

# FCS Newsletter

## April 2023

### Family & Consumer Sciences



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

Cooperative Extension Service  
Harrison County  
668 New Lair Road  
Cynthiana KY 41031  
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extension.ca.uky.edu

### Interested in becoming a Harrison County Homemaker?

Stop by the Harrison County Extension Office to pay your dues and receive a Shop Cynthiana Discount Card. See Downtown Edition on page 7 for featured business of the month: Printed Vinyl



Abstract Distractions \$5 off purchase of \$10 or more	Melinda's Boutique 10% off purchase of \$50 or more
Emerson Steel Boutique 15% off entire purchase	Days We Did It 15% off Entire Purchase
Meat Cup 10% off \$10 or more	A Little Bit Person Style 30% off engraving items (excludes car)
The Sweet Boutique 15% off any purchase	Tay's Cloth Model 10% off storefront (excludes sale tier)
Frames N' Christian Things 23% off Framing (Year 2023 only)	Daily Grind 10% off Purchase
Appalachian Wood Works Free Soap With \$10 Purchase	

### The Headlines



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# SAVE THE DATE

# Coffee Crawl

coming to a town near you!

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Shelley W. Meyer

Shelley Meyer  
Harrison County Extension Agent  
For Family & Consumer Sciences  
shelley.meyer@uky.edu

### MAY WALKING CHALLENGE

\*Urban Hikes in downtown Cynthiana (scheduled walks for Wednesdays @ 9am OR complete on your own)  
\*Replenish at local coffee shops

PARTICIPANT FORM WILL BE INCLUDED IN MAY NEWSLETTER

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

# Harrison County Homemaker SPRING CLOTHING DRIVE

## SOCK, UNDERWEAR, & MONEY

Accepting donations through Friday, April 28

All donations go to local clothing shelter



Drop off to the  
Extension Office  
Mon-Fri  
8-4:30pm

# Dinner Theatre



# MAY 12 CLARKSVILLE, IN



**Depart @ 2:30pm**  
**Return @ 11:30pm**  
**Cost: \$90**

\*covers ALL expenses



Stop by Harrison County Extension Office to sign up by  
Friday, April 7th!

## INTERMEDIATE LEVEL



# Basket Making

# May 15th

*RSVP by April 28th*

10AM | LUNCH ON YOUR OWN | PLAN FOR 6 HOURS | \$55 (MAKE PAYABLE TO CAROLYN POE)

LOCATED AT HARRISON COUNTY EXTENSION OFFICE

*Spring*

Friday, April 7th

Depart Extension Office @10am or  
meet at trail @10:30am

*Summer*

Friday, July 14th

Depart Extension Office @10am or  
meet at trail @10:30am

**TIS THE  
SEASON  
FOR A HIKE!**

**Join us as we hike the seasons @**

**Quiet Trails Nature Preserve**

**Call to sign-up 859-234-5510**



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*Fall*

Friday, October 13th

Depart Extension Office @10am or meet  
at trail @10:30am



*Winter*

Friday, December 29th

Depart Extension Office @10am or  
meet at trail @10:30am



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4TH WEDNESDAY  
EACH MONTH  
PIECEMAKER  
QUILT CLUB  
10AM @ HARRISON COUNTY  
EXTENSION OFFICE

April 26



# Crafty Scrappers

with Jenny Tapp

April 21



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3rd Fridays of the Month

@Harrison County  
Extension Office

6pm



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Beginners are welcome

# Adult Knitting

WITH  
LOUANN  
FRYMAN

from basic to advanced technique

APRIL 6TH AND 20TH AT 4:30PM  
HARRISON COUNTY EXTENSION OFFICE



CALL TO RSVP

859-234-5510

# Adult Scrapbooking



With  
Jennie Sparks  
and  
Teresa Stinson

4th Thursday of the Month  
@ Harrison County  
Extension Office

April 27th @ 9am-noon



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believe  
you de  
our cho  
ll become  
m

# Beeswax Wraps

with Beth Tucker

Thursday, April 27 6pm


OR

Friday, April 28 10am




Located @ Harrison  
County Extension Office  
No cost!  
Call to RSVP @ 234-5510



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Bingoize -  
the fun way to  
exercise



**6-week series**

Meets Tuesdays (two are Mondays) & Fridays for six weeks  
9:30-10:30am @ Harrison County Extension Office  
**Participants will play bingo, do chair exercises, & learn!**

Tuesday, April 18	Friday, April 21	<b>Tuesdays</b>	Monday, May 8	Friday, May 12
Tuesday, April 25	Friday, April 28	&	Tuesday, May 16	Friday, May 19
Tuesday, May 2	Friday, May 5	<b>Fridays</b>	MONDAY, May 22	Friday, May 26

Call to sign up  
859-234-5510

Join us for the 2nd Annual

# TEA PARTY

May, 8th at 5:30pm

- Prizing House for location & savory sweets  
\*\*329 South Church Street, Cynthia\*\*
- Melinda's Boutique will be providing tea & fashion show entertainment

Cost \$20

(stop by the Harrison County Extension Office to purchase ticket)





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# NEP HAPPENINGS W/ STACEY STEPHENS

## Learn about Better Beverages

Hope's Helping Hand

April 13 @ 10am

Recipe Quick Berry Smoothie

## Learn about a Healthy Breakfast

Harrison County Cynthiana Library

April 18 @ 5pm

Recipe Easy Tortilla Breakfast Pizza

## Learn about Better Beverages

Harrison County Cynthiana Library

April 20 @ 11am

Recipe Power Up Berry Smoothie

## Learn all about Meal Planning

Harrison County Extension Office

April 29 @ 9:30am

Recipe Mom's Macaroni Salad

## Let's Plant a Container Garden with Horticulture Extension Agent,

**Jessica Wells**

*\*Learn about container gardening with some hands-on activities!*

Harrison County Extension Office

April 24, 2023, @ 5:30pm

A light meal will be served; doors open @ 5pm

Call to RSVP 859-234-5510 by April 21



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# Men's Club

CEDAR RIDGE @ NOON  
1217 US HWY 62 E,  
CYNTHIANA, KY

Lunch and garden service project planning  
\*rsvp for food count @ 859-234-5510

## **Downtown Edition**

**Interested in joining Harrison County Homemakers?** Membership is \$8 and can be paid year-round. Stop by the Harrison County Extension Office to sign up and walk out with your Shop Cynthiana Discount card.

### **Featured business of the month: Printed Vinyl**

*This Downtown Edition features businesses from the Shop Cynthiana discount card.*

The Printed Vinyl for You story started like many other entrepreneurial stories do: A woman had a dream. That dream has turned into a staple storefront retail store in Cynthiana. An amazing artistic mind and innovator, Katie Butler, owner of Printed Vinyl for You, will celebrate 7 years of business in April 2023. Her initial goal was to provide products to Cynthiana that were personal, sentimental, and held up to the test of time. Over those years, she has navigated a lot of changes in the crafting market, including a huge boom in home craft startups during the pandemic. “The pandemic was very scary. First, I worried we wouldn’t be able to keep our doors open, then once the now-at-home crafty people were needing extra income themselves, they exploded the demand in the market with different types of artistry needs. We went from more of a personalized store to a local and trusted craft supply store.” Butler recalls, “But the customers would talk to me. They would let me know what products they needed via social media, and we were able to provide those needs and navigate the uncertainty of a pandemic safely and are standing today.” Worries are never evident as every day, she greets each customer with a smile and offers suggestions and products to fellow creative minds to help them realize their crafting goals. One positive from the pandemic was that new customers worldwide became part of her customer base. “We had shipped our products to nearly all 50 states and internationally during the pandemic, which was amazing. More amazing though was as the restrictions were lifted, people began driving across multiple states just to come to our store and take in the town of Cynthiana. It was amazing to be able to promote our little town to long distance customers, and then see them come back year after year.”

Promotion of businesses and the community in Cynthiana is also important to Printed Vinyl for You. Since the beginning, they have supported a vast number of local activities each year. “Supporting our youth today, I believe, will encourage them to do the same when they become business owners someday.” Says Butler, “Our kids today are the future of our community and providing them opportunities to have memorable experiences is a great way to invest in our future.” From producing the uniforms for our youth sports teams to banners celebrating our Seniors in high school, she treats every project for your child, like she’s making it for her own. In fact, it’s hard to walk down any block in Cynthiana without seeing a touch of Printed Vinyl for You. From local business advertising signs, full window designs, youth sports uniforms, to celebratory banners, their presence is woven into the cloth of our community. When asked what she likes best about being a business owner in Cynthiana, she says “I have seen this town grow. When I first opened, there were only 2 retail stores on Pike Street and now it’s full. The variety of businesses show that this is a place where everyone can find something they will like in town. It shows people believe in investing in this town, just like I did 7 years ago, and it makes me proud.” If you are planning for any type of event, I recommend you visit Printed Vinyl for You, and let Katie and her staff put on the personal and professional touch to bring your ideas to life!



Written by Nichol Ripley



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## HEALTHY OUTDOOR COOKING

Spending time outdoors is fun, but it can be even more fun when you include food. This lesson includes up to date information with some activities, recipes, and techniques about how to safely prepare meals in the great outdoors with your family!

**TO LEARN MORE, MAKE  
SURE YOU JOIN US AT:**

**April 24**

**Noon-1**

**@Harrison County  
Extension Office**



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4-H Youth Development

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## Agent Editorials

*"Hello FSC Friends!*

*Daffodils, irises, blooming trees, dandelions? Which is your favorite? They all look like spring which makes them all personal favorites for me. Whatever spring sights make you happy, I encourage you to take time to smell those roses.*

*As for spring months, I am excited about the FCS physical activities that are coming with the warmer weather. Check out upcoming opportunities in this and future newsletters for options on movement and keeping active.*

*Shelley W. Meyer*

Shelley Meyer  
Harrison County Extension Agent  
For Family & Consumer Sciences



### Community Corner

MCTC



LIBRARY



HC EXTENSION

CHAMBER OF COMMERCE



Check out what's happening in our community! Use your smart phone camera to scan the QR codes to be directed to the organization's separate website.



Check out our Facebook page:  
**Harrison County  
Family & Consumer Sciences.**

*\*Like us on  
Facebook to  
receive  
notifications  
on upcoming  
events, posts,  
and shares.*



**Tune in to WYCN for Extension talk with Mayor James on Coffee Break Extra at 9:10am.**

- \* **Stacey Stephens with NEP: 1st Monday of the month**
- \* **Jessica Sayre with Horticulture: 1st Wednesday of the month**
- \* **Shannon Farrell and Holly Laytart: 2nd Wednesday of the month**
- \* **Shelley Meyer with FCS: 4th Thursday of the month**





# Homemaker News

If you want your reading book count included in the program please call the office with that number: 859-234-5510

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Harrison County Homemakers invite you to the  
**Annual Meeting**  
MONDAY, MAY 22  
5:30 PM @ EXTENSION OFFICE

This year's theme is take a hike with HC Homemakers  
Meal: glazed grilled chicken, tossed salad, seasoned potatoes, assorted desserts

Speaker: Josh Godman:  
Culinary & Product Developer  
for Shake's Shack

DEADLINE TO PURCHASE  
TICKETS IS FRIDAY, MAY 12  
COST: \$15

## President's Corner:

I would like to say a big Thank You to the Homemakers for their assistance with the Recipe for Life program. Your volunteerism is greatly appreciated. The culinary students from the High School did an excellent job as well.

Spring has sprung and it is the time to think about gardening, April Fool's jokes, the Easter Holiday, Tax day and Earth Day. Reminder that the Farmers Market will open on May 6, 2023. They are having a night market on Tuesdays. As a homemaker, we need to visit our local farmers market for fresh produce, baked goods and other craft items.

The KEHA state meeting newsletter should have arrived in your mail, please consider attending the meeting and learning more about homemakers. Harrison county submitted a couple of contest entries. The final deadline to register is April 10, 2023.

I will be busy handling state registrations and preparing for the state meeting and will need your assistance in preparing packets. I plan to do this at the end of April/first of May. If I call on you, please give me an hour or two. Your help will be appreciated. HAPPY SPRING!!!

**Harlene Welch**  
President, Harrison Co Extension Homemakers

## Dates to Remember:

**April 7**– Deadline to sign up for Homemaker Day Trip on May 12th

**April 9**– Easter

**May 4**– **Women's Health Issues @ 5:15pm @ Extension Office; meal provided; see May newsletter for more details**

**May 9-11** – KEHA State Meeting at the Crowne Plaza in Louisville. Please let Shelley know if you are interested in attending.

**May 12**– Jimmy Buffett's Escape to Margaritaville Derby Dinner Playhouse in Clarksville, IN

**May 22**– Annual Homemaker Meeting

**June 1**– Health Fair

**July 16-22 and July 29**– County Fair

**October 2-6**– Niagra Falls **SAVE the DATE**

Cost is \$575 and will be due at the end of July  
\*please note passports can take 8-11 weeks so don't delay if you need one!!

## Book List Selection:

*Belonging* by Michelle Miller

This co-host from Saturday Mornings CBS shares a daughter's search for identity through loss and love.

## Club Meetings:

Homemaker clubs meet monthly. Check the back calendar page to see when your club meets next. If you are new and would like to join a club, contact the Extension Office for more details. Leader lessons will be presented at the Harrison County Extension Office on the 4th Monday's of each month from noon -1pm with a light lunch provided (some dates may vary). Letters will be sent out to the monthly lesson leaders as well. The April Leader Lesson is titled Healthy Outdoor Cooking and is scheduled for Monday, April 24th at noon. Call the office to RSVP.

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YOUR INVITED TO JOIN THE  
**Maiden Makers**  
Monday, April 24th, 6:30-7:30p.m.  
at the extension office

We are a new Homemakers group! Our goals are to learn new skills, help with community service projects, and provide a little escape for our members to be creative and try new things!

Want to come, but don't have childcare? No worries, your children are welcome to come! See you there!

# April 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 11am Falmouth Rd	6 10:30am Indian Creek 4:30 Knitting	7 10:30 Quiet Trails Noon Men's Club DinnerTheaterDeadline	8
9	10	11	12	13 10am Sunrise 10am Curry	14	15
16	17	18 9:30 Bingocize 6:30pm Jacobs 6:30pm Barlow	19 10am Leesburg	20 10:30am Renaker 4:30pm Knitting	21 9:30 Bingocize 6pm Crafty Scrappers	22
23	24 Noon Leader Lesson 6:30 Maiden Makers	25 9:30am Bingocize	26 10am Piece Maker Quilt Club	27 9am Scrapbooking 6pm Beeswax	28 9:30 Bingocize 10am Beeswax	29
30						