



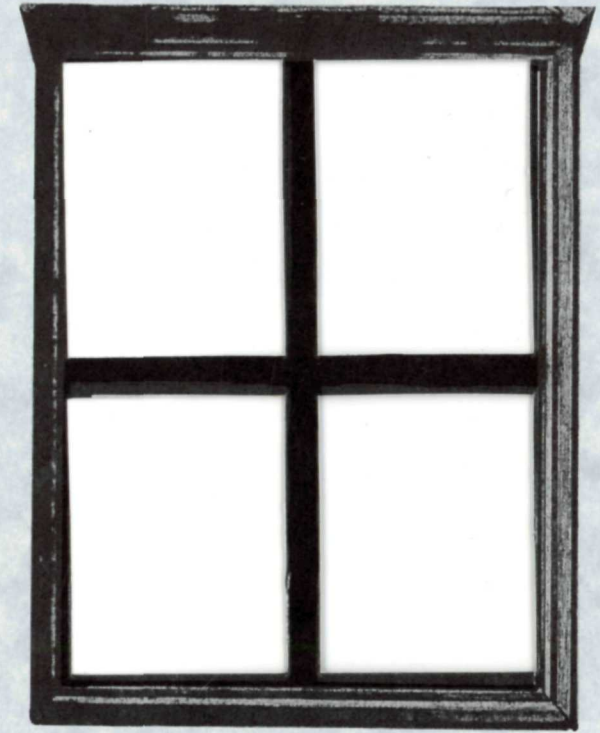
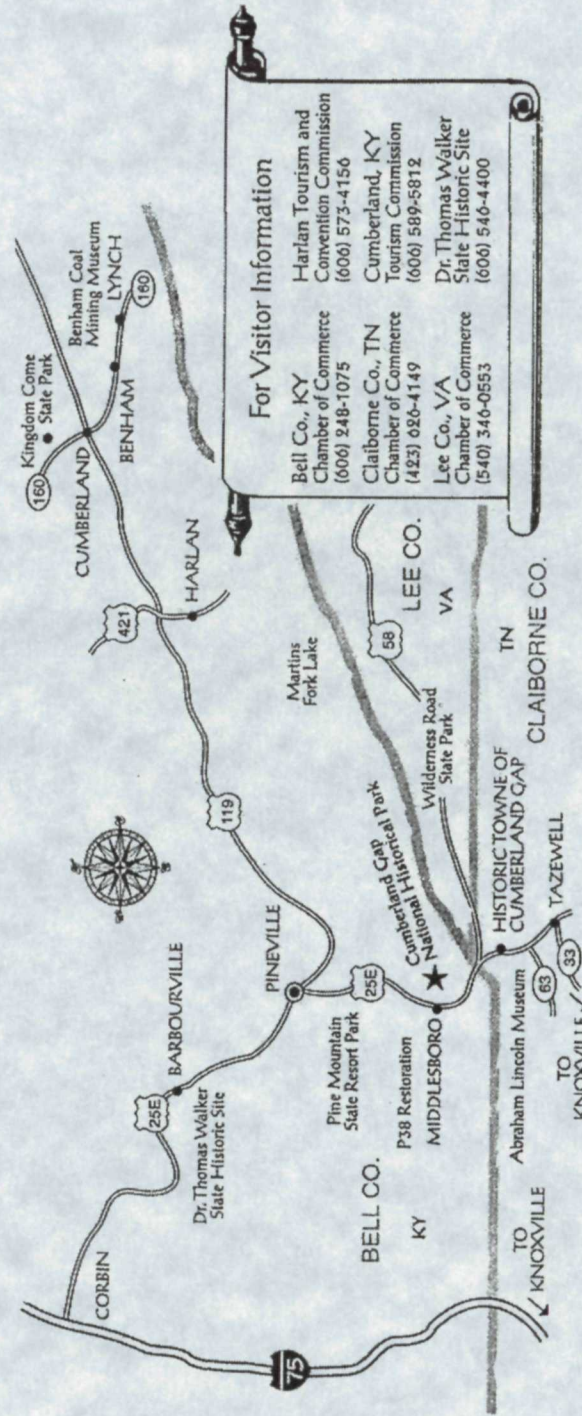
***Appalachian  
Reflections  
May 26-28, 2000***

***Cumberland Gap National  
Historical Park***





Look through a window of time and see men, women, and children as they go about their daily lives in the late 1800's to the early 1900's. Look into the cabin and listen carefully ... hear the lingering sounds of children at play, the whirling of a spinning wheel, or the creaking of a rocking chair. Appalachia lives on ...

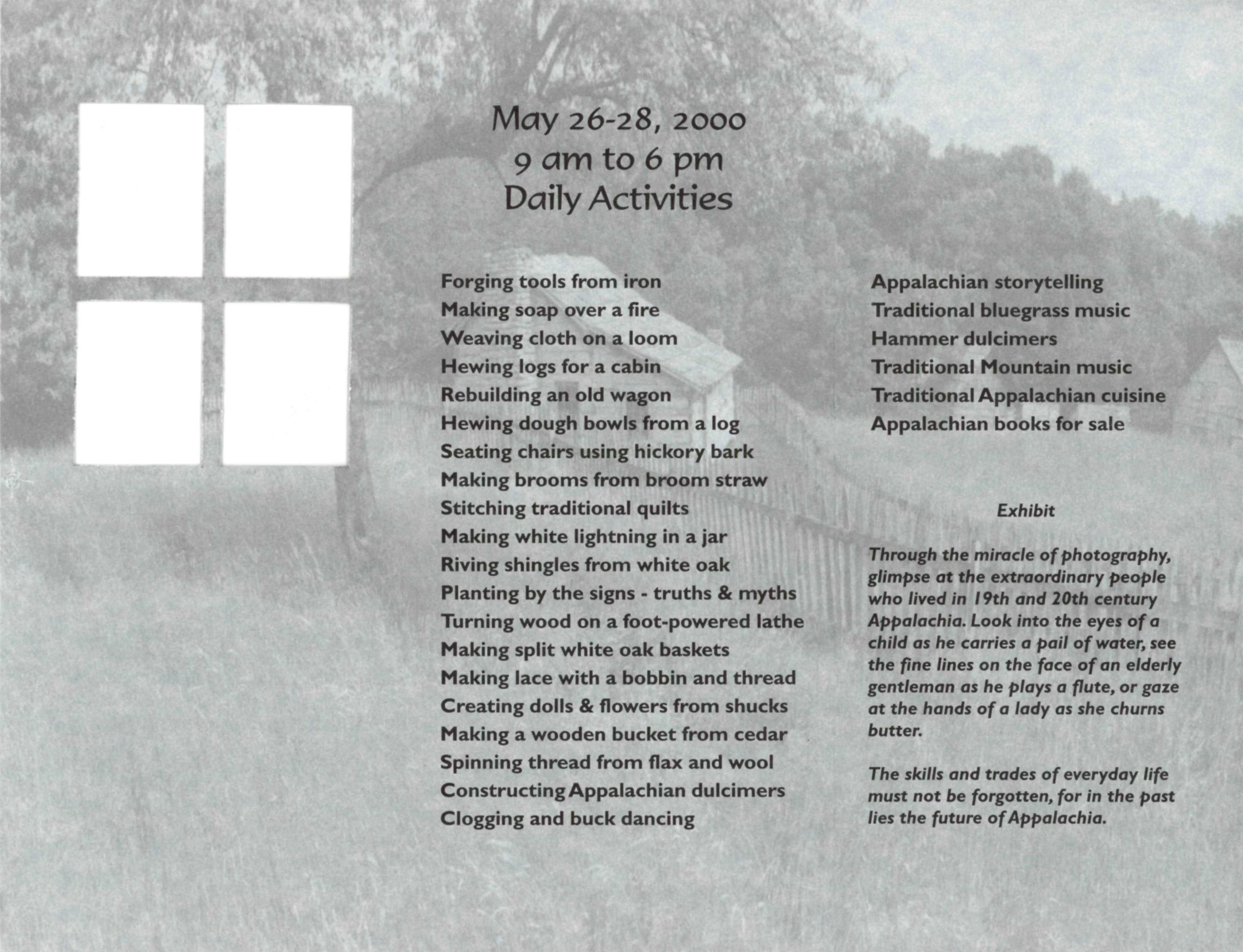


# Appalachian Reflections

May 26-28, 2000

Cumberland Gap National  
Historical Park





**May 26-28, 2000**  
**9 am to 6 pm**  
**Daily Activities**

**Forging tools from iron**  
**Making soap over a fire**  
**Weaving cloth on a loom**  
**Hewing logs for a cabin**  
**Rebuilding an old wagon**  
**Hewing dough bowls from a log**  
**Seating chairs using hickory bark**  
**Making brooms from broom straw**  
**Stitching traditional quilts**  
**Making white lightning in a jar**  
**Riving shingles from white oak**  
**Planting by the signs - truths & myths**  
**Turning wood on a foot-powered lathe**  
**Making split white oak baskets**  
**Making lace with a bobbin and thread**  
**Creating dolls & flowers from shucks**  
**Making a wooden bucket from cedar**  
**Spinning thread from flax and wool**  
**Constructing Appalachian dulcimers**  
**Clogging and buck dancing**

**Appalachian storytelling**  
**Traditional bluegrass music**  
**Hammer dulcimers**  
**Traditional Mountain music**  
**Traditional Appalachian cuisine**  
**Appalachian books for sale**

**Exhibit**

*Through the miracle of photography, glimpse at the extraordinary people who lived in 19th and 20th century Appalachia. Look into the eyes of a child as he carries a pail of water, see the fine lines on the face of an elderly gentleman as he plays a flute, or gaze at the hands of a lady as she churns butter.*

*The skills and trades of everyday life must not be forgotten, for in the past lies the future of Appalachia.*