

FCS Newsletter

September 2023

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

TIME TO RENEW!

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 5 for featured business of the month: The Sweet Boutique



Uniques 10% off Retail Price (excludes Howard Furniture & Hagarly Silver Products)	Printed Vinyl for You 10% off entire purchase (Excludes epoxy)	Flowers 15% off entire purchase	Main Cup 10% off \$10 or more	Melinda's Boutique 10% off purchase of \$10 or more	Days Did it 15% off Entire Purchase
Candy Cakes \$1 off each one only	Cheese Store 10% off menu items, 2 free baby soap ice	The Sweet Boutique 15% off any purchase	Frames 'N' Christian Things 25% off framing (over \$200 order)	A Little do Personal Style 10% off engraved items includes sale!	Toy's Cloth Merchant 10% off storewide (excludes sale items)
Mill Creek Home 10% off entire purchase (excludes sale items)	Appalachian Root Works Free Soap With \$30 Purchase		Dalley Grind 10% off Purchases		

The Headlines

Homemakers Honey Festival Bake Off

SEPTEMBER 23, 2023

ENTRIES MUST BE TURNED IN BY 10:30AM
LOOK FOR THE HOMEMAKER'S BAKE OFF BOOTH AT
THE COURTHOUSE BESIDE THE STAGE

WINNERS ANNOUNCED AT NOON
1ST: \$50 2ND: \$20 3RD: \$10

PER CATAGORY

CATAGORIES:

PASTRIES, OTHER BAKED GOODS, BREADS
AND SAUCES

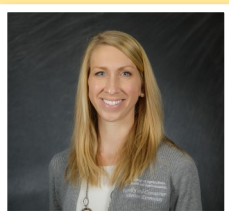
ONE ENTRY PER CATAGORY

EACH RECIPE MUST INCLUDE 1/4 CUP OF HONEY

Register by calling
the Extension office
at 859-234-5510

In This Issue

Headlines.....	1
NEP Happenings.....	4
Downtown Edition.....	5
Agent Editorials.....	6
Homemaker News.....	7
Calendar.....	8
Area Homemaker Registration.....	9
Homemaker Enrollment Form.....	11
Harvest Hustle 5K Form.....	13
Honeybee Hustle Form.....	15



Shelley W. Meyer

Shelley 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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Martin-Gatton
College of Agriculture,
Food and Environment

Notes

Crafty Scrappers
with Jenny Tapp
September 22
6pm
Harrison County Extension Office

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

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 beliefs, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546

Disabilities
accommodated
with prior notification.

Martin-Gatton
College of Agriculture,
Food and Environment

1st & 3rd Thursdays
of the month

*Adult
Knitting*
with Louann Fryman

**August 3
&
August 17**

Harrison County
Extension Office
@4:30pm

New members welcome!

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

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 beliefs, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546

Disabilities
accommodated
with prior notification.

Scrapbooking
w/ Jennie Sparks and Teresa Stinson

4th Thursday
of each month
September 28
Harrison County Extension Office @ 9am

Martin-Gatton
College of Agriculture,
Food and Environment

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

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 beliefs, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546

Disabilities
accommodated
with prior notification.

Martin-Gatton
College of Agriculture,
Food and Environment

**PIECE MAKER
QUILT CLUB**

4th
Wednesdays
each month

23 AUGUST
10AM

**HARRISON COUNTY
EXTENSION OFFICE**

NEW MEMBERS WELCOME!

Martin-Gatton
College of Agriculture,
Food and Environment

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

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 beliefs, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546

Disabilities
accommodated
with prior notification.



Basket Weaving

Theme: *Enjoy the Ride*

with Carolyn Poe

October 27th

10am-3pm

Harrison County Extension Office
Cost \$45 (make check to Carolyn Poe)

rsvp at 859-234-5510

Deadline to register: Friday, October 6



Cooperative Extension Service
Agriculture and Natural Resources
Health and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of race,
color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State
University, U.S. Department of Agriculture, and Kentucky Counties, cooperating.
LEINGTON, KY 40546



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!

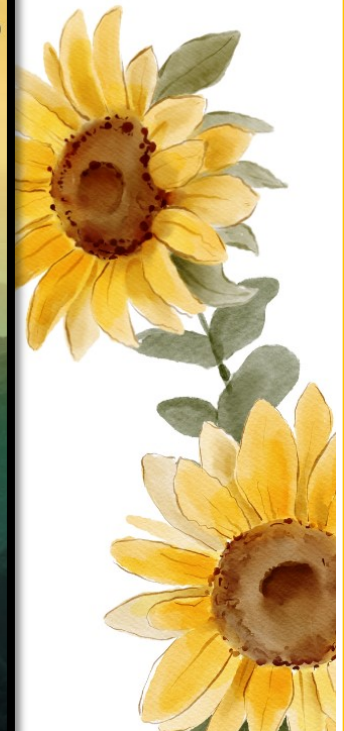
YOUR INVITED TO JOIN US FOR OUR NEXT
MEETING!

SEPTEMBER 18

@HARRISON COUNTY EXTENSION OFFICE
STARTING AT 6:30 PM

*FOR THIS MONTHS MEETING WE WILL BE
DOING YOGA SO COME PREPARED WITH

- WATER
- COMFORTABLE CLOTHES



COOKING THROUGH THE CALENDAR

Tuesday, September 19 at 5 PM

Registration is required. Call 234-4881 to reserve your spot.

AUGUST'S RECIPE:

One Pan Shrimp and Veggies



September 21 at 5 PM

Craft and Cooking

Cynthiana Harrison County Public Library

Join Stacey Stephens from the Harrison County Extension Office for a little cooking & crafting. We will be talking about eating healthy and ways to incorporate healthy choices into our lifestyle. We will be learning how to make a yummy recipe and sample our recipe. Then we will make a fun craft! Registration is required. Call the library at (859) 234-4881 to sign up

Budget and Credit Building in Recovery

September 25 at 5pm

Harrison County Extension Office

Please RSVP by September 22

Call 859-234-5510

doors open at 5

for free lite dinner



Presented by Harrison County Extension in partnership with Stock Yard Bank



Join me at Hope's Helping Hand September 12 at 10 am for a Yummy recipe demonstration

Cooperative Extension
KYNEP
Harrison County

NEP

happenings w/

Stacey Stephens



September 26 at 1 pm

For Information Call 859-234-5510

Healthy Choices

If you are in Substance disorder recovery, join me at the Harrison County Extension Office. Learn ways to improve your diet, save money at the grocery, meal plan, and more. You will also get to sample one of our delicious recipes

HEALTHY CHOICES

Join me September 20, 2023
10am

At Ebenezer United Methodist Church
Learn a Yummy New Recipe
and
Learn about our free program.



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: The Sweet Boutique

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

The Sweet Boutique is a "sweeter" and cafe in Cynthiana, Kentucky located in a historical building in downtown Cynthiana, dating back to 1906. Our cafe is a sister-business to the almost decade-old Ashford Acres Inn, also located on a historical property in Cynthiana dating back to pre-Civil War times. During 2020 in the down time that the pandemic provided, the idea to renovate another building and open a "sweet shop" with coffee and homemade baked goods, sparked yet another journey of business for our owners, Sonia Kirkman, Anastasia Hicks, and Taylor Peoples.

The Sweet Boutique has evolved into a true, authentic cafe, serving coffee, homemade baked goods, from-scratch lunch, Graeter's ice cream, vintage sodas and candy, and provides a cozy, warm, "Hallmark-like" experience in our charming southern town. We aim to help with Cynthiana's tourism by bringing guests into the city, as well as to provide our local clientele with their own unique experience, sparking pure happiness and childlike nostalgia for all of our guests.

The Sweet Boutique is open 8am - 4pm Wednesday through Monday, with pop-up evenings where we are open late for special occasions. We also provide 'small event' rental opportunities where guests can rent the whole space for birthday parties, corporate events, etc. Contact us via email, phone, or on our social medias (@thesweetboutiquellc) to inquire for event pricing or to view our menu!



How can we
**serve you,
Kentucky?**

Take a **ten-minute survey** to help us develop programs addressing needs in your community.

go.uky.edu/serveKY



KENTUCKY
COOPERATIVE EXTENSION

An Equal Opportunity Organization.



UK Martin-Gatton
College of Agriculture,
Food and Environment

KENTUCKY STATE
UNIVERSITY
College of Agriculture, Community, and the Sciences



Harrison County Community BLOOD DRIVE

Saturday, Sept. 2
9 a.m. – 2 p.m.

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

KBC T-shirt for all donors!



Appointments preferred. Walk-ins welcome. Drive details subject to change. Please check kybloodcenter.org prior to donating. Donors with appointments will be notified of changes.

kybloodcenter.org 800.775.2522 Please bring photo ID

Agent Editorials

“Hello FCS Friends!

It is September and time for the new program year to officially begin! Homemaker Clubs will resume monthly meetings so keep up with those dates and enjoy those sessions. If you are interested in joining a club or would like to start a new one, stop by the Harrison County Extension Office to get more details!


We have several classes coming up this month so as always, anyone is welcome to attend. Give the Harrison County Extension Office a call to sign up for the classes you are interested in.”

Shelley W. Meyer


Shelley Meyer
Harrison County Extension Agent
For Family & Consumer Sciences

Community Corner



MCTC




CHAMBER OF COMMERCE



LIBRARY

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:

"Thank you to the homemakers who worked in homemaker hall during the fair. I was unable to be there due to responsibilities at the NVON meeting. Also, I want to say thank you to all who made the effort to enter exhibits and brought them to the fair. As I stated in the last newsletter, as things change, we as homemakers must change.

Another thank you to all the officers and chairpersons, who attended the training last moth. I encourage you to read your material you received and if you have any questions please call me. If you received information that might make an interesting program for the county, please let me or Shelley know.

Membership, membership, membership! We were number one last year. Let's be number one again. LET'S HAVE ANOTHER GREAT YEAR!"

Harlene Welch
President, Harrison Co Extension Homemakers

Dates to Remember:

September 5– Homemaker Executive Committee
10am @ Extension Office

September 18– Leader Lesson @ Noon

September 21– Homemaker Advisory Council
@10am at the Extension Office

September 23rd– Honey Festival 10am-6pm @
Courthouse

October 2-6– Niagra Falls

October 13– Bluegrass Area Homemaker Meeting
9am @ Nicholas County

October 30– Trunk or Treat 6-8pm @ Extension
Office

November 4– Harvest Hustle 5K @10am @
Veterans Flat Run

November 4– Harvesting for the Holidays 10-4 @
HC square

November 6– Life Screening @ Extension Office

November 28– Blood drive @ Fairgrounds
McCauley Building 1-6pm

Club Meetings:


Homemaker clubs will begin monthly meetings in September. 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
Aug 29 (Tues)	Personality Assessments
Sept 18	Lead your team
Oct 23	Healthy holiday meals
Nov 27	Savor the flavor; spices
Jan 22	Selfcare and pampering
Feb 26	Recognizing/coping w/ trauma after natural disaster
March 25	Planning thrifty meals
April 29	Flavor the savor; herbs





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

"THAT'S NOT THE WAY I WOULD HAVE DONE IT!"

Do you ever find yourself scratching your head at another person's reaction? The way one person processes, interprets, and reacts are often not the same responses of others in the same household, family workplace, or surroundings. Join us to learn more about different personality traits, yourself, and allow you to see others perspectives.

TO LEARN MORE, BE SURE TO JOIN US AT:

Tuesday, August 29th


Noon-1pm

Harrison County Extension Office

Lunch provided; rsvp 859-234-5510

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.

Keep doing the things you love.

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.

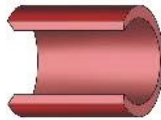


Register now to check the health of your arteries

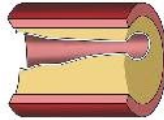
4 Important Screenings for Only \$149 (Special Package Pricing)

- Carotid Artery Disease
- Peripheral Arterial Disease (PAD)
- Abdominal Aortic Aneurysm (AAA)
- Atrial Fibrillation (AFib)

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.

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

Monday, November 6, 2023

Harrison County Ext 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, smoking, heart disease, diabetes and poor diet) is also necessary for cardiovascular disease prevention. Our screenings cannot detect all forms of stroke risk or cardiovascular disease. All tests are for screening purposes only. You should consult with your personal physician regarding 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 provide referrals to any physician's 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.

SEPTEMBER CALENDAR OF EVENTS

Sept 6 Falmouth Road Club 11am

Sept 19 Barlow Club 6:30pm @ Extension Office

Sept 7 Indian Creek 10:30am @ Indian Creek Church

Sept 20 Leesburg Club 10am @ Extension Office

Sept 7 Knitting 4:30pm @ Extension Office

Sept 21 Homemaker Advisory Council 10am @

Sept 14 Sunrise 10am @ Extension Office

Extension Office

Sept 14 Curry 10am @ Extension Office

Sept 21 Knitting 4:30pm @ Extension Office

Sept 18 Leader Lesson Noon @ Extension Office

Sept 22 Crafty Scrappers 6pm @ Extension Office

Sept 18 Maiden Makers 6:30pm @ Extension Office

Sept 23 Honey Festival 10am-6pm @ Courthouse

Sept 19 Jacobs Club 6pm @ Extension Office

Sept 28 Scrapbooking 9am @ Extension Office



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

*Bluegrass Area
Extension Homemakers'
Annual Meeting*
OCTOBER 13, 2023

*Spotlighting
Carlisle, Kentucky*
**HOME OF THE LAST KENTUCKY
CABIN OF DANIEL BOONE**

*Featuring
Paula and Randy Hunter
portraying
Daniel and
Rebecca Boone*



**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.

Lunch Menu:

Option 1:

CHICKEN SALAD ON CROISSANT WITH CHIPS, PASTA SALAD, AND A HOMEMADE DESSERT TART

Option 2:

HAM AND CHEESE ON CROISSANT WITH CHIPS, PASTA SALAD, AND HOMEMADE DESSERT TART

Option 3:

VEGGIE WRAP, PASTA SALAD, AND HOMEMADE DESSERT TART

Drinks include tea, lemonade, and water.

Cost: \$15

Please Join Us:

When:

FRIDAY, OCTOBER 13, 2023

Where:

NICHOLAS COUNTY ELEMENTARY SCHOOL CAFETERIA
133 SCHOOL DRIVE
CARLISLE, KY 40311

Time:

9:00 A.M. REGISTRATION

9:30 A.M. CALL TO ORDER

(MUFFINS, FRUIT, JUICE, AND COFFEE WILL BE AVAILABLE)

REGISTRATION DEADLINE

SEPTEMBER 25, 2023

Bluegrass Area Cultural Arts:

AVAILABLE FOR VIEWING IN THE GYMNASIUM ADJACENT TO THE CAFETERIA

FOR QUESTIONS:

CALL 859-234-5510 OR EMAIL
shelley.meyer@UKY.EDU



Bluegrass Area Homemaker Annual Meeting Registration

Complete & return by September 25, 2023 to Harrison County Extension Office with your check payable to:
Harrison County Homemakers; 668 New Lair Road Cynthiana, KY 41031

Name: _____ Phone: _____

Email: _____

Club Name: _____ Mailbox Member _____ Guest _____

Lunch Selection:

Chicken Salad Ham and Cheese Vegetarian Option

Mail or drop off with payment of \$10 to:

Harrison County Extension Office
668 New Lair Road
Cynthiana, KY 41031
Make checks payable to:
Harrison County Homemakers

Date: _____

**Enrollment Form
for**

_____ County Extension Homemakers Association

Name _____

Address _____

Email _____

Name of Club _____

Phone: Home (____) _____ Work (____) _____

Cell (____) _____ Fax (____) _____

Birth year (*Optional*): _____

Race (*Optional – circle one*): White Black or African American
 Asian/Pacific Islander American Indian Hawaiian Other

Ethnicity (*Optional - circle one*): Hispanic Non-Hispanic

Gender (*Optional - circle one*): Female Male

Date joined: _____

I, (print full name) _____, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

Witness: _____ Date: _____

The Kentucky Cooperative Extension Service is required by Federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless 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, or physical or mental disability.

Appendix 11
June 2022

Harvest Hustle FCS 5K Walk/Run

SATURDAY, Nov 4, 2023 @10am



Age Divisions

Age	♂	♀	Age	♂	♀
< 5	A	B	35-44	M	N
6-9	C	D	45-49	O	P
10-13	E	F	50-54	Q	R
14-18	G	H	55-59	S	T
19-25	I	J	60-64	U	V
26-34	K	L	65-70	W	X
			71 +	Y	Z

Entry Fee — individual:

Early-Bird (Before Oct 13): \$15.00
 From Oct 13 up to Race Day: \$20.00

Entry Fee — team of 5 or more:

Early-Bird (Before Oct 13): \$10.00/person
 From Oct 13 up to Race Day: \$15/person

Your Age Division: _____ Team Name: _____

Name: _____ Phone: _____

Email: _____ Photo Release: Yes No

Address: _____ City: _____ Zip: _____

T-Shirt Size (Circle One): YS YM YL YXL AS AM AL XL XXL (actual t-shirt design may vary)

I do hereby release Harrison County Family & Consumer Sciences, the University of Kentucky, and its members, trustees, officers, employees, independent contractors, volunteers and extension staff from any and all liability, damages, cost and expenses arising out of or relating to bodily or psychological injury, loss of life, or personal property damage that may occur as a result of participating in the 5K run. Runners must be careful to register and run under their proper name, sex and age division to avoid disqualification. I also release publication rights to photographs of me shot during the 5K run for purposes of publicity for this and future Harrison County Cooperative Extension events. I also understand, the use of headphones is discouraged.

Participant Signature: _____ Date: _____

Under 18: Parent Signature: _____ Date: _____

For Office Use Only:

Date: _____

Paid in full: Yes

Check #: _____

Amount: _____

Awards

- 1st, 2nd, 3rd overall female and male
- 1st, 2nd, 3rd place in each age division
- Youngest & Oldest Participant
- Largest Team (min of 5 per team)
- Refreshments

Pre-registered racers will receive a race t-shirt. Race day registrants will receive a t-shirt while supplies last.

***For questions, call 859-234-5510**



Shirt pictured is last year's design. New logo is being created for 2023 Harvest Hustle 5K.

CUT ALONG LINE TO KEEP IMPORTANT INFO BELOW.

Things to Remember: Sat, Nov 4, 2023

Check-In: 9:00 AM Race Time: 10:00 AM

Location: Flat Run Veterans Park
 364 Oddville Avenue
 Cynthiana, KY 41031

*Register at Lions Club Pavilion
 by playground

Parking: Use playground parking lot

Course: Pavement, with flat terrain
 and some hills



Registration & Payment to:

Harrison County District Board
 Attn: 5K
 668 New Lair Rd
 Cynthiana, KY 41031

****Please have exact cash or check****

Checks Payable to:

Harrison County District Board

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
 LEXINGTON, KY 40546



Disabilities
 accommodated
 with prior notification.



SATURDAY, SEPTEMBER 23, 2023 9:30 AM

Pre-Registration ends Friday, September 22 at 3:30 p.m.

Registration Fee:
\$10 per person
(pre-registration encouraged)

**Make checks payable to
Harrison Memorial Hospital**

**SHIRT COLOR—
Yellow with Black Imprint**

Toddler: 2T, 3T, 4T
Youth: YXS(4-5), YS(6-8), YM(10-12), YL(14-16)
Adult: AS, AM, AL, AXL, A2XL, A3XL, A4XL

*T-shirts for the first 200 pre-registered children and first 200 pre-registered adults. **FIRST-COME, FIRST-SERVED BASIS, SHIRTS ARE NOT GUARANTEED.** No shirts will be reserved with payment.*

- Walk is approximately one mile on secured streets.
- All children must be accompanied by at least one adult (over 18). All ages are welcome and encouraged to participate.
- Forms may be **dropped off** in the front lobby of Harrison Memorial Hospital Monday-Friday 7am-5pm or may also be mailed to Honeybee Hustle, 1210 KY Highway 36 E, Cynthiana, KY 41031. **DO NOT MAIL ANY FORMS AFTER MONDAY, SEPT 18.**
- Walk day registration will begin at 9:00 a.m. at the Harrison County Justice Center.
- SHIRTS MAY BE PICKED UP BEFORE THE EVENT** beginning Tuesday, September 19 through Friday, September 22 by 4:00 p.m. Please come to the Administration Office at Harrison Memorial Hospital.
- A prize and medal will be given to each child (13 & under) who completes the event.
- For more information, please call 859-235-3510 or 859-235-3554.**

WALKER'S NAME	AGE if under 18	SHIRT SIZE	SCHOOL YOU ARE WALKING FOR					
			N=Northside;	S=Southside;	E=Eastside;	W=Westside;	St. E=St. Edwards	Other
			N	S	E	W	St. E	Other
			N	S	E	W	St. E	Other
			N	S	E	W	St. E	Other
			N	S	E	W	St. E	Other
			N	S	E	W	St. E	Other
			N	S	E	W	St. E	Other
			N	S	E	W	St. E	Other

- **ELEMENTARY SCHOOL COMPETITION:** All walkers may choose one **ELEMENTARY** school to walk for. That participation will count towards the award for the school with the most participants.
- **All pre-registered participants must check-in in order to be counted in any of the competitions.**

Release of Responsibility/Photo Release: In consideration of being accepted to walk in the Family Fun Walk, I assume all risks associated with walking in this activity. Having read this release, I, for myself or anyone acting on my behalf, waive and release CHP Wellness and sponsors from all claims to liabilities of any kind arising from my participation in this event. In addition, I understand that photographs may be taken of me and/or the individuals listed above during this activity and grant permission for these photographs to be used in promoting future events, either in print or on the internet.

Sponsored by

PARENT/GUARDIAN/ADULT Signature: _____

DATE: _____ **PHONE NUMBER:** _____

May we text you if needed: Yes No



COMMUNITY HEALTH PARTNERSHIP
WELLNESS SUBCOMMITTEE