

# FCS Newsletter

## January 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 purchase	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
Cynmply Cynfull Nutrition	\$1 off XLG bubble tea only	Printed Vinyl for you	10% off entire purchase (Excludes epoxy)
Cheese Store	10% off custom free bday scoop only paid homemade	Kellionez	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

### 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.



### The Headlines

## Cultural Series

### 2ND FRIDAYS

January, February, March

Harrison County Extension Office

10am-noon



Dutch Caribbean



FEB 14



Emerald Isle

MARCH 14



**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

Cooperative Extension Service  
 Agriculture and Natural Resources

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# Embroidery

w/ Jane Butcher

## January 6, 13, & 27

\*Every Monday (except MLK day)  
Harrison County Extension Office  
@ 9:00am  
New members welcome!



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# Adult Knitting

w/ Louann Fryman

## January 2 & 16

\*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

## January 24

\*usually 3rd Fridays each month (4th Friday for January)  
Harrison County Extension Office  
@ 6:00pm  
New members welcome!



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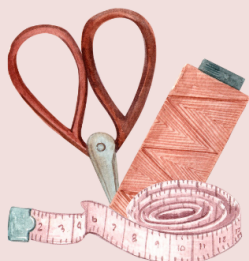
# Piece Maker Quilt Club

## January 22

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



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# Adult Sewing

w/ Mikayla Hannah

## January 7 & 21 @ 10am January 14 & 28 @ 5pm

\*Every Tuesday  
Harrison County Extension Office  
New members welcome!



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# Adult Scrapbooking

w/ Jennie Sparks &  
Teresa Stinson

## January 23

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

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University of Kentucky

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# 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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# School Closings

If school is closed in Harrison County,  
typically homemaker and FCS  
programs cancel as well. Feel free to  
call the Extension Office to double  
check on cancelations at 859-234-5510.



# FIRST FRIDAYS

**Eat, Craft, Play, Read**  
**LAUGH & LEARN**  
February 7th  
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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# Snowman Craft

with Jenny Tapp

**January 7 @ 6pm**

Harrison County Extension Office

Cost: \$5

stop by to sign up with payment



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



# 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: 859-234-5510**



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# MEN'S HOMEMAKER



**January 6, 2025 @6pm**

**Harrison County Extension Office**

**\*\*Supper provided\*\***

**rsvp 859-234-5510**

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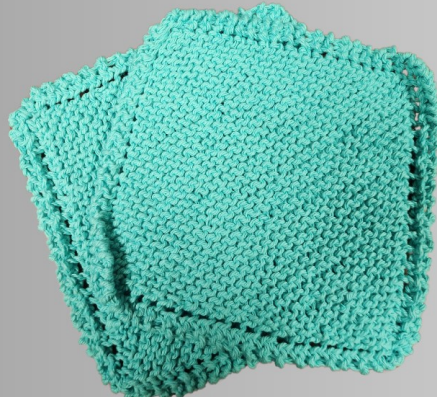
# Dish Cloths

**\$1**

**Hand knitted by Harrison County Homemakers**

**All proceeds go towards ovarian cancer research which is a Harrison County Homemaker supported initiative.**

**Stop by the Extension Office to purchase yours today.**



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# Nutrition Education

## Programs

*w/ Stacey Stephens*

**Crafts & Cooking: January 16, 2025 @ 11:30am**

**Harrison County Public Library**

**Recipe: One Pot Italian Tortellini**

**rsvp: (859)234-4881**

**Cooking Through the Calendar: January 21, 2025 @ 5pm**

**Harrison County Public Library**

**rsvp: (859)234-4881**

**Recovery Community Breakfast Club: January 18, 2025 @ 10am**

**Harrison County Extension Office**

**Enjoy a wonderful breakfast and learn how to start a budget and food safety**

**rsvp: (859)234-5510**

**NEW PROGRAM!!!!**

**All About Soup: every Wednesday January 8-February 12 @ 11:30am**

**Harrison County Extension Office**

**Sample amazing soup recipes from Plan Eat Move website**

**rsvp: (859)234-5510**

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# Homemaker News

## President's Corner:

"Happy 2025 Homemakers,

I hope everyone had a safe and enjoyable holiday season. January is the month of looking back, resolutions, and going forward. As homemakers we need to encourage each other as we go forward in 2025. Some ideas of support include encouraging our county chairmen in their programs such as, Clothing Closet, Food Pantry, International Dinner, and 4-H. Also, Homemakers, please think about a leadership role for the 2025-2026 year and don't forget to recruit new members. Looking forward to seeing each of you at the Advisory Council meeting January 29, 2025 at 9:30am. Let's Encourage Going Forward in 2025."

Harlene Welch, County President

## Agent Editorials

"Hello FCS Friends!

*Hope the holidays have been good to everyone. Looking forward to seeing you all at January programs. If school in Harrison County is closed for weather, check with the Extension Office to see if homemaker or FCS programs are canceled as well."*



*Shelley W. Meyer*

Shelley Meyer  
Harrison County Extension Agent  
For Family & Consumer Sciences


**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
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

**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 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**



# JANUARY CALENDAR OF EVENTS

Jan 2, Indian Creek Homemaker 10:30am  
Jan 2, Knitting 4:30pm @ Extension Office  
Jan 6, Embroidery 9am @ Extension Office  
Jan 6, International Chairman Committee 10am @ Extension Office  
Jan 6, Men's Homemaker 6pm @ Extension Office  
Jan 7, Bingocize 9am @ Extension Office  
Jan 7, Adult Sewing 10am @ Extension Office  
Jan 7, Snowman Craft 6pm @ Extension Office  
Jan 8, Falmouth Road Homemaker 11am  
Jan 9, Bingocize 9am @ Extension Office  
Jan 9, Sunrise Club 10am @ Extension Office  
Jan 9, Curry Club 10am @ Extension Office  
Jan 10, Cultural Series 10am @ Extension Office  
Jan 13, Embroidery 9am @ Extension Office  
Jan 14, Bingocize 9am @ Extension Office  
Jan 14, Adult Sewing 5pm @ Extension Office  
**Jan 16, Bingocize 10am @ Extension Office**  
Jan 16, Family & Individual Development Committee 11am @ Extension Office  
Jan 16, Knitting 4:30pm @ Extension Office  
Jan 17, Baskets 9:30am @ Extension Office  
Jan 20, OFFICE CLOSED MLK  
Jan 21, Bingocize 9am @ Extension Office  
Jan 21, Adult Sewing 10am @ Extension Office  
Jan 21, Leesburg Homemaker 10am @ Ext Office  
Jan 21, Jacob Homemaker 6pm @ Ext Office  
Jan 21, Barlow Homemaker 6:30pm @ Ext Office  
Jan 22, Quilt Club 10am @ Extension Office

Jan 23, Bingocize 9am @ Extension Office  
Jan 23, Scrapbooking 9am @ Extension Office  
Jan 24, Crafty Scrappers 6pm @ Extension Office  
Jan 27, Embroidery 9am @ Extension Office  
Jan 27, Leader Lesson Noon @ Extension Office  
Jan 28, Bingocize 9am @ Extension Office  
Jan 28, Adult Sewing 5pm @ Extension Office  
Jan 29, Homemaker Advisory Council 9:30am  
Jan 30, Bingocize 9am @ Extension Office

## DATES TO REMEMBER

Feb 24, Go Red 5:30pm @ Extension Office  
March 11, Breakout Leadership 8:30-3 @ Rohs  
March 17, International Dinner 5pm @ Extension Office  
April 1, Micro processing 9-2 @ Extension Office

### Non-Discrimination Station / Filing a Complaint

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington D.C. 20250-9410.



**We value your input! Please take a couple minutes to share your thoughts on Extension Family & Consumer Sciences programs. You can submit this form to the Harrison County Extension Office or scan the QR code on the back to complete the survey electronically. All feedback should be submitted by Friday, January 24th. Thank you!**



Please select the program topics that you have enjoyed this past year with Family & Consumer Sciences (select all that apply)

- Nutrition Classes
- Physical Activity Classes
- Craft Classes
- Finance Classes
- Family Development Classes
- Sewing Classes
- Homemaker Events
- I did not participate in FCS programs
- Other

If you selected "other" from the previous question 1, what topic(s)?

List any classes/topics you would like to see offered for 2025.

OVER →

Please provide any additional insight or thoughts on Family & Consumer Sciences programming in Harrison County.

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THIS QUESTION IS FOR HOMEMAKER CLUBS ONLY. Please share ideas you would like to see with 2025/2026 Homemaker Leader Lessons.

**If you would rather submit your responses electronically, scan the QR code for the quick survey.**



***Thank you for your responses!***