small-town intrigue, brown bag lunches, and the joys of knitting loom large in this warm and wonderful sequel to *The Beach Street Knitting Society and Yarn Club.*
**MATTERHORN** by Karl Marlantes; Atlantic Monthly Press, 2010.

This novel is a moving story of the Vietnam war, told through the eyes of "newbie" Lieutenant Mellas. Lieutenant Mellas is a bundle of anxiety and ambition, a college kid who never imagined being part of a "war that none of his friends thought was worth fighting," who realized too late that "because of his desire to look good coming home from a war, he might never come home at all." A highly decorated Vietnam veteran himself, Marlantes brings the horrors and heroism of war to life with the finesse of a seasoned writer, exposing not just the things they carry, but the fears they bury, the friends they lose, and the men they follow. *Matterhorn* is as much about the development of Mellas from boy to man, from the kind of man you fight beside to the man you fight for, as it is about the war itself. Through his untrained eyes, readers gain a new perspective on the ravages of war, the politics and bureaucracy of the military, and the peculiar beauty of brotherhood.

**THE HELP** by Kathryn Stockett; Amy Einhorn Books/Putnam, 2009.

Eugenia “Skeeter” Phelan is just home from college in 1962, and, anxious to become a writer, is advised to hone her chops by writing about what disturbs you. The budding social activist begins to collect the stories of the black women on whom the country club sets relies and mistrusts enlisting the help of Aibileen, a maid who's raised 17 children, and Aibileen's best friend Minny, who's found herself unemployed more than a few times after mouthing off to her white employers. The book Skeeter puts together based on their stories is scathing and shocking, bringing pride and hope to the black community, while giving Skeeter the courage to break down her personal boundaries and pursue her dreams.

**OLIVE KITTERIDGE** by Elizabeth Strout; Random House, 2008.

(This book won the 2009 Pulitzer Prize for fiction.) This excellent novel is a series of interconnected short stories, with Olive Kitteridge at the center. Olive is a large (and sometimes, larger-than-life) woman who lives in Crosby, Maine, with her amiable husband Henry and her conflicted son, Chris. We meet many characters who live inside the homes we pass every day: a former student who contemplates suicide, an anorexic young woman who is literally starving while many in the town are figuratively starving, an aging married woman who learns that small moments are not always gifts, a spurned fiancee who chooses love on any terms. As these Crosby residents grapple with problems large and small, and choose or reject love, Olive slowly gains insights into the human condition.

**A THOUSAND SPLENDID SUNS** by Khaled Hosseini; Riverhead Hardcover, 2009.

This powerful novel follows the lives of two Afghani women, Mariam and Laila, as they move from children to adults. The story spans 30 years, beginning with the 1960’s Soviet invasion of Afghanistan and ending with the overthrow of the Taliban. It's difficult
to explain more of the story without spoiling the plot, but these two women go from being enemies to unlikely friends. A Thousand Suns is a moving story about the power of love, the bonds of friendship, the love of country, and the struggle to survive.

**THE WEIRD SISTERS** by Eleanor Brown; Amy Einhorn Books, 2011.

The Andreas girls, aka the weird sisters, love books with such a fierce passion that most consider them eccentric. When the three girls become unlucky in work, life, and love, they return to their family home to lick their wounds. With a sick parent and their own shortcomings, the weird sisters will find that a book can’t always solve what ails them.

**LADIES OF THE LAKE** by Haywood Smith; St. Martin’s Press, 2009.

Ladies of the lake is the story of four very different sisters who must spend the summer in the mountains to inherit their grandmother’s estate. They have a complicated relationship so being required to spend the summer together, without friends or family, helps them to forge new bonds and plenty of old rivalries. As the summer passes, the sisters realize how much they truly love and need each other.


This novel is about a dog named Enzo who narrates this charming tale. It is joyful and creative and speaks to our fundamental desire to communicate with animals. This should appeal to fans of both dogs and car racing.

**HISTORY**


Fried tells the story of Fred Harvey who came to the United States from England in the 1850s, worked for the railroads, and at the age of 40 had an idea that would forever change the way Americans eat, drink, sleep, and travel: a trackside eatery.


This book is an interesting backroom look at one of the most sensational presidential campaigns in United States history.
KENTUCKY

KENTUCKY FOOTNOTES by Byron Crawford; Acclaim Press, 2010.

Kentuckian Byron Crawford traveled Kentucky, talking with people in every corner of the state. This book introduces readers to Kentucky's common folk, from local legends, to mysteries, and those who have found fame.


In this time of consolidated schools, large school campuses, and overcrowded classrooms, it is easy to forget the era of the one-room school. This book brings together the stories of both teachers and students as they remember the experiences of the education system that once served the majority of Kentuckians and was a part of their social and cultural heritage.


"One of the best studies ever on the history of the horse in Kentucky. Wall combines her abilities as a prizewinning journalist and a trained academic to craft a readable, pathbreaking history. Focusing on the period immediately after the Civil War, Wall shows how Kentucky almost lost its preeminence in the horse-racing industry and how it regained that position.... It is a story peopled with colorful characters and filled with insights." -- James C. Klotter, State Historian of Kentucky" --


Follow the experiences of the authors as they become members of the U.S. Peace Corps and find their way to train and live overseas and eventually to return to the local community. The book is a lively read as they tell the stories of men and women of the Peace Corps as they remember people and experiences during their years of service.

BEYOND A DREAM by Mark Krebs; Beyond a Dream, LLC, 2010.

Mark Krebs was a walk-on for the University of Kentucky men’s basketball team. In his 4 years on the team, he was coached by Tubby Smith, Billy Gillespie, and John Calipari. Only in his last year was he awarded a full basketball scholarship. This book records the fight of Terri Krebs, Mark’s mother, who fought a nine year fight with stage-4 breast cancer. She survived 390 chemotherapy treatments and 7 surgeries, but lived to celebrate senior day at center court in Rupp Arena, with her son Mark.
Kentucky fans will enjoy the inside look at Kentucky basketball, but this book is just not about basketball and the challenges of adapting to 3 coaches in 4 years, but about the value of life and the fight and courage of a family, and the joy of chasing a dream and achieving beyond the dream.

RELIGION

THE LOSSES OF OUR LIVES: THE SACRED GIFTS OF RENEWAL IN EVERYDAY LOSS, By Nancy Copeland-Peyton, M. Div, M.D.; Skylight Paths Publishing, 2009. Dr. Copeland-Peyton is a medical doctor, Presbyterian clergy woman, and spiritual director. Her theme is that through everyday loss we often find unexpected gifts. Drawing from her life in the mountains of northern Idaho, her knowledge of human nature, and the events of her family over the years, she describes the ebb and flow of the natural world in beautifully descriptive language that quiets and centers the soul. We begin to see that loss, as well as the gifts of birth and joy, are acceptable in the human “life dance.”


The Amish culture has become a huge interest to the American public in recent years. There are many novels, television shows, and movies that focus on the plain people. In this book the authors focus on the spiritual and theological aspects of the Amish faith through descriptive sketches, featuring particular practices and beliefs concerning their everyday life.


Bible scholar Donald L. Brake tells the story of the translation of the King James Version of the Holy Bible, possibly the most influential book to be published in the English language in the last 400 years. The book describes the process involved in such a huge undertaking, the many people involved in the project, and the manuscripts upon which the translation was based. The book includes many informative photographs, illustrations, and charts.

Wendell Berry is a native Kentuckian who is also a novelist, poet, essayist, farmer, and environmental advocate. Although not widely known as a religious writer, his works are influenced by Christian tradition and faith. The editors focus on theological themes and Christian principles reflected in his writings.

TRAVEL


In this book, readers are taken on an adventure as the author and her husband sail the Caribbean to learn about the local culture and food. You’ll laugh at her comical encounters, empathize with her as she nervously cooks for new friends, and learns Caribbean recipes and cooking techniques as if you were right beside her. This true story includes several of the recipes she gathered during her travels.

TAKE-ALONG TRAVELS WITH BABY: HUNDREDS OF TIPS TO HELP DURING TRAVEL WITH YOUR BABY, TODDLER AND PRESCHOOLER by Shelly Rivoli; Travels with Baby Books, 2010.

A must read for parents who travel with children. This book includes plenty of checklists, creative games to keep baby entertained, and information on installing a rental car seat, hiring a local babysitter, and more. This is a pocket size survival guide that young parents will find indispensable.


Have you ever wondered what is on the old two-lane highways that the Interstates have left behind? Road Trip USA takes you on more than 350,000 miles of off-the-beaten-path roads, where you will find roadside curiosities, local lore, and oddball trivia. On the same trip you will find popular attractions and obscure small towns; includes more than 140 detailed maps.
CLASSICS AND OLD FAVORITES

LITTLE WOMEN by Louisa May Alcott; 1869.

*The lives of the four March young ladies: tomboyish, literary Jo, who retires to the attic when “genius burns”; pretty Meg, who marries a young tutor; gentle Beth, who dies young; and fashionable Amy, who marries Jo’s boon companion.

YELLOW RAFT IN BLUE WATER by Dorris Michael; 1987.

*Three generations of American Indian women tell their life stories in reverse chronology in a tale rich with detail about Native American culture.

THE KITE RUNNER by Khaled Hosseini; 2003.

*An American writer returns to Afghanistan, his war-torn homeland, to rescue the son of a childhood friend after the friend and his wife are killed by the Taliban.

THE LOTTERY by Shirley Jackson; 1949.

*The title story is a quietly told, chilling tale of the annual lottery held since time immemorial in a small American town.

TO KILL A MOCKINGBIRD by Lee Harper; 1960.

*Eight-year-old Scout and her brother, Jem, happily occupy themselves in a small town in Alabama in the 1930s until their father’s courageous defense of a Negro accused of rape brings adult injustice and violence into their world.

BLOOD ON THE MOON by Luke Short; originally published in 1941 as Gunman’s Chance.

This gripping western was the basis for the classic 1948 film starring Robert Mitchum. It’s the story of Jim Garry, an honorable man, who is put square in the gun sights of someone he used to call a friend. However, Jim does most of his fighting with his brain, not his gun.

* Indicates book descriptions in this category compiled by the Madison, Wisconsin, Public Library. Used with permission.
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