

FCS Newsletter

October 2023

Harrison County Family & Consumer Sciences

 **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
Fax: (859) 234-6197
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 5 for featured business of the month: Cynthiana Cheese Store



The Headlines

SHOP CYNTHIANA

Harrison County Homemakers 2023
Discounts good through
November 30, 2023

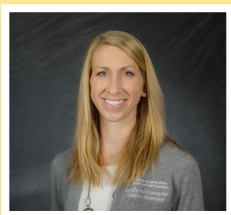


Harrison County Extension Office

TRUNK OR TREAT

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Shelley W. Meyer

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

Monday, 30th OF OCTOBER

6:00pm to 8:00pm

Trick or Treating
rain or shine!



Harrison County Extension Office

668 New Lair Road
Cynthiana, KY

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

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.

Space is limited!
Call to RSVP @ 859-234-5510

Cost: \$10



CHARCUTERIE BOARD & SUMMER SAUSAGE

Thursday, November 2nd

10am-noon

or

5-7pm

Harrison County Fairgrounds McCauley Building

Cooperative
Extension Service

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

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Disability
accommodated
with prior notification.

Basket Weaving

Theme: *Enjoy the Ride*

with Carolyn Poe

October 27th

10am-3pm

Harrison County Extension Office

Cost \$45 (make check to Carolyn Poe)

RSVP at 859-234-5510

Deadline to register: Friday, October 6



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

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LEWISBURG, KY 40366



Disability
accommodated
with prior notification.

BASKETBALL 101

WITH JEFF KINNEY

Men's Homemaker

13
OCT

1pm
TIME

Harrison County High School Gym

New members welcome!



JUNIOR HOMEMAKERS

FRIDAY, OCTOBER 6TH

3:30-4:30PM

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



Martin-Gatton
College of Agriculture,
Food and Environment

Notes

Crafty Scrappers
with Jenny Tapp

October 20
6pm
Harrison County Extension Office
3rd Fridays of the month

ed car pa... with map. "Cr... some of these and... then ascend the... you meet a sign... ead, half right... to (in quick... path and over... out; do not cross;... bridge. There is... is southern bank.

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LEXINGTON, KY 40546

Cooperatives
accommodated
with prior notification.

Martin-Gatton
College of Agriculture,
Food and Environment

1st & 3rd Thursdays
of the month

*Adult
Knitting*
with Louann Fryman

**October 5
&
October 19**

Harrison County
Extension Office
@4:30pm

New members welcome!

Cooperative Extension Service
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4-H Youth Development
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LEXINGTON, KY 40546

Cooperatives
accommodated
with prior notification.

Scrapbooking
w/ Jennie Sparks and Teresa Stinson

4th Thursday
of each month
October 26
Harrison County Extension Office @ 9am

Martin-Gatton
College of Agriculture,
Food and Environment

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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LEXINGTON, KY 40546

Cooperatives
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with prior notification.

Martin-Gatton
College of Agriculture,
Food and Environment

**PIECE MAKER
QUILT CLUB**

25 **OCTOBER**
10AM

4th
Wednesdays
each month

**HARRISON COUNTY
EXTENSION OFFICE**

NEW MEMBERS WELCOME!

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

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LEXINGTON, KY 40546

Cooperatives
accommodated
with prior notification.

**Join me October 17, 2023 at 59
Harrison County Cynthiana Public Library
Cooking Through the Calender and Halloween Triva
The recipe will be Italian One Pot Pasta and Beans
You must RSVP for this class call 859-234-4881**



NEP happenings w/
Stacey Stephens



**Healthy Cooking for Every Body
October 18, 2023 at 10am
Ebenezer United Methodist
Church
205 N Locust Street
Cynthiana KY**



Craft and Cooking
Food Safety for Everybody
Recipe- Garden Sloppy Joes
We will be making a yarn pumpkin
Harrison County Cynthiana Public Library
You Must RSVP by calling 859-234-4881
Space is limited

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: Cynthiana Cheese Store

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

The Cynthiana Cheese Store & Deli, located at 115 S. Walnut St, is a family owned & operated restaurant & full-service deli offering a wonderful variety of grilled sandwiches, baked potatoes, homemade soups, salads & desserts daily. Stop by and warm up with a bowl of our chili or soup of the day offerings.

For a cool treat, we offer hand-dipped ice cream served on homemade waffle cones, sundaes, or as a delightful milkshake. We also offer a retail section for snacks & gifts including Kentucky Proud items, such as Palmer Brothers honey, Woodford Reserve bourbon balls, Kentucky Mountain flavored coffees, Ale 8 products, handmade brooms, & Amish made jams and jellies plus many more. These make great gifts & we can always bundle them together to create a unique gift basket for your friends & families.

Our full-service deli is always stocked with community favorites such as Bluegrass country ham, Kahns bologna, select Boars Head products along with a large variety of other meats and cheeses. We also have homemade pies along with a variety of sandwich or meat/cheese trays, vegetable or fruit trays, and cookie trays for pre-order that will be perfect for any event.

Kevin Ritchie & Sarah Linville purchased the Cheese Store in February 2021 and enjoy serving our hometown of Cynthiana. The store is managed by Sarah's sister, Rachael Linville, & some days you will find their mother, Patricia, there having lunch as well.

Need a space to have lunch and sit & talk for the afternoon? We enjoy seeing groups utilizing our dining area for morning or afternoon fellowship. We invite everyone to stop by and check out the Cynthiana Cheese Store & Deli. Our hours are M-F 10:00-6:00, Saturdays 10:30-4:00. Check out our Facebook page too for the full menu and daily specials!

-Sarah Parsley



How can we
**serve you,
Kentucky?**

Take a **ten-minute survey**
to help us develop programs
addressing needs in
your community.

go.uky.edu/serveKY



KENTUCKY
COOPERATIVE EXTENSION

An Equal Opportunity Organization.





Laugh & Learn

Friday, October 6

Ages 3-5

10-11am

Harrison County Extension Office



*Must have adult with child
 *Crafts
 *Food
 *Fun
 rsvp @ 859-234-5510



Agent Editorials


“Hello FCS Friends!


We are really excited about the upcoming holiday events! Starting with October, begins festive Halloween opportunities that we hope you will all participate in. Be sure to check out the Largest Pumpkin contest and the Trunk or Treat we have planned this year. You are welcome to participate or just come out and support the event. Homemaker Clubs are in full swing but it is never too late to join a club or become a member at large. The 2024 Shop Cynthiana Homemaker Discount Cards will be available to paid homemaker members starting November 1st. Be sure to stop in and pay your \$10 dues to continue your membership or join for the first time to take advantage of numerous homemaker benefits.


Shelley W. Meyer


Shelley Meyer
 Harrison County Extension Agent
 For Family & Consumer Sciences


Community Corner

Spanish Resources 


MCTC 

LIBRARY 

CHAMBER OF COMMERCE 

HC EXTENSION 

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 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:

"October is the month of pumpkins, goblins, ghost and Trick or Treat. It is also the time to celebrate KEHA Homemaker week. The week of celebration is October 8-14, 2023. Our theme is plant a seed, help us grow. This is a good time to invite a friend to your club meeting to help homemakers grow.

As you might remember, we won first place at the state meeting last year for largest county growth. We as homemakers have to recruit, retain, and repeat. It will take 3 new members above last year's total to be entered into drawings for \$100 again.

Thank you to all who either worked the booth or made baked goods to sell at the Honey Festival.

Fall is here, enjoy the season.

Harlene Welch
President, Harrison Co Extension Homemakers

Dates to Remember:

October 2-6– Niagra Falls

October 8-14– KEHA Week: Theme: Plant a seed and watch it grow

October 13– Bluegrass Area Homemaker Meeting
9am @ Nicholas County

October 30– Trunk or Treat 6-8pm @ Extension Office

November 4– Harvest Hustle 5K @10am @ Veterans Flat Run

November 4– Harvesting for the Holidays 10-4 @ HC square

November 6– Life Screening @ Extension Office

November 14– Recipe for Life, volunteers needed!

November 28– Blood drive @ McCauley Bldg 1-6pm

November 30– Kentucky Holiday Brunch @5pm


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
Oct 23	Healthy holiday meals
Nov 27	Savor the flavor; spices
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

 Cooperative Extension Service

PLANNING THRIFTY AND HEALTHY HOLIDAY MEALS

- Healthy Meal Planning • Staying within a budget
- Kitchen time management strategies • Food Safety
- Maximizing Leftovers to avoid waste

JOIN US AND GET YOUR HOLIDAY MEAL PLANNING ON TRACK AT:

Monday, October 23 @ Noon

Harrison County Extension Office

RSVP at 859-234-5510

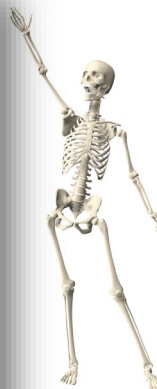


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University of Kentucky, Kentucky State University, UK, Department of Agriculture, and Kentucky County Cooperative
Lexington, KY 40506



Keep doing the things you love.

Catch health problems before they go too far.

Life Line Screening offers a 4-screening package to provide peace of mind or early detection for risks of stroke and cardiovascular disease.

The combination of these tests helps detect problems—before you have symptoms and while you and your doctor can still take action...so you can keep doing the things you love.

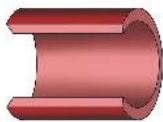


Register now to check the health of your arteries

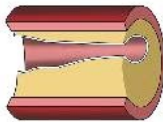
4 Important Screenings for Only \$149 (Special Package Pricing)

- Carotid Artery Disease
- Peripheral Arterial Disease (PAD)
- Abdominal Aortic Aneurysm (AAA)
- Atrial Fibrillation (AFib)

Plaque buildup can lead to cardiovascular disease, stroke and aneurysms.



A normal artery allows blood to flow through easily.



Plaque buildup in the arteries reduces your blood flow and can be dangerous if left untreated.

Join the 10 million people who have been screened. We are coming to your neighborhood.

Monday, November 6, 2023
Harrison County Ext Office
688 New Lair Road
Cynthiana, KY 41031

To register for your appointment and to receive the special discount, please call toll-free 877-792-8479 or visit LLSA.SOCIAL/HC

Screening results are provided to you in about 14 days. We direct all participants with abnormal results to take the report to their physician. Appropriate modification of risk factors (including high blood pressure, smoking, heart disease, diabetes and poor diet) is also necessary for cardiovascular disease prevention. Our screenings cannot detect all forms of stroke risk or cardiovascular disease. All tests are for screening purposes only. You should consult with your personal physician regarding your screening results. Price does not include any applicable review fees. Insurance Note: Life Line Screening does not participate in the Medicare program and the cost of our screening services is not covered or reimbursable by Medicare. Life Line Screening does not file insurance claims nor provide referrals to any physician's group or hospital. If you are unable to attend the screening for any reason whatsoever, we will issue a gift card for the full amount to be used by you, or anyone you choose, for future screening services.

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

TIS THE SEASON FOR A HIKE!

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

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

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

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

OCTOBER CALENDAR OF EVENTS

- | | |
|---|---|
| <p>Oct 3, Skeleton Tracks 9am or 6:30pm</p> <p>Oct 4, Falmouth Road 11am @ Extension Office</p> <p>Oct 5, Indian Creek 10:30am @ Extension Office</p> <p>Oct 5, Knitting 4:30pm @ Extension Office</p> <p>Oct 6, Laugh & Learn 10am @ Extension Office</p> <p>Oct 6, Junior Homemaker 3:30pm @ Extension Office</p> <p>Oct 10, Skeleton Tracks 9am or 6:30pm</p> <p>Oct 12, Sunrise 10am @ Extension Office</p> <p>Oct 12, Curry 10am @ Extension Office</p> <p>Oct 13, Quiet Trails Hike 10am</p> <p>Oct 13, Men's Homemaker 1pm @ HCHS gymnasium</p> <p>Oct 13, Bluegrass Area Homemaker Area Meeting</p> <p>October Maiden Makers Hiking Trip, contact office for details</p> <p>Oct 17, Skeleton Tracks 9am or 6:30pm</p> | <p>Oct 17, Jacobs Club 6pm @ Extension Office</p> <p>Oct 17, Barlow Club 6:30pm @ Extension Office</p> <p>Oct 18, Leesburg Club 10am @ Extension Office</p> <p>Oct 19, Knitting 4:30pm @ Extension Office</p> <p>Oct 20, Crafty Scrappers 6pm @ Extension Office</p> <p>Oct 23, Leader Lesson Noon @ Extension Office</p> <p>Oct 24, Skeleton Tracks 9am or 6:30pm</p> <p>Oct 25, Piece Maker Quilt Club 10am @ Extension</p> <p>Oct 26, Scrapbooking 9am @ Extension Office</p> <p>Oct 27, Basket weaving 10am @ Extension Office</p> <p>Oct 27, Largest Pumpkin Contest</p> <p>Oct 30, Truck or Treat 6pm @ Extension Office</p> <p>Oct 30, Skeleton Tracks 6:30pm</p> <p>Oct 31, Skeleton Tracks 9am</p> |
|---|---|



HARRISON
COUNTY
EXTENSION

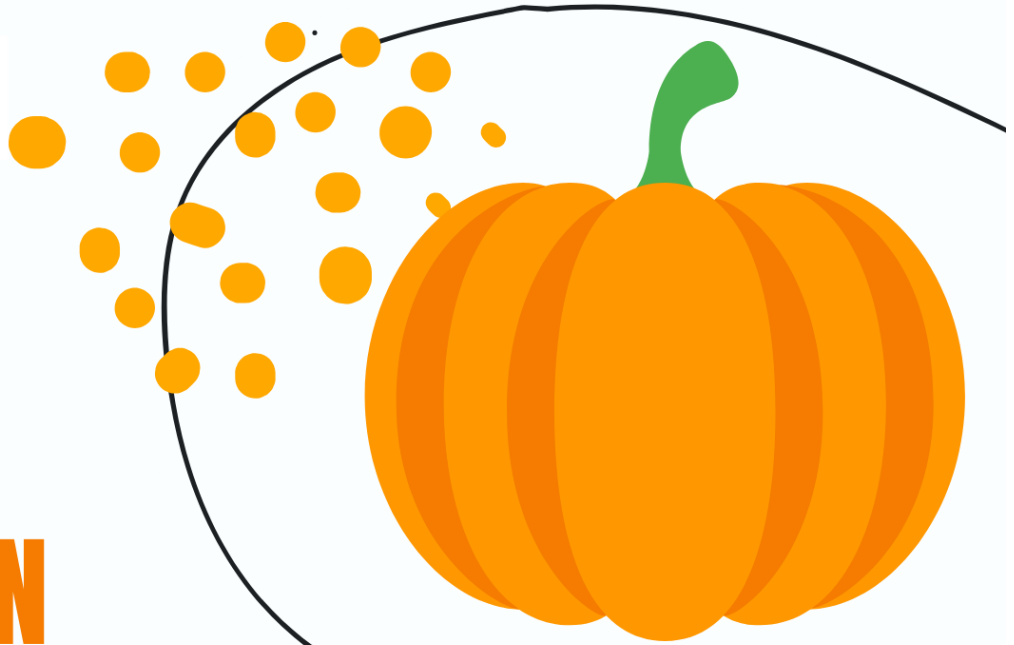
GIANT PUMPKIN CONTEST

FRIDAY, OCTOBER 27TH

DOWNTOWN CYNTHIANA
AT THE COURTHOUSE

DROP OFF PUMPKINS
FOR WEIGH-IN AT
11:00 A.M. - 1:00 P.M.
&
5:00 P.M. - 7:00 P.M.

**COME OUT FOR AN
EVENING OF FUN AND
WATCH THE WINNERS BE
ANNOUNCED AT 7:00!**



WINNERS ANNOUNCED AT 7:00 PM!

CATEGORIES:

- LARGEST PUMPKIN
(WITH SEEDS FROM EXTENSION OFFICE)
- LARGEST PUMPKIN
(GROWN FROM OTHER SEEDS)
- MOST UNIQUE PUMPKIN
- SMALLEST PUMPKIN



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Mail or drop off with payment of \$10 to:

Harrison County Extension Office

668 New Lair Road

Cynthiana, KY 41031

Make checks payable to:

Harrison County Homemakers

Date: _____

Enrollment Form for

_____ County Extension Homemakers Association

Name _____

Address _____

Email _____

Name of Club _____

Phone: Home (____) _____ Work (____) _____

Cell (____) _____ Fax (____) _____

Birth year (Optional): _____

Race (Optional – circle one): White Black or African American
 Asian/Pacific Islander American Indian Hawaiian Other

Ethnicity (Optional - circle one): Hispanic Non-Hispanic

Gender (Optional - circle one): Female Male

Date joined: _____

I, (print full name) _____, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

Witness: _____ Date: _____

The Kentucky Cooperative Extension Service is required by Federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless 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.

Appendix 11
June 2022

Harvest Hustle FCS 5K Walk/Run

SATURDAY, Nov 4, 2023 @10am



Age Divisions

****Circle your letter****

Age	♀	♂	Age	♀	♂
<7	A	B	35-44	M	N
8-10	C	D	45-54	O	P
11-13	E	F	55-59	Q	R
14-17	G	H	60-64	S	T
18-25	I	J	65-69	U	V
26-34	K	L	70-74	W	X
			75+	Y	Z

Entry Fee — individual:

Early-Bird (Before Oct 13): \$15.00
 From Oct 13 up to Race Day: \$20.00

Entry Fee — team of 5 or more:

Early-Bird (Before Oct 13): \$10.00/person
 From Oct 13 up to Race Day: \$15/person

Age : _____ Gender: _____ Team Name: _____

Name: _____ Phone: _____

Email: _____ Photo Release: Yes No

Address: _____ City: _____ Zip: _____

T-Shirt Size (Circle One): YS YM YL YXL AS AM AL XL XXL (actual t-shirt design may vary)

I do hereby release Harrison County Family & Consumer Sciences, the University of Kentucky, and its members, trustees, officers, employees, independent contractors, volunteers and extension staff from any and all liability, damages, cost and expenses arising out of or relating to bodily or psychological injury, loss of life, or personal property damage that may occur as a result of participating in the 5K run. Runners must be careful to register and run under their proper name, sex and age division to avoid disqualification. I also release publication rights to photographs of me shot during the 5K run for purposes of publicity for this and future Harrison County Cooperative Extension events. I also understand, the use of headphones is discouraged.

Participant Signature: _____ Date: _____

Under 18: Parent Signature: _____ Date: _____

For Office Use Only:

Date: _____

Paid in full: Yes

Check #: _____

Amount: _____

Awards

- 1st, 2nd, 3rd overall female and male
- 1st, 2nd, 3rd place in each age division
- Youngest & Oldest Participant
- Largest Team (min of 5 per team)
- Refreshments

Pre-registered racers will receive a race t-shirt. Race day registrants will receive a t-shirt while supplies last.

***For questions, call 859-234-5510**



Shirt pictured is last year's design. New logo is being created for 2023 Harvest Hustle 5K.

CUT ALONG LINE TO KEEP IMPORTANT INFO BELOW.

Things to Remember: Sat, Nov 4, 2023

Check-In: 9:00 AM **Race Time:** 10:00 AM

Location: Flat Run Veterans Park

364 Oddville Avenue
 Cynthiana, KY 41031

*Register at Lions Club Pavilion
 by playground

Parking: Use playground parking lot

Course: Pavement, with flat terrain
 and some hills

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 LEXINGTON, KY 40546



Registration & Payment to:

Harrison County District Board
 Attn: 5K
 668 New Lair Rd
 Cynthiana, KY 41031

****Please have exact cash or check****

Checks Payable to:

Harrison County District Board



Disabilities accommodated with prior notification.

HARRISON COUNTY EXTENSION OFFICE

SKELTON TRACKS

Name: _____

Phone # _____

Favorite skeleton display

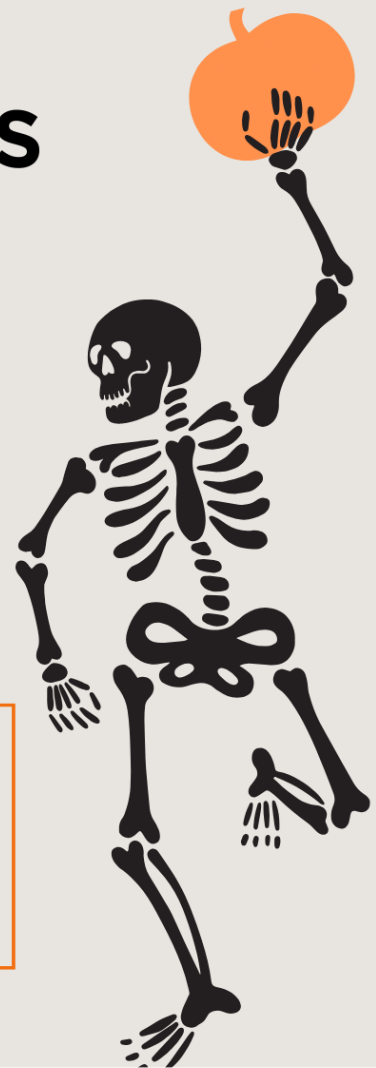
THROUGH URBAN HIKE

TUESDAYS

IN

OCTOBER

SEE BACK FOR
DETAILS



ENJOY SKELETON
DISPLAYS THROUGH
OCTOBER'S WALKING
CHALLENGE

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

Skeleton Track Urban Hike	Place a check mark by the walks completed
Cynthiana Walk Around the Block	
HC High School Complex	
Leisure Downtown Walk	
Battle Grove Cemetery	
Dreadful Uphill Pike Hike	

Skeleton Tracks; October Urban Hikes

Join the challenge and complete all hikes throughout the month of October for a chance to win a skeleton! One lucky winner from each hike will receive a Cynthiana Tourism skeleton to add to the family. 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 Track submission. All Skeleton Track forms must be turned in to the Harrison County Extension Office by 4:30pm Wednesday, November 1st. Drawings will take place and winners notified on Thursday, November 2nd. We will be awarding a Cynthiana skeleton display with a Skeleton Tracks Walkers Choice award so be sure to cast your vote on the front of this form.

1) Cynthiana Walk Around the Block

Route: Walk to Bridge St. Continue east on Bridge to Miller St. Continue north on Miller to Oddville Ave. Continue west on Oddville to Walnut St. Continue south on Walnut to Pike St. Go Pike street to Main Street, Left on Main Street and finish at Main Fitness Parking Lot (~ 1.4 miles)

Starting point: Main Fitness Parking lot

Scheduled Morning Hike: Tuesday, October 3rd @ 9am

Scheduled Evening Hike: Tuesday, October 3rd @ 6:30pm

Skeleton Name: Skully Osis

2) HC High School 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 cross road to continue sidewalk to Maysville Community College and Vocational School and then back to high school to Ingles Stadium. Add 2 laps in Ingles Stadium. (~2 miles).

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

Scheduled Morning Hike: Tuesday, October 10th @ 9am

Scheduled Evening Hike: Tuesday, October 10th @ 6:30pm

Skeleton Name: Cal C. Em

3) Leisure Downtown Walk

Route: From Main Fitness parking lot, go south on Walnut St to Bridge St. West on Bridge St to Main Street. North on Main St to Pike St. Continue Pike St. to Miller St. Continue north on Miller St. to Pleasant St. Continue east on Pleasant St. to Elmarch Ave. Continue north on Elmarch to Wilson Ave. Continue west on Wilson Ave to Church St. Continue south on Church to Pleasant St. Continue west on Pleasant St. to Poplar St. Continue south on Poplar. Walk Back to Main Fitness (~2 miles)

Starting point: Main Fitness Parking lot

Scheduled Morning Hike: Tuesday, October 17th @ 9am

Scheduled Evening Hike: Tuesday, October 17th @ 6:30pm

Skeleton Name: Rick R. Mortus

4) Battle Grove 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

Scheduled Morning Hike: Tuesday, October 17th @ 9am

Scheduled Evening Hike: Tuesday, October 17th @ 6:30pm

Skeleton Name: Cass Kitt

5) Dreadful Uphill Pike Hike

Route: Take Walnut to Pike Street. Proceed east on Pike St to the cemetery then return. Finish at Main Fitness Parking Lot. (~ 2.3 miles)

Starting point: Main Fitness Parking lot

Scheduled Morning Hike: Tuesday, October 3rd @ 9am

Scheduled Evening Hike: Tuesday, October 3rd @ 6:30pm

Skeleton Name: Racko Bones