

FCS Newsletter

November/December 2024

Harrison County Family & Consumer

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

**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.**



Sweet Boutique	15% off purchases	Coffee Shop	15% off purchases
The Next Chapter	10% off purchases	Flower Depot	10% off purchases excluding fresh flowers
Uniques	10% off retail price (excludes HF & HSP)	A Little Bit Personal	10% off purchases (excludes sale items)
Riverside Rays	10% off purchases	Molly B's	20% off \$20 or more
Melinda's Boutique	15% off purchases online code HOA(EM)B	Tay's Cloth Peddler	10% off purchases (excludes sale items)
Emerson Steel Boutique	15% off purchases	Frames N' Christian Things	20% off entire purchase
Cymply Cynfall Nutrition	\$1 off XLG bubble tea only	Printed Vinyl for you	10% off entire purchase (Excludes epoxy)
Cheese Store	10% off assum. free bday scoop only paid homemaker	Kellones	10% off pizza purchases (cannot combine with another offer)
Main Cup	10% off \$10 or more	Frosted Blessings	10% off in store items only

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Shelley Meyer

Shelley W. Meyer

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

Fabric Pumpkin

w/ **Jenny Tapp & Beth Tucker**

November 5th @ 6pm
 or
November 6th @ 10am

Harrison County Extension Office
FREE
 rsvp: 859-234-5510

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
 University of Kentucky
 Lexington, KY 40506

Cooperative Extension Service

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 Family and Consumer Sciences
 4-H Youth Development
 Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.

Adult Scrapbooking

w/ Jennie Sparks &
Teresa Stinson

December 5

*date change because of holiday
Harrison County Extension Office
@ 9:00am
New members welcome!

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University of Kentucky



Junior Homemakers

**NOVEMBER 1ST & DECEMBER 6TH
3:30-5PM**

HARRISON COUNTY EXTENSION OFFICE

This group is for youth 6th-12th grade.
Meetings are 1st Fridays most months
after school from 3:30-5pm. Service
projects, educational topics, and fun, will
comprise the meetings.

**Call 859-234-5510 to sign up and be
added to the text notifications.



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January 17, 2025

Harrison County Extension Office
9:30am

Cost: \$40

Dimi Joe Basketry

with Carolyn Poe

Stop by the Extension Office to
sign up w/ payment by Friday,
January 3rd



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University of Kentucky



FIRST FRIDAYS

Eat, Craft, Play, Read

LAUGH & LEARN

November 1st & December 6th
10-11am
Harrison County Extension Office

Preschool ages 3-5
*must attend with a parent or guardian
RSVP 859-234-5510

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HANDLING Grief

THROUGH THE HOLIDAYS

November 15 @ 11am
or
November 18 @ 5:30pm

Location: Harrison County Extension Office

Mary McKenzie with Bluegrass Care Navigators
Judy Clevinger; author & Book Signing

rsvp: 859-234-5510

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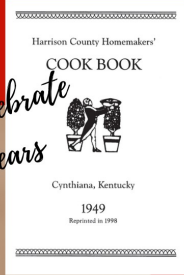
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1949 RED COOKBOOK COOKIN', HOLIDAY CENTERPIECE, BEESWAX CANDLE MAKING

HOLIDAY CRAFTS

Let's Celebrate 75 years



November, 4th

9am
1pm
6pm

Harrison County Extension Office
Cost: \$10
RSVP w/ payment by Friday, November 1st
space is limited

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HOW TO GET OUT OF A Mealtime Rut

Do you often feel you are preparing the same meals and snacks? Do you wish it were easier to come up with meal ideas? Join us for a fun and interactive lesson on ways to add creativity and variety into your meals and snacks. We will cover several practical strategies that make meal planning and preparation easier for you and your family and help you break out of that common mealtime rut!

We look forward to seeing you!

November 25

Noon-1pm

Harrison County Extension Office



This monthly leader lesson is open to anyone interested in the topic.

Lunch is provided.

Call to sign up at 859-234-5510 and to be added to the meal count.

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Christmas Applique

WITH JENNY TAPP

DECEMBER 3

6pm @ Harrison County Extension Office

Cost: \$5

rsvp w/ payment by Monday, November 25



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N&P Happenings

with Stacey Stephens

November 5, 5pm @ Public Library
Cooking thru the Calendar; RSVP 859-234-4881
Recipe: Sweet Potato Hash

November 7, 9:30am @ Hope's Helping Hands
Recipe: Hot and Sweet Frittata

November 12, 10am @ Hope's Helping Hands
Recipe: Sheet Pan Dinner

November 16, 10am @ Extension Office
The breakfast club for those in recovery, RSVP 859-234-5510

November 21, 11:30am @ Public Library
Crafts & Cooking; RSVP 859-234-4881
Recipe: Easy Italian Ziti



**Cooperative
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Disabilities
accommodated
with prior notification.

Healthy thru the Holidays

NEP with Stacey Stephens

Location: Harrison County Extension Office @ 10:30am

DATE	RECIPE
Monday, November 18	Kentucky Sweet Potato Bread
Monday, November 18	Autumn Apple Pork
Monday, November 25	Tuscan Chicken Pasta
Monday, December 2	Holiday Turkey Salad
Monday, December 9	BBQ Sweet Potato Nachos
Monday, December 16	County Morning Casserole

Call to rsvp: 859-234-5510

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Homemaker News

President's Corner:

"Hello Homemakers,

FALL is on its way out and WINTER is on its way in. We had a nice assortment of "goodies" for the Honey Festival, so lets do it again for Harvesting the Holidays, November 2, 2024 from 10 am to 4pm.

Congratulations to two of our members becoming area chairpersons: Louann Fryman, 4-H and Youth Development and Marci Burton Family and Individual Development. Ginny Tucker is also serving her second term as area Food, Nutrition, and Health chairperson. If you see these ladies, thank them for their willingness to serve in these leadership positions.

This is my last note till 2025, so have a **HAPPY THANKSGIVING, MERRY CHRISTMAS AND HAPPY NEW YEAR.**"

Your President
Harlene Welch

LIFE LINE SCREENING
The Power of Prevention

You're invited to a Life Line Screening event!

Where: Harrison County Ext Office
When: Friday, 11-8-24

Life Line Screening is the nation's leader in **Stroke and Cardiovascular Disease Risk** Screenings.

Trusted by over 10 million customers.

Screenings are simple and painless. Get peace of mind or early detection.

Who should attend:
Anyone over the age of 40

Special Member Pricing for \$159

- Carotid Artery Disease Screening
- Atrial Fibrillation Screening
- Abdominal Aortic Aneurysm Screening
- Peripheral Artery Disease Screening
- Plus a **FREE** Hypertension Screening

4 ways to book your appointment...

Call 888-814-0466 and use promo code HSCA001

Visit [LLSA.SOCIAL/HSCA](https://llsa.social/hscsa)

Scan here

Text the word "circle" to 216-279-1607

These tests cannot detect all risk factors for all conditions, such as and including the presence of coronary artery disease. Those with abnormal results should discuss possible next steps with their family healthcare provider and ensure they understand the risk and benefits of any additional testing or procedures.

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
Nov 25	How to get out of a Mealtime Rut
Jan 27	Nutrients; Supplements and Macronutrients
Feb 24	A Bad Deal in Disguise; Types of Scams
March 31	Using your Air Fryer
April 28	Composition in Photography

Agent Editorials

"Hello FCS Friends!


Holiday time is approaching us. As you make time for family and friends, I hope you are able to add a few of our Extension programs to your schedule also. We have several ongoing monthly programs and activities as well as some unique ones for the holidays. Looking forward to spending this festive time with you all at those events.

We had a wonderful KEHA week during October 13-19th. Thank you to everyone who took time that week to celebrate or volunteer in some way. If you are interested in joining or getting more involved in homemakers, feel free to call or stop by the Extension office and we will gladly share those details.

Shelley W. Meyer

Shelley Meyer
Harrison County Extension Agent
For Family & Consumer Sciences

This large basket is 15"x9"x12" tall; 18" with handle.



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

JULIE'S BASKET

with Mary Techau and Cheryl Case

November 7 & 14, 2024

6-9pm

This evening class will take both days to complete.
Space is limited!!

Harrison County
Extension Office

Cost: \$30

(must pay to sign up)
space is limited



Supplies to bring: dishpan, sharp scissors, small flat screwdriver, old towel, spray bottle, 18 strong clip clothes pins or metal clips, zip ties.

Cooperative Extension Service MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

1916 National Organic Standards Board 2012 National Organic Standards Board

Approved by the National Organic Standards Board 2012 National Organic Standards Board

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



NOVEMBER/DECEMBER CALENDAR OF EVENTS

Nov 1, Laugh & Learn 10am @ Extension Office
Nov 1, Junior Homemakers 3:30pm @ Ext Office
Nov 2, Harvest Hustle 5K 10am
Nov 4, Holiday Crafts 9am, 1pm, 6pm
Nov 5, Adult Sewing 10am @ Extension Office
Nov 5, Fabric Pumpkin 6pm @ Extension Office
Nov 6, Fabric Pumpkin 10am @ Extension Office
Nov 6, Falmouth Road Homemaker 11am
Nov 7, Indian Creek Homemaker 10:30am
Nov 7, Internation Chairman Committee 9:30am @ Extension Office
Nov 7, Knitting 4:30pm @ Extension Office
Nov 7, Basket Class 6pm @ Extension Office
Nov 8, Life Screening @ Extension Office
Nov 11, Embroidery 9am @ Extension Office
Nov 12, Adult Sewing 10am @ Extension Office
Nov 14, Sunrise Homemaker 10am
Nov 14, Curry Homemaker 10am
Nov 14, Julie's Basket 6pm @ Extension Office
Nov 15, Handling Grief 11am @ Extension Office
Nov 16, Crafty Scrappers 6pm @ Extension Office
Nov 18, Embroidery 9am @ Extension Office
Nov 18, Handling Grief 5:30pm @ Extension Office
Nov 19, Leesburg Homemaker 10am @ Ext Office
Nov 19, Adult Sewing 10am @ Extension Office
Nov 19, Jacob Homemaker 6pm @ Ext Office
Nov 19, Barlow Homemaker 6:30pm @ Ext Office

Nov 20, Quilt Club 10am @ Extension Office
Nov 21 Knitting 4:30pm @ Extension Office
Nov 25, Leader Lesson Noon @ Extension Office
Dec 2, Embroidery 9am @ Extension Office
Dec 3, Adult Sewing 10am @ Extension Office
Dec 3, Applique 6pm @ Extension Office
Dec 5, Scrapbooking 9am @ Extension Office
Dec 5, Knitting 4:30pm @ Extension Office
Dec 6, Laugh & Learn 10am @ Extension Office
Dec 6, Junior Homemakers 3:30pm @ Ext Office
Dec 10, Adult Sewing 10am @ Extension Office
Dec 16, Embroidery 9am @ Extension Office
Dec 19, Knitting 4:30pm @ Extension Office



EAT. DONATE. 
HIBERNATE. REPEAT.

HARRISON COUNTY COMMUNITY BLOOD DRIVE

Saturday, Nov. 2 | 9 a.m.–2 p.m.

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

Limited-edition T-shirts for all donors!

