

Music: **Fiddle**

Fiddle is another name for the stringed instrument called a *violin*. Musicians who play bluegrass, country, or old-time music use the term *fiddle*. The fiddle is played with a bow, and Appalachian musicians often learn to play by ear, rather than by reading music. Songs are passed down from older to younger generations, preserving the musical history of families and communities.



Music: **Banjo**

The *banjo* is a four-, five- or (occasionally) six-stringed instrument with a thin membrane stretched over a frame or cavity as a resonator, called the head. The head is typically a piece of animal skin or plastic, and the frame is usually circular. Early forms of the instrument were fashioned by Africans in America, adapted from African instruments of similar design.



Rituals: **Quilt Making**

Quilt making is a traditional way for Appalachian women, in particular, to participate in a storytelling and oral history ritual. Women gather to create quilts that document local customs and history, or commemorate special events in the history of their community.



Legends: **Jack Tales**

These stories can be traced back to the earliest English, Scottish, and Irish folklore, and each story features the unlikely adventures of a smart, resourceful (and often tricky) boy named Jack. In the Appalachian culture, these stories took on characteristics specific to the region and storytellers infused them with local history and events.

