

Block 1: 11-12 PM

1.1 Basic Personal Finance

[Alexia Ault]

Many young people graduate from high school without knowing the basics of personal finance. This workshop is designed to fill in the gaps. Participants will learn about budgeting, writing checks, paying bills, credit scores and more.

1.2 Downhome Demons- A Mixed Media Workshop

[Misty Skaggs]

This workshop is intended to spark creativity and discussion and to explore how Appalachian voices are expressed in the arts. We'll scribble down poems or splatter paints and share our stories as we dive head first into what it means to be an Appalachian, inner demons and all.

1.3 AMI 2016 Film Screening

Not A Daughter

Directed by Oakley Fugate

Summer Documentary Institute, 2016

A documentary film that tells the story of Oliver Baker, a LGBT-Q youth growing up in the mountains of eastern Kentucky.

Go Your Own Way

Directed by Elyssia Lowe, Jaydon Tolliver & Joshua Collier

Summer Documentary Institute, 2016

A documentary film that tells the story of four artisans, artists and visionaries who are working to build an equitable and unique future for themselves in the hills of eastern Kentucky.

Justice For All

Directed by Oliver Baker, Aaron Combs

Justice For All is a documentary film by AMI interns Oliver Baker and Aaron Combs that tells the story of community perceptions of the Black Lives Matter movement in the mountains of eastern Kentucky.

My Kind of Music

Directed by Eli Bedel

Summer Documentary Institute, 2016

My Kind of Music is a documentary film by AMI intern Eli Bedel that explores the impact that the popularization of old time music has had on the regional style in eastern Kentucky.

1.4 Pine Mountain Community Embroidery

[Zoé Strecker]

In this workshop artist Zoé Strecker will give an overview of the project, then teach the group some embroidery stitches to use on the panels. After some practice, the group will work collectively on 36" diameter panels for the remainder of the workshop. Working side by side creates an opportunity for conversation about the mountain's biodiversity, the social themes at the heart of the Pussyfooting theater project and other topics. Participants will be invited to take small panels away from

the conference (with close-up images of plants, mushrooms, and other organisms) to embroider independently and also to join future group embroidery sessions.

1.5 Prison Town: A False Solution from the Top

[Letcher County Governance Project]

Did you know the only federal prison proposal in the country is for neighboring Letcher County? Ever wondered what impacts prisons have on communities? Join us to explore an interactive timeline of prison expansion in Central Appalachia and events leading to United States Penitentiary (USP) Letcher. We will also talk about the modern history of organizing around this "economic solution", including the #Our444million campaign toward participatory budgeting. This workshop will share stories from nearby communities with prisons and those locally incarcerated, facts about federal prison jobs, local infrastructure implications, and policy alternatives for funds currently allocated to a maximum security prison.

1.6 Gathering Oral Histories: An Introduction

[Caroline Leggett]

Learn basic best practices of conducting oral history projects, including the most important thing to have before you begin.

Optional Lunch Discussion

Intersectional Support Group: It's good to build collective healing space in the mtns!

[Lill Prosperino]

A collective healing space for LGBTQIA-SS folx and people of color! We will meet over lunch and create a safe space for ourselves to talk about oppression and what needs of ours aren't being met here in the mtns. We love our allies, but would like to reserve space for this event to those who have experienced racism, homophobia, transphobia, etc., and provide support and collective healing for one another. Come prepared to potentially share emotional labor with one another and experience community-led healing, remember to try and only speak from your own experiences.

Block 2: 1:30-2:30 PM

2.1 Sexy Sex Ed

[Tanya Turner, Elana Scopa Forson]

This popular education workshop is highly participant-driven, meaning the people in the room with largely lead where conversations go. All ages and bodies are welcome! We'll be learning how to love ourselves and one another, using gender neutral language, art, biology, our collective knowledge and so much more. You are guaranteed to laugh, learn, and leave with a smile.

2.2 Don't Feed the Artists, They Will Feed Themselves

[Lacy Hale, Stef Ratliff]

Learn how two EKY woman have achieved living & working as artists in Appalachia: from the side hustle game to corporate contracts. What has worked, what definitely hasn't worked, and everything in-between.

2.3 Fly Flyers: Crash Course in Event Marketing

[Willard Watson]

Learn from an experienced event planner and community organizer how to design eye-catching flyers for your cause using a free website.

2.4 Tell the (Difficult) Truth

[Mark Powell, Appalachian State University]

In this writing workshop we will discuss writing fiction based on life, using an example from Andre Dubus.

2.5 Raven Rock Nature Hike at Kingdom Come State Park

[Megan Epperson]

Engage in a short, moderate hike to Kingdom Come State Park's Raven Rock. The sculpted limestone outcrop offers stunning views of Kentucky's highest mountain, Black Mountain and the Cumberland River Valley. The location is beautiful, ancient quartz pebbles are peppered along the stone, and large patches of lichen grow in the unlikely space.

2.6 Your Loss is My Loss- Grief Workshop

[Deron Major]

We are all connected. And, if this is true, when you grieve, I grieve (and vice versa). Let's explore our way of grieving and how to help others.

Block 3: 2:45-3:45 PM

3.1 Food Deserts and Farmers Markets

[Maggie Smith, Abigail Maggard]

Join Maggie Smith and Abigail Maggard for a discussion on what food deserts are, where they are located, and how programs are working to eliminate these issues in Kentucky. In addition, we will discuss food insecurity and how to support local farmers. In order to ensure the success of this conservation, we want to hear from other mountain folk about what's happening with local food in your communities and what you have done/are doing to end hunger.

3.2 Mental Health- Resources and Tools for Self-Care

[Annie Zomaya]

Many people will struggle with mental illness at some point in their lives. This workshop will teach participants about positive coping mechanisms and resources for dealing with mental illness.

3.3 Eco-Friendly Lifehacks

[Harlie McCurley]

Learn how to apply Eco-Friendly tactics to various parts of your life; health, shopping, education, and more.

3.4 Block Printing and Poetry

[Lacy Hale, Izzy Broomfield, Stef Ratliff]

Block Printing is one of the oldest types of printmaking, and has been around for thousands of years. Learn the ins and outs of block printing and create something to take home with you!

3.5 Politics and CAT's

[Julie Jent]

We will talk about current situations and policies in Kentucky. We will have a group learning activity that allows people a chance to look at current statistics about their communities. We will take suggestions from one another on what we can do to implement change. Participants learn to be advocates for ourselves and our communities. The end of the conversation will turn to politics on a national scale. We will hopefully recruit people to be Community Action Teams in their communities.

3.6 Introduction to Geocaching

[Chelsey Caldwell, Breezy Epperson]

Join the Harlan County High School Community Problem Solvers as they discuss their project "Exploring Your Roots." This team of high school students created this project to address the lack of knowledge and respect that their peers have for their Appalachian heritage. The workshop include an explanation of how of the problem was identified, their solution, and how you can experience their project while in Harlan County.

Block 4: 4-5 PM

4.1 Building Appalachia's Bright Future

[Roy Farley, Kimberly Shepherd]

Come help write a vision for yourself and your community! Learn about Appalachia's role in the resistance and how we have a history rich in working together and building our dreams.

4.2 Promptapalooza

[Melissa Helton]

This workshop will offer open-ended creative prompts. Participants can respond to the prompts through poetry, fiction, art, songwriting, nonfiction, interpretative dance, spontaneous origami and more. It will be a session of unfettered creation.

4.3 Zine Making Workshop

[Mikie Burke, Tristin Cunniff, Jaydon Tolliver]

Zines are a DIY Magazine where you express yourself in your own style to get your beliefs across in an artist manner.

4.4 Pottery 101

[Stef Ratliff, Lacy Hale]

Let's play in the mud! We will be carving individual tiles that will create an Appalachian youth mosaic. Why a mosaic? Because much like us coming together for IG2BYITM mosaics are the assemblage of individual pieces coming together to create a united being.

4.5 Creating Dialog in a Divisive Political Climate

[Shaylan Clark]

The workshop developed out of an increased isolation in our political spheres and an inability to talk to people with different opinions. This isolation can cause emotional pain, hostility, and even lead to physical violence. This workshop will explore how to create peacefully and constructive political discussions.

4.6 Becoming a Better Steward of Our Appalachian Mountains

[Preston Lacy, Gerry James, Megan Epperson]

A conservation centered around getting millennial Appalachians more involved as stakeholders and policy leaders with conservation and ecotourism work in the region. Goals are to highlight opportunities, talk about best practices, discuss issues and share ideas.