



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

Cooperative Extension Service

Harrison County
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FCS Newsletter

March 2023

Family & Consumer Sciences

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: Main Cup



The Gear Shack \$5 off Purchases	Molly It's 20% off \$20 or more	Abstract Distractions \$5 off purchase of \$30 or more	Melinda's Boutique 10% off purchase of \$50 or more
The Next Chapter Bookstore 10% off purchase	Flower Depot 20% off purchase excluding fresh flowers	Emerson Steel Boutique 15% off entire purchase	Dayve Did it 15% off Entire Purchase
UPiques 10% off Retail Price (excludes Howard Furniture & Haggerty Silver Products)	Printed Vinyl for You 10% off entire purchase (excludes epoxy)	Main Cup 10% off \$20 or more	A Little Bit Personal Style 30% off engraved items (excludes cake)
Cynthia's Hair Salon \$5 off entire purchase (excludes sale items)	Cheese Store: 10% off menu items, 2 free baby swaps kit	The Sweet Boutique 15% off any purchase	Tay's Cloth Hoster 10% off storewide (excludes sale items)
ABC Gift House 20% off entire purchase (excludes sale items)	Appalachian Road Works Free Soap With \$30 Purchase	Frames 'N' Christian Things 20% off framing (Mar 2023 only)	Dalley Gint 20% off Purchases



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Shelley W. Meyer

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



The Headlines



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Join us for the 2nd Annual

TEA PARTY

May, 8th at 5:30pm

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

Cost \$20

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



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.



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YOUR INVITED TO JOIN THE

Maiden Makers

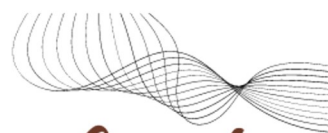
Monday, March 20th, 6:30-7:30 p.m.

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!



Harrison County MEN'S CLUB

MARCH 17

AT FAIRGROUNDS
MCCAULEY BUILDING

NOON-1PM

JOIN US FOR HIBACHI AND CEDAR
RIDGE SERVICE PROJECT DETAILS



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CALL TO SIGN UP
859-234-5510





Crafty Scrappers

with Jenny Tapp

March 17



3rd Fridays of the Month

@Harrison County
Extension Office

6pm



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4TH WEDNESDAY
EACH MONTH
PIECEMAKER
QUILT CLUB
10AM @ HARRISON COUNTY
EXTENSION OFFICE
March 22



Adult Scrapbooking

With Jennie Sparks and Teresa Stinson

4th Thursday of the Month
@ Harrison County Extension Office

March 23rd
9am-noon

believe you decide your choice all become

Adult Knitting

Beginners are welcome

WITH LOUANN FRYMAN

from basic to advanced technique

MARCH 2ND AND 16TH AT 4:30PM
HARRISON COUNTY EXTENSION OFFICE

CALL TO RSVP 859-234-5510

LAUGH & LEARN

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March 3rd

10-11am

@ the Harrison County Extension Office

- AGES 3-5
- MUST ATTEND WITH PARENT/GUARDIAN
- PRESCHOOL ACTIVITIES
- FOOD, FUN, LEARN

Call 859-234-5510 to sign up



ITS BACK!  University of Kentucky
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Cultural Series

MARK YOUR CALENDARS

Call 859-234-5510 to RSVP

GREECE	FRANCE	SPAIN
January 13 10am-noon OR 5-7pm	February 10 10am-noon OR 5-7pm	March 10 10am-noon OR 5-7pm

Located at the Harrison County Extension Office

 University of Kentucky
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Finger Knitting

with Louann Fryman

March 22nd
10am-noon

*Bring 2 skeins of loop it yarn

@ Harrison County Extension Office
Call 859-234-5510 to sign up

A collection of colorful yarn balls in shades of blue, red, orange, yellow, green, and pink, arranged on a white surface with colorful splatters in the background.

 **HOMEMAKER LEADER LESSON**

GREEN CLEANING

- Learn tips & tricks
- Light Lunch provided

MARCH 27
NOON-1PM

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

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A close-up photograph of a person's hands wearing blue nitrile gloves, holding a white spray bottle and cleaning a white surface.



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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

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



Call to sign up
859-234-5510



QUILTERS GUILD OF THE BLUEGRASS
PRESENTS

Quilter's Day Out

MARCH 18, 2023 9 AM - 3:00 PM, \$5.00

FAYETTE COUNTY EXTENSION OFFICE
1140 HARRY SYKES WAY, LEXINGTON, KY 40504

Featured Speaker - Deb Strain,
Quilter, Moda Fabric Designer

Vendors+Food+Quilts
Door prizes + Show & Tell



Quilters Guild

of the
Bluegrass

Bring a Fat Quarter for the
Charity Basket Door Prize

NEP Happenings:

Harrison County

Gets Healthy

with Stacey Stephens

Healthy Choice Classes

Hope's Helping Hand

March 9 at 10am

Learn about Fats, Sugars, and Sodium
Recipe: Citrus Chicken Stir Fry

HC Cynthia Public Library

March 16 at 11 am

Learn about Meal Planning
Recipe: Turkey Meatball Wrap

March 21 at 5pm

Learn about Eating Better on a Budget
Enjoy our March Calendar Recipe
Recipe: Vegetarian Taco Soup

***Please Call 859-234-4881 to sign up for the
Library Classes**

Harrison County Extension Office

March 25 at 9:30am

Learn about Food Labels
Recipe: Strawberry Trifle

LEARN ABOUT
COMMUNITY SUPPORT
AGRICULTURE AND HC FARMERS
MARKET



FREE
EVENT

MARCH
27

DOORS
OPEN
AT 5

A lite dinner will be served
Please RSVP by March 24
859-234-5510

5:30PM AT THE HARRISON COUNTY EXTENSION OFFICE
668 NEW LAIR ROAD

FCS Extra

Physical Activity tip of the month: Schedule an event

As we near the end of winter and bridge into spring, now is the time to find an event such as a fun walk, 5K, scheduled hike, or bike ride to begin training for. Often putting something on the schedule, paying an early bird registration fee, and telling others, will provide an added layer of accountability to keep you motivated towards daily physical activity in preparation for your big event.

EXERCISE PLANNER

MONDAY	TUESDAY
WEDNESDAY	THURSDAY
FRIDAY	SATURDAY
SUNDAY	

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: Main Cup

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

“A little bit about The Main Cup, we are a non-profit coffee shop located on Main Street in Cynthiana KY. We started in 2018 as a mission of the Presbyterian Church to become an outreach to the community as well as an outlet to help numerous charity's and organizations in the community and around the world. We have partnered with Living Waters For the World to help provide clean water to communities across the globe and continue to send profits from all purchases made at The Main Cup to help support that mission.

As well as being a mission to the community we also offer great locally roasted coffee and homemade lunch options. One of our staples and most popular items is our housemade chicken salad but if you're looking for a delicious coffee you have to try our signature rolo latte! We look forward to serving the community for many more years and continuing to grow our mission!”


Gavin Culton
Main Cup Manager





Community Corner


Maysville Community College, Harrison County Public Library, Chamber of Commerce, and the Harrison County Extension Office have partnered together to create a Community Corner of educational resources for Harrison County. Scan the QR codes below to check out information and upcoming events for each of these organizations.

Community Corner


MCTC


LIBRARY


CHAMBER OF COMMERCE


HC EXTENSION


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.



Agent Editorials

"Hello FSC Friends!

Well, our groundhog friend saw his shadow and told us to expect 6 more weeks of winter. I, for one, hope this mild winter keeps going and warmth continues to prep us for spring. However, if snow flurries do fall, bundle up, and get outside to enjoy some winter play.

There are several events being planned for March and early spring. Check out those dates in this newsletter and mark your calendar. Because, as always, we hope to see each of you at some of those upcoming FCS program.

Shelley W. Meyer

Shelley Meyer
Harrison County Extension Agent
For Family & Consumer Sciences



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

President's Corner:

"CONGRATULATIONS-Jane Butcher for stepping up to become Harrison County Homemakers new county vice-president. She was installed at the advisory council meeting by attendees shining their lights on her.

Homemakers be on the lookout for the "Connection" your KEHA newsletter. This newsletter will provide you with the information for our upcoming state meeting May 9-11, 2023 held at the Crowne Plaza in Louisville, Ky. I encourage all homemakers to read the newsletter. As homemakers, we need two voting delegates to attend from Harrison County. Your consideration in attending the state meeting would be appreciated.

I have signs of spring in my flower beds, such as, daffodils and tulips waiting to show their beauty. This tells me that winter will soon be gone. What signs of Spring do you see in your yard?"

Harlene Welch
President, Harrison Co Extension Homemakers

Book list selection:

Death Of Innocence

-By Mamie Till-Mobley

The story of the hate crime that changed America.

Dates to Remember:

March 8– Recipe for Life

March 17– St. Patrick's Day

March 20– 1st day of SPRING

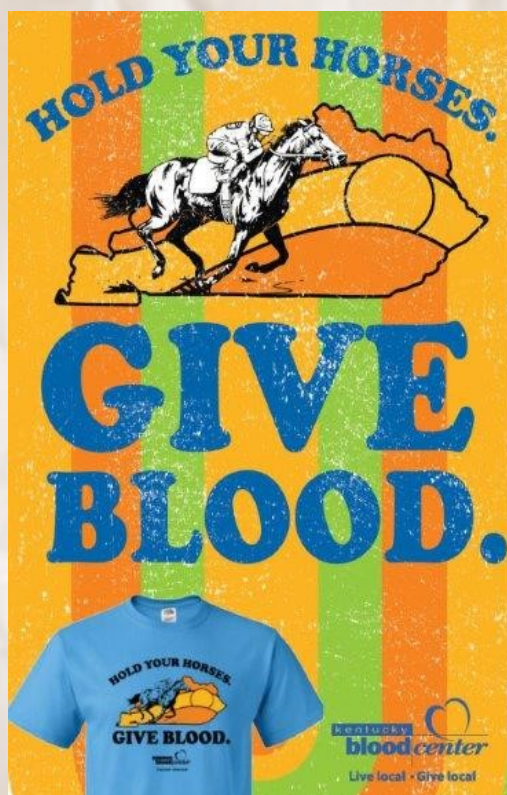
April 9– Easter

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, Indiana– SAVE THE DATE; more details to come

Club Meetings:

Homemaker clubs are in full swing with monthly meetings. Check the back calendar page to see when your club meets. 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 March Leader Lesson is titled Green Cleaning and is scheduled for Monday, March 27th at noon. Call the office to RSVP.



Harrison County Community BLOOD DRIVE

Saturday, March 4
9 a.m.–2 p.m.

Harrison County Fairgrounds
McCauley Building
2849 US Hwy 27S
Cynthiana, KY 41031

Appointments preferred. Walk-ins welcome. Drive details subject to change.
Please check kybloodcenter.org prior to donating. Donors with appointments will be notified of changes.

kybloodcenter.org 800.775.2522 Please bring photo ID

March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 11am Falmouth Road	2 10:30am Indian Creek 4:30pm Knitting	3 10am Laugh & Learn	4 Blood Drive
5	6	7	8 Recipe for Life	9 10am Sunrise 10am Curry	10 10am & 5pm Cultural Series	11
12	13	14	15 10am Leesburg	16 10:30am Renaker 4:30pm Knitting	17 Noon Men's Club 6pm Crafty Scrap-pers	18
19	20 6:30pm Maiden Makers	21 6:30pm Jacobs 6:30pm Barlow	22 10am Piece Maker Quilt 10am Finger Knitting	23 9am Scrapbooking	24	25
26	27 Noon Leader Lesson	28	29	30	31	