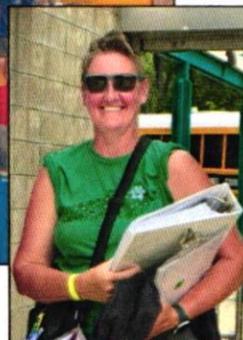


# Morgan County Extension Newsletter



**Morgan County Extension Service**  
 1002 Prestonsburg Street  
 West Liberty, KY 41472  
 Phone: 606-743-3292  
 fax: 606-743-3184  
 sfannin@uky.edu  
 kim.lane@uky.edu  
 morgan.ca.uky.edu



## 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 3<sup>rd</sup> - 6<sup>th</sup> - 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**

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



**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.

# 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 24<sup>th</sup>**  
**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 24<sup>TH</sup> - NO APPOINTMENTS WILL BE GIVEN UNTIL JUNE 24TH.**  
 For your appointment, a valid ID with picture is needed.



**UK** Cooperative Extension Service



MORGAN COUNTY EXTENSION SERVICE

# Cooking Through the Calendar

RICE AND BEAN SALAD

For each time you attend a Cooking Through the Calendar Class your name will be entered into a giveaway for a vacuum sealer and a crockpot to be given out at the end of the year class.

Register by calling: 606-743-3292 or emailing: kim.lane@uky.edu

**Tuesday, June 17th @ 5pm**

Morgan County Extension Service West Liberty, KY 41472



Cooperative Extension Service

MARTIN GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



**UK** Cooperative Extension Service

# ELDERBERRY PRODUCTION



**June 26 6:00PM**



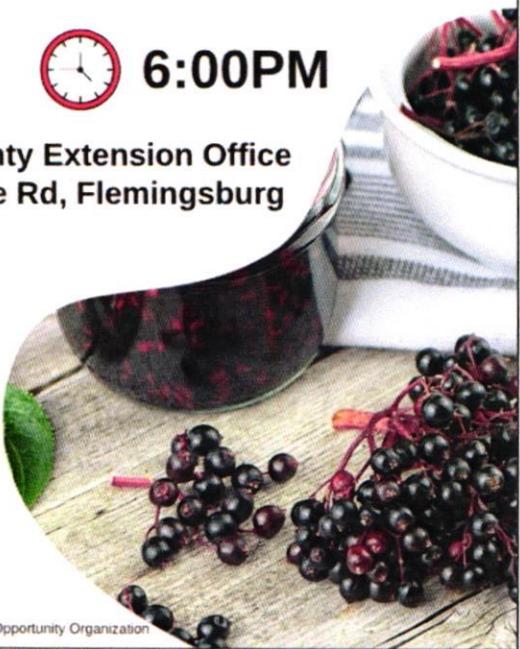
Fleming County Extension Office 1384 Elizaville Rd, Flemingsburg

Shawn Wright (UK- Horticulture), Ali Hulett (Kentucky Center for Agriculture & Rural Development (KCARD) & Thomas Pierce (KCARD) will be presenting a program for individuals interested in learning more agribusiness planning and elderberry production.

To register please use the QR code or call (606) 845-4641.



An Equal Opportunity Organization



AGE 9-18 YEARS

**UK** Cooperative Extension Service

**FREE!**

# 4-H SEWING DAY CAMP

July 15- for beginners & July 16- for experienced

10 AM - 4 PM

CALL 606-743-3292 TO REGISTER

MORGAN COUNTY EXTENSION SERVICE 1002 PRESTONSBURG STREET WEST LIBERTY, KY 41472



MARTIN GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



**2025 COUNTY AG IMPROVEMENT PROGRAM (CAIP) GRANT APPLICATIONS FOR FARMERS WILL BE AVAILABLE SOON!!**

**PLEASE CHECK WITH OUR OFFICE BY CALLING 606-743-3292 OR CAIP ADMINISTRATOR VANESSA ELAM AT 606-743-9797**

**APPLICATIONS CAN BE FOUND AT:**

**\*EXTENSION OFFICE OUTSIDE CABINET**

**\*OLDFIELD'S**

**\*MORGAN CO. JUDGE EXEC OFFICE**

**AS SOON AS THEY ARE AVAILABLE!**

**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 4<sup>th</sup> 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 15<sup>th</sup> & experienced class 16<sup>th</sup>)
- 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!



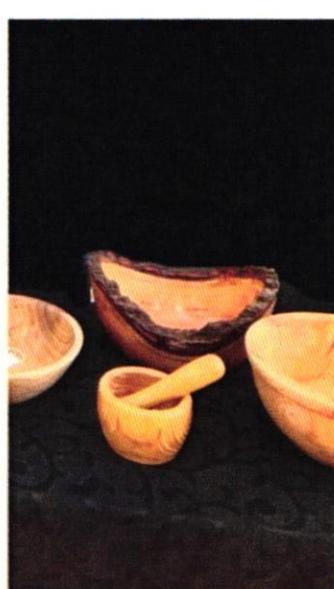
# The Artisan Harvest

**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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University of Kentucky, Kentucky State University, US Department of Agriculture, and Kentucky Counties, Cooperating  
Lexington, KY 40506



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  
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**MORGAN COUNTY EXTENSION OFFICE  
HOLIDAY CLOSING DATE**



**JULY 4, 2025**

**WISHING EVERYONE A SAFE AND FUN HOLIDAY!**

