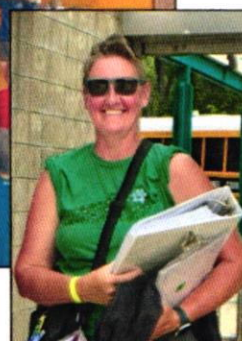


Morgan County Extension Newsletter

UK Cooperative
Extension Service

**Morgan County
Extension Service**
1002 Prestonsburg Street
West Liberty, KY 41472
Phone: 606-743-3292
fax: 606-743-3184
sfannin@uky.edu
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2025 4-H CAMP SUCCESS!

Eighty-nine campers, junior counselors, adult volunteers, and 2 extension agents attended JM Feltner 4-H Camp in London June 3rd - 6th - the third highest attendance in Morgan County history. Former 4-H Agent Kim Lane was recognized for her twenty plus years of KY 4-H Camp attendance and commitment to the program



**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

A huge thank you to our scholarship donors, who made 4-H Camp possible for many of our youth!

Ext. District Board
& 4-H Council

Soil Conservation District
Mountain Telephone

City of West Liberty

Farm Bureau

Bank of the Mountains

Standafer Builders

Kiwanis

The Citizens Bank

West Liberty Vet Clinic

Robin Fannin

Allen Construction

The Wells Group

Lois Jenine Adams

First National Bank

Senior Vouchers

MORGAN COUNTY FARMERS MARKET

The Kentucky Department of Agriculture's Senior Farmers Market Nutrition Program provides seniors with \$50 to purchase locally grown fresh vegetables, fruits, cut herbs and honey from state approved Farmers Markets.

Eligibility

- 60 years of age and older
- Income less than or equal to 185% of the federal poverty level

**You must live in
Morgan County to
receive vouchers in
Morgan County.**

2025 INCOME GUIDELINES

Senior participants will self-declare their income which is less than or equal to 185% of the poverty level.

Household Size Annual Income Monthly Weekly

Household Size	Annual Income	Monthly	Weekly
1	\$28,953	\$2,413	\$557
2	\$39,128	\$3,261	\$753
3	\$49,303	\$4,109	\$949
4	\$59,478	\$4,957	\$1,144
5	\$69,653	\$5,805	\$1,340
6	\$79,828	\$6,653	\$1,536
7	\$90,003	\$7,501	\$1,731
8	\$100,178	\$8,349	\$1,927

For Each Additional
Family Member Add \$ 10,175 \$ 848 \$ 196

How to sign up

Starting Tuesday, June 24th

MAKE AN APPOINTMENT

by calling the Morgan Co.

Extension office at **743-3292**

between 8am & 4pm

(closed noon to 1 pm)

During this call,

you need to provide:

Name, Address, Phone,

Birthdate & Income

DO NOT CALL BEFORE JUNE 24TH -

NO APPOINTMENTS WILL BE

GIVEN UNTIL JUNE 24TH.

**For your appointment, a valid ID
with picture is needed.**



Source: Natese Dockery, clinical assistant professor and extension specialist for mental health and well-being

Ever feel like your home is practically shouting at you to tidy up? You're not alone! With busy schedules and endless to-do lists, it's easy for clutter to pile up—along with your stress levels. While spring cleaning might seem like just another chore, it can actually work wonders for your mental health. A fresh, organized home doesn't just look good; it helps you feel better, too.

Believe it or not, clutter can contribute to feelings of anxiety, overwhelm and even depression. When you're surrounded by mess and disorganization, it's a constant reminder of everything you still need to do. On the flip side, an orderly space can foster mental clarity, reduce stress and give you a sense of calm. If you're ready to spruce up your home—and your mind—here are some practical strategies:

Prioritize tasks: Start small instead of throwing yourself into a massive cleaning frenzy. Pick one manageable job—like decluttering a drawer or organizing a single shelf—and go from there. Success with smaller tasks can motivate you to tackle bigger ones later on.

Focus on one room at a time: It's easy to get stuck rushing from one part of the house to another, only to realize you've created more chaos. Concentrate on one area until it's done. Checking off each room provides a sweet sense of accomplishment.

Use a timer: Got a big job ahead, like sorting through an entire closet? Break it down. Set a timer for 20 or 30 minutes and work until it goes off. This keeps you focused, helps prevent procrastination, and makes large tasks feel more approachable.

Spread out the cleaning: Unless you thrive on marathon cleaning sessions, don't try to do everything at once. For most of us, it's easier on both mind and body to spread tasks over several days or weeks. This way, you won't burn out before you're done.

Ask for help: Do you have more on your plate than you can handle alone? Call in reinforcements! Friends, family, or even roommates can make big projects more manageable. Plus, it can actually be fun when you're working together. Crank up the music, chat and turn it into a social event.

Mindful cleaning: As you dust or scrub, pay attention to the sensations in your body. Feel your muscles working, notice the scents around you and focus on the moment. This kind of mindfulness can reduce stress and help you relax.

Celebrate your progress: Give yourself a pat on the back or even a small reward each time you complete a task. Recognizing your achievements keeps you motivated and encourages a positive outlook.

Remember, the goal of spring cleaning isn't just a squeaky-clean home, it's also about giving your mental health a little TLC. By chipping away at clutter, focusing on one task at a time, and inviting mindfulness into your routine, you can turn spring cleaning into a surprisingly refreshing and stress-relieving experience.

Contact your Morgan County Family & Consumers Extension Agent Kim Lane at 606-743-3292 for more information.

Morgan County Extension Service

June & July

Upcoming Events

2025

June

3th-6th

Morgan County 4-H Camp @ Camp Feltner

10th - 13th

4-H Teen Conference @ UK

11th

Special Called District Board Meeting 12pm

16th

Farmers Market Meeting 4pm

17th

Colorful Eats @ Morgan County Public Library 1pm

17th

Cooking Through the Calendar 5pm

18th

District Board Meeting 5pm

19th

Colorful Eats @ Morgan County Public Library 1pm

24th

Call in for Senior Farmers Market Voucher appointments

26th

Colorful Eats @ Morgan County Public Library 1pm

July

4th

Closed for the 4th of July Holiday

7th & 8th

Senior Voucher Distribution with appointment only

10th

Double Dollars Distribution @ Morgan County Farmers Market 4-7pm

15th & 16th

4-H Sewing Day Camp (beginner class 15th & experienced class 16th

16th

Colorful Eats @ Morgan County Public Library 2pm

17th

District Board Meeting

19th

Colorful Eats @ Morgan County Public Library 2pm

26th

Colorful Eats @ Morgan County Public Library 1pm

August

2nd

The Artisan Harvest @ Morgan County Wellness Center
(formally known as the Market in the Park)

Garden Contest, County Fair Entries & Displays and County Fair Rabbit and Poultry Contest dates to be announced soon!

→ MORGAN.CA.UKY.EDU

606-743-3292

 KY COOPERATIVE EXTENSION - MORGAN COUNTY

Cooperative
Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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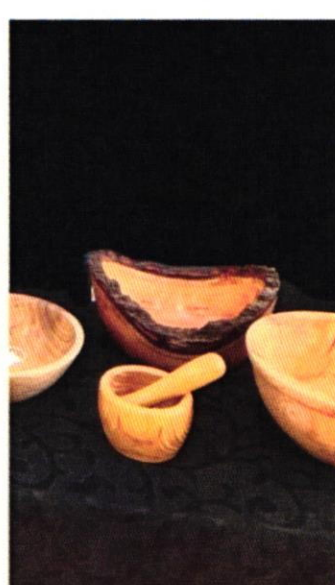
The Artisan Harvest

SAVE THE DATE (AUG 2) & NEW LOCATION (WELLNESS CTR)!

The beloved "*Market in the Park*" has a fresh new name and a new weather proofed location- but it's still packed with everything you love!

Locally Grown • Handcrafted Goods • Community Fun
Join us for a vibrant celebration of
local farmers, musicians, crafters, and artisans!

Presented by Morgan County Extension Service, City of West Liberty
Tourism, Bank of the Mountains & Morgan Co. Wellness Center



August 2, 2025
Saturday 9 am till 2 pm

**Morgan County
Wellness Center**

Cooperative
Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Disability
accommodated
with prior notification.

Managing your herd's pinkeye long before the first 'bad eye' of the season



Source: Michelle Arnold, DVM (University of Kentucky Ruminant Extension Veterinarian, Martin-Gatton College of Agriculture, Food and Environment Veterinary Diagnostic Laboratory)

Pinkeye, or Infectious Bovine Keratoconjunctivitis (IBK), is one of the most frustrating and costly diseases beef producers face. It negatively affects weaning weights, increases treatment costs and leads to discounts at sale due to corneal scarring. While it spreads quickly once it starts, the key to managing pinkeye lies in reducing risk—long before the first bad eye of the season.

Understanding the Disease

Pinkeye is caused by a complex mix of bacteria, most notably *Moraxella bovis*, *Moraxella bovoculi*, and *Mycoplasma bovoculi*. These organisms can live harmlessly in the eye until certain conditions—like eye injury or irritation—trigger them to become aggressive. *M. bovis*, for example, uses hairlike pili to attach to damaged corneas and releases toxins that destroy corneal tissue—leading to painful ulcers. New research shows that pinkeye involves more than just one bacterium, making vaccine development difficult. Some strains are considered harmless, while others are highly virulent and resistant to antibiotics.

Reducing Risk Starts Early

Reducing the risk of pinkeye begins with strengthening your herd's natural defenses. Good nutrition, especially adequate levels of trace minerals like selenium and copper, is essential. Clean, cool water helps maintain hydration and tear production, which protects the eye. Avoid stagnant water sources and regularly clean automatic waterers.

Environmental irritants are major contributors. Dust, ultraviolet (UV) rays, tall weeds and seed heads can all damage the eye, making it possible for bacteria to take hold. White-faced breeds like Herefords are more susceptible due to increased UV reflection to the eye's surface. Providing shade and mowing pastures can help reduce these risks.

Face Fly Control

Face flies are the primary transmitters of pinkeye bacteria. They feed on eye secretions and can spread infection from animal to animal. Unlike horn flies, face flies aren't affected by systemic insecticides. Instead, use a combination of feed-through insect growth regulators (IGRs), insecticide ear tags, dust bags and back rubbers strategically placed in high-traffic areas.

Start IGRs in mid-spring, about 30 days before fly season, and continue until 30 days after it ends. Rotate insecticide products annually, based on mode of action (MOA), to prevent resistance. Aim to keep face fly numbers below 10 per head.

Recognizing Symptoms and Acting Fast

Early signs of pinkeye may include excessive tearing, squinting and blinking. Prompt treatment is critical to prevent spread and minimize damage. Long-acting injectable antibiotics like oxytetracycline (LA-300®) or tulathromycin (Draxxin®) are effective and labeled for pinkeye treatment. In severe cases, eye patches or surgical procedures may be needed to protect the cornea. Topical fly repellents and isolating affected animals can also help reduce transmission. Always consult your veterinarian for treatment decisions and prescriptions.

The Role of Vaccines

Vaccines can reduce the number and severity of cases but aren't foolproof. Commercial vaccines work best when the strain in the vaccine matches the strain in your herd. When they don't, custom-made (autogenous) vaccines may be more effective. Timing is key—start vaccinations 4–6 weeks before pinkeye season and follow up with a booster for full protection.

Pinkeye is a complex disease, but control is possible with a proactive approach. Focus on nutrition, clean water, fly control and minimizing eye irritants. Work closely with your veterinarian to develop a treatment and vaccination plan tailored to your herd. With early action and consistent management, you can reduce the impact of pinkeye and keep your cattle healthy and productive.

Contact your Morgan County Extension Agent for Agriculture & Natural Resources Lacy May or veterinarian for more information on how to address pinkeye in cattle.



**MORGAN COUNTY EXTENSION SERVICE
P.O. BOX 35
WEST LIBERTY, KY 41472-0035**

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MORGAN COUNTY EXTENSION OFFICE HOLIDAY CLOSING DATE



JULY 4, 2025

WISHING EVERYONE A SAFE AND FUN HOLIDAY!

