



Service Learning Program

Greetings from Appalachia!

Thank you for your interest in Appalachia- Science in the Public Interest. Since 1977, ASPI has been working as an advocate to promote sustainable living. We strive to be a resource for people interested in alternative technologies, sustainable food systems, energy conservation, cultural preservation, and environmental protection. We welcome your group to join us as we work to encourage these elements in Appalachia!

Groups who work with us volunteer on a variety of projects at our facilities in Livingston and Mt. Vernon, and with our partners around Rockcastle County, Kentucky. Some projects include trail work, organic gardening, cleanup of illegal dumps, rehabbing outreach and education sites, and buildings and grounds work. Your group may specify what types of projects are best suited for your interests. We hope to provide a valuable learning experience while you are here.

Groups stay either at a local church or at one of our facilities. Accommodations are rustic and usually consist of high quality camping cots. Some of our partners provide meals on varying days, and arrangements can be made to suit your needs. All of the facilities have kitchens for meal preparations.

A donation per person is requested prior to your stay, and varies depending on the number of volunteers, to cover the costs of materials, staff time and ASPI operations. Volunteer groups which include volunteers under 18 are asked to bring one adult per every two under 18.

ASPI seeks to educate groups who work with us about the unique and rich cultural heritage of the Appalachian region. Therefore, we will include opportunities to learn about the region, including presentations by artists and musicians and visits to places of historical and cultural relevance.

Further information about the programming can found online at a-spi.org or by calling 606-256-0077.

Thank You!

Sincerely,

Suzanne Van Etten

Executive Director



Sample of **Items to Bring:**

- Work gloves
- Sturdy weather proof boots/ shoes
- Rain gear
- Old clothing- you will get dirty!
- Warm clothes (it's that time of year!)
- Bath items
- Bedding- we provide lightweight camping cots, so bring sleeping bags, pillows, blankets
- Water Bottles
- Insect repellent
- Sunscreen
- Comfortable clothes for after work
- Shower shoes

Sample of **Additional Directives:**

We provide coolers for your packed lunches. You will be staying in either our Mt. Vernon office or the rectory at Our Lady of Mt. Vernon. Both sites have restrooms and showers, a kitchen and cooking supplies. Once you arrive in town, you can go purchase the supplies you will need for the week. Please remember this is a small town with a small grocery store and a few general stores, and we will be working for most of the business day. We recommend bringing whatever you need aside from perishable food.

We have wifi in the office, and one TV with a dvd player for your evening downtime. Please keep in mind that this is a business office, so computers will not be available for use. We cannot ensure the safety of your items at the office while we are away, so you may want to leave expensive personal items at home. Cell phones and anything you can't use on take off or landing will not be allowed in the field. Bring your camera, movies, games, note taking materials and a positive attitude!

You will need to plan for 6 Breakfasts, 3 lunches, and 2-3 dinners.



Sample of **Daily Schedule:**

	8:30 AM	Morning	Lunch	Afternoon	4:00 PM	6:00 PM/ Evening
Sunday				Arrive, meet Grow Appalachia families attending harvest potluck @ 2PM, settle in.		Shop for groceries for the week, dinner, orientation
Monday	Meet at ASPI office ready to go	Climax Springs, T&T's outdoor work	Packed Snacks/ Provided Lunch	Resume Work, Rain Gardens, Fruit Garden, Fruit Trees, Outdoor Cleanup	Anglin Falls Trailhead. Hike to falls.	Arrive at Mt. Vernon
Tuesday	Meet at Community Garden Site	Community Garden/ Community Clean up	Provided Lunch Chestnut Ridge	Chestnut Ridge	Clean up and return to ASPI office. Showers, cleanup, break	Coal Country Tour- Dinner provided
Wednesday	Meet @ ASPI	Work with Rockcastle County Solid Waste Dept.	Packed Lunch	Resume work with recycling center and illegal dumps	Clean up	Dinner provided by Rockcastle County
Thursday	Meet in Livingston @ Nature Center	6 on trail cleanup, 6 on facilities	Snacks and drinks provided	Switch: 6 on facilities and 6 on trails	Clean up	Last night wrap up, local music and dinner
Friday	Pack and clean up					

Topics (By Day):

Monday: Sustainable Living, Micro Hydro, Appalachian Culture

Tuesday: Community Gardens, Subsistence Farming, Organic Gardening, Rain Gardens

Wednesday: Illegal Dumps, Solid Waste Issues in Appalachia

Thursday: Forest Ecosystems, Education and Outreach, Appropriate Technology

SERVICE LEARNING



Return to: Appalachia- Science in the Public Interest, 50 Lair Street, Mt Vernon, KY 40456

WAIVER OF LIABILITY

Participant name _____

Cell phone # _____ Age _____

Home Address _____

ACKNOWLEDGEMENT OF RISK AND WAIVER OF LIABILITY

Read this document carefully and in its entirety. It is a binding legal document. If you are under the age of 18, this form must be signed by you as the participant AND by your parent or legal guardian.

I am aware that service learning may include activities that are risky and dangerous. I acknowledge that participation in service learning may include the following non-exclusive list of activities that bear risk and danger and from which bodily injury, up to and including mortal injury, may occur: intense physical labor, materials handling, lifting or carrying heavy objects; transportation to and from various destinations; being outside or in the presence of inclement weather conditions including, but not limited to, lightning, wind and/or hail; contact with plants, animals, insects and/or other environmental hazards; rendering of first-aid, emergency treatment or other services; consumption of food or drink; or other unknown and unanticipated activities and risks. With full knowledge of these facts and circumstances, I voluntarily participate in this service learning activity and assume all responsibility for and risk resulting from my participation including all risk of property damage and injury to others and to myself. I agree to comply with all of the rules and conditions of participating in this service learning activity. I certify that I have adequate health insurance necessary to provide for and pay any medical costs that may directly or indirectly result from my participation in the project. I will indemnify and hold Appalachia- Science in the Public Interest (ASPI) and all of its respective officers, agents, servants, employees and volunteers harmless with respect to all such costs.

I am aware that if I provide a vehicle not owned and operated by the ASPI for transportation to, at, or from the project sites, or if I am a passenger in such a vehicle, ASPI is not responsible for any damage caused by or arising from my use of such transportation. Furthermore, I acknowledge that I am solely responsible for any action that I take that is outside the scope of the scheduled service learning activities, regardless if occurring before, during or after the period of the activity. To the extent permitted by law, and in consideration for being allowed to participate in service learning, I

hereby save, hold harmless, discharge and release ASPI from any and all liability, claims, causes of actions, damages or demands of any kind and nature whatsoever that may arise from or in connection with my participation in any activities related to the project.

It is my express intent that this Acknowledgement of Risk and Waiver of Liability shall bind my spouse, the members of my family and my estate, heirs, administrators, personal representatives and assigns. I further agree to save and hold harmless, indemnify and defend ASPI from any claim by the aforementioned parties arising out of my participation in this service learning activity. I recognize and acknowledge that ASPI makes no guarantees, warranties, representations, or other promises relative to the project, and assumes no liability or responsibility for injury or property damage that I may sustain as a result of participation in the project. I further understand and agree that this Release is intended to be as broad and inclusive as permitted by law. If any portion hereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full force and legal effect.

MEDICAL INFORMATION I hereby certify that I have no health-related reasons or problems that preclude or restrict my participation in this service learning activity. I hereby consent to first aid, emergency medical care, and, if necessary, admission to a medical facility for executing such care or treatment for injuries that I may sustain while participating in any activity associated with this activity.

Provider _____

ID Number _____

Primary Card Holder _____

EMERGENCY CONTACT

Name _____

Phone _____

Relationship to you _____

In signing this Acknowledgement of Risk and Waiver of Liability I hereby acknowledge and represent: (a) that I have read this document in its entirety, understand it, and sign it voluntarily; (b) that I am of legal age; and (c) that this Acknowledgement of Risk and Waiver of Liability is the entire agreement between the parties hereto and its terms are contractual and not a mere recital.

DATE _____

SIGNATURE _____

Participants who are not 18 years of age or older must sign above, and also must obtain the signature of a parent or legal guardian below: I certify that I am the parent or legal guardian of the above-named participant in this service learning activity. On behalf of myself and my spouse, partner, co-guardian or any other person who claims the participant as a dependant, I have read the above agreement, I understand the contents of this Acknowledgement of Risk and Waiver of Liability, assent to its terms and conditions, and sign this Acknowledgement of Risk and Waiver of Liability of my own free act. I acknowledge that my dependent and I have agreed to the terms and conditions of my dependent's participation in this activity, and I hereby give my consent to participation by my dependent in this activity, and to receive medical treatment determined to be necessary. I further agree to hold harmless, indemnify and defend the University from and against all claims, demands or suits that my dependent has or may have.

DATE _____

SIGNATURE _____

Housing

We partner with the Christian Appalachian Project (CAP) to provide housing for our service learners. The brand new facility is located next to our office and offers six showers, a full kitchen, laundry, lounge, and seven bedrooms equipped to house 25 people. We can also accommodate people at Our Lady of Mt Vernon's rectory facilities.

Meals

We ask our service learners to plan on preparing several meals on their own. Our many partners do end up providing dinners and lunches throughout the week, including our own staff. Therefore, we ask the groups to shop once they arrive rather than bringing the food with them.

Outings

We offer several evening activities for our groups, some guided and some suggested activities. Any group wishing to choose their own adventure does so at their own risk.

Fees and Donations

A donation per person is requested prior to your stay, and varies depending on the number of volunteers, to cover the costs of materials, staff time and ASPI operations. The donation schedule is:

Groups of 15 or more: \$150 per person

Groups of 11-14: \$185 per person

Groups of 8-10: \$225 per person

Appalachia-Science in the Public Interest

Service Learning

Appalachia- Science in the Public Interest (ASPI) has been a sponsor of the fieldwork component of service learning courses for over ten years.

We facilitate on-site housing, cultural outings, and daily projects out of our Small Town Demonstration Center at our main offices in Mount Vernon, KY. Our other educational facilities are located on close to 200 acres of old growth forest at our Rockcastle River Wilderness Site in Livingston, KY, which includes the Mary E Fritsch Nature Center, Michael Francis Zalla Trails.

Since our inception in 1977 in ASPI has been dedicated to education and awareness of our region's environmental issues and we remain just as dedicated to that ongoing cause 35 years later.

The service learning projects we facilitate include projects in each of our program focus areas and out in the field with community partners like Rockcastle County, Healthy Communities, and Green Forests. Program focus area projects include our community gardens, trails, oral histories, sustainable living demonstration buildings, nature center, and resource library.



ASPI has been working for healthy land and sustainable communities in Kentucky and Central Appalachia for over 35 years. ASPI is a non-profit resource center advocating for sustainable development, responsible resource management, and informed personal choices. We use applicable science and technology to benefit ecosystems by promoting innovative ideas and appropriate technologies. We accomplish this through educational programs, research, and demonstration projects.

**Appalachia- Science in the
Public Interest**
Ph 606.256.0077
50 Lair Street Mt Vernon, KY 40456

WWW.A-SPI.ORG
WWW.APPALACHIA-SPI.ORG

Resources

BOOKS:

The Thread that Runs so True, Strength from the Hills
by Jesse Stuart

Miners, Millhands and Mountaineers: Industrialization of the Appalachian South, 1880-1930 by Ronald D. Eller

Fighting Back in Appalachia: Traditions of Resistance and Change by Stephen L. Fisher

The Road to Poverty: The Making of Wealth and Hardship in Appalachia by Dwight B. Billings and Kathleen M. Blee

The Dollmaker by Harriette Arnow

The Coal Tattoo, Parchment of Leaves, Clay's Quilt by Silas House

Jack and the Wonder Beans, River of Earth, From the Mountain, From the Valley: New and Collected Poems by James Sill

Fair and Tender Ladies by Lee Smith

History of Appalachia by Richard Drake

Appalachian Values by Loyal Jones

FILMS:

Sludge Appalshop, directed by Robert Salyer
Pharaoh's Army loosely based on events at Wildcat Mountain in Rockcastle County, KY

Country Boys PBS, directed by Daniel Sutherland
Coal Spike TV, Thom Beers

Songcatcher directed by Maggie Greenwald
Seven Sisters: A Kentucky Portrait

WEBSITES:

Appalshop: www.appalshop.org

Appalachian Studies: www.appalchianstudies.org

Grow Appalachia: www.growapp.org

Berea College: www.berea.edu

PRIDE (personal responsibility in a desirable environment): www.kypride.org

Community Farm Alliance: www.cfa.org

The Nature Conservancy:

<http://www.nature.org/ourinitiatives/regions/northamerica/unitedstates/kentucky/index.htm>



Service-learning is a progressive way of teaching that has been adopted by university faculty members nationwide. As distinguished from traditional community service, service-learning is intentionally linked with an academic course and incorporates specific pedagogical goals for community service -- including structured reflection activities within the classroom. With social justice at its philosophical root, service-learning pedagogy naturally combines the life of the mind with habits of the heart.

Review the resources on our website: DIY Projects, Publications, and Programs!!!