

# DISCOVER THE GORGE

## Summer Activities At Cultural Heritage Center

Summer officially arrived on June 21st, and then the 90-degree temps followed a few days later, right on cue. While hiking the trails may not be too enjoyable during these hottest weeks of summer, there have been and continue to be plenty of indoor options for activities at the Laurel Gorge Cultural Heritage Center.

Taking a look back at activities from the last few weeks, we want to thank volunteer Camila Haney for hosting a series of Thursday Hikes throughout the spring. Those hikes have now ended for the season. Although Camila does not have any regularly scheduled hikes for the summer, due to the heat, pop-up hikes may occasionally be announced on our Facebook page.

On Saturday, June 20th, we hosted our annual Blooms & Tunes Open House. Camila hosted a guided hike on that day, and visitors got to enjoy the beautiful rhododendron blooms along the boardwalk. The Laurel Gorge Dulcimer Club also provided a wonderful hour-long performance of patriotic songs, hymns, and other traditional songs. Members of the dulcimer club who performed that day include Kierston Anderson, Lorie Conley, Kathleen Harper, Patricia Ison, Doris Tolliver, Janet Trent, and Serena Waddell.

Tuesdays continue to be sewing/quilting days with instructor Liz Turner. We are currently alternating weeks between the latest quilt-along series and a few one-day workshops. Participants have had three sessions so far to work on the quilt-along, and the star patterns are coming along nicely in a variety of colors. Workshops offered so far this summer have featured an arm-chair caddy, a bookmark/pen caddy, and a fabric basket. Only one workshop remains in the summer series, an eyeglass pouch for a lanyard on July 21 (\$15). Anyone interested in participating in the workshop can call to reserve a space for the event by July 20.

At the request of one of the ladies who regularly attends our sewing/quilting sessions, we hosted the first quilt retreat at the Laurel Gorge Cultural Heritage Center on June 25-27. The retreat was a three-day event and ran from 9:00 a.m. to 3:00 p.m. each day. Neither of the LGCHC staffers had ever hosted a quilt retreat nor had we even attended one, so we took the initiative to create our own version of a daytime quilt retreat and had fun creating a busy agenda for those three days.

The quilt retreat, which we called the Block Party, had two main activities for each morning -- workshops for two different quilt blocks. The first morning featured String Quilting with Christy Lewis and the Disappearing Nine-Patch with Lorie Conley. On the second day, morning sessions featured English Paper Piecing with Lorie Conley and Hidden Wells with Joanne Blair. The final day featured the Pineapple Block with Lorie Conley and the Churn Dash with Liz Turner. Participants could keep these blocks for themselves, but a couple donated them back to the Center to use for community-service projects.

The afternoon sessions of the Block Party were designed for community-service projects. These sessions were called Block Challenges and had participants using their cre-



The Laurel Gorge Dulcimer Club performed at the Blooms & Tunes Open House at the Laurel Gorge Cultural Heritage Center on June 20th. Members in attendance: Janet Trent, Lorie Conley, Patricia Ison, Doris Tolliver, Serena Waddell, Kathleen Harper, and Kierston Anderson.



Volunteer Camila Haney led a guided hike in the Laurel Gorge on June 20th as part of the Blooms & Tunes activities for the day. Participants got to enjoy the rhododendron blooms along the boardwalk on the trail.



Participants attending the Block Party at the Laurel Gorge Cultural Heritage Center on June 25 with quilt blocks from one of the workshops: Emily Elam, Beverly Howard, Joanne Blair, Norieta Dickerson, Barbara Schultz, Taryn Hanna, Kathy Hedges, Lorie Conley (LGCHC staff), Liz Turner, Billie Jo Brown, and Stacy Johnson.

ativity to create designs for the projects. On day one, we each designed our own quilt block in patriotic colors, and these will be sewn into a quilt to be presented to a veteran at the annual Elliott County Veterans Dinner in November. On day two, the Crayola Challenge had participants searching for fabric to match the two crayons they had drawn at the beginning of the session and then creating a block of choice. The Crayola Challenge blocks will be sewn into a quilt and presented to the Elliott County Food Pantry to use however they choose for a fundraiser. Day three took on a different twist, with participants rummaging through a variety of Christmas-themed fabric and creating stockings, which will be used at a later time as a fundraiser for LGCHC.

A light breakfast and lunch were served each day of the retreat, and several Block Break activities were woven into the day including a fun left-to-right game and a quilt BINGO game. Prizes were given for all activities as well as daily prize drawings for all in attendance.

Each day of the Block Party was filled with teaching and learning, creativity and new skills, and lively conversation and laughter. We appreciate

everyone who participated in the event: Joanne Blair, Billie Jo Brown, Norieta Dickerson, Emily Elam, Taryn Hanna, Kathy Hedges, Beverly Howard, Stacy Johnson, Barbara Schultz, and Liz Turner. These participants were from four different counties: Elliott, Greenup, Morgan, and Rowan. We would also like to thank Norieta Dickerson and Bev Faulkner for providing a delicious lunch for us on Friday. We also appreciate those who donated items for our prize selection: Joanne Blair (hand-crafted seam ripper), Jerry Lewis (sewing machine wall hanging), and Sharon Warrell (a variety of fabric bundles).

Since we had a lot of positive feedback from the retreat participants, the Block Party may become an annual event, and we may even offer some one-day spin-off sessions in the near future. For now, we will focus on summer activities that are on the schedule as well as planning ahead for fall, which will be here soon. Follow us on Facebook to stay up-to-date on all the current happenings at LGCHC. Come out and discover something to do this summer in the Laurel Gorge!

Christy Lewis  
LGCHC Director

## Flood ...

(Continued From Page Five)

and walkways. Flood debris may hide animals and broken bottles, and it's also slippery. Avoid walking or driving through it.

•Play it safe. Additional flooding or flash floods can occur. Listen for local warnings and information. If your car stalls in rapidly rising waters, get out immediately and climb to higher ground.

### Staying Healthy

A flood can cause emotional and physical stress. You need to look after yourself and your family as you focus on cleanup and repair.

•Rest often and eat well.

•Keep a manageable schedule. Make a list and do jobs one at a time.

•Discuss your concerns with others and seek help. Contact Red Cross for information on emotional support available in your area.

### Cleaning Up and Repairing Your Home

Turn off the electricity at the main breaker or fuse box, even if the power is off in your community. That way, you can decide when your home is dry enough to turn it back on.

### Getting Help

•The American Red Cross can help you by providing you with a voucher to purchase new clothing, groceries, essential

medications, bedding, essential furnishings, and other items to meet emergency needs. Listen to the radio to find out where to go for assistance, or look up American Red Cross in the phone book and call.

•The Red Cross can provide you with a cleanup kit: mop, broom, bucket, and cleaning supplies.

•Contact your insurance agent to discuss claims.

•Listen to your radio for information on assistance that may be provided by the state or federal government or other organizations.

•If you hire cleanup or repair contractors, be sure they are qualified to do the job. Be wary of people who drive through neighborhoods offering help in cleaning up or repairing your home. Check references.

## Dangerous Tickborne Illnesses Continue To Rise In Kentucky

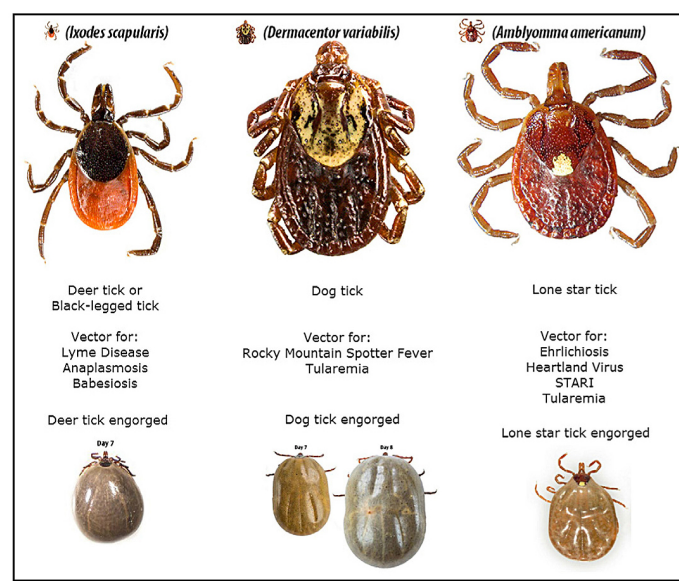
Tick-borne diseases are bringing high numbers of patients to ERs more than at any time in the last decade. Tick-borne diseases, such as Alpha Gal Syndrome and Lyme disease, are becoming more common in Kentucky. Lyme disease is more common in Northern Kentucky, whereas Alpha Gal is more common in areas in south-central Kentucky.

This area of Eastern Kentucky has primarily three types of ticks: the Dog Tick (can cause Rocky Mountain Spotted Fever), the Deer Tick or Black-legged tick (can cause Lyme disease), and the Lone Star Tick (extremely small, microscopic in early stages of the life cycle and still small at full maturity – can cause ehrlichiosis and Alpha-gal Syndrome).

A study last year by the Kentucky Department of Public Health, found that in the 160 Deer Ticks collected, 40 of them – 25% – tested positive for Lyme disease. Tickborne illnesses have gone up 125% from 2020 to 2023. Lyme disease jumped by 275-280% during the timeframe researchers looked at the tick population in Kentucky.

“The Deer Tick is the one that causes the Lyme disease and Lyme disease from 2000 to 2020, there were 391 confirmed cases in Kentucky and in 2024 there were 30 confirmed cases, so if you project that, Lyme disease is doubling in numbers each year. It’s because there’s more Deer Ticks than ever before, doctors say.

Ehrlichiosis is often caused by the Lone Star Tick, the smallest of all, especially when you take into account that they can spread diseases while in



their larval state, which is nearly microscopic. Researchers found a similar increase in ehrlichiosis, with roughly 30 cases a year reported (in a study a few years old). In their larva stage, in the wild they’re congregated in a wad and if you touch one of the larva pods, you get all of these ticks all over you. That’s why they’re so prevalent, health officials.

The Lone Star Tick is the one you can get a meat allergy from after being bitten and infected with the ehrlichiosis, a condition that can cause a victim to become allergic to meat.

Doctors explain that catching it early is the best way to prevent the spread of tick-borne diseases.

The best time is immediately when you find it to get rid of it. A tick has to be on you 36 years hours to become imbedded in your skin and become a threat to your health, with the Lyme disease and Rocky Mountain Spotted Fever. If you find it

early, take it off. There is a right and wrong way to remove a tick.

Don’t squeeze it with your fingers because if you’ve got a tick that’s engorged with blood and you squeeze it, the risk of becoming infected increases.

If you have an imbedded tick, make sure to remove the entire tick. If the head remains in the skin, go ahead and clean the wound with alcohol and then remove the head. If you start feeling nauseated, a headache or any kind of flu-like symptoms or you notice redness around the wound area, immediately go to the doctor.

Tick bites are treatable and they’re treatable very easily if you get to them early with antibiotics, doctors say “The main thing is watch where you pulled the tick off and if you see any kind of change around the bite area, go ahead and see your physician. If left untreated, it can turn into a life-threatening situation.”

**- ADVERTISE IN -**  
**THE ELLIOTT COUNTY NEWS**  
**CALL 606-743-3551**

*A Personal Invitation to*

**OUR 2026 ANNUAL MEETING**

Wolfe County High School  
**Thursday Night, July 9, 2026**

**Registration**  
5-6:15 p.m.

**Business Meeting**  
6:30 p.m.

**SpreeTV**  
by MRTC

P.O. Box 399, West Liberty, KY 41472  
606-743-3121. mrtc.com



**Mountain Telephone**  
Your Rural Cooperative

**SUBSCRIBE: 606-743-3551**