

FOLKWAYS TENT, SATURDAY, SEPT. 16

11 AM Interactive Clog Dance with the Barnstormers & the RockCandy Cloggers



Rock and Candy have been clog dance partners for about 30 years. One of the elements of their routines that sets them apart from other clog teams, is their focus on interactive movements. Their dances are not just about couples turns and dosido's, but also clog steps that incorporate tricky hand positions. Their workshop will introduce an easy clog dance that includes some of these partner hand holds. If time allows, we will also play with the "pretzel" sequence. Bring a friend to dance with, or find a new one at the workshop!

12 PM Dulcimer Workshop with Anne and Amy Lough



Mother and daughter duo Anne and Amy Lough invited festival attendees to come try their hand at playing a tune or two on the beautiful Appalachian Mountain Dulcimer. No musical experience is necessary to be able to play a tune or two and sound great from the beginning. With over thirty-five years' experience in performance and education Anne Lough's excellence as a performer, her artistic interpretation, sensitive playing style, versatility, creative arranging and skill as an instructor have earned her international acclaim. She's shared that love of music with her daughter, Amy, who has become a talented dulcimer and singer in her own right.

1 PM Folkways and Traditions of Plant Medicine in Appalachia

Andrea Koutras Lay with the Nettle Patch



The Appalachian region is rich in botanical diversity and resources and has a rich history of using wild plants for food, health and healing. Samples of a variety of local medicinal plants will be shared, as well as identification and growing tips, and we'll discuss uses and the concept of "medicine of place". The session will also include a demonstration of making herbal teas and other extracts.

2 PM Traditions Old and New



Sparky and Rhonda Rucker have long been ambassadors of cultural heritage, accompanying themselves with bottleneck slide guitar, old-time banjo, harmonica, piano, spoons, and bones. Over fifty years of performing, Sparky and Rhonda have performed at the Kennedy Center and the Smithsonian Folklife Festival as well as NPR's *On Point*, *Prairie Home Companion*, *Mountain Stage*, and *Morning Edition*. Their recording, *Treasures & Tears*, was nominated for a W.C. Handy Award, and their music is also included on the Grammy-nominated anthology, *Singing Through the Hard Times*

3 PM Roots and Rhythm- Appalachian Music and Dance



Join Footworks as they take you on a journey through the roots of Appalachian Music and Dance in this performance/workshop. You will learn about the many influences that helped to create this genre, see and hear some great dancing and music, and get up and dance and sing along with Footworks in this easy, fun, informative, and entertaining workshop/performance.

4 PM Folk Punk: A Round Table



Folk punk, sometimes called Rogue Folk—fuses folk instrumentation and themes and fuses them with punk energy, highlighting the close relationship between the two musical traditions. This panel will bring members from three Appalachian folk-punk acts (Local News Legend, Mink's Miracle Medicine, and TBA) for a discussion of the genre, those traditions, and more. On Saturday night Clatter, in Frostburg, will host a Punk Show with doors opening at 9 pm. The concert will be free with an optional donation.