

# FCS Newsletter

## September 2024

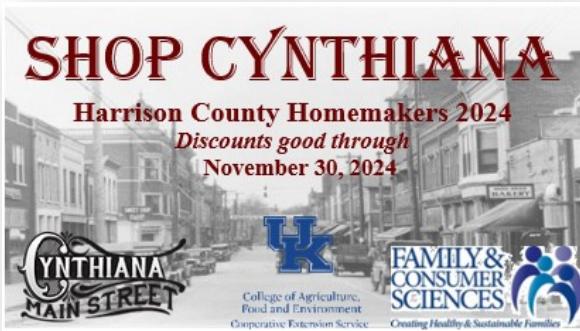
### Harrison County Family & Consumer Sciences



**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 dues and receive a Shop Cynthiana Discount Card.**



Boutique	15% any purchase	Daily Grind	10% off purchases
Next Chapter	10% off purchase	Flower Depot	10% off purchases excluding fresh flowers
...ues	10% off retail price (excludes HF & HSP)	A Little Bit Personal	10% off purchases (excludes sale items)
Flannel Store	10% off purchases (excl. Sale items)	Molly B's	20% off \$20 or more
...nda's Boutique	15% off purchases online code HOMEEMB	Tay's Cloth Peddler	10% off purchases (excludes sale items)
...rson Steel Boutique	15% off purchases	Frames N' Christian Things	20% off entire purchase
...ply Cyaafal	\$1 off XLG bubble tea only	Printed Vinyl for you	10% off entire purchase (Excludes epoxy)
...se Store	10% off menu free bday scoop paid homemaker ONLY	Kellie's	10% off pizza purchase (cannot combine with another offer)
... Cup	10% off \$10 or more	Frosted Blessings	30% off in store items
...ride Rays	10% off purchases	Coffee Shop	15% off purchases



### The Headlines

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Shelley Meyer

*Shelley W. Meyer*

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

# PET CARE 101

## with Holly Laytart

### Grooming at Home

**Thursday, September 26**  
 Harrison County Extension Office  
 10:00am - 11:30am OR 5:00pm - 6:30pm  
 RSVP by calling 859-234-5510

Pick up some basic tips to keep your pet cleaned and neat at home or in between their spa days.

- Shampoo Tips
- Brushing/ De-shedding
- Nail Clipping
- Teeth Brushing
- Hair Clipping and more



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

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Disabilities accommodated with prior notification.

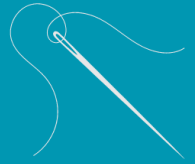


# Embroidery

w/ Jane Butcher

# September 16 & 30

\*1st, 3rd, & 5th Mondays of the month  
Harrison County Extension Office  
@ 9:00am  
New members welcome!



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# Adult Knitting

w/ Louann Fryman

# September 5 & 19

\*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

# September 20

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



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# Piece Maker Quilt Club

# September 25

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



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# Adult Sewing

w/ Mikayla Hannah

# September 3, 10, 17, & 24

\*Every Tuesday  
Harrison County Extension Office  
@ 10:00am  
New members welcome!



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# Adult Scrapbooking

w/ Jennie Sparks &  
Teresa Stinson

## September 26

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



## BREAKING THE BARRIERS UNDERSTANDING SUBSTANCE USE DISORDER

**September 12, 2024 | 9am-4pm | Harrison Co. Fairgrounds**

Harrison County Extension Family and Consumer Sciences and Nutrition Education Program invite you to Breaking the Barriers. Communities come together to understand substance use disorder and the different pathways to recovery. This event is for everyone, not just those in recovery. This is a free event and lunch is provided. You can attend for the entire day or come for the topics you would like more information on. For more information call 859-234-5510

You can get your free ticket at the Harrison County Extension Office or <https://www.eventbrite.com/.../breaking-the-barriers>.

### Agenda

9am	Welcome
9:15am	My Story: Laura Smallwood
9:30 am	Dr. Alex Elswick: Harm Reduction Break
10:15am	Break
10:30am	My Story: Josh Stephens
10:45am	Dr. Alex Elswick: Understanding Pathways to Recovery
11:30am	Wedco Health Department: Narcan Training
12pm	Lunch and Harrison Memorial Hospital Hands Only CPR presentation
1pm	Bethany Pratt Extension Specialist Recovery Gardens connecting the Community
1:45pm	Break
2pm	Caity Coffee, Social Worker with the Cynthiana Police Department Corey
2:15pm	Council Recovery Support Coordinator with the Georgetown Police
2:45pm	Harrison County Extension Family Consumer Science and Nutrition
3:15pm	Education Program.



# Crochet Holiday

## Necklace

with Jane Butcher

(some may finish necklace with 1 class)

9am

Harrison County Extension Office

Cost: \$5

rsvp by Oct 4th @ 859-234-5510



**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment

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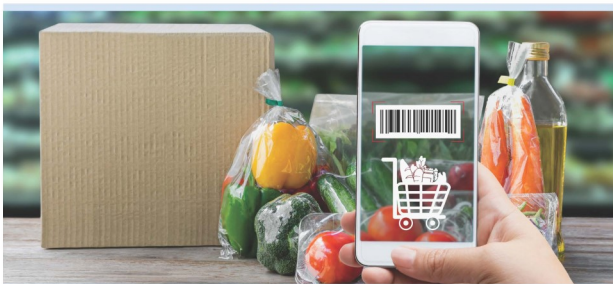
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# Leader Lesson Topics

## Savvy Online Grocery Shopping



You can buy food from a variety of locations – grocery stores, convenience stores, discount stores, and restaurants. A quickly growing option for food shopping is the online marketplace. Although online grocery shopping has been around since the early 2000s, it is gaining momentum with more online options and more technology in our everyday lives. Consumers are interested in or choosing online grocery shopping, but may not understand benefits, drawbacks, or important considerations of buying food this way.

### For more information:

Harrison County Extension Office  
Monday, August 26 @ Noon  
Lunch provided  
RSVP at (859) 234-5510

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# GARDENING Safely

Come and learn the health benefits of gardening and strategies to prevent injuries from happening in the garden.

Date:

September 30 @ Noon

Location:

Harrison Co Extension Office

\*LUNCH PROVIDED

RSVP @ 859-234-5510

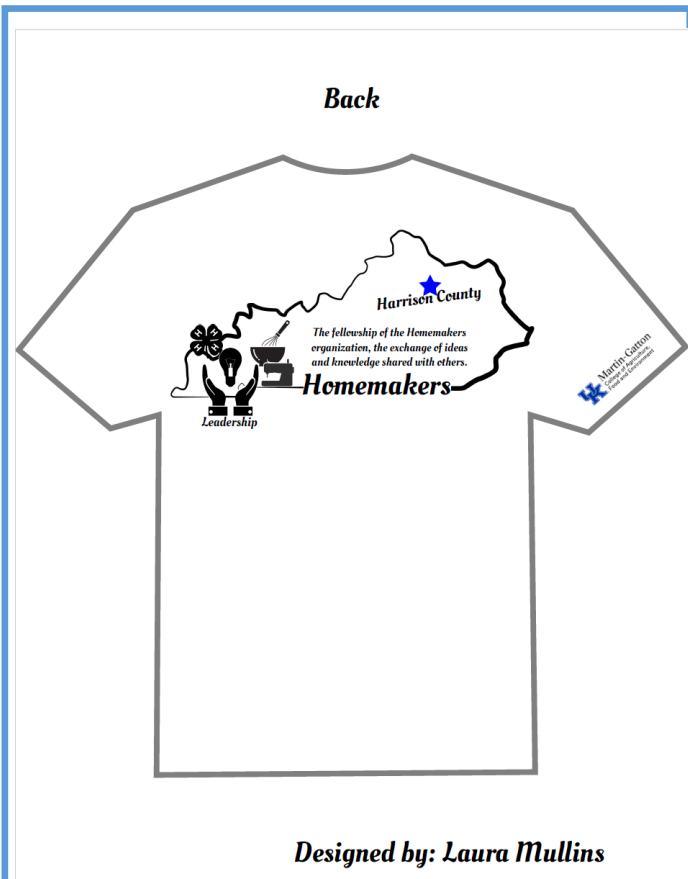


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Designed by: Laura Mullins

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College of Agriculture,  
Food and Environment  
University of Kentucky.

**MEDICARE**

Answering your  
questions about  
**MEDICARE**

*with Katrina Candill  
& Carla Bowling*

RSVP at 859-234-5510

**September 24**  
**10am**  
**1pm**  
**6pm**

**Location: Harrison  
County Extension Office**

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University of Kentucky



On front left.

The Harrison County Homemakers shirts will be available at the Extension Office beginning in September. The cost is \$18 and checks can be made to Harrison County Homemakers. Stop by the Extension Office to purchase yours today.



# Harrison County Waste Tire Collection

@ HC Highway Road Building  
207 Ky Hwy 32 W    Cynthiana, KY 41031

**Can accept:** Tires on & off Rim, including farm implement, bicycle, motorcycle, go-cart, ATV, Tractor, Truck & passenger.

**Cannot accept:** Large OTR, tracks, sheet rubber, solid, calcium, or otherwise filled or any tire with a bead greater than 1.7 inches.



**Large loads of 20 or more, or large tires must have someone to help unload.**  
**Call HC Solid Dept. at 859-588-1780 for any questions.**

**Thursday & Friday**  
**Sept. 5 & 6, 2024**  
**8 am - 3 pm**

**Saturday**  
**Sept. 7, 2024**  
**8 am - Noon**

# Harvest Hustle FCS 5K Walk/Run

## SATURDAY, Nov 2, 2024 @10am



### Age Divisions

**\*\*Circle your letter\*\***

Age	♀	♂	Age	♀	♂
< 7	A	B	35-44	M	N
8-10	C	D	45-54	O	P
11-13	E	F	55-59	Q	R
14-17	G	H	60-64	S	T
18-25	I	J	65-69	U	V
26-34	K	L	70-74	W	X
			75+	Y	Z

### Entry Fee — individual:

Early-Bird (Before Oct 4): \$15.00  
 From Oct 4 up to Race Day: \$20.00

### Entry Fee — team of 5 or more:

Early-Bird (Before Oct 4): \$10.00/person  
 From Oct 4 up to Race Day: \$15/person

Age : \_\_\_\_\_ Gender: \_\_\_\_\_ 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: \_\_\_\_\_

### 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**



### For Office Use Only:

Date: \_\_\_\_\_

Paid in full:  Yes

Check #: \_\_\_\_\_

Amount: \_\_\_\_\_

Shirt design may vary

CUT ALONG LINE TO KEEP IMPORTANT INFO BELOW.

### Things to Remember: Sat, Nov 2, 2024

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

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 LEXINGTON, KY 40546



### 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



Disabilities  
accommodated  
with prior notification.

# HARRISON CO. HOUSEHOLD HAZARDOUS WASTE COLLECTION



**SATURDAY  
SEPT. 21, 2024  
9 AM - 1 PM  
@ HC ROAD  
DEPT.  
207 KY HWY 32 W  
CYNTHIANA, KY 41031**

[www.harrisoncountyconservationdistrict.com](http://www.harrisoncountyconservationdistrict.com)

- \* Aerosol Cans
- \* Ammonia
- \* Antifreeze (NO mixtures)
- \* Arts & Craft Supplies
- \* Batteries (all types)
- \* Bleaches
- \* Brake fluid
- \* Cleaning chemicals
- \* Creosote
- \* Drain Cleaners
- \* Engine & Radiator cleaners & flushes
- \* Corrosives & Flammables (fuel, kerosene, etc.)
- \* E-Scraps (computers, monitors, keyboards, printers, cell phones)
- \* Herbicides & Pesticides (2 gal/2lbs. only)
- \* Ink Cartridges/Toner
- \* Insect spray
- \* Light Bulbs (all types)
- \* Mercury
- \* Metal Polish
- \* Moth Balls
- \* Muriatic acid
- \* Oil (used motor, hydraulic, transmission, and brake fluids)
- \* Paint (10 can limit) & Thinner/Cleaner
- \* Propane Tanks (20 lbs. only)
- \* Pool chemicals
- \* Rodent killers
- \* Rust preventatives
- \* Sealants
- \* Solvents
- \* Televisions (limit of 1 per vehicle), Flat Screen Only, No CRT TV's
- \* Wood Preservatives & Strippers

**\* We will NOT be accepting appliances, fertilizer, medications, ammunition, explosives, radioactive material, or tires.**

**\* We reserve the right to deny collection of any item for any reason.**

## Registration Form

City you live in: \_\_\_\_\_

County you live in: \_\_\_\_\_

Please place a check in the box next to the type of waste you will be recycling (select all that apply).

- Paint** (all types, limited to 10 cans per vehicle)
- Hazardous Materials** (flammables, combustibles, corrosives, fuel, kerosene, pesticides, aerosol cans, etc.)
- Oil/Antifreeze** (all types, no mixtures)
- Bulbs** (CFL, 4ft/8ft tubes)
- Electronics** (TVs (limit 1 per vehicle, Flat Screen Only, NO CRT tv's), computers, DVD players, etc.)
- Propane Tanks** (20 lbs. only)
- Toner/Ink** (color, black and white)
- Batteries** (all types)

**Bring completed form with you to the recycling event on September 21st.**



## Crafts & Cooking

WITH  
**STACEY  
STEPHENS**

**September 19  
11:30am**

Recipe: Broccoli Cheddar Biscuits  
Craft: Bean Art in a Frame  
Harrison Co. Public Library  
rsvp @ 859-234-4881



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Visit [www.harrisoncountyconservationdistrict.com](http://www.harrisoncountyconservationdistrict.com) for more information



# COOKING THROUGH THE CALENDAR

WITH **STACEY**

**STEPHENS**

**September 17, 5pm**

Harrison Co. Public Library  
Recipe: Ramen Skillet Dinner

Registration required:  
RSVP 859-234-4881



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Harrison Co Homemakers hosts  
**Honey Festival**  
**Bake-Off**  
**September 21**



Drop baked goods to Courthouse between 9-11am

**REGISTRATION MUST be turned into the Harrison County Extension Office by September 13. Forms can be obtained at the Extension Office or Cynthiana Honey Festival Facebook Page. NO LATE ENTRIES ACCEPTED.**

**CATEGORIES:**

Pastries  
Breads  
Sauces  
Other Baked Goods

**JUDGING CRITERIA:**

Presentation  
Smell  
Texture  
Taste  
Creativity

**RULES:**

\*One entry per category  
\*Each recipe must contain at least 1/4 cup of honey  
\*No late entries will be permitted  
\*Recipe must be submitted with registration form  
\*Use non-returnable dishes  
\*Entry samples will be distributed after judging

**PRIZES \$50 1ST; \$20 2ND; \$10 3RD**

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Disability  
accommodated  
with prior notification.



# Honey Festival Bake-off Registration Form

Turn this form in to the Harrison County Extension Office by September 13. No late entries will be accepted. Baked entries should arrive to the Courthouse during the Honey Festival between 9-11am. Call 859-234-5510 for questions.

**NAME:**

**CONTACT #:**

**CATEGORY:**

**RECIPE NAME:**

**\*\*SUBMIT FORM WITH A COPY OF THE RECIPE**



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September is National Preparedness Month

# ARE YOU PREPARED?



**FREE!!**

**Come learn how to prepare your home and family before a disaster. Topics will include building an emergency kit, family planning discussions, important documents to gather and financial considerations before and after a disaster**

**September 5th  
1p.m.  
Harrison County  
Extension Office**

**Optional Purchase: \$20 Disaster Preparedness Kit - will include NOAA weather radio with solar charger, fire/waterproof document holder, first aid kit and more!**

**Call to register: 859-234-5510**

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**SATURDAY,  
SEPTEMBER 21, 2024  
9:30 AM**

Pre-Registration ends Friday, September 20 at 3:30 p.m.

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

**Make checks payable to  
Harrison Memorial Hospital**

**SHIRT COLOR—  
Black with Yellow 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 100 pre-registered children and first 100 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 16.**
- 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 16 through Friday, September 20 by 3:30 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					
			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

# **Homemaker News**

## **President's Corner:**

*"Hello Homemakers,*

*It's hard to believe that it is time to begin a new homemaker year. This year we are going to be "BLAZING THE WAY WITH HCEH" so homemakers, get your running shoes on and get your bodies fueled up and ready to go. I am looking forward to an exciting year for Harrison County Homemakers.*

*Here are a few dates to remember:*

*Honey Festival September 21  
Homemaker Week October 14-19,  
Area homemaker meeting October 11  
Advisory Council September 23*

*Please mark your calendar with these dates.  
Let's Have A Great Year!"*

Harlene Welch  
President, Harrison Co Extension Homemakers

## **Homemaker Dates:**

Aug 26, Homemaker Officer & Educational Chairman training 5pm @ Extension Office  
Sept 23, Advisory Council 9:30am @ Extension Office  
October 11, Bluegrass Area Homemaker Annual Meeting in Powell County

## **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*



<b>Date</b>	<b>Lesson Topic</b>
Aug 26	Savvy Online Grocery Shopping
Sept 30	Gardening Safely
Oct 28	Understanding Medicare and Medicaid
Nov 25	How to get out of a Mealtime Rut
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



# BLAZE THE TRAIL

## BLUEGRASS AREA EXTENSION HOMEMAKERS' ANNUAL MEETING

Highlighting Powell County, Kentucky, home of the beautiful Natural Bridge State Resort Park and a portion of the Red River Gorge.

Guest Speaker: Pete Fingerson, Executive Director  
Powell County Tourism Commission

### FRIDAY, OCTOBER 11, 2024



#### 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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## **Agent Editorials**

*"Hello FCS Friends!*

*Fall, here we come! Homemaker Clubs meet back monthly starting in September. Extension programs are in full swing and partnerships with community businesses and festivals are great collaborations that we continue to see year round. Stay tuned for all of the fall happenings. The Giant Pumpkin Contest will take place at the end of October so be sure to participate either with a pumpkin you have grown or stop by to see the display at the Courthouse. The 3rd annual Harvest Hustle 5K is approaching on Saturday, November 2nd. Consider participating in this walk/run opportunity. If you would like to sponsor or help out at the event, please call the Extension Office for details.*

*Shelley W. Meyer*

Shelley Meyer  
Harrison County Extension Agent  
For Family & Consumer Sciences



*Community Corner*

Spanish Resources



MCTC



LIBRARY



HC EXTENSION

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.



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 Wells with Horticulture: 1st Wednesdays**
- \* **Shannon Farrell and Holly Laytart with 4-H: 2nd Wednesdays**
- \* **Shelley Meyer with FCS & Stacey Stephens with NEP: 4th Thursdays**



## SEPTEMBER CALENDAR OF EVENTS

- Sept 3, Adult Sewing 10am @ Extension Office
- Sept 4, Falmouth Road Homemaker 11am
- Sept 5, Indian Creek Homemaker 10:30am
- Sept 5, Emergency Disaster Preparedness 1pm @ Extension Office
- Sept 5, Knitting 4:30pm @ Extension Office
- Sept 10, Adult Sewing 10am @ Extension Office
- Sept 12, Sunrise Homemaker 10am
- Sept 12, Curry Homemaker 10am
- Sept 12, Breaking the Barriers 9am @ McCauley Building Fairgrounds
- Sept 16, Embroidery 9am @ Extension Office
- Sept 17, Adult Sewing 10am @ Extension Office
- Sept 17, Jacob Homemaker 6pm @ Extension Office
- Sept 17, Barlow Homemaker 6:30pm @ Extension Office
- Sept 18, Leesburg Homemaker 10am @ Extension Office
- Sept 19, Knitting 4:30pm @ Extension Office
- Sept 20, Crafty Scrappers 6pm @ Extension Office
- Sept 21, Honey Festival @ Courthouse
- Sept 24, Medicare Q&A 10am, 1pm, 6pm @ Extension Office
- Sept 24, Adult Sewing 10am @ Extension Office
- Sept 25, Quilt Club 10am @ Extension Office
- Sept 26, Scrapbooking 9am @ Extension Office
- Sept 26, Dog Grooming 101 10am, 5pm @ Extension Office
- Sept 30, Embroidery 9am @ Extension Office
- Sept 30, Leader Lesson Noon @ Extension Office

## DATES TO REMEMBER

- Sept 30-Oct 5, Homemaker Overnight Trip to Savannah, GA
- Oct 11, Bluegrass Area Homemaker Meeting in Powell County
- Nov 2, Harvest Hustle 5K 10am @ Flat Run Veterans Park

