



MOUNTAIN FOLK NEWS

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Catch the Spirit of Appalachia (CSA) Cofounders Amy Ammons Garza, Mountain Storyteller, & Doreyl Ammons Cain, Visual Artist, a team known as The Ammons Sisters, are dedicated to reaching every child they can with the message that they are creative, can achieve success and have the heritage background that will sustain them throughout their lives. The sisters are actively promoting literacy and awareness of self-worth in all children and adults. The CSA's participatory Board of Directors & Advisors believe in the mission of the organization and extend themselves, involving the goals of CSA into their private lives.

4th Quarter 2020 Newsletter

Murals in the Making

by Doreyl Ammons Cain, Co-founder of Catch the Spirit of Appalachia and the Appalachian Mural Trail

A new bee mural has begun in Hendersonville and everyone has been invited to stop by and meet artist Matt Willey as he worked to bring his bee mural to life in downtown at the Hands On! Children's Museum. During the weeks it has taken to paint the mural, late October through November, brush-stroke by brush-stroke, starting high on a boom lift and working down to ground level -- Willey purposefully involved viewers, thus becoming a pollinator educator as well as a painter. He founded The Good of the Hive as a personal commitment to hand-paint

50,000 honey bees in murals around the world. Through art and imagination, his work inspires curiosity and awareness about the importance of honey bees and other pollinators while celebrating the power in human connection. Weather permitting, Willey was on-site almost daily.

Update: The first phase of the bee mural has now been completed. The queen and her attendants will overwinter on their comb, now well provisioned and dripping with honey. Come spring, as flowers begin to bloom, honey bees become active again, and other pollinators

(Continued on next page)

emerge, the artist will return to Hendersonville to also paint these elements of the mural.

Another new mural town in the making recently added to the Appalachian Mural Trail is Sparta, NC. The Alleghany County Arts Council is in the process of sending out a call for artists for a community mural to celebrate their town of Sparta. They are constructing a new masterpiece, while showcasing the murals they already have in place.

Inclusive Mural Partnerships are being formed to create cultural murals throughout communities in the Appalachian region, bringing stories alive through the arts! So there are more murals in the making upon the horizon, and who knows what form these new murals will eventually take.

Stay tuned at muraltrail.com



Appalachian Mural Trail

New Inclusive Mural Series

by Doreyl Ammons Cain

Working as a community artist over the years has brought new meaning to me as a muralist. I now see this creative process as the development of a collective voice for people in a community through interpreting their unique story using an art medium.

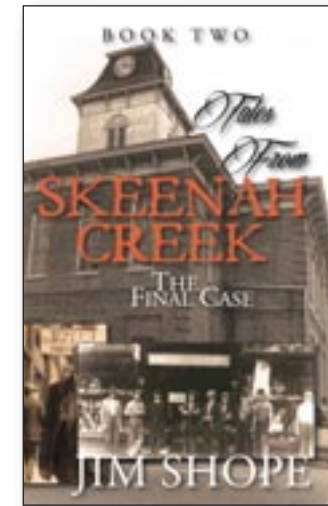
A community visual artist sees the effects of the environment, how it shapes the community and the people in it. The many voices that speak within the community visualize a thread that can be seen holding the community together. This thread can be colored in many different ways, but always recurs through most all communications. This colorful thread will be content for the Appalachian Mural Trail's new Postage Stamp mural series. We are happy to announce that the mural trail has received a grant to begin creating small inclusive murals that tell the stories of communities embracing their collective, multi-cultural voice. We welcome inquires about our new program for those small towns who would like to be awarded a Postage Stamp Mural.

Also, new upgrades to the mural trail website include a system designed by Jerry Cain that rotates the mural town links every time someone clicks on a town. This means when people come to muraltrail.com and click on a town the next town moves up so that every mural town will be spotlighted numerous times in a day.

We have noticed that the PBS feature about the Appalachian Mural Trail as a safe driving trip during the Pandemic has been replayed several times. Every time it's replayed our number of visitors to muraltrail.com doubles. This makes good news for everyone!



Publishing by CSA



143. **Tales from Skeenah Creek** \$14.95 (2020)
Book Two — The Final Case
By Jim Shope

Alf Shope, the old Confederate soldier in the twilight of his existence, is now called back into the fray one final time to defend a family member accused of a murder that he possibly did not commit. His career has extended over the better part of five decades, but he had not actually been in the courtroom in several years. Did he still "have it"; could he mount a respectable defense? This tale, inspired by actual events in Macon County during the Great Depression, brings Alf to... "his final case". Determined to bring his best to the courtroom, Alf goes above and beyond to prove the innocence of young Jessie R. Norton. ISBN 978-1-7351316-3-4

Books on the Horizon

We have such an array of upcoming books we are working on here at Ammons Communications, with its imprint Catch the Spirit of Appalachia. One exciting book that is in the proofing stage is by our own Roy Owenby. It is book two of his trilogy "The Wilderness of Ren."

"I have had the most fun reading this book," says Amy. "Roy has created a new world after Earth has become over crowded and sent out explorer ships into outer space. I cannot tell you how intricate this Fantasy adventure is and such a joy to read!"

There are two books for children coming up. Almost finished is the fifth book in the "Adventures with Charlie" series! Doreyl has completed the illustrations for "Charlie and the Half-Marathon," by Charles Schoen. This is a

book series for children dedicated to building communities through the inclusion of children with special needs and their families, sponsored by The Adaptive Learning Center, Marietta, Georgia.

Another children's book being illustrated by Doreyl is "The Singing Convention," by Brenda Kay Ledford from Graham County. This is a wonderful true story of a family of eight children set in an earlier century. It is a story of how one child feels about being called on to do most of the work and the lesson he learns. The book also introduces the reader to shape note singing.

For publishing your own works, start by emailing Amy at: amyammonsgarza@gmail.com

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"Planting the Seeds of Heritage through the Arts"

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New Direction For Stories of Mountain Folk

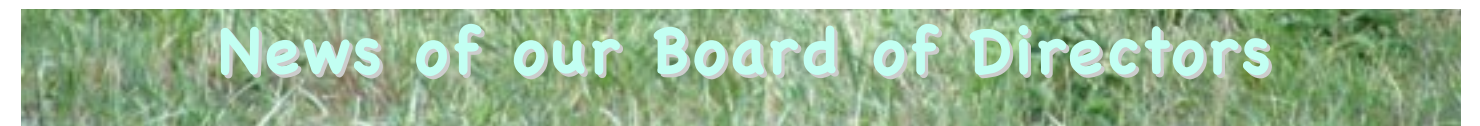
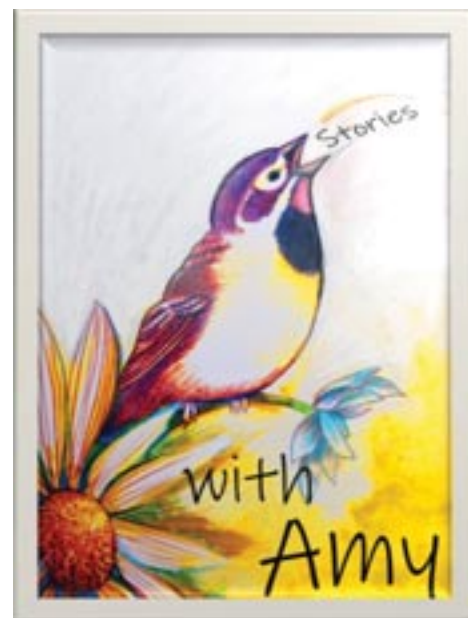
In September, 2008, Amy Ammons Garza and Doreyl Ammons Cain, founders of Catch the Spirit of Appalachia (CSA), began the radio show *Stories of Mountain Folk*. Featuring interviews, memories, discussions and stories from Caucasian, African-American, and Cherokee people living in the area of the Great Smoky Mountains, the volunteer interviewers actually went into homes of the people to assure them a “safe” place to tell their stories. The program produced the largest oral history collection in Western North Carolina, paving the way for the Mountain Heritage Award in 2013 through Western Carolina University.

From our beginning in 2008 until 2016 the program, with the help of Neal Hearn, radio personality, was produced for WRGC Radio in Sylva, NC; thereafter, we continued the interviews strictly as a podcast, reaching a much larger audience.

With time ever advancing, our founders and interviewers have aged and evolved into new directions. However, *Stories of Mountain*

Folk lives on, shared with offerings from storyteller, Amy on her new website *Sharing Spoken Stories!* Thus anyone going to our website <http://storiesofmountainfolk.com>, will find this explanatory note asking those who want to hear our stories to please explore our new direction at:

<http://sharingspokenstories.com>
<http://MuralTrail.com> with Doreyl,
 or/ and Catch the Spirit of Appalachia



Nicole Writes from Amsterdam

It's so wonderful to see the Mural Trail has really taken off! I remember when you and Doreyl first mentioned it at a board meeting.

Your new website is amazing! I love looking at the photo gallery, especially you all as children. Is the girl on the far left Linda? If you see her please give her my best.

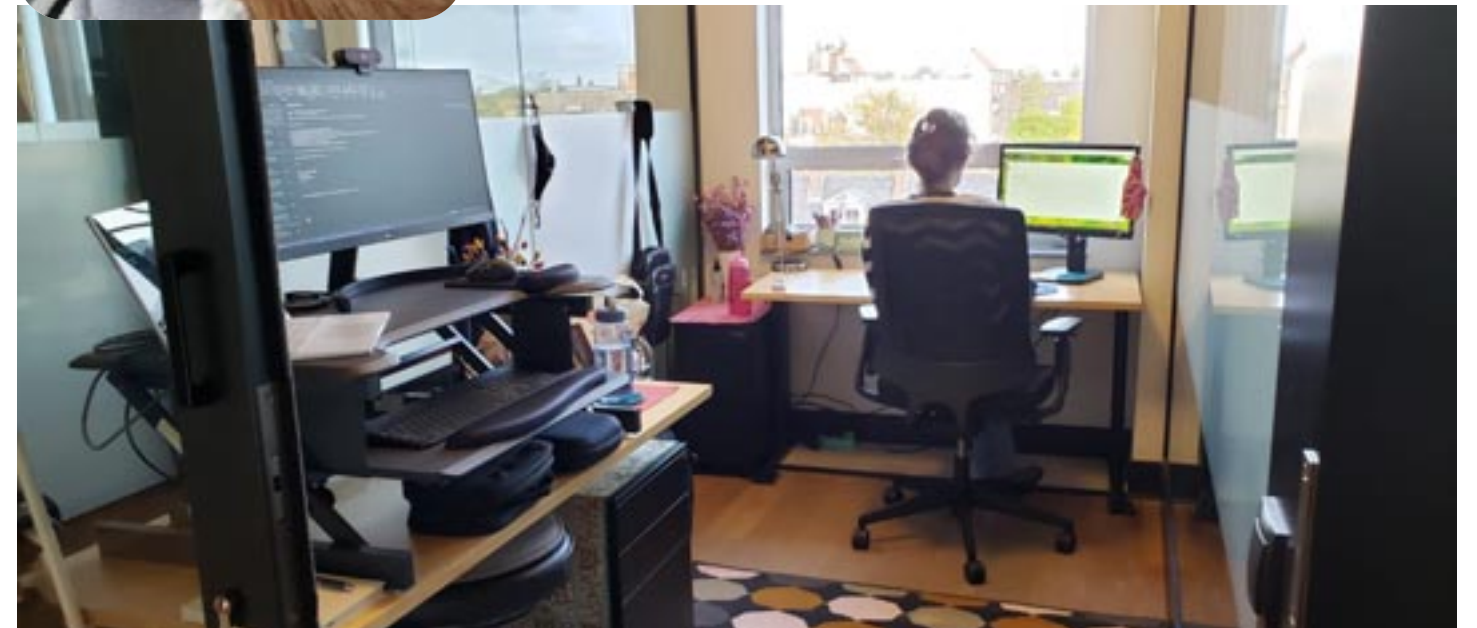
Things are moving along here. We moved into a new office space on Monday and today finished getting it set up - it's super exciting. I feel like I'm really "working" now. :) We are renting a room in a bigger shared office (WeWork), which is perfect for us. We only had to bring our computers and decorations. WeWork provides the desks and takes care of the building. For a long time I felt unsure and stuck about where we're heading, but we've made some great strides recently with the office and charting a direction. I feel like we're really making progress now.

We have two kittens. They are just the cutest little balls of energy. We named them after the poets Rumi and Hafez. I hope everything is going well with you all!

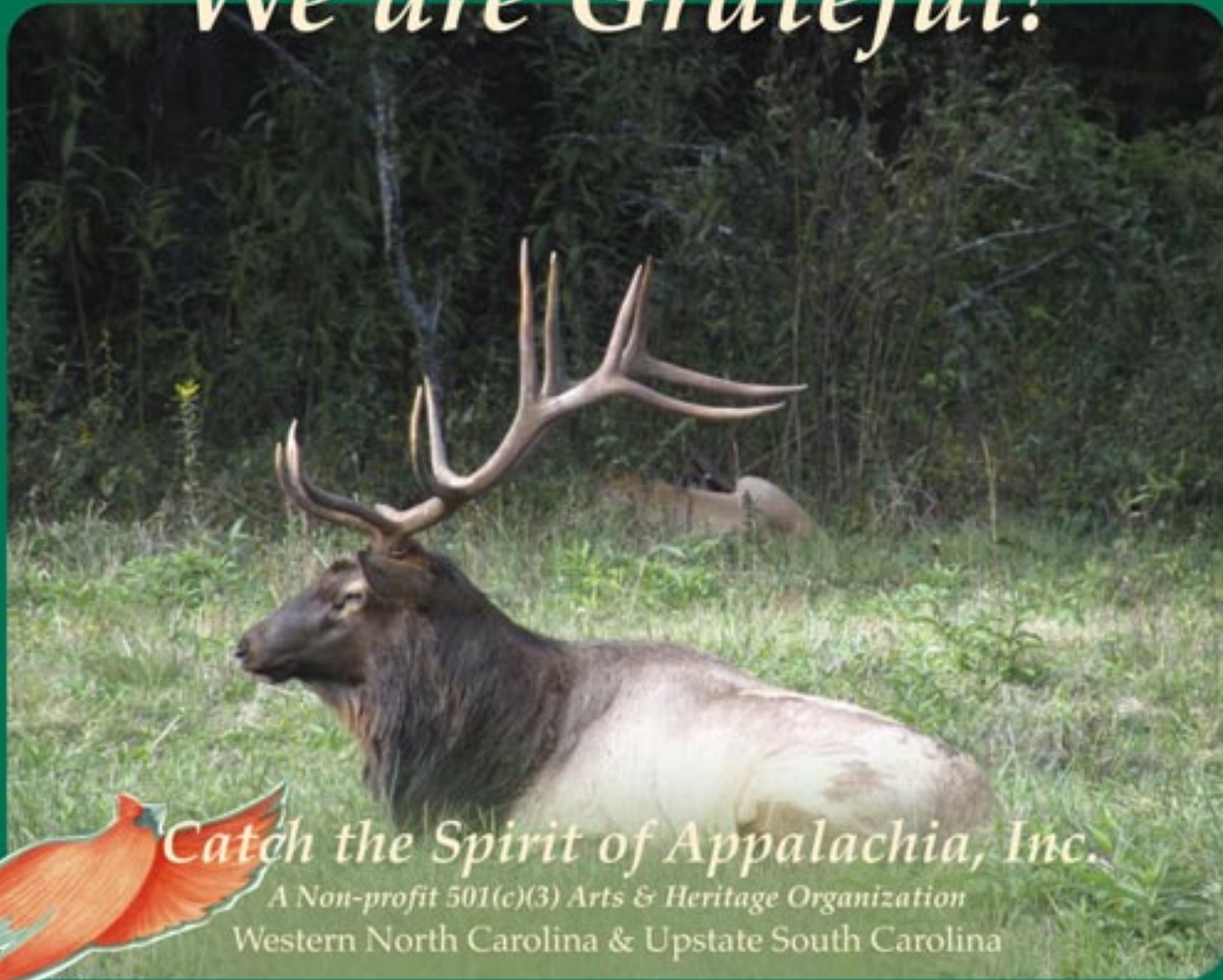
All my love, Nicole

To write or send a card to Nicole, here is her address:

Nicole Jarosinski
 Waterloo Plein 21B 1011NV
 Amsterdam, Netherlands



We are Grateful!



Catch the Spirit of Appalachia, Inc.

*A Non-profit 501(c)(3) Arts & Heritage Organization
Western North Carolina & Upstate South Carolina*

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