FCS Newsletter

April 2023

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 7 for featured business of the month: Printed Vinyl

23% off Frz iYear 2023



SHOP CYNTHLANA Harrison County Homemakers 202. Melinda's Bout 10% off purcha Dayve Did It Main Cup 10% off \$10 or n The Sweet Bo 15% off any p



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

In This Issue

Cymply Cynfal Na 61 off Indebio Inc

Headlines1	
Downtown Edition7	7
Agent Editorials8	3
Homemaker News	
Calendar10	0



Shelley W. Meyer

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



near you! MAY WALKING

coming to a town

CHALLENGE

*Urban Hikes in downtown Cynthiana

(scheduled walks for Wednesdays @ 9am OR complete on your own) *Replenish at local coffee shops

PARTICIPANT FOR CLUDED IN MAY NEWSLETTER BE

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.





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

LEXINGTON, KY 40546

Coffee THE Crawl

SAVE

DATE



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 extension.ca.uky.edu



Spring

Friday, April 7th Depart Extension Office @10am or meet at trail @10:30am



Friday, July 14th Depart Extension Office @10am or meet at trail @10:30am

Join us as we hike the seasons @ Quiet Trails Nature Preserve Call to sign-up 859-234-5510

RAFIE

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

Fall

Friday, October 13th Depart Extension Office @10am or meet at trail @10:30am



Friday, December 29th Depart Extension Office @10am or meet at trail @10:30am

3





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

NEP HAPPENINGS W/ STACEY STEPHENS

Learn about Better Beverages

Hope's Helping Hand

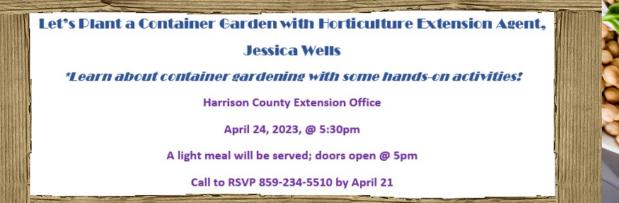
April 13 @ 10am

Recipe Quick Berry Smoothie

Learn about a Healthy Breakfast Harrison County Cynthiana Library April 18 @ 5pm Recipe Easy Tortilla Breakfast Pizza

Learn about Better Beverages Harrison County Cynthiana Library April 20 @ 11am Recipe Power Up Berry Smoothie

Learn all about Meal Planning Harrison County Extension Office April 29 @ 9:30am Recipe Mom's Macaroni Salad



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. Featured business of the month: Printed Vinyl

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

The Printed Vinyl for You story started like many other entrepreneurial stories do: A woman had a dream. That dream has turned into a staple storefront retail store in Cynthiana. An amazing artistic mind and innovator, Katie Butler, owner of Printed Vinyl for You, will celebrate 7 years of business in April 2023. Her initial goal was to provide products to Cynthiana that were personal, sentimental, and held up to the test of time. Over those years, she has navigated a lot of changes in the crafting market, including a huge boom in home craft startups during the pandemic. "The pandemic was very scary. First, I worried we wouldn't be able to keep our doors open, then once the now-at-home crafty people were needing extra income themselves, they exploded the demand in the market with different types of artistry needs. We went from more of a personalized store to a local and trusted craft supply store." Butler recalls, "But the customers would talk to me. They would let me know what products they needed via social media, and we were able to provide those needs and navigate the uncertainty of a pandemic safely and are standing today." Worries are never evident as every day, she greets each customer with a smile and offers suggestions and products to fellow creative minds to help them realize their crafting goals. One positive from the pandemic was that new customers worldwide became part of her customer base. "We had shipped our products to nearly all 50 states and internationally during the pandemic, which was amazing. More amazing though was as the restrictions were lifted, people began driving across multiple states just to come to our store and take in the town of Cynthiana. It was amazing to be able to promote our little town to long distance customers, and then see them come back year after year."

Promotion of businesses and the community in Cynthiana is also important to Printed Vinyl for You. Since the beginning, they have supported a vast number of local activities each year. "Supporting our youth today, I believe, will encourage them to do the same when they become business owners someday." Says Butler, "Our kids today are the future of our community and providing them opportunities to have memorable experiences is a great way to invest in our future." From producing the uniforms for our youth sports teams to banners celebrating our Seniors in high school, she treats every project for your child, like she's making it for her own. In fact, it's hard to walk down any block in Cynthiana without seeing a touch of Printed Vinyl for You. From local business advertising signs, full window designs, youth sports uniforms, to celebratory banners, their presence is woven into the cloth of our community. When asked what she likes best about being a business owner in Cynthiana, she says "I have seen this town grow. When I



first opened, there were only 2 retail stores on Pike Street and now it's full. The variety of businesses show that this is a place where everyone can find something they will like in town. It shows people believe in investing in this town, just like I did 7 years ago, and it makes me proud." If you are planning for any type of event, I recommend you visit Printed Vinyl for You, and let Katie and her staff put on the personal and professional touch to bring your ideas to life!

Written by Nichol Ripley

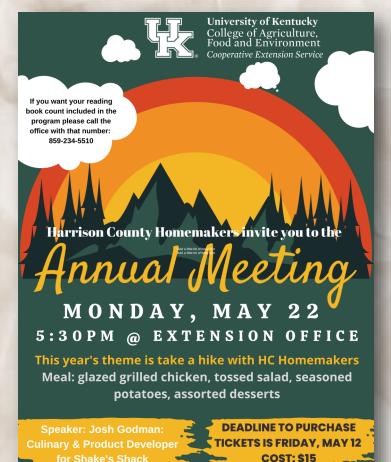


Tune in to WYCN for Extension talk with Mayor James on Coffee Break Extra at 9:10am.

- * 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 would like to say a big Thank You to the Homemakers for their assistance with the Recipe for Life program. Your volunteerism is greatly appreciated. The culinary students from the High School did an excellent job as well.

Spring has sprung and it is the time to think about gardening, April Fool's jokes, the Easter Holiday, Tax day and Earth Day. Reminder that the Farmers Market will open on May 6, 2023. They are having a night market on Tuesdays. As a homemaker, we need to visit our local farmers market for fresh produce, baked goods and other craft items.

The KEHA state meeting newsletter should have arrived in your mail, please consider attending the meeting and learning more about homemakers. Harrison county submitted a couple of contest entries. The final deadline to register is April 10, 2023.

I will be busy handling state registrations and preparing for the state meeting and will need your assistance in preparing packets. I plan to do this at the end of April/first of May. If I call on you, please give me and hour or two. Your help will be appreciated. HAPPY SPRING!!!

Harlene Welch

President, Harrison Co Extension Homemakers

Dates to Remember:

<u>April 7</u>– Deadline to sign up for Homemaker Day Trip on May 12th

April 9– Easter

- May 4– Women's Health Issues @ 5:15pm @ Extension Office; meal provided; see May newsletter for more details
- <u>May 9-11</u> KEHA State Meeting at the Crowne Plaza in Louisville. Please let Shelley know if you are interested in attending.
- May 12– Jimmy Buffett's Escape to Margaritaville Derby Dinner Playhouse in Clarksville, IN

May 22- Annual Homemaker Meeting

June 1- Health Fair

July 16-22 and July 29- County Fair

October 2-6– Niagra Falls SAVE the DATE Cost is \$575 and will be due at the end of July *please note passports can take 8-11 weeks so don't delay if you need one!!

Book List Selection:

Belonging by Michelle Miller

This co-host from Saturday Mornings CBS shares a daughter's search for identity through loss and love.

Club Meetings:

Homemaker clubs meet monthly. Check the back calendar page to see when your club meets next. 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 April Leader Lesson is titled Healthy Outdoor Cooking and is scheduled for Monday, April 24th at noon. Call the office to rsvp.



Ž + <u>(</u>	°} 6			602	p L		120
	Sat	1	œ	15	22	29	
	Fri		710:30 Quiet Trails Noon Men's Club DinnerTheaterDeadline	14	219:30 Bingocize 6pm Crafty Scrappers	28 9:30 Bingocize 10am Beeswax	
	Thu		6 10:30am Indian Creek 4:30 Knitting	13 10am Sunrise 10am Curty	20 10:30am Renaker 4:30pm Knitting	27 9am Scrapbooking 6pm Beeswax	
	Wed		5 11am Falmouth Rd	12	19 10am Leesburg	26 10am Piece Maker Quilt Club	
	Tue		4	11	18 9:30 Bingocize 6:30pm Jacobs 6:30pm Barlow	25 9:30am Bingocize	
	Mon		e	10	17	24 Noon Leader Lesson 6:30 Maiden Makers	
	Sun		ุณ	9 Easter	16	23	30
		7 9			312	2	