

FEBRUARY 2023



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

# FCS NEWS & NOTES

Cooperative Extension Service  
Muhlenberg County  
3690 State Route 1380  
Central City, KY 42330-5512  
(270) 338-3124  
extension.ca.uky.edu

## UPCOMING EVENTS

**February 1 & 15—Bingo and Crafts at Sparks Nursing Center** at 1 PM. Contact JoNell Mallay if you would like to help.

**February 2—Groundhog Day**

**February 6—Elements and Principles of Art Homemaker Lesson** at 10 AM via Zoom. Handouts from this lesson are enclosed for mailbox members. Club lesson leaders may stop by the Extension Office anytime to pick up your handouts.

**February 7—4-H Sewing** at 5:30 PM at the Extension Office.

**February 8—Cooking through the Calendar at the Central City Public Library** at 11:30 AM. February's recipe is Cajun Seasoned Fish with Rice. \*If you can't come to the Central City Library on February 8; join in at the **Extension Office on February 22 at 11:30 AM.**

**February 8—Honeysuckle & Pepper Club** meeting.

**February 9—Block of the Month Quilting Group** meeting at 9 AM at the Extension Office.

**February 9—Annual Day Planning** meeting at 1 PM at the Extension Office.

**February 10—Game Night** at 5:30 PM at the Extension Office. Bring a friend and join in the fun. You don't have to be a Homemaker member to participate!

**February 10—Travel Group Trip** to Pennyryle Resort near Dawson Springs for lunch and walking on the trail. Meeting at the Extension Office at 10 AM. Contact JoNell Mallay for more information/if you need a ride.

**February 14—International Potluck Lunch: Italian food** from 10 AM until 2 PM at the Extension Office. Please bring your

favorite Italian dish and join in the fun.

**February 15—Forever Young Club** meeting at 10 AM at the Extension Office.

**February 16—Last day for Sewing & Such** from 9 to 11 AM at the Extension Office.

**February 16—Material Girls Club** meeting at 5:30 PM at the Extension Office. Bring your Valentine's to share!

**February 18—4-H Penguin Plunge** at 10 AM at the Central City Convention Center.

**February 21—Imitation Club** meeting at 11 AM at the Extension Office.

**February 21—Neighborhood Club** meeting at Wanda's home at 1 PM.

**February 21—4-H Sewing** at 5:30 PM at the Extension Office.

>>>>>

Cooperative Extension Service  
Agriculture and Natural Resources  
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4-H Youth Development  
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

## UPCOMING EVENTS CONTINUED

**February 27—Library Group** meeting at 11 AM at Hobby's in Greenville.

**February 28—International Potluck Lunch: Mexican food** from 10 AM until 2 PM at the Extension Office. Please bring your favorite Mexican dish and join in the fun.

**March 1—Fun with Fermented Foods Homemaker Lesson** at

10 AM at the Muhlenberg County Extension Office.

**March 11—Craft Mingle** from 10 AM until Noon at the Extension Office. Bring a friend and join in the fun! You don't have to be a Homemaker member to participate.

**March 16—Homemaker Council** meeting at 9:30 AM at the Extension Office.

**March 17—Pennyrile Area Homemakers Cultural Arts Day** at the Christian County Extension Office. Check in begins at 10 AM. Check page 20 of your 2022-2023 yearbook for a full list of Cultural Arts Exhibit Categories, or stop by the Extension Office to pick up a copy. If you want to send items but can't attend Cultural Arts Day, drop them off at the Extension Office by March 14.

Darrell is leading a program on **Producing Beef for the Consumer** March 6, 13 and 22. Each session will be from 2:00 to 4:00 PM. Session one will be March 6 and will be held at the Muhlenberg County Extension Office. Dr. Katie VanValin, UK Beef Specialist will be the guest speaker. The topic will be: Farmer Practices for the Best Beef.

Session two will be March 13. We will meet at the Farmstead Butcher Block Processing Plant located at 3060 Cleaton Road, Central City and will start **promptly** at 2:00 PM. Dr. Gregg Rentfrow, UK Meats Specialist will be the guest speaker. The topics include identifying beef cuts, quality grades, and food safety. The carcass breakdown portion of this session will be in the cutting room. **A hat and warm clothes are required.**

Session three will be Wednesday, March 22 at the Farmstead Butcher Block at 2:00 PM. The topic will be: Beef Cuts and How to Prepare Them.

There is a 20 person limit for this three session program and a **\$20 per person registration fee, which must be paid upon sign up.** Checks should be made payable to the Muhlenberg County Cattlemen's Association. Please sign up at the Extension Office no later than Friday, February 17.

## Mingle with Homemakers once per month in 2023

New for 2023, Homemakers are hosting a Monthly Mingle once per month at the Extension Office. Tammy Dozer will be leading Craft Mingles while Brandy Garcia leads Game Nights. Enclosed with this newsletter is a flyer with more details.

**Join us for snacks and a game of Farkle at Game Night on Friday, February 10 at 5:30 PM.**

Join in to create Easter crafts at the Craft Mingle on Saturday, March 11 at 10 AM. Participants will create a door hanger and decorating a plastic rabbit. There will be a large assortment of items to use for the door hanger, such as birds, crosses, plastic eggs, rabbits, metal flowers, and bird nests. It will give you the chance to use your talents and explore. There will be a \$10 charge at the door to help cover the cost of craft supplies.

Feel free to bring a friend. You don't have to be a Homemaker member to participate.

**Tammy needs to know how many will be attending so that she can be sure to have enough craft supplies. Don't forget to RSVP!**



## HEALTHY RECIPE

# Master Mix Pancakes

### Master Mix

- 4 cups all-purpose flour
- 2 cups whole-wheat flour
- 2/3 cup sugar
- 2 tablespoons baking powder
- 1 tablespoon baking soda

### Plain Pancakes

- 1 egg
- 3/4 cup skim milk
- 1 teaspoon vanilla
- 1/4 teaspoon cinnamon
- 1 cup master mix

### Master Mix

In a mixing bowl, mix all ingredients until well blended. In a cool, dry place, store mixture in an airtight container. You can store this for up to six months. Stir mixture each time before measuring.

### Plain Pancakes

1. In a mixing bowl, combine egg, milk, vanilla, and cinnamon.
2. Whisk in 1 cup dry master mix.
3. Using a 1/3 measuring cup, pour batter onto a hot griddle or nonstick skillet lightly sprayed with nonstick cooking spray.
4. Flip pancakes when bubbles form on top. Cook second side until golden brown.

### Variation:

#### Banana or Berry Pancakes

Add 1 medium, ripe, mashed banana, or fold in 3/4 cup of fresh blueberries, strawberries, or raspberries to the batter.

**Servings:** Makes six 5-inch pancakes;  
**Serving size:** 2 pancakes; **Recipe cost:** \$0.67;  
**Cost per serving:** \$0.33; **Nutrition analysis:** 200 calories; 2g total fat; 0.5g saturated fat;



0g trans fat; 55mg cholesterol; 200mg sodium; 37g carbohydrate; 2g fiber; 10g sugar; 7g added sugar; 8g protein; 6% Daily Value of vitamin D; 20% Daily Value of calcium; 10% Daily Value of iron; 4% Daily Value of potassium.

**Source:** Danielle Fairchild, Lawrence County SNAP-Ed program assistant senior



Thank you to those who donated clothing items during the month of November. Pictured above are Nancy Sandlin and Brenda Waller delivering donations to Muhlenberg South Elementary School Principle, Grayson Wells.



The Imitation Homemakers Club donated \$180 to the Pathway of Hope in December. Pictured are club members Mary Baxter, Susan Morris, and Sue Spurlock with Pathway of Hope Director, Diana Anderson.



Patty Staples was the winner of the Homemakers Quilt Raffle in November. Thank you again to those who supported Muhlenberg County Homemakers' efforts to raise money for ovarian cancer research.



## Is coconut oil for me?

Coconut oil is a white, solid fat that comes from the meat and milk of the coconut fruit. Although coconut oil is called an oil, it is solid at room temperature. It has become increasingly popular in cooking, baking, and cosmetic use. Unlike other sources of fat, coconut oil may contribute a fruity, tropical flavor when using it in food preparation.

There are claims that coconut oil is a healthy replacement for fat when cooking, particularly to promote heart health. However, many studies show conflicting results on coconut oil for heart health. What we do know is that coconut oil is almost entirely saturated fat. This is the type of fat that is related to

an increase in LDL cholesterol and the development of heart disease. On the other hand, some studies show an increase in HDL cholesterol. That is the cholesterol associated with decreasing risk for atherosclerosis. More studies are needed with larger groups of more diverse people to get a better idea of the effect of coconut oil on health. Another consideration is that the coconut oil used in research studies may not be the same as what is available to you in the store.

The USDA recommends eating less saturated fats, like those in coconut oils, butter, whole milk, and cheese. People should choose foods with mostly unsaturated fats, when

possible, like those in olive oil, nuts, avocado, and salmon. Coconut oil should be moderately enjoyed in the diet, alongside a variety of oils and foods that have mainly unsaturated fats. If you are looking for other ways to use coconut oil, it can be used as an effective moisturizer for hair and skin.

For additional reliable nutrition information, reach out to your local Extension office.

**Reference:** Neelakantan, N., Seah, J. Y. H., & van Dam, R. M. (2020). The effect of coconut oil consumption on cardiovascular risk factors: a systematic review and meta-analysis of clinical trials. *Circulation*, 141(10), 803-814.

**Source:** Sarah Donnell, Human Nutrition Undergraduate Student, and Heather Norman-Burgdolf, PhD, Extension Specialist for Food and Nutrition

Laura Buchanan has provided these Pollinator-Friendly Resolutions for the New Year:

If you are wondering how you can help pollinators in 2023, here's the perfect list of resolutions for you!

1. I will plant native flowers, grasses, shrubs and trees in my yard and garden, promote the use of native plants to other gardeners in my area, and collect native seed from my garden to share with neighbors.
2. I will provide food for pollinators all year by having spring, summer, and fall blooming plants in my garden and yard.
3. I will leave leaf litter, stems,

twigs, and logs in my garden for nesting bees and for butterflies to lay their eggs and overwinter.

4. I will take steps to reduce or eliminate pesticide use on areas within my control.
5. I will learn about invasive plants and do what I can to manage or eliminate them from my local landscape.
6. I will make environmentally-friendly decisions to reduce my carbon footprint in order to help improve pollinator health and habitat quality.
7. I will support pollinator-friendly farmers by buying local organic or low-spray produce.
8. I will support my local

beekeepers by buying local bee produce like raw honey.

9. I will volunteer to plant a pollinator garden in my community, and take part in local citizen science initiatives.
10. I will continue supporting pollinator conservation organizations through my donations.



### Gardening Group meetings will start in March or April.

Contact Jo Nell Mallay, Laura Buchanan, or Susan Morris if you are interested in participating and let them know which day/time works best for you!

# Homemakers Accepting Donations for 4-H Penguin Plunge



As a way to help provide food security to students in need, our Muhlenberg County 4-H Teen Club implemented the 4-H Food

for Kids Backpack Program years ago as a service project for the community.

Today over 180 Muhlenberg County youth depend upon their

weekend foods being provided by the 4-H Food for Kids Backpack Program. All funds to purchase food for the Backpack Program are raised locally. The Penguin Plunge is the Muhlenberg County 4-H Teen Club's annual fundraiser to support the program.

Muhlenberg County Homemakers are collecting donations for the Penguin Plunge again this year. If you would like to contribute a donation to go towards the Homemakers contribution for the Backpack Program, please make

your check payable to Muhlenberg County Homemakers and write "Penguin Plunge" in the memo line. Homemakers will collect donations and present one check to the 4-H Food for Kids Backpack Program. **Drop your donation off at the Extension Office no later than Monday, February 13 if you would like it included with the Homemakers donation.** You may also make your donation directly to the 4-H Food for Kids Backpack Program if you prefer.

## Fun with Fermented Foods Homemaker Lesson

You have probably consumed a fermented food this week without even realizing it. All fermented foods have one thing in common: good bacteria. Fermented foods are foods that have been aged in a way that allows good bacteria to develop. Join Angie York, Lyon County FCS agent, as she leads this lesson to learn different kinds of fermented foods and get an opportunity to taste something new.

This lesson will be taught Wednesday, March 1 at 10 AM at the Muhlenberg County Extension Office.

Handouts from the lesson will be sent to mailbox members when available.

Laura Buchanan has provided this list of several international days during the month of February:

- 1<sup>st</sup> International Day of Black Women in the Arts
- 3<sup>rd</sup> Feed the Birds Day
- 4<sup>th</sup> International Day of Human Fraternity
- 6<sup>th</sup> International Frozen Yogurt Day
- 11<sup>th</sup> International Day of Women and Girls in Science
- 12<sup>th</sup> International Darwin Day; International Day Against the Use of Child Soldiers
- 13<sup>th</sup> International Natural Day
- 14<sup>th</sup> International Book Giving Day
- 15<sup>th</sup> International Childhood Cancer Day
- 19<sup>th</sup> International Tug of War Day
- 21<sup>st</sup> International Mother Language Day
- 24<sup>th</sup> International Stand Up to Bullying Day
- 27<sup>th</sup> International Polar Bear Day
- 28<sup>th</sup> International Repetitive Strain Injury Awareness Day

## THOUGHT FOR THE DAY

"No bird soars too high if he soars with his own wings."

-William Blake

**Don't forget to contact the Extension Office to sign up for upcoming events!**

# Honor a Caregiver: February 17 is National Caregivers Day

It is likely that you know someone who is a caregiver. A caregiver is someone who provides help with someone's daily living and/or medical needs because of temporary or long-term limitations caused by injury, illness, disability, aging, etc.

RespectCaregivers.org (2022) reports that 1 in 5 Americans (21.3% of the population) serves as a caregiver. Caregivers include formal caregivers like paid health-care providers (doctors, nurses, therapists, social workers, aides, etc.) and informal caregivers that can include family members, neighbors, clergy, and others who are most often unpaid for their time or care. AARP reported that approximately 53 million people

across the United States provide care for partners, children with disabilities, friends, and other loved ones (2022).

Informal caregivers will provide a range of care including medical and personal care, meal preparation and feeding, running errands, cooking, transportation, financial help, cleaning, communicating with health-care professionals, serving as a patient advocate, and monitoring medication. According to RespectCaregivers.Org (2022) caregivers are "unsung heroes." They call them the "backbone of our country."

To celebrate the tireless work of caregivers, the Providers Association for Home Health & Hospice Agencies created National

Caregivers Day to remind people that caregivers are important and should be honored. Let Feb. 17, be a reminder to support caregivers just as they support the people we care about. Honor a family member, friend, or neighbor who provides selfless personal, physical, and/or emotional care and support to someone who needs it. You can write them a note, send them a picture, or give them a gift. There are endless ways to thank a caregiver.

#### References:

AARP. (2020). Caregiving in the United States 2020. Retrieved <https://www.aarp.org/ppi/info-2020/caregiving-in-the-united-states.html>  
RespectCareGivers.org. (2022). Caregiver statistics: 1 in 5 Americans is a Caregiver! Retrieved <https://respectcaregivers.org/caregiver-statistics/>  
NationalToday.com. (2022). National Caregivers Day—February 17, 2023. Retrieved <https://nationaltoday.com/national-caregivers-day/#history>

## Contact Us



(270) 338-3124



Facebook Pages:

Muhlenberg County  
Cooperative Extension

Muhlenberg County  
Homemakers



Website:

[Muhlenberg.ca.uky.edu](http://Muhlenberg.ca.uky.edu)

*Darrell Simpson*

**Darrell Simpson**

County Extension Agent

Agriculture & Natural Resources Education

## Cultural Arts Exhibit Day

March 17, 2023

10:00 am



Christian County Extension Office

2850 Pembroke Rd, Hopkinsville, KY 42240



Celebrate the arts with us!



#### Schedule:

10:00 - 11:00 am: Exhibit Check-in  
11:00 am - 12:00 pm: Educational Session: Junk Journaling  
12:00 - 12:30 pm: Exhibits open for viewing  
12:30 pm: Exhibits Check Out

Stop by the Extension Office to pick up entry tags for exhibits. Please complete entry tags prior to check-in. Entries in each subcategory limited to one per person. Remember that you can also enter your items in the Muhlenberg County Fair! County fair dates: July 11-15, 2023.

**If you can't attend Cultural Arts Exhibit Day, but would like to enter items, please have those to the Extension Office no later than March 14.**





**SIGN UP TODAY**



University of Kentucky  
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# COOKING THROUGH THE NEP CALENDAR

JOIN US EACH MONTH TO TRY A NEW RECIPE AND RECEIVE SOME GREAT COOKING AND NUTRITION TIPS.

## TWO CHANCES TO PARTICIPATE!

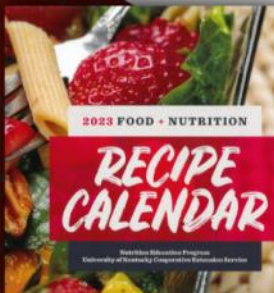
**OPTION 1**  
Join us at the Central City Public Library on the second Wednesday of each month beginning  
**JAN 11 @ 11:30 AM**



**OPTION 2**  
Join us at the Muhlenberg County Extension Office on the fourth Wednesday of each month beginning  
**JAN 25 @ 11:30 AM**

**Pick the date that works best for you!**

STOP BY THE MUHLENBERG COUNTY EXTENSION OFFICE TO PICK UP A FREE 2023 NEP CALENDAR TO FOLLOW ALONG WITH EACH MONTH'S RECIPE.



**Sign up is easy, and free!**  
**CALL 270-338-3124**

Muhlenberg County Cooperative Extension Service 3690 State Route 1380 Central City, KY

Muhlenberg County Homemakers

 University of Kentucky  
College of Agriculture,  
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# Monthly MINGLE



## Craft Mingle

Join us the second Saturday of the month for a Craft Mingle!

You'll take home at least one fun, handmade craft at each class.

*There will be a small fee at each class to cover craft supplies.*

**JANUARY 14 10 AM-12 PM**

**MARCH 11 10 AM-12 PM**

**MAY 13 10 AM-12 PM**

**JULY 8 10 AM-3 PM**

*(Special Christmas in July Jingle Mingle.)*

**SEPTEMBER 9 10 AM-12 PM**

**NOVEMBER 11 10 AM-12 PM**

## Bring a friend!

You don't have to be a Homemaker member to participate in the fun!

## Game Night Mingle

Join us the second Friday of the month for our Game Night Mingle!

Games will vary.

**FEBRUARY 10 5:30-8 PM**

**APRIL 14 5:30-8 PM**

**JUNE 9 5:30-8 PM**

**AUGUST 11 5:30-8 PM**

**OCTOBER 13 5:30-8 PM**

All Monthly Mingles will take place at the Muhlenberg County Extension Office.  
3690 State Route 1380  
Central City, KY 42330

Questions? Call  
270-338-3124



## ELEMENTS AND PRINCIPLES OF

# ART

### VOCABULARY

#### 2022 – 2023 CULTURAL ARTS AND HERITAGE • KEHA STATE SUPPORTED LESSON

The visual arts are among the most sophisticated forms of human communication, at once shaping and shaped by the social context in which they find expression. Humans have created objects of beauty and significance for thousands of years (Stokstad, 1995). Examples of cave paintings dating back more than 10,000 years provide a glimpse into our primitive world, as we view not only what is depicted, but also the way it is depicted.

Our involvement with art may be intense or casual, naïve, or sophisticated. As viewers, we actively participate in the re-creation of the work, and the meaning changes from person to person. We may react instinctively to a painting or photograph and get a “feeling” of knowing what we like, while our opinions as to what constitutes art changes over time (Stokstad, 1995).

But how do we know which “art” is worthy of our attention, and how do we know when we have found it? Sachant, et al. (2016) suggest the decision about “what art is best” belongs to the individual. There is specific vocabulary that enables us to analyze and process what we see. And when we enhance our “visual literacy,” we raise our awareness of the powerful images that surround us (Sachant, et al., 2016). The “elements and principles” of art provide that vocabulary we can use to engage in meaningful conversations about what we view in our artistic world.



## ELEMENTS OF ART

**Line, shape, form, space, texture, value, and color** are the physical or visual components with which a work of art is created. *Here, the terms are defined as they relate to visual arts.*



### **LINE:**

defined by a point moving in space; usually a long, narrow mark or band

*Outline:* the lines by which a figure (or shape) is defined in; the sum of these lines forms the contour of the figure



### **SHAPE:**

two-dimensional, flat, or limited to height and width

*Geometric:* comprised of points, lines, angles, and figures used in geometry, usually with straight lines or regular shapes

*Organic:* created from shapes that are irregular or asymmetrical in appearance and having a curvy flow to them; also referring to shapes found in nature



### **FORM:**

three-dimensional, enclosing volume; includes height, width, and depth; sculpture, performance art and crafts (e.g., knitting) are all three-dimensional



### **SPACE:**

the area around, between, and within shapes or forms

*Composition:* the arrangement or positioning of elements within the pictorial space



### **TEXTURE:**

the way things feel, or look like they might feel, if touched; the tactile or perceived surface quality of an object; texture can be real or implied



### **VALUE:**

the relative lightness or darkness of a color that can be used to define form (a color's value changes when white or black is added)



### **COLOR:**

the property of an object that is produced when light strikes it and is reflected and viewed by the eye

*Hue:* the actual color

*Chroma:* intensity of the color

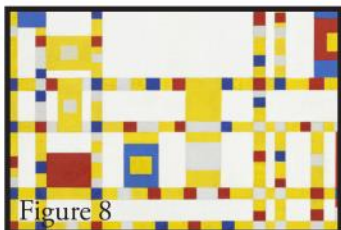
*Value:* lightness or darkness of the color



## PRINCIPLES OF ART

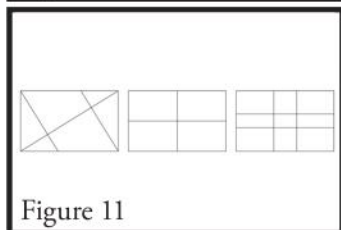
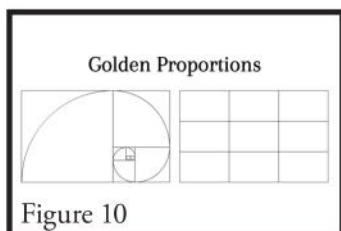
**Unity, variety, proportion, balance, contrast, emphasis, movement, rhythm, and pattern** are the effects or results that are created based on the use of the **elements of art**.

*Here, the terms are defined as they relate to visual arts.*



### **UNITY OR VARIETY:**

when design elements (line, shape, form, space, texture, value, and color) are either identical/similar (Unity, *Figure 8*) or they are varied (Variety, *Figure 9*)



### **PROPORTION:**

refers to both the scale of objects individually as well as in relation to other elements



### **BALANCE:**

how the elements of art relate to each other within a composition in terms of their visual weight to create visual stability; that is, one side does not seem “heavier” than another (See *Figure 12 Symmetrical Balance. Figure 13 Asymmetrical Balance*)



Figure 14

### **CONTRAST:**

when opposite elements are arranged together in a work of art (e.g., light and dark or smooth and bumpy)



Figure 15

### **EMPHASIS:**

to make something more defined or give it special importance by drawing attention to it



Figure 16

### **MOVEMENT:**

the way in which the viewer's eye is directed in a work; it can imply motion, hint at a narrative, or simply create a pleasing effect



Figure 17

### **RHYTHM:**

movement within a piece of art that helps the eye travel through to a point of focus; occurs when similar shapes or form are repeated within a work of art; rhythm is the visual beat or tempo within a work of art



Figure 18

### **PATTERN:**

the regular and planned repetition of a design element

### **Prepared by:**

Jeanne Badgett, senior Extension associate,  
Family and Consumer Sciences  
University of Kentucky

### **SOURCES:**

Barry, M.P. (2020). Lesson 02: Elements and Principles. Art Appreciation Open Educational Resource. East Tennessee State University: Johnson City. <https://dc.etsu.edu/art-appreciation-oer/3>

Jessica Evans, University of Kentucky Arts Extension associate

Sachant, P., Blood, P., LeMieux, J., and Tekippe, R. (2016). Introduction to Art: Design, Context, and Meaning. Fine Arts Open Textbooks. <https://oer.galileo.usg.edu/arts-textbooks/3>

Stokstad, M. (1995). Art History. Harry Abrams: New York.



## SOURCES AND LICENSES FOR IMAGES:

### Figure 1

Egon Schiele  
Lilly Steine, 1918  
Charcoal on paper  
Source: Met Museum  
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### Figure 2

Vassily Kandinsky  
Several Circles  
Oil on Canvas, 1926.  
Source: Wikimedia Commons  
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### Figure 3

Artist unknown  
Teapot  
Salt-glazed stoneware with enamel decoration, ca. 1780  
Metropolitan Museum  
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### Figure 4

Albert Bierstadt  
The Rocky Mountains, Lander's Peak  
Oil on canvas, 1863.  
Source: Met Museum  
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### Figure 5

Albrecht Dürer  
Young Hare  
Watercolor and gouache, 1502.  
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### Figure 6

Käthe Kollwitz,  
Woman with Dead Child.  
Etching, 1903.  
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### Figure 7

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### Figure 8

Piet Mondrian  
Broadway Boogie Woogie  
Oil on canvas, 1942.  
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### Figure 9

Vassily Kandinsky  
Composition IX  
Oil on canvas, 1936.  
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### Figure 10 and 11

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### Figure 12

Northern Rose Window  
Cathedral of Notre Dame de Chartres c. 1235  
Author: Guillaume Piolle, Cropped from original  
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### Figure 13

James McNeill Whistler  
Arrangement in Grey and Black No.1 (Whistler's Mother)  
Oil on canvas, 1871  
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### Figure 14

Edvard Munch, Separation  
Oil on Canvas, 1896  
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### Figure 15

Fragonard  
The Swing  
Oil on Canvas, 1767  
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### Figure 16

Marcel Duchamp  
Nude Descending a Staircase, No. 2  
Oil on Canvas, 1912  
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### Figure 17

Robert Delaunay  
Endless Rhythm  
Oil paint on canvas, 1934  
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Photo © Tate

### Figure 18

William de Morgan  
Vase with Cover  
Pottery, 1888-1898  
Source: Met Museum  
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