

FCS Newsletter

May/June 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 \$10 dues and receive a Shop Cynthiana Discount Card.



Sweet Boutique	15% off any 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 HOMEMEM	Tay's Cloth Peddler	10% off purchases (excludes sale items)
Emerson Steel Boutique	15% off purchases	Frames N' Christian Things	20% off entire purchase
Cymphy Cynfall Nutrition	\$1 off XLG bubble tea only	Printed Vinyl for you	10% off entire purchase (Excludes epoxy)
Cheese Store	10% off menu, free bday scoop only paid homemaker	Kelliones	10% off pizza purchases (cannot combine with another offer)
Main Cup	10% off \$10 or more	Frosted Blessings	10% off in store items only

In This Issue

Headlines.....1
 Coffee Crawl.....9
 Homemaker News.....11
 Agent Editorials.....11
 Calendar.....12



Shelley Meyer

Shelley W. Meyer

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

Life Skills 101

for youth ages 9-18

June 26

Harrison County Extension Office

12:30-3pm

sign up by June 25th using the link or QR code

<https://www.signupgenius.com/go/30E0B4DACA72BA4F49-56390831-life>



Topics may include:

- Stages of Life
- Meal Time/Table Setting
- Time Management
- Finances
- Self Defense

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

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Disabilities accommodated with prior notification.

Door Hangers

with Julieanna Banks

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

Harrison County Extension Office

Stop by office with payment and to sign up by May 7th

Space is limited

Cost: \$55

May 14
5:30-8:30pm

OR

May 15
12-3pm

18" Rounds
Bows may vary





HARRISON COUNTY HOMEMAKER PRESENTS:



ANNUAL HOMEMAKER MEETING

LOCATION:
HARRISON COUNTY
EXTENSION OFFICE



Theme:
Hidden
Treasures



- ✿ Catered Supper
- ✿ Annual Meeting
- ✿ Guest Speaker



Cost: \$20

Make payable to Harrison County Homemakers
Stop by Extension office to rsvp with payment by
Friday, May 9th

2024-2025 Book count and Volunteer Hours must be
reported to the Extension Office by Friday, May 9th
to be included in the program.



Cooperative
Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Harrison County Homemakers present: Castle in Versailles, Eat & Tour

May 13
10:30am-4pm

Cost: \$70

make checks payable to HC Homemakers

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

Rsvp at 859-234-5510 by Friday, May 2nd with payment.
Let us know if you are willing to drive or prefer to carpool.



Cooperative
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Agriculture and Natural Resources
Energy and Cooperative Extension
Community and Economic Development

University of Kentucky, 120 Agriculture Center, Lexington, KY 40506





Harrison
County
**HEALTH
FAIR**

THURSDAY, MAY 29, 2025

7:00 AM TO 11:00 AM

**HARRISON COUNTY
MIDDLE SCHOOL
(PARKING IN BACK ENTRANCE)**

FREE TESTS & SCREENINGS INCLUDE:

- Balance Risk Assessment
- Blood Pressure
- Blood Tests for cholesterol, triglycerides, blood sugar, & thyroid-stimulating hormone
- Body Fat Analysis
- Colorectal Cancer Screening kits and education
- Diabetes Risk Screening
- Height & Weight
- Lung Cancer Screening questionnaire and education
- Pulse Oximetry
- Stroke Risk Assessment
- Vision Screening
- Cardiac Risk Assessment
- And, more

Healthcare professionals will be available to answer health-related questions. You'll find more than 20 exhibits and additional screenings available.

This event is open to everyone. It is NOT exclusive to Harrison County residents.

Lab results will be posted on the HMHmyhealth! patient portal, or contact the Harrison Memorial Hospital Health Information Dept. to request a printed version.

THANK YOU TO THE FOLLOWING SPONSORS:

Harrison Memorial Hospital
Harrison County School System
Harrison County Extension Office

UK Gill Heart & Vascular Institute Affiliate Network
UK Markey Cancer Center Affiliate Network
Wedco District Health Department



Food is medicine

Guess what!
Culinary herbs
ARE medicinal
herbs.



Join Lisa Hurst at the Harrison County Extension office June 17, to learn how to add the healthy benefits of herbs to your dishes everyday.
Two time slots available:
10 am and 6 pm
Call the Extension office, 859.234.5510, to register.

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Disabilities accommodated with prior notification.

Lexington, KY 40506

UK Martin-Gatton
College of Agriculture,
Food and Environment

Adult Sewing



w/ Mikayla
Hannah

May 13 & 27
June 10 & 24
@ 10am

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



Cooperative Extension Service
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



Nutrition Education Programs

w/ Stacy Stephens

Cooking Through the Calendar:
May 20, 2025 @ 5pm
Harrison County Public Library
Recipe: Banana Pancakes
rsvp: (859)234-4881

Keep up with other May and June NEP happenings

Call the Extension Office (859-234-5510)

and follow the
Harrison County Nutrition Education Program Facebook page

Cooperative Extension Service
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

JOIN US FOR THE 4TH ANNUAL

Tea Party

MAY 12, 2025
5:00PM

ASHFORD ACRES
1801 KY-36, CYNTHIANA, KY 41031

SPECIAL TREATS
FROSTED BLESSINGS &
GRACEFUL GLIMMER

RSVP BY FRIDAY, MAY 2, 2025
WITH \$20 PAYMENT TO THE
HARRISON CO EXTENSION OFFICE
668 NEW LAIR RD | 859-234-5510



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Lexington, KY 40506





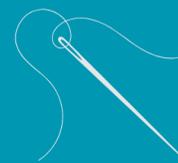
Embroidery

w/ Jane Butcher

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

May 5, 12, 19
June 2, 16, 30

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



Adult Knitting

w/ Louann Fryman

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

May 1 & 15
June 5 & 19

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



Crafty Scrappers

w/ Jenny Tapp

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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

May 16

3rd Fridays of the month
Harrison County Extension Office
@ 6:00pm
New members welcome!



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Piece Maker Quilt Club

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4-H Youth Development
Community and Economic Development

May 28 & June 25

*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

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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

May 22

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



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Junior Homemakers

MAY 2ND, 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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 4-H Youth Development
 Community and Economic Development

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 University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating, Lexington, KY 40506



Disability accommodations with prior notification

FIRST FRIDAYS



Eat, Craft, Play, Read

LAUGH & LEARN

May 2nd 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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 4-H Youth Development
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Disability accommodations with prior notification



Webinar Event

Living with Alpha-gal Syndrome

Learn more about AGS (red meat allergy) and how to reduce your risk with University of Kentucky Cooperative Extension

Topics Covered

- ✓ AGS basics
- ✓ Tick bite prevention
- ✓ Diet & lifestyle management
- ✓ Q/A session

THURSDAY, MAY 29th 6:00 - 7:30 p.m.

Harrison County Extension Office
668 New Lair Road Cynthiana, KY

REGISTRATION REQUIRED!
Call 859-234-5510 to register



Cooperative Extension Service

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Disabilities
accommodated
with prior notification.

Name: _____

Phone #: _____



May Walking Challenge

Coffee Crawl

AT THE COMPLETION OF EACH WALK, PARTICIPANTS ARE ENCOURAGED TO SUPPORT THE LOCAL RESTURANTS LISTED BELOW

CYNTHIANA URBAN HIKES
Trail Guide: Jackie Burrell & Marlene Herrington

Hike (route listed on the back) Destination Restaurant	Scheduled Walks (Tuesday mornings & evenings)	Place a checkmark if completed hike with a group or on your own.	Present this form to restaurant employee to receive the WALKER'S SPECIAL listed below
Mocha March Main Cup	May 6 @ 9am May 6 @ 5:30pm		25% off specialty coffee/drink Employee signature _____
Coffee Grind The Dailey Grind	May 13 @ 9am May 13 @ 5:30pm		Free glaze or chocolate donut Employee signature _____
That's a Latte Walking Cordial	May 20 @ 9am May 20 @ 5:30pm		25% off any latte Employee signature _____
Decaf Dance Cymply Cynful Nutrition	May 27 @ 9am May 27 @ 5:30pm		\$5 loaded bubble tea Employee signature _____



Deadline to turn in this form for prize eligibility is:

Monday, June 2nd.

See back for details.

Coffee Crawl; May Urban Hikes

Join the challenge and complete all hikes throughout the month of May for a chance to win prizes! One lucky winner from each hike will receive a gift certificate to a local coffee shop. See the schedule on the other side 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 Coffee Crawl submission. All Coffee Crawl forms must be turned into the Harrison County Extension Office by 4:30pm Monday, June 2nd. Drawings will take place and winners notified on Tuesday, June 3rd.

1) **Mocha March**

Route: Begin at Cynthiana Presbyterian Church. Walk north on Main Street to Pearl Street (old Cynthiana Cemetery). East on Pearl to Walnut. South on Walnut to Bridge Street. East on Bridge to Church Street(Leonos). North from Church to Reynolds Avenue. East on Reynolds to Oddville Avenue. West on Oddville to Church Street. South on Church to Pleasant Street. West from Pleasant to Main Street. North on Main Street back to parking lot. (~2 miles)

Starting point: Cynthiana Presbyterian Church parking lot for morning hike; Main Fitness for evening hike

Restaurant: Main Cup

2) **Coffee Grind**

Route: Begin at Presbyterian Church. Proceed east on Pleasant St. to Main St. Continue south 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. Finish at The Dailey Grind (~1.8 miles)

Starting point: Cynthiana Presbyterian Church parking lot for morning hike; Main Fitness for evening hike

Restaurant: Dailey Grind

3) **That's a Latte Walking**

Route: Begin at Presbyterian Church. Proceed east on Pleasant St to St. Clair Alley. Continue north on St. Clair to Wilson Ave. Continue east on Wilson to Vine St. Continue north on Vine St to Oddville Ave. Continue west on Oddville to Church St. Continue south on Church to Bridge St. Continue west on Bridge to Walnut St. Continue north on Walnut to Pike St. Finish at Cordial (~1.7 miles).

Starting point: Cynthiana Presbyterian Church Parking Lot; Main Fitness for the evening hike

Restaurant: Cordial

4) **Decaf Dance**

Route: Begin at Fire Department gravel parking lot. Proceed east on Pike St to the cemetery then return on Pike to Elmarch. Go south on Elmarch to Pleasant St. Finish at Cymply Cynful. (~ 2.3 miles)

Starting point: Fire Department gravel parking lot; Main Fitness for the evening hike

Restaurant: Cymply Cynful Nutrition

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Lexington, KY 40506



Homemaker News

President's Corner:

"Hello Homemakers,

This will be my last presidents notes to you all. Cheryl Johnson will become the new county president on July 1. I have enjoyed my time serving as your county president. Thank you for your assistance, when I ask during my term. I delivered 40 cans of peas and corn to the food pantry. May is boxes of cereal and the food pantry has requested no oatmeal or family size boxes of cereal. Although, we usually don't meet in June, July, and August, please continue to support the food pantry. It's time to get those unfinished projects ready for the county fair July 13-20 2025.

GOOD-BYE FOR NOW."

-Harlene Welch,



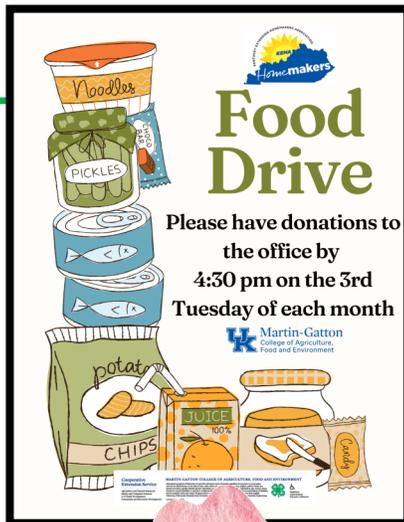
Agent Editorials

"Hello FCS Friends!

County Fair is July 12-19 which means its time to start thinking through fair entries and getting ready for the online registration. Looking forward to another amazing summer!

Shelley W. Meyer

Shelley Meyer
Harrison County Extension Agent
For Family & Consumer Sciences



Monthly Food Items Requested by the Food Pantry
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
May	Cereal (no oatmeal or family size boxes)
June	Green Beans
July	Jelly
August	Peanut Butter
September	Spaghetti Sauce
October	Spaghetti
November	Mac & Cheese
December	Ramen Noodles

Community Corner

Spanish Resources



MCTC



LIBRARY



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.

HC EXTENSION



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

