

# FCS Newsletter

## January 2024

### Harrison County Family & Consumer Sciences

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

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

**TIME TO RENEW!** 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: Cordial- Coffee & Curated Finds**

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 (excl. sale items)	Molly B's	30% off \$20 or more
15% off purchases online code HOMEMM	Tey's Clock Peddler	10% off purchases (excludes sale items)
	Framen N' Christmas	20% off entire purchase
		10% off entire purchase

## The Headlines

**It's back!**

**BINGOize**

**1st meeting: January 22nd @ 10am**

Classes are Mondays & Thursdays (a couple Fridays)  
from January 22 - April 1

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

**Call to rsvp @ 859-234-5510**

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Shelley Meyer

*Shelley W. Meyer*

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

### Cooperative Extension Service

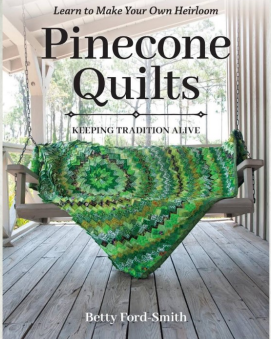
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities accommodated with prior notification.



Learn to Make Your Own Heirloom  
**Pinecone Quilts**  
KEEPING TRADITION ALIVE  
Betty Ford-Smith

**Martin-Gatton**  
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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



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**Artisan Bread Making**



**with Cheryl Case**

**THURSDAY, JANUARY 25, 5:30-7:30PM**  
OR  
**FRIDAY, JANUARY 26, 10AM-NOON**

**Harrison County Extension Office**  
**Cost \$5**  
Call to rsvp by Friday, January 19: 859-234-5510

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
All program personnel are trained to provide services to individuals with disabilities. We will make every effort to ensure that our programs are accessible to all. If you have a disability and need accommodations, please contact your program coordinator or contact the University of Kentucky's Disability Resource Center at 859-257-2000. This document is available in large print and Braille. For more information, contact the University of Kentucky's Disability Resource Center at 859-257-2000.




**Laugh & Learn**

**Friday, January 5**  
**10-11am**  
Harrison County Extension Office

**Ages 3-5**

- \*Must have adult with child
- \*Crafts
- \*Food
- \*Fun

rsvp @ 859-234-5510




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# 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 dyeing fabrics and see a natural dyeing demonstration.

**May 28  
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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LEXINGTON, KY 40546



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**NEP** happenings w/ Stacey Stephens

# JANUARY PROGRAMS



## COOKING THROUGH THE CALENDAR

**JANUARY 16 @ 5PM  
HARRISON CO PUBLIC LIBRARY  
RSVP @ 859-234-4881**

## WHAT'S COOKING?

**JANUARY 17 @ 10AM  
EBENERZER UNITED METHODIST CHURCH  
HEALTHY AFFORDABLE MEALS**



## COOK AND CRAFT

**JANUARY 18 @ 10:30AM  
HARRISON CO PUBLIC LIBRARY  
RSVP @ 859-234-4881**



# Radon

What is it?



Radon is a naturally occurring radioactive gas that cannot be seen, smelled, or tasted

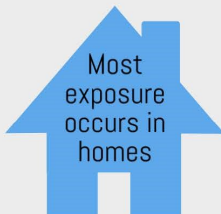
Why is it dangerous?



Radon is the **2nd** leading cause of lung cancer

Radon attaches to dust or tobacco smoke and gets carried into the lungs

**NO** safe level of radon



What can you do about it?

**TEST YOUR HOME  
KNOW YOUR LEVEL**

Ask a certified radon professional to fix high radon levels

The state radon program and some local health departments provide **free** radon test kits

Kentucky State Radon Program  
(502)564-4856

Radon & Secondhand Smoke



Breathing radon is dangerous, but it is more harmful when you also breathe tobacco smoke

FOR MORE INFORMATION:

**BREATHE**  
University of Kentucky  
College of Nursing  
(859) 323-4587  
breathe.uky.edu



## Secondhand Smoke (SHS)

What is it?



SHS is a mixture of smoke exhaled by the smoker and smoke from the burning end of tobacco products

CIGARETTE SMOKE CONTAINS:

More than **7,000** chemicals and **69** cause cancer

SHS is **EVERYWHERE** when smoking is allowed



**IN CHILDREN, SHS CAUSES:**

- ▶ Ear infections
- ▶ More frequent & severe asthma attacks
- ▶ Lung infections
- ▶ Sudden infant death syndrome (SIDS)

Breathing SHS causes:

**HEART DISEASE**

**LUNG CANCER**

**STROKE**

What can you do about it?

✓ Make your car and home **100%** tobacco-free

✓ Only visit **smoke-free** restaurants & businesses



✓ **QUIT SMOKING & STAY AWAY** from tobacco smoke

✓ Contact local policymakers to advocate for smoke-free air

# Facts about Radon and Secondhand Smoke

## **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: Cordial Coffee & Curated Finds**

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

Cordial is a downtown coffee and vintage shop owned by 25-year-old Cynthiana transplant, Lexi Anderson. Lexi moved to Kentucky from a small town near Traverse City, Michigan when she was 11, and always dreamed about owning a business. She specifically remembers drawing little cafe's and shops, naming them whatever the store was with her name in front of it. Fast forward some 10+ years later, and Cordial was born.

Lexi often gets asked where the name "Cordial" came from, and where the idea for mixing old things with coffee came from. The name came from Google, put simply. When trying to brainstorm a name, Lexi wanted a one-word name that encapsulated the atmosphere she aimed for her business to have: to be warm and friendly. When searching words that were synonymous the first word generated was cordial. It was unique and perfect. The idea for the business model came from her boyfriend, Isaac Dailey's, which was a routine weekend adventure in thrifting and antiquing. At the beginning of their ventures, they would always grab a latte to start their day. Always at a small, locally-owned ma & pop shop.

When deciding to open her dream business, she decided to combine her two favorite things: old things, and coffee. Especially after working a few different barista positions, and even having a couple of trial and error online clothing shops, it seemed like a good fit. Cordial sells pre-loved items that are hand-curated by Lexi and Isaac, ranging from clothing, to housewares, accessories and more. Cordial also sells delicious fair trade certified coffee, real-fruit smoothies, bagels, and organic herbal teas!

Facebook: Cordial - Coffee & Curated Finds

Instagram: @cordialky

TikTok: @cordialky



# Agent Editorials

“Hello FCS Friends!

*Happy New Year!! I hope the holidays have been good to everyone. I am looking forward to seeing you all at programs in January. 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 Meyer  
Harrison County Extension Agent  
For Family & Consumer Sciences

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University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,


the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building,  
University of Kentucky, Lexington, KY 40506-0032 or


US Department of Agriculture, Office of the Assistant Secretary for Civil Rights,  
1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

**Community Corner**


**Spanish Resources**  



**MCTC**  


**LIBRARY**  


**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.

**HC EXTENSION**  




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





# Homemaker News

## President's Corner:

*"Hello Homemakers,*

*As you read this, 2023 has gone and 2024 has arrived and I have aged another year. My how time does fly, when you are having fun.*

*Our advisory council meeting is scheduled for January 23, 2024 at 9:30am at the Harrison County Extension office. I encourage all club officers and chairmen to attend and also all county officers and chairmen.*

*Some other things to be thinking about in 2024 are the Kentucky Extension Homemaker State Meeting to be held May 7-9, 2024 in Bowling Green, Ky. Our County Homemaker meeting planning will begin shortly. New officers and chairmen positions will be available, so please consider serving on the county level. Also, it's time to think about the county fair and getting those exhibits ready. These are just a few things to think about in 2024. Please read your newsletter to keep you informed about homemaker activities.*

*4-H sewing is beginning in January and if you are interested in helping, please let me know. The more leaders the faster the projects are completed."*

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
Jan 22	Selfcare and pampering
Feb 26	Recognizing/coping w/ trauma after natural disaster
March 25	Planning thrifty meals
April 29	Flavor the savor; herbs

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# JUNIOR HOMEMAKERS

**FRIDAY, JANUARY 5**  
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

COOPERATIVE EXTENSION  
University of Kentucky

Join  
Learn  
Reflect

What does it mean to  
**TAKE CARE OF**  
yourself?

**WHERE:**  
Harrison County Extension Office

**WHEN:**  
January 22, 2024 @ noon

**FOR MORE INFORMATION  
OR TO REGISTER:**  
\*Call 859-234-5510  
\*Lunch is provided so please rsvp for food numbers

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LEXINGTON, KY 40546

Disabilities  
accommodated  
with prior notification.

# **JANUARY CALENDAR OF EVENTS**

- Jan 3, Falmouth Road 11am @ Extension Office**
- Jan 4, Indian Creek 10:30am @ Extension Office**
- Jan 4, Knitting 4:30pm @ Extension Office**
- Jan 5, Laugh & Learn 10am @ Extension Office**
- Jan 5, Junior Homemaker 3:30pm @ Extension Office**
- Jan 11, Sunrise 10am @ Extension Office**
- Jan 11, Curry 10am @ Extension Office**
- Jan 16, Jacobs Club 6pm @ Extension Office**
- Jan 16, Barlow Club 6:30pm @ Extension Office**
- Jan 17, Leesburg Club 10am @ Extension Office**
- Jan 18, Knitting 4:30pm @ Extension Office**
- Jan 19, Crafty Scrappers 6pm @ Extension Office**
- Jan 22, Bingocize 10am @ Extension Office**
- Jan 22, Leader Lesson Noon @ Extension Office**
- Jan 22, Maiden Maker 5:30pm @ Extension Office**
- Jan 24, Piece Maker Quilt Club 10am @ Extension**
- Jan 25, Scrapbooking 9am @ Extension Office**
- Jan 25, Bingocize 10am @ Extension Office**
- Jan 25, Artisan Bread Making 5:30pm @ Extension Office**
- Jan 26, Artisan Bread Making 10am @ Extension Office**
- Jan 29, Bingocize 10am @ Extension Office**