

FCS Newsletter

February 2025

Harrison County Family & Consumer Sciences



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

Interested in becoming a Harrison County Homemaker?

Stop by the Harrison County Extension Office to pay your \$10 dues and receive a Shop Cynthiana Discount Card.



Sweet Boutique	15% off purchases	Coffee Shop	15% off purchases
The Next Chapter	10% off purchase	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 HOMEMB	Tay's Cloth Peddler	10% off purchases (excludes sale items)
Emerson Steel Boutique	15% off purchases	Frames 'N' Christian Things	20% off entire purchase
Cynphy Cynfall Nutrition	\$1 off NLG bubble tea only	Printed Vinyl for you	10% off entire purchase (Excludes epoxy)
Cheese Store	10% off meat five day scoop only paid homemaker	Kellione's	10% off pizza purchases cannot combine with
Main Cup	10% off \$10 or more	Frosted Blessings	



The Headlines

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Shelley Meyer

Shelley W. Meyer

Harrison County Extension Agent




The Harrison County Homemakers present:

International Dinner Irish Style

Monday, March 17 @ 5pm

HARRISON COUNTY EXTENSION OFFICE

Food, crafts, games, & entertainment

Cost: \$10

Stop by the Extension Office to sign up with payment




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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.



MARK YOUR CALENDARS, HARRISON COUNTY!

It's a month full of activities designed to support heart health for women!

Saturday, February 1

Paint the Town Red

Friday, February 7

National Go Red for Heart Disease Awareness Day
Wear Red to School Day for Heart Disease Awareness

Sunday, February 16

Wear Red to Church Day for Heart Disease Awareness

Monday, February 24

Harrison County Go Red Celebration Event
Harrison County Extension Office, 668 New Lair Road, Cynthiana
Doors open at 5:00 p.m. Speakers begins at 6:00 p.m. Please RSVP by calling (859) 234-5510 no later than February 18.

Invited Guest Speakers: HMH Cardiologists Yaz Daaboul, M.D. & Matthew Shotwell, M.D.
Free meal provided by the Go Red Committee. Free risk screenings will be provided by the Harrison Memorial Hospital Nursing Department. Door Prizes will be awarded.



HARRISON COUNTY GO RED CAMPAIGN

Homebased Microprocessing Workshop

Homebased Microprocessors are farmers who grow and harvest produce to use in their value-added products. Homebased microprocessors are required to grow a predominant ingredient in the products they make. The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky.

\$50
Fee

April 1, 2025

9:30 a.m. - 2:30 p.m.

Harrison County Extension Office
668 New Lair Road
Cynthiana, KY 41031

To register & for additional
dates/locations:
ukfcs.net/HBM

(859) 257-1812

annhall.norris@uky.edu

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Embroidery

w/ Jane Butcher

February 3, 10, 17, & 24

Every Monday
Harrison County Extension Office
@ 9:00am
New members welcome!



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Adult Knitting

w/ Louann Fryman

February 6 & 20

*1st and 3rd Thursdays of the month
Harrison County Extension Office
@ 4:30pm
New members welcome!

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Crafty Scrappers

w/ Jenny Tapp

February 28

*usually 3rd Fridays each month
Harrison County Extension Office
@ 6:00pm
New members welcome!



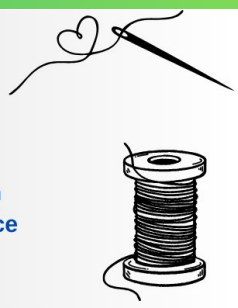
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Piece Maker Quilt Club

February 26

*4th Wednesdays of the month
Harrison County Extension Office
@ 10:00am
New members welcome!



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Adult Sewing

w/ Mikayla Hannah

February 4 & 18 @ 10am

February 11 & 25 @ 5pm

*Every Tuesday
Harrison County Extension Office
New members welcome!



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Adult Scrapbooking

w/ Jennie Sparks &
Teresa Stinson

February 27

*typically 4th Thursday of the month
Harrison County Extension Office
@ 9:00am
New members welcome!

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enismod lacinia al quis risus sed vulputate odio. Ut tellus elementum
ultrices lacus sed turpis tincidunt id aliquam
ultrices mi quis. Magna fermentum
Eget sit amet tellus egestas et leo dui
Cursus sit amet dictumst etiam
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lorem dolor. Vel fringilla est ullam

Junior Homemakers

FEBRUARY 7
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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Cultural Series

2ND FRIDAYS
January, February, March
Harrison County Extension Office
10am-12noon

JAN 10
Canceled due to snow

FEB 14

Dutch Caribbean **MARCH 14**

Cuba

You be the chef
Come ready to cook as each cultural dish will be prepared by class participants.

Enjoy a full meal
Indulge in the food prepared by YOU!

Cultural History
Learn about each country's history and fun facts

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FIRST FRIDAYS



Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
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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.

Snowman Craft

with Jenny Tapp

February 6 @ 6pm

RESCHEDULED SNOW DATE

Harrison County Extension Office

Cost: \$5

**stop by to sign up with payment by
January 31st**



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

Nutrition Education Programs

w/ Stacey Stephens

All About Soup: every Wednesday February 5 & February 12 @ 11:30am
Harrison County Extension Office
Sample amazing soup recipes from Plan Eat Move website
rsvp: (859)234-5510

Super Bowl Appetizers: February 8, 2025 @ 1pm
Harrison County Extension Office
Create an appetizer tray to take home for the Big Game on February 9th.
rsvp by February 5th: (859)234-5510

Cooking Through the Calendar: February 18, 2025 @ 5pm
Harrison County Public Library
Recipe: Cauliflower Bites
rsvp: (859)234-4881

FREE Sober Social Valentine Dinner: February 14, 2025 @ 6pm
Harrison County Extension Office
Enjoy salad, Italian tortellini dinner, and strawberry trifle
YOU MUST RSVP BY FEBRUARY 6TH, sign up single, couple,
or family/group (child care will be provided): (859)234-5510

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Homemaker News


President's Corner:


“February is the shortest month of our calendar year. It makes us think about spring just around the corner. February 2nd is Groundhog Day and if you are like me, I hope he doesn't see his shadow. Another thing to remember, February is Heart month, or as we know it “Red Dress” month. Be sure and check your newsletter for any Homemaker Red Dress activities.


Ladies, the KEHA newsletter, will be arriving this month with information about the KEHA state meeting May 6-8, 2025, at the Hyatt Regency in Lexington. Please consider attending, because the Bluegrass Area will be hosting in 2026. Harrison county will be asked to provide workers at that time. This includes our male members.

Stay Safe and Stay Warm.”

Harlene Welch, County President







A Bad Deal in Disguise: Types of Scams

Can you recognize common scams? Scammers may try to trick us by appearing in disguise. This makes it difficult to know when something is “too good to be true.” The Federal Trade Commission received 2.9 million fraud reports in 2021, with a total of \$6.1 billion in losses. Join us to learn about scammers who trick us with their disguises, as well as steps you can take to avoid fraud.

DATE: 2-24-2025



TIME: Noon-1pm

**LOCATION: Harrison Co
Extension Office**

**Lunch provided, call to
sign up for meal count
859-234-5510**

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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;
859-234-5510*

Date	Lesson Topic
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!

We sure have had a cold start to 2025. Here's to hoping for a warmer February! Keep up with the events happening at the Extension Office through newsletter mailings and Facebook. We have something for everyone. Call or stop by the Extension Office to sign up for classes."

Shelley W. Meyer

Shelley Meyer
Harrison County Extension Agent
For Family & Consumer Sciences



Bingocize

Where bingo and exercise = fun!

**Tuesdays & Thursdays in
January and February
starting January 7th**

9-10am

**Harrison County Extension Office
Call to sign up and receive text reminders:
859-234-5510**



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University of Kentucky, Kentucky State University, UK, Department of Agriculture and Kentucky Counties, Cooperative Extension Service
Lexington, KY 40546



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 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



FEBRUARY CALENDAR OF EVENTS

Feb 3, Embroidery 9am @ Extension Office
Feb 4, Bingocize 9am @ Extension Office
Feb 4, Adult Sewing 10am @ Extension Office
Feb 5, Falmouth Road Homemaker 11am
Feb 6, Bingocize 9am @ Extension Office
Feb 6, Indian Creek Homemaker 10:30am
Feb 6, Knitting 4:30pm @ Extension Office
Feb 6, Snowman Craft 6pm @ Extension Office
Feb 7, Laugh & Learn 10am @ Extension Office
Feb 7, Junior Homemakers 3:30pm @ Ext Office
Feb 10, Embroidery 9am @ Extension Office
Feb 11, Bingocize 9am @ Extension Office
Feb 11, Adult Sewing 5pm @ Extension Office
Feb 13, Bingocize 9am @ Extension Office
Feb 13, Sunrise Club 10am @ Extension Office
Feb 13, Curry Club 10am @ Extension Office
Feb 14, Cultural Series 10am @ Extension Office
Feb 17, Embroidery 9am @ Extension Office
Feb 18, Bingocize 9am @ Extension Office
Feb 18, Adult Sewing 10am @ Extension Office
Feb 18, Leesburg Homemaker 10am @ Ext Office
Feb 18, Vice President Committee 1pm @

Feb 18, Jacob Homemaker 6pm @ Ext Office
Feb 18, Barlow Homemaker 6:30pm @ Ext Office
Feb 20, Knitting 4:30pm @ Extension Office
Feb 24, Embroidery 9am @ Extension Office
Feb 24, Leader Lesson Noon @ Extension Office
Feb 24, Go Red 5:00pm @ Extension Office
Feb 25, Bingocize 9am @ Extension Office
Feb 25, Adult Sewing 5pm @ Extension Office
Feb 26, Quilt Club 10am @ Extension Office
Feb 27, Bingocize 9am @ Extension Office
Feb 27, Scrapbooking 9am @ Extension Office
Feb 28, Crafty Scrappers 6pm @ Extension Office

DATES TO REMEMBER

March 11, Breakout Leadership 8:30-3 @ Rohs
March 17, International Dinner 5pm @
Extension Office
April 1, Micro processing 9:30-2:30pm @
Extension Office
May 6-8 KEHA, Lexington KY

Extension Office

