

FCS Newsletter

October 2022

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

Cooperative Extension Service
Harrison County
668 New Lair Road
Cynthiana KY 41031
(859) 234-5510
Fax: (859) 234-6197

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: **Uniques**



Simply Vintage 10% off Purchase	Made in KY 20% off \$20 or more	Abstract Dimensions \$5 off purchase of \$10 or more	Melinda's Boutique 10% off purchase of \$20 or more
The Next Chapter Bookstore 10% off Purchase	Flower Depot 10% off purchase excluding fresh flowers	Empire State Bookstore 10% off entire purchase	Daye's Deli II 10% off Entire Purchase

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Shelley W. Meyer

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



We now have One Call for sending notifications. Call the extension office to make sure we have a phone number on file for you to receive those alerts.

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APPLIQUE

with Cheryl Case

Thursday, October 13 @ 6pm
or
Friday, October 14 @ 9am



Harrison County Extension Office
Cost: \$10
Sign-up at 859-234-5510
Deadline: Friday, October 7



Are you interested in nutritious, low-carb cooking, but not sure where to start? Come join this fun, educational, hands-on class and learn how to create some yummy, low-carb dishes.

COOKING TO KICK CARBS

with Stacy Lemons

October 5, 2022 @ 6pm
@ Harrison County Extension Office
Prepare food and EAT!

Call to RSVP; 859-234-5510

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





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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 show our appreciation to community members. Stop by anytime between 8am- 8pm. Refreshments will be available all day. Supper, live band, and 4-H entrepreneurs will take place from 5:30-7:30pm.

Have some old 4-H, Homemaker, or Extension projects, records or memorabilia's? Help us decorate with our theme by dropping items off to the Harrison County Extension Office by Friday, October 31st.

Friday, November 11th





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Harrison County Extension Office

SKELETON TRACKS

CYNTHIANA URBAN HIKES

Complete an Urban Hike for a chance to win a Cynthiana Tourism skeleton.

Complete all Urban Hikes for a chance to win multiple skeletons AND be entered for a drawing of the GRAND PRIZE.

See rules and hike details on the back.

Keep track of completed hikes on this form. Turn into the Harrison County Extension office by Wednesday, November 2nd to be eligible for prizes. Call to rsvp if signing up with a scheduled group hike. Be sure to take a picture as proof if walking the hike on your own to show an extension staff when turning in this form.

Name of Participant:

Hike <i>(Trail Guide: Jackie Burrell)</i>	Scheduled Date <i>(group hikes scheduled Tuesdays @ 9am)</i>	Place a checkmark if completed hike with a group or on your own.
Battlegrove Cemetery	October 4 @ 9am	
HCHS Complex	October 11 @ 9am	
Downtown; East on Main Street	October 18 @ 9am	
Flat Run Veterans Park	October 25 @ 9am	





Skeleton Tracks; October Urban Hikes

Join the challenge and complete all hikes throughout the month of October for a chance to win lots of prizes! One lucky winner from each of the hikes will receive a Cynthiana Tourism Skeleton to add to their fall decorations. There are 4 skeletons to give away, so complete each hike for a chance to win all 4.

See the schedule below for times and dates to walk with a group. Please call the Harrison County Extension Office to sign up for scheduled hikes and to receive notifications; 859-234-5510. Prefer to hike alone? No problem! Just take a picture of yourself on the hike as proof to show an Extension employee when you turn in your Skeleton Tracks submission. All Skeleton Tracks forms must be turned in to the Harrison County Extension Office by 4:30pm Wednesday, November 2nd. Drawings will take place and winners notified on Thursday, November 3rd.

If you complete all 4 hikes, your name will also be entered for a chance to win one of the 2 grand prizes of \$50 Cynthiana Downtown bucks which can be redeemed at many local Downtown shops & restaurants.

Battlegrove Cemetery

Route: twice around the outermost loop through the cemetery (~ 3.2 miles)

Starting point(s): Cemetery entrance; operating hours 7 days a week; HMH lower parking lot weekends & holidays

Skeleton Name: Justina Grave

HCHS Complex

Route: Starting at Ingles Stadium and walk entire area encircling the three schools from Southside Elementary to HCMS, the new athletic complex and Fieldhouse, past the baseball fields/tennis courts to the HCHS parking lot and follow around the high school back to Ingles Stadium. Add 2 laps in Ingles Stadium. (~2 miles).

Starting point: Ingles Stadium (when school is not in session)

Skeleton Name: Izzy Ded

Downtown; east of Main Street

Route: Walk north on Main Street to Pearl Street (old Cynthiana Cemetery). East on Pearl to Walnut. South on Walnut to Bridge Street. East on Bridge to Church Street (Leonos). North on Church to Reynolds Avenue. East on Reynolds to Oddville Avenue. West on Oddville to Church Street. South on Church to Pleasant Street. West on Pleasant to Main Street. South on Main Street back to parking lot. (~2.25 miles)

Starting point(s) Public parking on Main Street (beside Flower Depot)

Skeleton Name: Ricky D. Bones

Flat Run Veterans Park

Route: once around the upper trail and twice around the lower trail (~2.5 miles)

Starting point: entrance to Flat Run Veterans Park

Skeleton Name: Fester N. Rott

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4-H Youth Development
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification



PIECE MAKERS QUILT CLUB

4TH WEDNESDAY EACH MONTH

OCTOBER 26, 2022

10AM-1PM @ HARRISON COUNTY EXTENSION OFFICE



NEP Happenings: Harrison County Gets Healthy

October 2022 Classes dates and times

Thursday 13 at 10am Hope's Helping Hand

Topic My Plate Recipe BBQ Chicken Salad

Tuesday 18 at 5pm at Harrison Co Public Library

Topic Food Safety Recipe Apple Spinach Salad

Thursday 20 at 11 am Harrison Co Public Library

Topic My Plate Recipe Autumn Sweet Potato Chili

*Call the library 859-234-4881 to sign up

Monday 31 at 11am Harrison County Extension Office

Topic Food Safety Recipe Tex Mex Bean Sliders



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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THE IMPORTANCE OF ESTATE PLANNING

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

Friday, October 28th

Friday, November 18

- ✓ 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





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*Scrapbooking
with
Jennie Sparks
&
Theresa Stinson*

4TH THURSDAY
OF THE MONTH
@ HARRISON CO EXTENSION OFFICE
OCTOBER 27, 2022
9AM- NOON



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Adult Knitting

1st & 3rd Thursdays of the month
6:30pm
@ Harrison County Extension Office

**October 6
&
October 20**



Crafty Scrappers



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*3rd Friday of every month
October 21, 2022 @ 6pm
Harrison County Extension Office*

Homesteading Series



**CAIP
ELIGIBLE
COURSE**

Join us on the 1st Tuesday of each month now through March (excluding January) to learn more about homesteading on your very own property! These courses are suited for those who are interested in homegrown and self-sufficiency whether you are just beginning or have an established operation and just need a few more resources.

5 Courses Available

Small Scale Rabbit Farming

Fill your freezer with the other white meat! Learn how to raise rabbits for meat on your homestead, farm, or even in your backyard.

**October 4
6:00pm**

Meat Canning

Discover how to can and store the meat you produce to feed your family all year round.

**November 1
6:00pm**

Poultry Production for Meat

Purchasing, housing, feeding, maintenance, tips/tricks and more to fill your freezer with homegrown poultry.

**December 6
6:00pm**

Beekeeping

Find out what you need to start and care your own apiary for honey production and pollination.

**February 7
6:00pm**

Gardening for the Homestead

Fill your kitchen with a homegrown bounty of fruits and vegetables. Discover the how-to's of raising fresh produce at home.

**March 7
6:00pm**

To register for the courses or for more information, contact the Harrison County Extension Office at 859-234-5510



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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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So Easy to

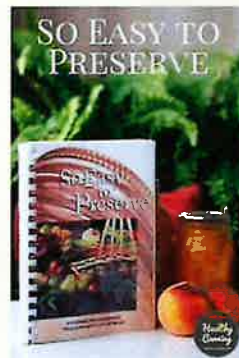
Preserve



Food Preservation Cookbook



Cost: \$25



Stop by the Harrison or Scott County Extension Office to make payment and be added to book order before Friday, October 28th. Those signed up will be notified when books arrive.



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Harrison County MEN'S HOMEMAKER

Preparing Your Yard for Winter

with Josh Curtis

October 14th Noon-1

@ HC Fairgrounds
McCauley Building
Bring \$5 for lunch

Homemaker Leader Lesson



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THE ART OF EATING MINDFUL



Learn how to add mindful eating
strategies into your daily routine

Monday, October 17
Harrison County Extension Office

Noon-1pm

Light lunch provided; call to rsvp @ 859-234-5510



Physical Activity tip of the month: Exercise with friends and family.

October presents a couple movement opportunities that can be completed solo or with friends! Be sure to check out the Skeleton Tracks through the Urban Hike challenge on page 2 and 3 of this newsletter.

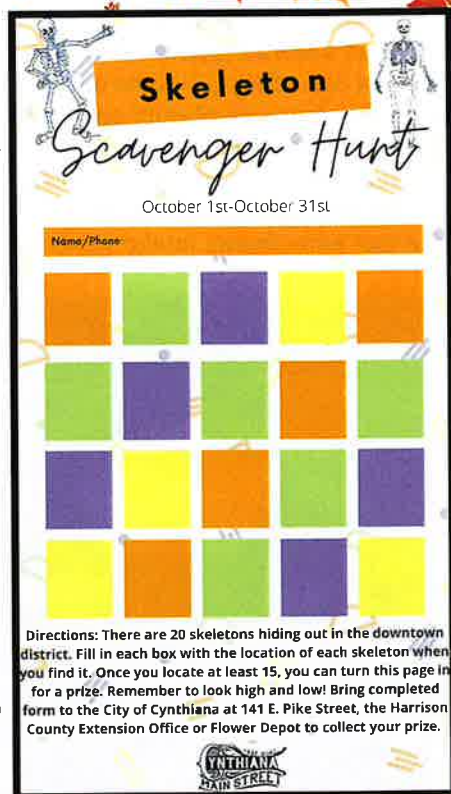


Cynthiana Main Street has planned a skeleton scavenger hunt that will also be available the entire month of October. Stop by the Extension Office to pick up your scavenger hunt card (pictured to the right) and enjoy a walk in downtown Cynthiana on Main, Pike, and Walnut Street as you search to find

hidden skeletons. Once you have located at least 15 of the 20, you can turn your card back into the Extension Office to redeem your prize!

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.



Directions: There are 20 skeletons hiding out in the downtown district. Fill in each box with the location of each skeleton when you find it. Once you locate at least 15, you can turn this page in for a prize. Remember to look high and low! Bring completed form to the City of Cynthiana at 141 E. Pike Street, the Harrison County Extension Office or Flower Depot to collect your prize.

Featured business of the month:

This Downtown Edition will feature businesses from the Shop Cynthiana discount card. The business of the month is Uniques.

Uniques has been in business since November 2011. We carry a wide range of inventory for your decorating and household needs including antiques, furniture, glassware, China, clocks, toys, pictures, lamps, mirrors, oriental rugs, jewelry, chandeliers, books, etc. We want you to visit us and reminisce about things from your past. My fur babies, Toby and Sophia Loren will gladly greet you! We are located at 138 S. Main Street, Cynthiana and our 2nd location is just down the next block at 206 S. Main Street of Cynthiana. Our hours are 10am-5pm, Monday through Saturday and extended hours by chance. Feel free to give us a call at 859-234-7874.



-Stanley Lemons

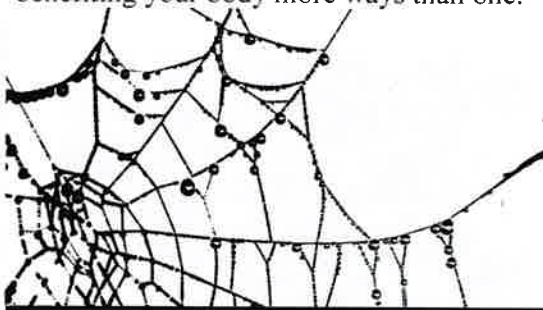
Agent Editorials

Graduate Gossip

Let's learn together! A recent concept learned in one of my graduate courses is the relationship between obesity and sleep. Shorter periods of sleep generally produce weight gain as individuals are more likely to increase food intake. Interrupted sleep studies in relation to diet have found that participants intake foods with higher fats,



lower quality diets, and irregular eating behavior. Quality of sleep is indicative of body mass index (BMI) as well. One study of 522 patients showed that the number of night awakenings was positively correlated with increased BMI (Noh, 2018). Moral of the story? Get a good night's sleep and you are benefiting your body more ways than one.



Agent Comments

"Hello FSC Friends!"

It's fall y'all! The leaves are starting to change and it is pumpkin spice everything. October has some fun activities for the whole family so read through the details of this newsletter to find the programs that interest you. 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."



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:

"I want to say "THANK YOU" for the Homemakers who made the delicious pies, brownies, other treats and worked the booth at the Honey Festival.

On September 13, 2022 I was given the opportunity to attend the Breakout Leadership Conference here in Cynthiana. I saw a car, computer, concrete slabs, a box and wine bottle broken by different individuals. This breakage represented smashing the statue quo of leadership. This conference helped to reenforce my leadership ability. I want to tell you about the KEHA Leadership Academy, which will be held at Blue Licks State Park in March of 2023. Anyone interested in leadership can apply for this training by October 1, 2022. If you are interested just stop by the extension office to pick up an application. If our organization is to succeed we must have leaders.

KEHA Week is October 9-15, so I encourage all clubs to do a special activity that week or at your club meeting that month. There is a KEHA Celebration Kit at the extension office for club presidents to pick up. Let your light shine during KEHA Week."

Harlene Welch
President, Harrison Co
Extension
Homemakers

Club Meetings

Homemaker clubs are in full swing with monthly meetings. Check the calendar on page 14 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 October Leader Lesson is titled the Art of Mindfully Eating and is scheduled for Monday, October 17th at noon. Call the office to rsvp.

Dates to Remember:

October 1– Deadline to bring mementos for Open House (see pg 20)

October 3-8– Branson Road Trip (all attendees, be on the lookout for an additional mailing)

October 17– Leader Lesson

KEHA Week– October 9-15

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)

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



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

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.

VENDORS for your holiday shopping enjoyment

For information on becoming a vendor, contact Macy or Madison at 859-234-1036 or email mlflorence@cynthianademocrat.com or mward@cynthianademocrat.com

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

In Partnership with
HARRISON COUNTY COMMUNITY FUND

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