FCS Newsletter July/August 2023

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

Harrison County 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: Tay's Cloth Peddler



The Headlines



Marrison and Bourbon County
LEARN THE BASICS AND TRY

YOUR HAND AT

Tuesday, August 8

10-noon or 6-8pm

Located at the Harrison County Fairgrounds in the McCauley Building

Dress comfy and ready to play!

Call to sign up: 859-234-5510



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Shelley W. Meyer

Shelley Meyer Harrison County Extension Agent For Family & Consumer Sciences



Cooperative Extension Service

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

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Adult Embroidery Class



with Bailey Thompson

Join us at the Harrison County
Extension Office to learn how to
hand embroider!

Participants will receive a kit that includes a hoop, fabric and floss.

Class Cost: \$5

Two class offerings:

Tuesday July 11th 5-7 pm

Thursday July 13th 10-12 pm

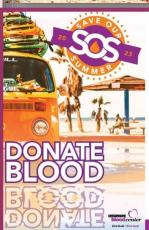


Call the Extension
Office by July 5th to
register for this
class.
859-234-5510









Harrison County Community

BLOOD DRIVE

Saturday, July 8 9 a.m.–2 p.m.

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

Appointments preferred. Walk-ins welcome. Drive details subject to change.

Please check kybloodcenter.oog prior to donating. Danars with appointments will be notified of d

kybloodcenter.org 800.775.2522 Please bring photo ID



www.harrisoncountyfair.webs.com

#hckyfair

4:00 Gates Open Daily 6:00 Carnival & Exhibit Hall Open

Schedule of Events

SATURDAY, July 15

\$10 GATE FEE

Hog Show (Barn) Miss HC Pageant (McCauley Building) 12:00 p.m. HC Fun Horse Show (Center) KTPA Truck Tractor Pull (Track) 7:00 p.m.

SUNDAY, July 16

Open/4-H/FFA Dairy Goat Show (Barn) (Registered by 8:30) 3:30-5:30 p.m. Enter exhibits 4-H, FFA & Floral Hall (non-perishable items) FREE Family Gospel Sing

MONDAY, July 17

\$10 GATE FEE

9:00-12:00 noon Enter all Floral Hall Exhibits (4-H, FFA, Adult exhibits)

1:00 p.m. Dairy Cattle Show (Barn)

ep Show - Market Lambs, Breeding Classes (Barn) 6:00 p.m. Kid Activities Hosted By Community Action Council (center)

Touch-A-Truck (center)
Zero-Turn Lawn Mower Driving Contest (between center ring) 6:00 p.m. 6:00-9:30 p.m. Baby Show (McCauley Building-registration begins at 6p)

Lawn Tractor Pull (Track) 7:00 p.m.

TUESDAY, July 18

\$10 GATE FEE

Open 4-H/FFA Boer Goat Show (Barn) (Registered by 9:00) 10:00 a.m. Beef Show (Barn) (on grounds by 5:00) Miss Teen HC Pageant (McCauley Building) 6:00 p.m.

7:00 p.m. Donkey Racing (Center) Tractor Tug Pull (Track) 7:00 p.m. 7:00 p.m.

WEDNESDAY, July 19

\$10 GATE FEE

Poultry Show (Barn) Miss Pre-Teen (McCauley Building) 6:00 p.m. Pony Pull (Center) Tractor Tug Pull (Track) 7:00 p.m.

THURSDAY, July 20

\$10 GATE FEE

9:00 a.m.

1:00 p.m. 4-H Tractor Driving & Lawn Mower contest Children's Show (McCauley Building) 5:30 p.m. Little Miss/Mister, Little Prince/Princess &

KITPA Sanction Pull (Track)

7:00 p.m. 3rd Annual Pedal Tractor Pull (Center) 8:00 p.m. Family Fun Night (Center)

FRIDAY, July 21

7:00 p.m.

6:00 p.m. Power Wheels Demolition Derby (Center) 7:00 p.m. HC 4-H Style Revue (McCauley Building) Battle of Bluegrass Pull (Track) 7:00 p.m. Greased Pig Contest (Center)

SATURDAY, July 22

\$10 GATE FEE

9:00 a.m. HC Farm Bureau Country Ham Breakfast Rabbit Show (McCauley Building) 5:00 p.m. 6:30 p.m. Rocky Mountain Tennessee Walking Horse Show (Center) 7:00 p.m. Tractor Speed Pull (Track)

POST-FAIR EVENTS SATURDAY, July 29

\$10 GATE FEE

5:00 p.m. BBQ Cookoff (Sponsored by WCYN) 6:30 p.m. Cornhole tournament (BARN) 7:00 p.m. 5th Annual KY Youth Rodeo (Center) Sunday, July 23 1:00-3:00PM Pickup Floral Hall Exhibits (4-H, FFA, Adult Exhibits)



EXHIBIT ENTRIES Pre-Registration Required No walk-up or day-of entries. (June 15th - July 13th)

See the Harrison County Fair Book or Facebook page for locations, check-in and registration times



REGISTRATION

Pre-registration will be required beginning June 15th, 2023 online using the website:

https://harrisoncountyfairky.fairentry.com/Fair/SignIn/19000 Or use this QR code below:



Check-in will be assigned by appointment only. All entries must be completed online. No walk-up or day-of entries will be accepted.

We have three set days for those needing help entering your items online. Times will be between 8:30 a.m. to 4:00 p.m:

- Thursday, June 29th
- Thursday, July 6th
- Monday, July 10th

This is by appointment only. Please call 859-234-5510 to reserve your spot.

DEADLINE TO ENTER all fair exhibits is Thursday, July 13th at noon.

Tag Instructions:

We will print your tags. Tag pick up will be Thursday, July 13th and Friday, July 14th at the Harrison County Extension Office (668 New Lair Road, Cynthiana, KY 41031).

Harrison County Fair





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.

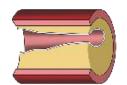
The combination of these tests helps detect problems—before you have

symptoms and while you and your doctor can still take action...so you can keep doing the things you love.

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.

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)





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

Monday, July 24, 2023 Harrison County Extension Office 668 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, smokin, heart disease, diabetes and poor diet) is also necessary for cardiovascular disease prevention. Our screenings cannot detect all forms of stroke inside or cardiovascular disease. Alltests are for screening purposes only. You should consult with your personal physicianregarding 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 provider eferrals to any physicians 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.

Call the toll-free number on the above flyer to sign up for the Life Line Screening event being held at the Harrison County Extension Office. Be sure to use the promo code on the right to receive a \$10 discount. If you would like to be entered for a chance to win an additional \$85 dollar coupon, call the Harrison County Extension Office at 859-234-5510 by Wednesday, July 19th. Tell us you are signing up for the Life Screening Coupon and give us your name and number. All winners will be contacted by Friday July 21st and coupons can be redeemed at registration.



...every 40 seconds, someone in the U.S. suffers a stroke ...every 4 minutes, someone dies from a stroke

Don't become just a memory, 80% of strokes are preventable!

use code "HFAC" for \$10 OFF on Your screening 1-800-690-6495

HARRISON CO. RELAY FOR LIFE

EVERY STEP BRINGS HOPE.

DATE: Saturday

August 19, 2023

TIME: 5 pm – 10 pm

Car Show starts at 5 p.m. Program begins at 6 p.m.

LOCATION: Ingles Stadium

This year, Harrison County Relay for Life will feature a classic car show, along with vendors, entertainment and more.

Join us for a time of celebration and remembrance.







Thursday, July 6, 2023 8:00 a.m. - 3:00 p.m.

1210 KY Highway 36 East, Cynthiana, KY 41031

DECEMBER OF THE PROPERTY OF

\$35.00

Fee includes materials, lunch and a t-shirt

Pre-register for the July class by June 23, 2023.

To register, please call 859-235-3521 or kidtown@hmhosp.org

(859) 235-3521 kidtown@hmhosp.org





University of Kentucky

College of Agriculture, Food and Environment

Cooperative Extension Service

Family and Consumer Sciences

maiden makers

WE ARE A NEW HOMEMAKERS GROUP! OUR GOALS ARE TO
LEARN NEW SKILLS, HELP WITH COMMUNITY SERVICE
PROJECTS, AND PROVIDE A LITTLE ESCAPE FOR OUR MEMBERS TO
BE CREATIVE AND TRY NEW THINGS!

YOUR INVITED TO JOIN US FOR OUR NEXT MEETING!

AUGUST 21ST

@HARRISON COUNTY EXTENSION OFFICE STARTING AT 6:30 PM

Dont forget to register your fair entries online starting June 15th ending on July 13th







Crafty Scrappers

with Jenny Tapp

August 18



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

3rd Fridays of the Month

@Harrison County
Extension Office

6pm





RIVER ROAD PARK

Thursday, July 6: What's for breakfast
Tuesday, July 11: All about MyPlate
Thursday, July 13: Food safety
Tuesday, July 18: Know the limits
Thursday, July 20: That's a wrap (review of lessons)



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



University of Kentucky College of Agriculture, Food and Environment

Beginners are welcome

Adult WITH LOUANN FRYMAN Knitting

from basic to advanced technique

JULY 6TH AND 27TH AT 4:30PM
AUGUST 3RD AND 17TH AT 4:30PM
HARRISON COUNTY EXTENSION OFFICE





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

4TH WEDNESDAY EACH MONTH

PIECEMAKER

QUILT CLUB

10AM @ HARRISON COUNTY EXTENSION OFFICE

July 26 and August 23

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: Tay's Cloth Peddler

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



VanHook Hardware has been in business at the same location since 1903 in downtown Cynthiana, KY. In 2007 we saw the need for fabric in our hometown and had the space, hence the opening of Tay's Cloth Peddler. We have most supplies needed for the quilter, amateur or experienced, and for most sewing projects. Our selection of 100% cotton fabric is phenomenal with many different brands and designs, and a wonderful selection of backing up to 118". A selection of flannel and fleece are also offered. To go with our beautiful fabrics we offer a great selection of threads such as Glide, Aurifil and Coats & Clark. Also in stock is quilt batting, cotton and polyester, featuring Dream Cotton. We carry yarn, crochet thread, and all the needles to go with them. We have DMC Floss and supplies for cross stitch and hand embroidery. Tay's Cloth Peddler also offers Long Arm quilting service as well as machine embroidery. In need of a quick gift we have a gift corner with handmade items including egg aprons, pot holders, embroidered towels to list a few?

Need to ship UPS? We do that too. Drop off your prepaid labeled package and pay to ship. If you are not going to be home when a package arrives,

have it shipped to us and we will hold it for you. At this time we cannot process UPS packages with a QR Code.

We are so very fortunate to have Rita Fain with us. She is the go to for Tay's Cloth Peddler. Have a quilting question? She has the answer. New to our corner are Kathy Burberry's painted spoons, ornaments, earrings and more. We love our customers. Come visit us at 121 E. Pike Street or call 859-234-1846. And Homemakers don't forget your card to receive 10% off of most items!

Follow us on **Facebook**: Tay's Cloth Peddler **Website**: taysclothpeddler.com



Graduate Gossip

Completion of my Retailing and Tourism Management Degree included a writing project that studied local support for community small businesses. Based on findings from the literature review conducted and responses from community member surveys, many findings were validated. Individuals are motivated to participate in local

community events when they feel a connection to their hometown. With a significant number of participants from survey responses indicating they are more likely to support a local business if they know the owners/employees or are familiar with the business through experience or exposure, it is more likely that community members will attend local community events when they feel the connection to aspects of the event. Results also suggested that individuals will spend their dollars at locally owned businesses when they desire to see these businesses stay in their small-town.

Customer experience has also shown to effect where individuals spend their dollars. If a local small entrepreneur provides quality products and services and creates a good experience for their customers, the data results suggest those customers are more likely to return as repeat customers. Previous research indicates that individuals involved with the planning process of an event will be more likely to participate in the event. Consistent with the survey results that support an increase of connectedness creates an increase of small-town participation, it is recommended to include as many people as possible throughout a

When you shop locally you support an entire community, not just a business.

strategic plan to develop a magnitude of by-in and support for the development of community events.

Shelley Meyer; excerpts from the Retailing and Tourism Management final paper, Strategic action plan for community members to support local businesses in their small hometown through unique events.



Agent Editorials

"Hello FCS Friends!

County Fair is almost here! Be sure to check out page 3 for county fair details and view the Harrison County Fair website and Facebook page for more details. All exhibits must be preregistered so check out those instructions on page 3 as well. If you would like to volunteer with this year's fair, July 16-22, call the Extension Office at 859-234-5510 to see how you can help!

While most Homemaker Clubs are slowing down for the summer months, there is still plenty to do. Check out those Family & Consumer Sciences activities and classes throughout this newsletter, follow us on Facebook, and tune in to 4th Thursday WCYN radio segments with Coffee Break Extra.

Shelley W. Meyer

Shelley Meyer Harrison County Extension Agent For Family & Consumer Sciences

Community Corner

MCTC



LIBRARY

whole

family



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:

"July is Fair Time. It is also the time we celebrate our nations Independence Day, which gives us all the rights and freedoms to attend our county fairs. I am encouraging all homemakers to bring entries to the fair. But, there will be a new entry process. As things change, we as homemakers must also change. Please see page 3 for details on how to enter your items for the fair. If you need assistance, call the office. The fair dates are July 15-22. If you would like to volunteer to sit in homemaker hall, contact Shelley at the Extension Office.

Here are a few reminders of coming dates to remember. July 27, 2023 will be the Area Leader training for county officers and chairmen, at the Clark County Extension Office. I strongly encourage all county officers and chairman to attend. We can make arrangements to carpool and go out to lunch together, to plan our county training. The county training session dates are August 14 and 15 at the extension office. I would appreciate a full participation by all our club officers and chairmen for this training session.

HAVE A GREAT SUMMER."

Harlene Welch President, Harrison Co Extension Homemakers

Club Meetings:

Homemaker clubs will begin monthly meetings in September. If you are new and would like to join a club, contact the Extension Office for more details.

Dates to Remember:

<u>July 1</u>– Homemaker Program of Works due to Office <u>July 15-22 and July 29</u>– County Fair

<u>July 27</u>– Bluegrass Area Officer and Chairman training 9am registration, 9:30 begin @ Clark County Extension Office.

August 14 – County Homemaker Officer Training @ 6pm

<u>August 15</u>– County Educational Chair Training 6pm <u>September 23rd</u>– Honey Festival

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!!

November 4 – Harvest Hustle 5K





July 26, Piece Maker Quilt Club 10am @ Extension Office

July 27, Adult Knitting 4:30pm @ Extension Office

July 15-22 & 29 Harrison County Fair @ fairgrounds

July 27, Bluegrass Area Homemaker Training 9am @ Clark Co Extension Office

August 3, Adult Knitting 4:30pm @ Extension Office

August 7, Customer Appreciation 6-8pm @ Stepping Stone Farms

August 8, Pickleball 10am-noon or 6-8pm @ Fairgrounds McCauley Building

August 14, Homemaker officer training 6pm @ Extension Office

August 15, Homemaker educational chair training 6pm @Extension Office

August 17, Adult Knitting 4:30pm @ Extension Office

August 18, Crafty Scrappers 6pm @ Extension Office

August 21, Maiden Makers 6:30pm @ Extension Office

August 22, Cast Iron Cooking 10am-noon or 6-8pm @ Extension Office

August 23, Piece Maker Quilt Club 10am @Extension Office