

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

FCS Newsletter

February 2024

Harrison County 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 9 for featured business of the month: Frosted Blessings

15% off purchase	Dairy Grind	10% off purchases
10% off purchase	Flower Depot	10% off purchases excluding fresh flowers
10% off retail price (excludes HW & HSP)	A Little Bit Personal	10% off purchases (excludes sale items)
10% off purchases (exc. sale items)	Molly B's	30% off \$20 or more
15% off purchases online code HOMEMK	Tey's Cloth Peddler	10% off purchases (excludes sale items)
	Framin' N' Christmas	20% off entire purchase

The Headlines

EASTER GATHERING BASKET



with Mary Techan & Cheryl Case

February 28th 5-9pm

~or~

March 1st 9am-1pm

Location: Harrison County Extension Office

Cost: \$5

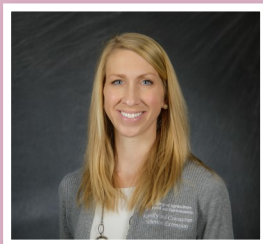
(payment required to register)

Discounted basket price in honor or kindness week

Space is limited

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Shelley Meyer

Shelley W. Meyer

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



*Tour Main Fitness Gym
*Learn fitness tips
*Free lunch provided

CALL TO SIGN UP AND RECEIVE GROUP

TEXT MESSAGES: 859-234-5510



MEN'S HOMEMAKER FITNESS
FEBRUARY 9 NOON-1
Location: Main Fitness
122 Railroad Ave,
Cynthiana, KY 41031

RED IS FOR HEART DISEASE AWARENESS

Harrison County Go Red For Women Events

February 1 Paint the Town Red

February 2 National Wear Red Day

February 2 Wear Red to School Day

February 11 Wear Red to Church Day

February 19 Go Red For Heart Disease Awareness Seminar

Guest Speaker: Dr. Yaz Daaboul
 HMH Cardiologist
 Harrison County Extension Office
 668 New Lair Road, Cynthia
 Doors open at 5 p.m.
 Speaker begins at 6 p.m.

A free meal and free screenings for diabetes, cardiac risk and stroke risk will be offered. Door prizes will be awarded. RSVP no later than February 15 by calling

859-234-5510



It's back!

BINGO *cize*

Mondays & Thursdays (a couple Fridays) through April 1

February dates: 2/5, 2/9, 2/12, 2/15, 2/19, 2/26, 2/29

Location: Harrison County Extension Office
Times: 10-11 am
Bingo + light exercise = Fun Bingocize!

Call to rsvp @ 859-234-5510



UK Martin-Gatton
 College of Agriculture,
 Food and Environment
 University of Kentucky.

2 -part series
March 6 & 20
 5-7pm
 Harrison County Extension Office
 Cost \$5

Pinecone Quilting
 with Michael Armstrong & Joedene Thayer

Learn to make a 3-dimensional quilt along with the origin and history of this unique art.

Call to rsvp by Wednesday, February 28th @ 859-234-5510

UK Martin-Gatton
 College of Agriculture,
 Food and Environment
 University of Kentucky.

JUNIOR HOMEMAKERS

FRIDAY, MARCH 1
 (NO FEBRUARY MEETING)
 3:30-5PM
 HARRISON CO EXTENSION OFFICE

- CREATE FAIR READY PROJECTS
- SERVICE PROJECTS
- LEARN HOME SKILLS

AGES 6-12TH GRADE

CALL TO SIGN UP:
 859-234-5510

1ST FRIDAYS EACH MONTH

IT'S LEAP YEAR

THE HARRISON COUNTY EXTENSION OFFICE IS JOINING THE MOVEMENT TO SHOW EXTRA

KINDNESS

February 25-March 1

Want to add to this list? Any Extension group can participate. Call the Extension Office and tell us your group kindness project!



MONDAY, FEBRUARY 26
*4-H SOCIAL MEDIA CLUB

TUESDAY, FEBRUARY 27
*CARE BAG PROJECT

WEDNESDAY, FEBRUARY 28
*DISCOUNTED BASKET WEAVING

THURSDAY, FEBRUARY 29
*LOVE THE EARTH THURSDAY
SEED BALL GIVE AWAY

FRIDAY, MARCH 1ST
*DISCOUNTED BASKET WEAVING
*LAUGH & LEARN KINDNESS MONSTERS
*JUNIOR HOMEMAKER SERVICE PROJECT

 **Martin-Gatton**
College of Agriculture,
Food and Environment
University of Kentucky.

**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

Education 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, citizenship or national disability or registration for prior civil rights activity. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in language other than English.
University of Kentucky, Kentucky State University, UK Department of Agriculture, and Kentucky Counties Cooperating.
Lexington, KY 40506



CYNTHIANA HARRISON COUNTY CHAMBER OF COMMERCE 2024

BREAKOUT LEADERSHIP CONFERENCE



TODD PROBUS

OPENING
SPEAKER

**WELLS
BULLARD**


KEYNOTE
SPEAKER

Morning and Afternoon
Breakout Sessions with
specific tracks geared
towards:

- Small business owners
- Women in leadership
- Leadership in big business

View the topics and agenda
on our website!

 **19 March, 2024**
9:00am-3:45pm

 **133 East Pike St**
Rohs Opera House



**HARRISON COUNTY
COMMUNITY
FUND**
WE'RE IN IT FOR GOOD.

SUMMIT
ARCHITECTS & ENGINEERS

REGISTER TODAY AT
WWW.CYNTHIANAKYCHAMBER.COM

Understanding Alzheimer's and Dementia

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms, and Alzheimer's Association resources.

Cedar Ridge Health Campus
1217 US Hwy 62E,
Cynthiana, KY 41031

Tuesday, January 30, 2024
5:00 PM ET

For more information, please
call our 24/7 Helpline at
1-800-272-3900 or click [here](#).



 **ALZHEIMER'S
ASSOCIATION**

HARRISON COUNTY HOMEMAKERS ARE

CALLING ALL ARTISTS

to help design the next homemaker t-shirt



NEP

FEBRUARY PROGRAMS WITH STACEY STEPHENS



HEALTHY CHOICES FOR EVERYBODY

**FEBRUARY 14 @ 10AM
EBENEZER UNITED METHODIST CHURCH
NO REGISTRATION NEEDED**

CRAFTS & COOKING

**FEBRUARY 15 @ 10:30AM
HARRISON COUNTY PUBLIC LIBRARY
RSVP: 859-234-4881**

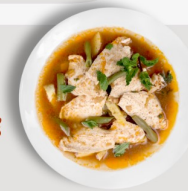


COOKING THROUGH THE CALENDAR

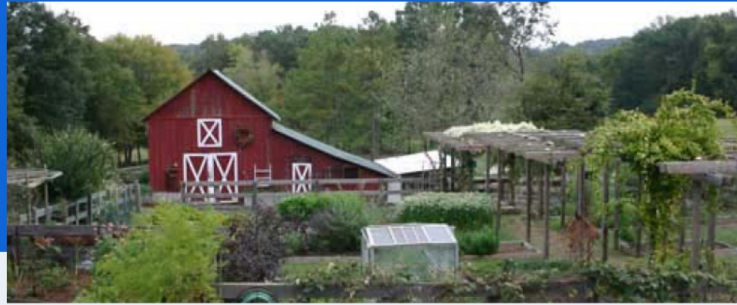
**FEBRUARY 20 @ 5PM
HARRISON CO PUBLIC LIBRARY
RSVP @ 859-234-4881**

HEALTHY CHOICES FOR THE FAMILY

**FEBRUARY 22 @ 11AM
HARRISON CO EXTENSION OFFICE
RSVP @ 859-234-5510**



Homesteading Series



**CAIP
ELIGIBLE
COURSE**

Join us on the 4th Tuesday of each month, starting in January and going through May to learn more about homesteading on your very own property! These courses are suited for those who are interested in home-grown products and self-sufficiency, whether you are just beginning or have an established operation and just need a few more resources.

5 Courses Available

Maple Syrup 101

Learn the basics of how to tap your own trees and make maple syrup from an expert right here in Harrison County. Class also includes a field trip on February 16.

(Class attendance is required to participate in field trip)

**January 23
6:00pm**

Fodder Systems

Discover how to create an inexpensive system to easily grow fodder for your small livestock.

**February 27
6:00pm**

Dehydrating

Dehydrating is one of the oldest methods of food preservation. Learn how to use a modern day dehydrator as a dehydrating food method.

**March 26
6:00pm**

Chopping Block: Chicken

Whether you are raising your own chickens or buying whole birds, knowing the skill to break down a whole chicken is a skill that can save you money.

**April 23
6:00pm**

Creating Natural Dyes

Discover the basics of using flowers and foliage to naturally dye materials and the sustainability potential involved with it. Participants will learn the supplies needed to get started, which plants create which colors, the steps involved in naturally dying fabrics and see a natural dying demonstration.

**May 28
6:00pm**

To register for the courses or for more information, contact the Harrison County Extension Office at 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. LEONINGTON, KY 40548



UK Martin-Gatton
College of Agriculture,
Food and Environment

Laugh & Learn

Friday, March 1
(no February meeting)

10-11am

Harrison County Extension Office

Ages 3-5

*Must have adult with child

*Crafts

*Food

*Fun

rsvp @ 859-234-5510



UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

Memories

Crafty Scrappers

with Jenny Tapp

February 23

6pm@ Harrison County Extension Office

3rd Fridays of the month
(February is the 4th Friday)



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Agriculture and Natural Resources
Public and Consumer Services
4-H Youth Development
Community and Economic Development

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1st & 3rd Thursdays
of the month

Adult
Knitting

with Louann Fryman



February 1
&
February 15

Harrison County
Extension Office
@4:30pm
New members welcome!

Cooperative Extension Service
Agriculture and Natural Resources
Public and Consumer Services
4-H Youth Development
Community and Economic Development

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Scrapbooking

w/ Jennie Sparks and Teresa Stinson
4th Thursday of each month
February 22
Harrison County Extension
Office @ 9am



Cooperative Extension Service
Agriculture and Natural Resources
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4-H Youth Development
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UK Martin-Gatton
College of Agriculture,
Food and Environment



PIECE MAKER QUILT CLUB

4th
Wednesdays
of each month

28 FEBRUARY
10AM

**HARRISON COUNTY
EXTENSION OFFICE**

NEW MEMBERS WELCOME!



Cooperative Extension Service
Agriculture and Natural Resources
Public and Consumer Services
4-H Youth Development
Community and Economic Development

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FCS Interest Survey 2024

Your input matters! Please take a few minutes to share ideas for homemaker and FCS program ideas for 2024. Thank you!

Q1 Please select the program topics that you have enjoyed this past year with Family & Consumer Sciences (select all that apply)

- Nutrition Classes
- Physical Activity Classes
- Craft Classes
- Finance Classes
- Family Development Classes
- Sewing Classes
- Homemaker Events
- I did not participate in FCS programs
- Other

Q2 If you selected "other" from the previous question 1, what topic(s)?

Q3 List any classes/topics you would like to see offered for 2024.

Q4 Please provide any additional insight or thoughts on Family & Consumer Sciences programming in Harrison County.

Q5 THIS NEXT QUESTION IS FOR HOMEMAKER CLUBS ONLY. Please share ideas you would like to see with 2024/2025 Homemaker Leader Lessons.

Please send all responses to the Harrison County Extension Office by Monday, February 12. If you prefer to answer the questions from your phone, scan the QR below.



Downtown Edition

Interested in joining Harrison County Homemakers? Membership is \$10 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: Frosted Blessings

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

I have always loved to cook. Baking became a joy to me when I had grandchildren. My grandson, Kade, loved to help me make cookies and my granddaughter, Khloe, loved making cupcakes. She loved putting sprinkles on cupcakes and usually all over the kitchen floor. I didn't start selling my baked goods until after my husband died in 2015 and I found myself with too much time on my hands. My daughter threatened me if I brought anymore sweets into her house, so I started selling at the Farmers' Market in Harrison and Bourbon Counties and I was amazed at the great response I received. It was fun and my granddaughter worked the booth with me. Over time, my house became overrun with my baking supplies, containers, coolers, etc. I knew it was time to stop or find a commercial kitchen.

God had a plan for me. While having lunch with a friend, I told her I was looking for a commercial kitchen and she told me she and her husband owned a kitchen behind the bookstore that was not being used and I should look at it. She called her husband and together we looked at the place. I still wasn't sure. The front lobby was currently being used for an office, but the lease was coming due, and he wasn't planning to renew it. He said that he felt God was telling him I should take that space as well and open a bakery. After much prayer and talking with my family, I took a leap of faith and opened Frosted Blessings Bakery and Gift Shop. I love my customers and enjoy their visits. In the shop, I have a Bucket of Blessings and each customer takes a blessing from the bucket. If you have a smiley face on your blessing, you get a free cookie. The blessing bucket has brought me so many blessings and has opened conversations where I can show my faith and others can in kind.

Frosted Blessings celebrated its one-year anniversary on November 10, 2023, and I hope to celebrate many more with the wonderful customers in Harrison County and surrounding counties.

With Love and Blessings,

Diane Wagoner, Owner



Homemaker News

President's Corner:

You Are A Member Of A



World Wide Organization!

“Hello Homemakers,
February is a **RED** month. As you read this newsletter you will find the dates for the Go Red activities. Weather permitting, please try to support these activities. Other dates in February, regarding the color RED are

Valentines Day and Presidents Day.

YOU ARE A MEMBER OF A WORLD WIDE ORGANIZATION. I hope all club presidents received the Bullseye at the Advisory meeting and have shared it with your club members. If you have any questions about the Bullseye, please feel free to call me.

As we continue through this second month of winter stay safe and warm.”

Harlene Welch
President, Harrison Co
Extension Homemakers

Club Meetings:

Homemaker clubs are meeting monthly. See the calendar page for your club’s scheduled time. If you are new and would like to join a club, contact the Extension Office for more details.

Leader Lessons:

Mondays noon-1pm @ Harrison County Extension Office. Lunch provided. Please call the office to rsvp for food count; 859-588-9122

Date	Lesson Topic
Feb 26	Recognizing/coping w/ trauma after natural disaster
March 25	Planning thrifty meals
April 29	Flavor the savor; herbs



Cooperative Extension Service

Martin-Gatton

College of Agriculture, Food and Environment

Coping with Natural Disasters



Leader Lesson

February 26, 2024; Noon-1pm

Harrison County Extension Office

*RSVP for lunch count @

859-234—5510



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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities accommodated with prior notification.

Agent Editorials

“Hello FCS Friends!

It has been great seeing so many of you at Extension Office programs since the new year. There are several activities and events planned for February so be sure to check out those details in this newsletter and get signed up for the ones that interest you. Hope everyone has a wonderful Valentine’s Day and take advantage of opportunities happening during kindness week. Since this is a leap year, February has an extra day which gives us more time to show kindness. Several businesses across Cynthiana, including Extension, Chamber, public library, and more are celebrating kindness week February 25-March 1st.

Looking for a place to sell crafts? Frames n’ Things is offering free space for crafters to rotate and sell items. If interested, swing by the store and talk to Denise Lyons for details.

As a reminder, typically, if there is no school due to weather, homemaker clubs will be canceled as well. The same is often true of Family & Consumer Sciences programs. However, if you are uncertain if a program is happening, please do not hesitate to call the Harrison County Extension Office at 859-234-5510 to find out.

Enjoy the beauty of winter and stay safe!”

Shelley W. Meyer

Shelley Meyer
Harrison County Extension Agent
For Family & Consumer Sciences



Community Corner

Spanish Resources



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.



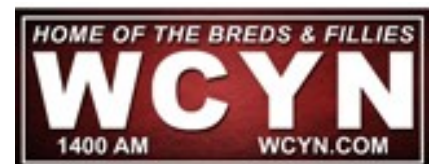
Check out our Facebook page:
**Harrison County
Family & Consumer Sciences.**

**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.

- * **Jessica Wells with Horticulture: 1st Wednesdays**
- * **Shannon Farrell and Holly Laytart with 4-H: 2nd Wednesdays**
- * **Shelley Meyer with FCS & Stacey Stephens with NEP: 4th Thursdays**



FEBRUARY CALENDAR OF EVENTS



Feb 1, Bingocize 10am @ Extension Office

Feb 1, Indian Creek 10:30am @ Indian Creek Church

Feb 1, Knitting 4:30pm @ Extension Office

Feb 5, Bingocize 10am @ Extension Office

Feb 7, Falmouth Road 11am @ Extension Office

Feb 8, Sunrise 10am @ Extension Office

Feb 8, Curry 10am @ Extension Office

Feb 9, Bingocize 10am @ Extension Office

Feb 12, Bingocize 10am @ Extension Office

Feb 15, Bingocize 10am @ Extension Office

Feb 15, Knitting 4:30pm @ Extension Office

Feb 16, Vice President Homemaker Committee meeting 10am @ Extension Office

Feb 19, Bingocize 10am @ Extension Office

Feb 19, Go Red Event 5pm @ Extension Office

Feb 20, Jacobs Club 6pm @ Extension Office

Feb 20, Barlow Club 6:30pm @ Extension Office

Feb 21, Leesburg Club 10am @ Extension Office

Feb 22-24, Kentucky Volunteer Forum @ Rupp Arena & Central Bank Convention Center

Feb 22, Scrapbooking 9am @ Extension Office

Feb 23, Crafty Scrappers 6pm @ Extension Office

Feb 26, Bingocize 10am @ Extension Office

Feb 26, Leader Lesson Noon @ Extension Office

Feb 26, Maiden Maker 5:30pm @ Extension Office

Feb 28, Piece Maker Quilt Club 10am @ Extension

Feb 28, Basket Class 5pm @ Extension Office

Feb 29, Bingocize 10am @ Extension Office

March 1, Basket Class 9am @ Extension Office