

# FCS Newsletter

## November/December 2022

### Family & Consumer Sciences

### The Headlines

**!TIME TO RENEW HOMEMAKER DUES!**  
**Stop by the Harrison County Extension Office to pay dues for 2023.**

**Join Harrison County Homemakers and shop Cynthiana! Ask about our Shop Cynthiana Discount Cards. See Downtown Edition on page 11 for featured business of the month: Gear Shak**



Simply Vintage 15% off Purchase	Molly B's 20% off \$20 or more	Abstract Distractions \$5 off purchase of \$30 or more	Melinda's Boutique 10% off purchase of \$10 or more
The Next Chapter Bookstore 10% off Purchase	Flower Depot 10% off purchase excluding fresh flowers	Emerson Steel Boutique 15% off entire purchase	Dayva Did It 15% off Entire Purchase
Uniques 10% off Retail Price (excludes Howard Furniture & Hagerly Silver Products)	Printed Vinyl for You 20% off entire purchase (excludes epoxy)	Inspired Designs Boutique 10% off Entire Purchase	A Little Bit Personal Store 10% off engraved items (excludes sale)
MBS Craft House 10% off entire purchase (excludes sale items)	Appalachian Root Works 15% off Services or 10% off Items	Frames N' Christmas Things 25% off Framing (Year 2022 only)	Tay's Cloth Peddler 20% off storewide (excludes sale items)

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*Shelley W. Meyer*

Shelley Meyer  
Harrison County Extension Agent  
For Family & Consumer Sciences



**Quiet Trails**  
**Nature Preserve**  
Monday, November 21st @ 1pm  
~ 2 mile hike  
1st half is downhill, 2nd half is uphill

Call 859-234-5510 to sign up for texts alerts.  
Meet at Harrison County Extension Office at 12:30pm for anyone wanting to carpool or join us at 1pm on the trail

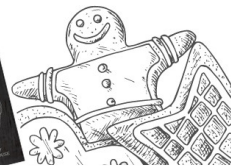


## HOLIDAY FLAVORS & FAVORS

**November 28th @ 6pm**  
**Harrison County Extension Office**

- \*Food from Quita Michel Cookbook
- \*Flower Arrangement demo w/ Stephanie Burden of Flower Depot
- \*Craft to take home

Cost: \$10  
Ticket Purchase Deadline: November 18  
Stop by the Extension Office for ticket



Disabilities accommodated with prior notification.





# JOIN LEADERSHIP HARRISON COUNTY

**CLASS OF 2023**

**TO SPONSOR A DUGOUT!**



**GRAND SLAM**

**\$5000**

HAVE A DUGOUT  
NAMED AFTER YOU



**HOME  
RUN**

**\$1500**

BENCH SPONSOR



**RBI  
\$1000**

DOOR  
SPONSOR



**BASE  
HIT**

**\$500**

CUBBY SPONSOR

**AT FLAT RUN  
VETERANS PARK**



Checks payable to: Leadership Harrison County and mailed to Chamber of Commerce at 141 East Pike Street, Cynthiana, KY 41031 by November 15, 2022. Questions? Contact: [Leadershipharrisoncounty@gmail.com](mailto:Leadershipharrisoncounty@gmail.com)



YOUR INVITED TO JOIN THE

# Maiden Makers

for our second meeting:  
**Monday, November 21st, 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  
worryes, your children are welcome to come!  
See you there!

**\*\*Christmas party TBD\*\***



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*Men's Homemaker*  
Cast Iron with Patrick Allen

**Lunch provided**

**Friday, December 9 @ Noon**  
**Harrison County Fairgrounds**



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# APPLIQUE

*w Cheryl Case & Harlene Welch*



**Wednesday, December 7 @ 6pm**

*or*

**Friday, December 9 @ 9am**

Harrison County Extension Office

Cost: \$10

Sign-up at 859-234-5510

Deadline: Wednesday, November 23



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# Paper Quilling

**with Harlene Welch**

**NOVEMBER 10**

**HARRISON COUNTY EXTENSION OFFICE**

**@ 6PM**

**COST: \$5**

**RSVP BY THURSDAY, NOVEMBER 3RD**

**859-234-5510**



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# FABRIC MORAVIAN STAR ORNAMENT

*with Beth Tucker*



**December 1st 6pm**

**~OR~**

**December 2nd 10am**

**Location: Harrison County Extension Office**  
**RSVP Deadline: Wed, November 23rd. 859-234-5510**

**Cost: \$5**  
**No sew project**







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## Harrison County Homemaker

# SOCK & MITTEN



# DRIVE



Accepting donations through Friday, December 2nd

All donations go to local clothing shelter



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## CHRISTMAS COOKING TO KICK CARBS

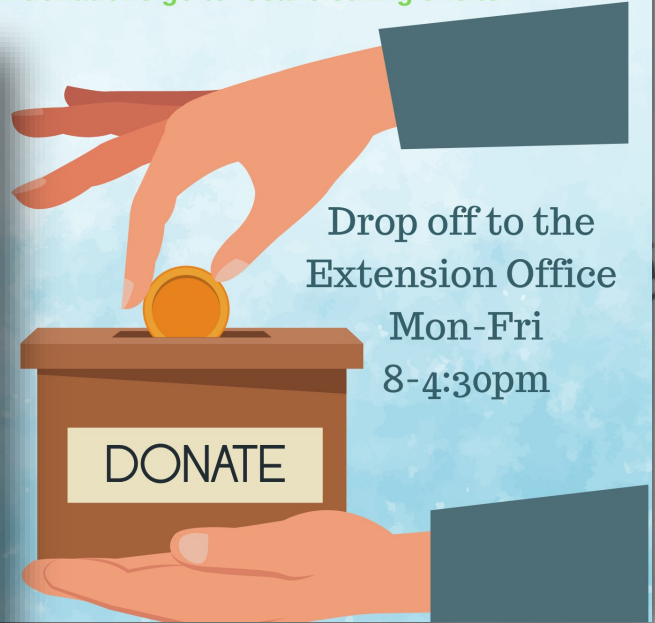
*with Stacy Lemons*

That magical Christmas morning is right around the corner! Join us as we eat breakfast for supper to help get you prepared to cook that Christmas morning brunch. We'll discover great recipes to kick the carbs while enjoying healthy breakfast foods to help keep us on track! Come ready to cook in this hands-on class which will be a Santa sack full of fun. Be sure to call the elves at the office to register;

859-234-5510

**November 16 @ 6pm**

**Harrison County Extension Office**



Drop off to the  
Extension Office

Mon-Fri  
8-4:30pm



# ESTATE PLANNING SERIES

Harrison County Extension Office

Have you planned for your future?

Do you know what will happen to your things after you pass?

Talk to experts to begin your estate planning!

RSVP to 859-234-5510 by  
November 1, 2022

CAIP  
Eligible  
Program



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**Monday, November 7-** Nichole Huff,  
General Estate Planning

**Monday, November 21-** Steve Isaacs,  
Farm Succession Planning

**Monday, December 5-** Local Attorney,  
Question & Answer

**\*6:00 pm each night\***



## Laugh & Learn

10-11am @ Harrison County Extension Office

**\*\*DATE CHANGE\*\***

**Monday, November 21**

- ✓ Play and Learn for FREE
- ✓ For Preschool aged 3-5 year olds
- ✓ Adult must be present with child
- ✓ Helps prepare your child for school
- ✓ Hear stories, play games, make crafts
- ✓ Healthy snacks



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## Enroll Now

📍 668 New Lair Road, Cynthiana, KY 41031

📞 859-234-5510

📧 [shelley.meyer@uky.edu](mailto:shelley.meyer@uky.edu)







**UK** University of Kentucky  
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**PIECE MAKERS QUILT CLUB**

**4TH WEDNESDAY EACH MONTH 10AM-1PM**

**@ HARRISON COUNTY EXTENSION OFFICE**

**NOVEMBER 23**

**CALL TO CONFIRM DECEMBER DATES; 859-234-5510**

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**Bluegrass Area Homemaker Leader Lesson**



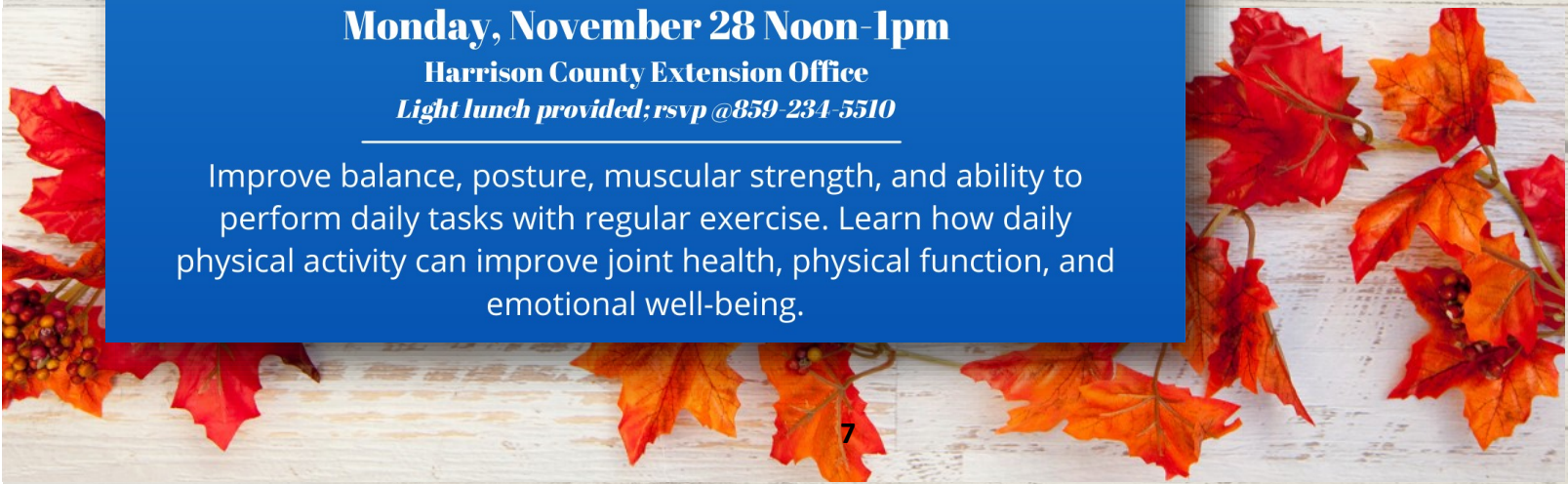
**MOVE YOUR WAY  
 EXERCISE 4 EVERYONE**

**Monday, November 28 Noon-1pm**

**Harrison County Extension Office**

*Light lunch provided; rsvp @859-234-5510*

Improve balance, posture, muscular strength, and ability to perform daily tasks with regular exercise. Learn how daily physical activity can improve joint health, physical function, and emotional well-being.







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*Scrapbooking  
with  
Jennie Sparks  
&  
Theresa Stinson*



TYPICALLY 4TH THURSDAY  
OF THE MONTH 9AM-NON  
@ HARRISON CO EXTENSION OFFICE  
CALL FOR NOVEMBER & DECEMBER  
DETAILS  
859-234-5510



## Crafty Scrappers

3rd Friday of every month @6pm

November 18 2022

AND

December 16, 2022

Harrison County Extension Office



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*Happy  
Thanksgiving*



November

2022

Harrison County Gets Healthy



**NEP Happenings:  
Harrison County Gets Healthy**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
	My Plate Harrison County Extension Office 11am	7	8	9	Food Safety Hope's Helping Hand 10am	10
	14	15	16	17	18	19
	Know the Limits Harrison County Extension Office 11am	My Plate Cynthiana Library 5pm		Food Safety Cynthiana Library 11am		
	21	22	23	24	25	26
	Reading Labels Harrison County Extension Office 11am					
	28	29	30			
	Meal Planning Harrison County Extension Office 11am					

December

2022

Harrison County Gets Healthy



**with  
Stacey Stephens**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
						Food Safety Harrison County Extension Office 9:30am
4	5	6	7	8	9	10
				Meal Planning Hope's Helping Hand 10am		
11	12	13	14	15	16	17
	Better on a Budget Harrison County Extension Office 11am			Know the Limits Cynthiana Library 11am		
18	19	20	21	22	23	24
	Better Breakfast & Beverages Harrison County Extension Office 11am	Reading Labels Cynthiana Library 5pm				
25	26	27	28	29	30	31





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# FALL TO THE PAST

## OPEN HOUSE

### HARRISON COUNTY EXTENSION OFFICE



Come celebrate Harrison County Cooperative Extension as we enjoy a blast from the past, showcase current club and extension happenings, and express our appreciation to community members.

**Noon- 8pm (updated start time)**

**Stop by to view displays and enjoy refreshments**

**5:30-7:30pm**

**Join us for supper, live band, & 4-H entrepreneurs**

**Friday, November 11th**







**CHARCUTERIE  
BOARD  
&  
SAUSAGE MAKING  
WORKSHOP**

**December 2 @ 6pm  
Harrison County Fairgrounds  
McCauley Building**

**Cost \$10**



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**RSVP BY FRIDAY,  
NOVEMBER 18TH  
859-234-5510**

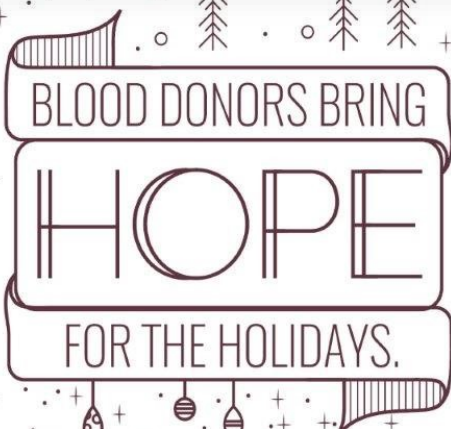


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**Adult  
Knitting**

1st & 3rd Thursdays of the month  
4:30-6:30pm (\*time change)  
@ Harrison County Extension Office

**November 3rd & 17th  
~and~  
December 1st & 15th**



kybloodcenter  
Live local • Give local

**Harrison County  
Community  
BLOOD DRIVE**

**Wednesday, November 9  
Noon-5 p.m.**

Harrison County Fairgrounds  
Homemaker Hall  
2849 US HWY 27S  
Cynthiana, KY 41031

Appointments preferred. Walk-ins welcome. Drive details subject to change.  
Please check [kybloodcenter.org](http://kybloodcenter.org) prior to donating. Donors with appointments will be notified of changes.

[kybloodcenter.org](http://kybloodcenter.org) 800.775.2522 Please bring photo ID



## **Physical Activity tip of the month: Get a game plan.**

Often, the biggest challenge to exercise is getting a game plan. Figuring out your limitations, what you enjoy, most beneficial forms of exercise for you, and maintaining motivation are often struggles that prevent individuals from finding and sticking with a workout plan. Physical activity is an important component of a healthy lifestyle and should be incorporated into a daily routine. Finding what works for you can help you stay motivated and committed to a regular workout schedule. November 28th's leader lesson on "Exercise for Everyone, Move Your Way" will discuss strategies to become more physically active. Lesson leaders will also be sharing this information to club members at their January scheduled meeting. Just in time to help you develop that New Year's resolution.



## **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 Cynthia Discount card.

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

*This Downtown Edition features businesses from the Shop Cynthia discount card. The business of the month is Gear Shak.*



The Gear Shak, LLC was founded in the spring of 2021 after years of watching friends and family purchase subpar gear because it was all they knew of and/or was readily available.

I have been into the gear and edc (everyday carry) community for about a decade at this point and have tried products from a variety of brands, settling on the ones I feel offer the best balance between price and quality for my personal use. As time went on and I used these products in my daily routine, I started developing an idea of what worked best for what tasks, refining my edc items to reflect this. Friends and family started taking notice of both my fondness for quality items, and my knowledge on certain topics and began asking for recommendations when they were in the market for a new flashlight, knife, sharpener, etc. After making many recommendations and people being happy with the purchases they made, I realized it was time to go ahead and start the business I had pondered for a long while in order to make these products more readily available and start bringing them to a wider audience.

Upon starting the business, I became a dealer for Fenix Flashlights, Ruike knives, and Work Sharp Sharpeners as well as one of the largest knife distributors in the US. I stock knives from brands such as TOPS, ESEE, Kershaw, Civivi, Buck, and others. While I try to keep a good selection of products in-stock, the inventory does fluctuate based on sales and I try to rotate through what I have so there are new items to checkout. I strive to always provide top notch customer service and make recommendations on products that will truly benefit you and fulfill your needs. You can shop online at [thegearshak.com](http://thegearshak.com) or in person at 135 E. Pike St., Cynthia, Ky 41031. I am also on Facebook, Instagram, YouTube and Google under The Gear Shak, LLC. I hope to see you soon and be able to help you pick out new gear!



# Agent Editorials

## Graduate Gossip

Let's learn together! A recent concept learned in a couple graduate classes involve strategic planning, mission statements, vision statements, and goals. These definitions can be applied to personal and professional settings. Mission statements define what an organization does and its reason for existing. Furthermore, mission statements should convey what the organization does, how it does

it, and for whom. Vision statements are the forward-looking view the organization wants to become or



what it could become in time. Lastly, goals are identified and determined to help an organization fulfill its mission and vision statements. Think about organizations, groups, families, businesses, etc. that you are part of and encourage the members to develop a mission and vision statement as well as determine goals that can keep everyone progressing and moving forward.

Check out our Facebook page:  
**Harrison County**

**Family & Consumer Sciences.**

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



## Agent Comments

*"Hello FSC Friends!*

*Happy Holidays!! Thanksgiving and Christmas are quickly approaching but in the midst of all the hustle and bustle, remember to take extra time for family and friends. Looking forward to our holiday programs at the Extension Office. Check out the pages of this newsletter for dates and times of upcoming FCS programs. Call or stop by the office to ask about the other program areas of Ag, Horticulture, and 4-H.*



*Reminder, we are collecting dues for the upcoming 2023 homemaker program year. Stop by the Harrison County Extension Office from 8-4:30 to join or renew your dues. You can join as a mailbox member or designate membership with one of the many Harrison County Homemaker Clubs.*

*Happy Thanksgiving and Merry Christmas!"*

*Shelley W. Meyer*

Shelley Meyer  
Harrison County Extension Agent  
For Family & Consumer Sciences



**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:

*"Fall is in the air, frost on the pumpkins, leaves are falling, and the holiday season is upon us. I want to encourage all our homemakers to donate individually wrapped homemade baked goods, snack treats or candy for our booth at the Harvesting the Holidays on November 5, 2022. KEHA Week was October 9-15 and I hope each club member has received their flashlight so, we as homemakers can "Let Our Light Shine" in the community.*

*The KEHA book list has been taken to the library for them to verify which books they have, so I can make book selections for your reading enjoyment. I will be making selections for the January 2023 newsletter.*

*I encourage club homemaker members to attend their monthly meetings as your club officers need your support.*

*Enjoy your holiday season with your family and friends."*

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

### 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 November Leader Lesson is titled Move Your Way; Exercise for Everyone and is scheduled for Monday, November 28th at noon. Call the office to rsvp.

### Dates to Remember:

**November 5**– Harvesting for the Holidays 10am-4pm (Homemaker Booth needs your help to bake cookies and desserts to sale; contact the Extension Office for questions)

**November 6**– Daylight Savings ends

**November 8**– Election Day

**November 11**– Veterans Day

**November 24**– Thanksgiving Day

**November 28**– Leader Lesson

**December 21**– Winter begins

**December 25**– Christmas Day

**March 8**– Recipe for Life

**HARVESTING**  
*The*  
**Holidays**  
NOVEMBER 5, 2022

**FREE** Rides and bouncers for the kids

Come out to Harrison Square and Connersville Pike and enjoy a day of fun for the whole family!

10 AM-4 PM  
SATURDAY, NOV. 5

Visit the Homemaker booth at the Harvesting for the Holidays Festival!

It all adds up to a **Family Fun Day** you won't want to miss!

**COOKIE CONTEST**  
Think yours are the best? Take the challenge and let our judges decide! For more information, contact Allison Realty 859-234-0888.

**ENTERTAINMENT** by  
Kentucky Bluegrass Cloggers  
Trudy Sosbe Rose & Ben Clifford  
Cedar Valley Bluegrass

**VENDORS** for your holiday shopping enjoyment

For information on becoming a vendor, contact Macy or Madison at 859-234-1036 or email [mflorence@cynthianademocrat.com](mailto:mflorence@cynthianademocrat.com) or [mward@cynthianademocrat.com](mailto:mward@cynthianademocrat.com)

In Partnership with  
**HARRISON COUNTY COMMUNITY FUND**

BROUGHT TO YOU BY: The Cynthiana Democrat, A Action Pest Control, Allison's Realty, Cynthiana Police Department, City of Cynthiana, Cynthiana Fire Department, Harrison Co. Board of Education, WEDCO, Harrison Co. Fiscal Court, Harrison Co. Economic Development.  
SPONSORED BY: Arch Care Consultants, LLC, Judy Construction Co., Snapco, Inc., Cynthiana Lions Club, Field & Main Bank, Cynthiana Rotary General Fund, Ware Funeral Home, 3M, Bullard, Harrison Memorial Hospital.






# November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 6pm Homestead Meat Canning	2 11am Falmouth Rd	3 10:30 Indian Creek 4:30 Adult Knitting	4 11 Open House 	5 Harvesting for the Holidays
6	7 6pm Financial Series 6pm New Millennium	8	9 Noon-5 Blood Drive	10 10am Sunrise 10am Curry 6pm Paper Quilling	11	12
13	14	15 6pm Jacobs 6:30pm Barlow	16 10am Leesburg 6pm Christmas Brunch	17 10:30am Renaker 4:30 Adult Knitting	18 6pm Crafty Scrappers	19
20	21 1pm Quiet Trails 10am Laugh & Learn 6pm Financial Series 6pm Maiden Makers	22	23 10am Quilt Club	24 Happy Thanksgiving! 	25 (Office Closed)	26
27	28 Noon Leader lesson 6pm Holiday Foods	29	30			



# December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 4:30 Adult Knitting 6pm Fabric Star	2 9am Fabric Star 6pm Charenterie/ Sausage	3
4	5 6pm Financial Series	6	7 6pm Applique	8	9 9am Applique Noon Men's Homemaker	10
11	12	13	14	15 4:30 Adult Knitting	16 6pm Crafty Scrappers	17
18	19 6:30 Maiden Makers	20	21 <sup>1st</sup> Day Winter 	22	23	24 
25	26 ←	27 →	28 Office Closed for Christmas and New Year's	29 →	30 →	31