

FCS Newsletter

March 2025

Harrison County Family & Consumer Sciences



Cooperative Extension Service
 Harrison County
 668 New Lair Road
 Cynthia 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	Frame N' Christian Things	20% off entire purchase
Cymphy Cynfull Nutrition	\$1 off XLG bubble tea only	Printed Vinyl for you	10% off entire purchase (Excludes epoxy)
Cheese Store	10% off meat free bday scoop only paid homemaker	Kellioes	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

The Headlines

Martin-Gatton
 College of Agriculture,
 Food and Environment

WITS WORKOUT

An engaging, interactive,
 and educational
 brain health program

Thursdays in March, 1-2pm
March 6, 13, 20, 27
 Harrison County Extension Office

Tease the brain with brain buster activities that leave you laughing!
Call to sign up: 859-234-5510

Cooperative Extension Service MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
 Agricultural and Natural Resources
 Family and Consumer Sciences
 4-H Youth Development
 Community and Economic Development
 Lexington, KY 40506

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Disabilities accommodated with prior notification.

Adult Sewing



w/ Mikayla
Hannah

March 11 & 25
@ 10am

*2nd and 4th Tuesdays of the month
Harrison County Extension Office
New members welcome!



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 by
MARCH 14

space is limited



Sunflower Wreath

with Jenny Tapp



Cost
\$10

March 26, 2025

6pm

Harrison County Extension Office
Sign up with payment by March 14

Cultural Series

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

JAN 10

FEB 14

MARCH 14

Dutch Caribbean

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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University of Kentucky

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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Extension Service**

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4-H Youth Development
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Embroidery

w/ Jane Butcher

March 3, 10, 17, 24, & 31

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



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Adult Knitting

w/ Louann Fryman

March 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

March 21

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



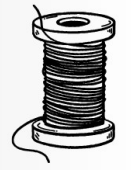
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Piece Maker Quilt Club

March 26

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



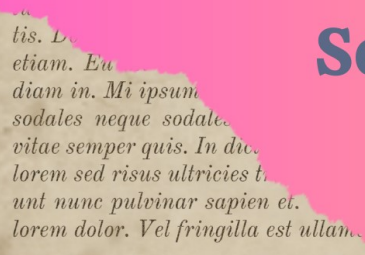
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Adult Scrapbooking

w/ Jennie Sparks & Teresa Stinson

March 27

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



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2025 - 2026 Bluegrass Area Homemakers Leader Lesson Ballot



Please choose the top 8 lessons you would like taught in the 2025-2026 homemaker lesson year.
Return to the Extension Office no later than March 31, 2025.

Mental Health Matters

Mental health is important for overall health at every life stage—from childhood through older adulthood. It includes emotional, psychological, and social well-being and affects how a person thinks, feels, and behaves. This lesson will highlight why mental health matters and draw attention to symptoms of mental health concerns and resources that are available to help with mental well-being.

Mastering Mindfulness

Mindfulness is a practice that involves being in the present moment. It involves being aware of your thoughts, feelings, and the area surrounding you. There are various mindfulness activities that individuals can participate in to improve their overall mental health and well-being. This lesson will introduce mindfulness and a few techniques that individuals can use to bring themselves back to the present moment, ease stress, and increase their sense of peace.

Yoga Try This

Yoga is far from a new practice but has become popular today as a mainstream form of exercise. There also are many health benefits of doing yoga beyond physical activity. This lesson introduces yoga – what it is, why you might be interested in trying it, and some poses.

Building A Better Bowl

Often, we think about building a balanced meal on a plate. We have resources to serve as a visual guide for building a balanced plate. But how does that translate when we use a different dish? Building a Better Bowl serves as a guide for building a balanced meal that fits inside of a bowl – ranging from sweet bowls, with oatmeal or yogurt as a base, to savory dinner ideas using grains, greens, and more as a base.

Building A Better Smoothie

Smoothies are a refreshing meal, snack, or treat that come together in a matter of minutes, are flavorful, and can be packed with important nutrients. This lesson takes you through the basic steps for building a smoothie without a recipe and with ingredients you may have on hand in your home.

Making Friends With Food: The Power of Positive Food Talk

Can you think of a time that you labeled specific foods as “good” or “bad”? Or called yourself or someone else a member of the “clean plate club” or a “picky eater”? The way we talk about food and eating behaviors can have a lasting imprint, for better or for worse. Small changes might just have a big impact on a child’s mental and physical health, and yours too. This lesson discusses the importance of and provides opportunity to practice reframing how we talk about food.

(OVER)

Stretching Your Dollars: What To Do When Your Ends Don't Meet

“Making ends meet” is getting harder in today’s economy. This lesson will cover how to make your dollars and resources go farther. The lesson will provide tips for managing your money in financially tough times and offer strategies for saving on groceries, gas, utilities, clothing, and other household essentials. We will explore ways to manage fixed and variable household costs with tips on spending wisely, prioritizing finances, and saving when expenses are tight.

Sharing Your KEHA Message

Have you ever been asked “What does your group do?” KEHA members are so vibrant, sometimes it can be hard to include everything in a brief statement. This lesson will help you prepare an “elevator speech” that can quickly summarize what your club or council has to offer! In addition, you will prepare responses to have ready when barriers might get in the way of inviting others to join in active membership.

Blackstone Grilling

This Blackstone Grilling Class is a hands-on cooking experience that teaches participants how to properly heat, clean, and maintain your griddle while cooking a variety of dishes, from smash burgers to stir-fry. Perfect for anyone looking to enhance their outdoor cooking skills!

Hunger In Kentucky: Know More Do More

Learn more about the realities of Hunger in Kentucky through an interactive simulation appropriate for Extension Homemakers Club meetings in person or through virtual platforms. Increase your odds of succeeding at the simulation by identifying service projects appropriate for KEHA members in all 120 Kentucky counties.

The Big Freeze

Freezing is the easiest, most convenient, and least time-consuming method of preserving foods. It is a great way to extend the shelf life of many foods, including leftovers. When done correctly, freezing preserves nutrients and maintains quality. This lesson will help you get the most out of your freezer by teaching good freezing techniques for a variety of foods. You will be able to minimize food waste, save money, and save time.

Laughter Is A Must in Marriage

Did you know laughter serves as a powerful tool for building and maintaining a healthy, happy marriage? It cultivates a positive atmosphere, strengthens emotional bonds, and helps couples navigate the challenges of married life with resilience and grace. This lesson will test your knowledge on laughter, identify the short- and long-term benefits of laughter, explore what keeps you from laughing with your spouse, and share ways to increase laughter in your relationship.

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Nutrition Education Programs

w/ Stacey Stephens

March One Dish Meal Series: March 4,6,10,12,18,21, & 26 @ 11am
Harrison County Extension Office
Sample amazing recipes from Plan Eat Move website
rsvp: (859)234-5510

Breakfast Club Recovery: March 15, 2025 @ 10am
Harrison County Extension Office
Special guest, Jessica Hopkins will speak on container gardening
rsvp: (859)234-5510

Cooking Through the Calendar: March 18, 2025 @ 5pm
Harrison County Public Library
Recipe: Crunchy Air Fryer Fish
rsvp: (859)234-4881

Cooking with Crafts: March 20, 2025 @ 11am
Harrison County Public Library
rsvp: (859)234-4881

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Homemaker



President's Corner:

"Hello Homemakers,

This will be a short note to you all. As I look out my window, I see signs of spring peeking through the snow, such as, Daffodils, Iris and Hyacinth. Spring is not far behind.

There are several activities taking place in March, so I encourage you as fellow homemakers to support these activities, with your attendance.

Please read your newsletter and participate."

Harlene Welch,
County President



AIR FRYERS



The air fryer has increased in popularity over the last few years and has become a staple in many kitchens. This small countertop appliance offers a healthier alternative to frying food and also is popular for reheating leftovers.

This lesson will focus on what air fryers are and how they work. We'll discuss the pros and cons, and consumers will feel informed when purchasing an air fryer.

Join us to learn more about air fryers, pickup some cooking tips and recipes!



DATE: March 31, 2025

TIME: Noon-1pm

CALL TO REGISTER: 859-234-5510

LOCATION:

Harrison County Extension Office
****Lunch provided!! Call to sign up for the food count!****

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Monthly Food Items Requested by the Food Pantry with Salem Church of Christ

Harrison County Homemakers will have a donation box available at the Extension Office. Please have donations to the office by 4:30pm on the 3rd Tuesday of each month.

Month	Food Item
March	Canned Corn
April	Canned Peas
May	Cereal
June	Green Beans
July	Jelly
August	Peanut Butter
September	Spaghetti Sauce
October	Spaghetti
November	Mac & Cheese
December	Ramen Noodles

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
March 31	Using your Air Fryer
April 28	Composition in Photography

Agent Editorials

"Hello FCS Friends!

If you are interested in attending the Breakout Leadership Conference on March 11th with the Harrison County Extension Office, contact the office by March 6th. The Extension Office will be covering the cost for 10 individuals to attend. Details about the conference are located on the flyer with this page."

Shelley W. Meyer

Shelley Meyer
Harrison County Extension Agent
For Family & Consumer Sciences



PRESENTING SPONSORS

BREAKOUT LEADERSHIP CONFERENCE

2025

AMPLIFY YOUR IMPACT



SCOTT HARVEY
SPEAKER, COACH, AGENT OF CHANGE



DR. CRYSTAL MILLER
CRYSTAL MILLER COACHING

PLUS 15 BREAKOUT SESSIONS SO YOU CAN LEAD LIKE A ROCKSTAR



Register Now

MARCH 11, 2025
8:45 AM - 4:00 PM
ROHS OPERA HOUSE

\$125 General | \$100 Members

WWW.CYNTHIANALEADERSHIP.COM



SAFETY. SINCE 1898.™


TRAILBLAZER SPONSORS






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



MARCH CALENDAR OF EVENTS

March 3, Embroidery 9am @ Extension Office

March 5, Falmouth Road Homemaker 11am

March 6, Indian Creek Homemaker 10:30am

March 6, Wits Workout 1pm @ Extension Office

March 6, Knitting 4:30pm @ Extension Office

March 10, Embroidery 9am @ Extension Office

March 11, Sewing 10am @ Extension Office

March 11, Breakout Leadership Conference

8:30-4 @ Rohs

March 12, Grand Haven Tea Party 2:30pm

March 13, Wits Workout 1pm @ Extension Office

March 13, Edgemont Tea Party 2:30pm

March 13, Sunrise Club 10am @ Extension Office

March 13, Curry Club 10am @ Extension Office

March 14, Cultural Series 10am @ Extension Office

March 14, Cedar Ridge Tea Party 2:30pm

March 17, Embroidery 9am @ Extension Office

March 17, International Dinner 5pm @ Extension Office

March 18, Jacob Homemaker 6pm @ Ext Office

March 18, Barlow Homemaker 6:30pm @ Extension Office

March 19, Leesburg Homemaker 10am @ Ext Office

March 20, Wits Workout 1pm @ Extension Office

March 20, Knitting 4:30pm @ Extension Office

March 21, Crafty Scrappers 6pm @ Extension Office

March 24, Embroidery 9am @ Extension Office

March 25, Sewing 10am @ Extension Office

March 26, Quilt Club 10am @ Extension Office

March 26, Wreath Craft 6pm @ Extension Office

March 27, Scrapbooking 9am @ Extension Office

March 27, Wits Workout 1pm @ Extension Office

March 31, Embroidery 9am @ Extension Office

March 31, Leader Lesson Noon @ Extension Office

April 1, Micro processing 9:30-2:30pm @

Extension Office

DATES TO REMEMBER

May 6-8 KEHA, Lexington KY

July 12-19 & 26, County Fair

**BLOOD DONORS ARE
LEGEND. DAIRY.**



**HARRISON COUNTY
COMMUNITY
BLOOD DRIVE**

**Saturday, March 1
9 a.m. – 2 p.m.**

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