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**FOR IMMEDIATE RELEASE:**

Pioneer Traditions Return for Fall Heritage Days at the Museum of Appalachia

October 22, 23, 29 & 30 | 9:00 a.m.–3:00 p.m.

NORRIS, Tenn. – The Museum of Appalachia will welcome thousands of young people this October for Fall Heritage Days, its annual four-day celebration of the skills, crafts, music, and harvest traditions of earlier Appalachia.

Across the Pioneer Village, artisans will show how much of everyday life once depended on skilled hands. Visitors can watch clay shaped into pottery, baskets woven, quilts pieced, dolls crafted, and apple butter prepared over the fire.

Other demonstrations will reveal the skill behind some of the work that sustained Appalachian communities, including blacksmithing, corn milling, leatherworking, woodcarving, flintknapping, coopering, and more.

Pumpkin carving and open-fire cooking will add some of the season's more familiar sights and smells, alongside cups of sassafras tea.

“For many young people, Fall Heritage Days is the first time they’ve seen the work behind things they might otherwise take for granted,” said Lindsey Meyer Gallaher, president of the Museum of Appalachia. “When they watch food prepared, tools used, and everyday objects made by hand, history becomes much more tangible. It gives them a better understanding of where things come from and a real appreciation for the ingenuity of the people who came before them.”

Students and families can try crosscut sawing, old-fashioned games, pumpkin painting, and shape-note singing while enjoying the sounds of bluegrass and old-time music.

Admission includes access to the Museum's 11-acre Pioneer Village, three exhibit buildings, more than 30 historic log structures, working gardens, and dozens of animals.

General admission tickets are available at museumofappalachia.org, with free admission for Museum members.

School, homeschool, and other groups must complete a reservation form on the Museum's website in advance to reserve their spot.

Sponsored in part by the Tennessee Arts Commission, Fall Heritage Days reflects the Museum's mission to instill a greater knowledge and appreciation for the history and culture of the people of Southern Appalachia.

For questions, visit museumofappalachia.org, call 865-494-7680 or email museum@museumofappalachia.org.
