

# October, November, December 2024

# Quarterly Newsletter



## Welcome to the Quarterly Report!

Purdue Extension- Harrison County strives to improve lives and livelihoods by delivering tested and trusted educational resources. The Cooperative Extension Service is one of the nation's largest providers of scientific research-based information and education. It's a network of colleges, universities, and the U.S. Department of Agriculture, serving communities and counties across America.

Purdue Extension focuses on Agriculture and Natural Resources, Community Development, Health and Human Sciences, and 4-H Youth Development. Then, based on community needs, Purdue Extension- Harrison County is also able to leverage valuable expertise from Purdue's Nutrition Education Program (NEP). NEP works to make the healthy choice the easy choice where limited-resource Hoosiers live, eat, work, play, and shop. It is supported by the U.S. Department of Agriculture and offers unique opportunities here in Harrison County.

Purdue Extension strives to be Indiana's Educational Partner for Life!



Extension - Harrison County

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### **Purdue Extension Harrison County Staff:**

Ariel Camm-Wilson

County Extension Director  
Agriculture & Natural Resources Educator

Tara Beckman

Health and Human Sciences &  
Community Development Educator

Anna Denny

4-H Youth Development Educator

Katie Davidson

Community Wellness Coordinator (CWC)

Cindy Finerfrock

Nutrition Education Program Advisor  
(NEPA)

Mary Eve

Office Manager

Randall Drury

Extension Program Assistant

Tammy Alcorn

Administrative Program Assistant

Open Position

Administrative Assistant

# Letters from the Educators

## Agriculture and Natural Resources (ANR)

*Ariel Camm - Wilson*

**County Extension Director, Agriculture & Natural Resources Educator**

As 2024 comes to an end and we are now in 2025, we have a lot to reflect upon within the past year and a lot to look forward to in 2025. The amount of participants and impactful programming presented within ANR in 2024 was exceptional. Thank you to all of the participants, supporters, sponsors, and everyone else who made this past year a success. 2025 will come with new and returning programs to benefit members of Harrison County.

I am also beyond excited to be the new County Extension Director (CED) which took affect in late October. This will be a new chapter within my Extension Career which comes with new roles and responsibilities as well as continuing my ANR programming.

## Health and Human Sciences (HHS) / Community Development (CD)

*Tara Beckman*

**Health and Human Sciences & Community Development Educator**

Reflecting on the impactful programs and partnerships from October to December, it's been a rewarding few months for HHS/CD programming. Our continued collaboration with partners like Hickory Treatment Center has been crucial in providing valuable resources to individuals overcoming substance use challenges. Over the last quarter, we hosted four sessions, engaging 78 participants in discussions on health and nutrition, financial education, and employability skills. I also had the opportunity to work alongside community leaders in Knox and Daviess counties, focusing on team building, conflict management, and interpersonal communication. These efforts highlight the power of community partnerships in achieving our broader goal of strengthening leadership and promoting well-being across Harrison County and beyond. As we move into the new year, I look forward to building on this momentum, continuing our strong partnerships, and always remaining open to forming new ones to better meet community needs and create lasting impact.

## 4-H and Youth Development

*Anna Denny*

**4-H Youth Development Educator**

As we close out 2024, I'm happy to reflect on the growth and engagement in Harrison County 4-H. Our youth enrollment has seen a remarkable increase this year. From October to December of last year, we had 177 youth enrolled, and this year, that number has risen to 244 - a 38% increase!

October kicked off the start of the program year with fun STEM programs, enrollment events like Pumpkin Palooza, and Trunk or Treats. November was also filled with adventure for youth, with field trips to the North American Livestock Expo, Nashville's ICE at the Gaylord Opryland Hotel, and artistic workshops like the Paint Your Pet in Pop Art class. We wrapped up December with Saturday with Santa, cheese and caramel making workshops, and community service events such as Angel Tree and the a food drive.

I am grateful for the support of our volunteers and community, and I look forward to the continued growth and success of our 4-H program!



*You're Invited!*

## ANNUAL EXTENSION BOARD MEETING & OPEN HOUSE

**Thursday March 13th, 2025      6pm-8pm**

Purdue Extension Harrison County invites you to our Annual Extension Board Meeting & Open House on March 13th at 6:00pm at the Extension Office.

A complimentary meal and beverages will be provided. Thank you to Blackman Farms for sponsoring refreshments at this event.

Join us for:

- Educational Breakout Sessions
- 2024 Extension Educator Reports
- Introduction & Election of Extension Board Members
- Presentation of Awards

**Please kindly RSVP by Monday, March 3rd, 2025**



# Agriculture and Natural Resources (ANR)

## *Discovering Solar Energy*

Tuesday, October 15th, ANR Educator, Ariel Camm-Wilson put on a Solar Seminar for those in Harrison County. With over 20 individuals coming to the workshop, she invited guest speaker Nick Geswein to the stage to educate and inform the Community about Residential and Agricultural Solar options.

Topics explored included:

- Personal Goals
- Types of Solar Systems
- Cost associated with a solar system
- What to consider before installing solar
- Different types of panels
- The most important topic, How You Use Your Energy



This was a great way for our community members to learn about a topic that is fairly new to the area. Thank you REMC for a great partnership and assisting in educating our amazing community.

## *Crawford County 4th Grade Dairy Station*

ANR educator, Ariel Camm-Wilson spent the morning in Crawford County assisting in 4th Grade Ag Day discussing her passion, dairy cattle. They discussed the differences between Dairy and Beef animals and the different dairy breeds along with characteristics. They had the chance to try 2 different types of cheeses and what causes them to be different. This was a very fun event to be apart of!



## *Area 2 Pesticide Applicator Program*

On Tuesday, November 12, 2024, ANR Educator, Ariel Camm-Wilson had over 40 participants attend the Area 2 Parp program.

Attendees had the opportunity to learn about :

- Organic agriculture, how to transition fields to become organic, soil nutrients, and cover crops - Ashley Adair, Purdue Organic Ag Specialist
- Weed Control on corn and soybeans - Bill Johnson, Purdue Weed Science Specialist
- Worker protection standards discussing safety, certifications, and responsibility of employers - Ariel Camm-Wilson

This was a great way to have applicators stay up to date on their credits and we appreciate all those who attended.





# Agriculture and Natural Resources (ANR)

## *Cattle & Coffee*

Saturday, Nov. 16th ANR Educator Ariel Camm-Wilson held an event for women in Ag in downtown Corydon at Kent Java. They enjoyed freshly brewed coffee while discussing Cattle. The discussions they had included cold stressors, body condition scoring and feeding cattle in the winter time. Participants also engaged in sharing stories and discussing fun facts about statistics in Indiana. Everyone at the event found the most interesting facts to be that cattle have the ability to smell things from 6 miles away, and that there are steaks that cost upwards of \$150 here in Indiana.

Guest speaker Jennifer Anderson with FSA, spoke about livestock disaster assistance programs and how they are available to those in the county.



## *Grain Bin Safety*

Thursday, December 12th, ANR Educator Ariel Camm-Wilson and Extension Program Assistant Randall Drury teamed up with local Harrison County fire departments to put on a grain bin safety seminar. Ariel discussed corn statistics in Indiana and Harrison County, injuries involving confined spaces, and how to properly dress when entering a grain bin. Randall discussed grain bin explosions, and how to prevent them. Topics discussed were also lock out tag out, proper non-sparking tools to use, and harnessing equipment. Once the presentation portion was completed, the program was handed over to Ramsey, Palmyra, and New Middletown Fire Departments to present a demonstration with two different types of rescue tubes used for grain entrapments. One of the tubes was a metal tube while the other was a plastic tube. They discussed how these tubes get used as well as how to eliminate as much risk as possible while performing a rescue. The guests who attended had the opportunity to enjoy some chili and hotdogs while everyone was presenting, enriching their education experiences.



# Collaborations

## *Grow it, Cook it*

On Thursday, October 17th, ANR Educator Ariel Camm-Wilson was joined by HHS/CD Educator Tara Beckman for a workshop centered on herbs. The herbs discussed included chives, parsley, thyme, and basil.

Ariel explained how to effectively grow and harvest these herbs, sharing fascinating facts during the "Grow It" segment of the presentation. She also handed out packets of herb seeds to inspire attendees to start their own herb gardens.

Tara delved into the flavor profiles, pairings, and common culinary uses of the herbs, while also highlighting their health benefits. She covered topics such as storage, preparation, and how to check for freshness, along with clarifying the difference between herbs and spices. Two recipes and a drink were prepared for attendees to taste, featuring the herbs in action. The recipes included:

- Broccoli & Chive Stuffed Peppers
- Spinach & Basil Pesto
- Thyme-Infused Lemonade





## *Fostering Wellness and Connection: Ongoing Partnership with Harrison County Public Library*



The ongoing partnership between Harrison County Purdue Extension and the Harrison County Public Library continues to thrive, with three engaging programs hosted this past quarter, totaling six sessions, and drawing 39 participants. "Fall Flavors: Seasonal Spices for Autumn Cuisine" taught

participants how to enjoy the rich flavors of fall without the stress of complicated cooking. Attendees discussed a variety of unexpected fall flavor pairings, included a hot spiced cider demonstration and sampling, and left with affordable, easy recipes to try at home. In "Holiday Stress: Mindfulness Tools for Well-Being," participants learned to identify common stressors and explored mindfulness techniques and self-care practices to reduce stress during the busy holiday season. The session emphasized the importance of gratitude, nurturing self-care, and connecting with others to strengthen community bonds and promote overall well-being. Finally, "Active Living in Winter" highlighted the importance of staying active during the colder months. Attendees discovered creative ways to enhance strength, balance, flexibility, and mental wellness through winter-friendly movement ideas. The session concluded with participants setting a SMART fitness goal to keep them motivated and moving through the winter, embracing the chill to stay active and joyful. These programs continue to provide valuable resources and foster a sense of community within Harrison County.

## *Festive Flavors: Eating the Rainbow with Seasonal Produce*

On Tuesday, November 12th Harrison County Extension Homemakers gathered for their annual Holiday Workshop. During the day, Educator Tara Beckman and NEPA Cindy Finerfrock led a session titled "Festive Flavors: Eating the Rainbow with Seasonal Produce," where they shared practical tips for preparing budget-friendly, in-season meals while maintaining food safety and nutrition during the holiday season. Emphasizing the importance of colorful, nutrient-rich foods, they demonstrated how a variety of foods can visually represent the wide range of nutrients offered to guests.

Participants had the opportunity to sample a delicious and nutritious Creamy Chicken Cranberry Roll-Up, which was demonstrated during the presentation, and then enjoyed during the group's pitch-in lunch. This session, attended by 53 adults and 5 youth, provided valuable insights for making healthy holiday meals festive and easy, with additional recipes available at [eatgathergo.org](http://eatgathergo.org).



## *Expanding Community Support through Ongoing Collaboration*

Building on the success of the initial partnership earlier this year, the collaboration between HHS/CD Educator Tara Beckman and Hickory Treatment Center in Corydon continues to grow, with additional sessions offered during the months of November and December. Hickory Treatment Center, known for its 28-day substance use disorders recovery program for men, has been an important partner for addressing substance use disorder in the community. These ongoing sessions continue to provide essential tools and support for individuals on their journey toward improved health and stability, with topics covering nutrition, financial education, employability skills, and the importance of sleep. Over the course of these months, 4 sessions were held, engaging a total of 78 participants across the series. This program remains a key component of the broader goal to foster a recovery-oriented system of care (ROSC) within the community, providing valuable resources to those seeking to overcome substance use challenges and build a healthier future.



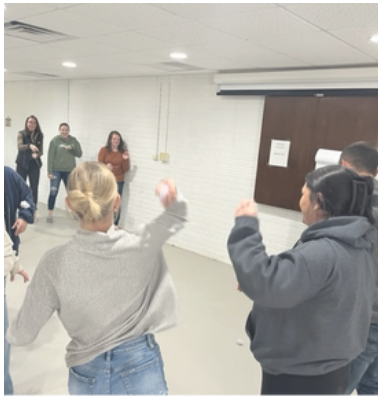
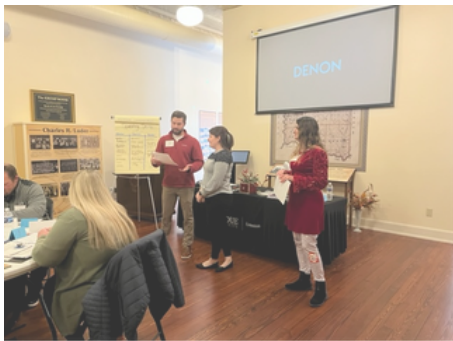


*Leadership Focused Trainings in Communities*

In November, Tara joined colleagues in Knox County for their Community Leadership Program, where she co-led a team-building session with Mitch Wagoner, 4-H Youth Development Educator. The morning session focused on establishing trust, applying the Tuckman model of group development, and building confidence to enhance teamwork in community groups. In the afternoon, Tara led a session on Conflict Management, helping participants understand different conflict styles and develop strategies for managing conflict effectively. Through discussions, activities, and self-reflection, participants learned how to foster healthy conflict resolution and make progress within their teams, with the ultimate goal of improving their communities.

In December, Tara, led a session in Daviess County focused on the importance of interpersonal communication skills for community leadership. Participants explored how active listening, effective speaking, and giving and receiving feedback can enhance their leadership abilities. They discovered their communication strengths and areas for improvement, with the goal of increasing their effectiveness in both personal and professional interactions. The session emphasized the role of strong communication in building trust, fostering collaboration, and strengthening community ties.

Interested in offering these leadership-focused trainings to your managers, employees, organization, or non-profit? Contact Tara Beckman at the Purdue Extension Harrison County office to learn more! Call 812-738-4236 or email Tara at [tdbeckma@purdue.edu](mailto:tdbeckma@purdue.edu) to get started and strengthen your team's leadership skills today!



# 4-H and Youth Development

## *4-H Pumpkin Palooza*

The 4-H Pumpkin Palooza was a success! Nearly 25 enthusiastic youth gathered to paint and carve pumpkins, celebrating the 4-H enrollment season with hands-on fun. A big thanks to Stumlers Family Farms for their generous pumpkin donations, which helped make this event possible!



## *4-H at Lanesville's Haunted Heritage Trunk or Treat*

4-H Educator Anna Denny, and Dilly the Dairy Goat helped pass out 4-H information and treats to trunk or treaters at the Lanesville Haunted Heritage and Wesley Chapel's Trunk or Treat Events. They saw many 4-H members in attendance as well!



## *Fall Painting Workshop*

Our very first 4-H workshop night of the 2024-2025 program year was full of fun, creativity, and memories! Our 4-H members came together to create beautiful fall pumpkin paintings with the help of 4-H Educator, Anna Denny, and 4-H volunteers Deborah Schweitzer and Kyle Kopp. After practicing and learning painting tips and techniques with their pumpkin painting, the 4-H members got even more creative and made a painting of their choice! What a great way to spend the start of the new 4-H program year, and National 4-H week!





## 4-H and Youth Development

### *STEM at Saint Joe's: DNA Extraction!*

Anna Denny, 4-H Youth Development Educator, visited the STEM class at Saint Joseph Elementary School today.

Students engaged in an exciting hands-on activity: extracting DNA from strawberries! During the session, the youth were guided through the fascinating process of DNA extraction, explaining the science behind it, and its relevance to understanding genetics.

The students were thrilled to learn about the molecular building blocks of life and got to see firsthand how to separate DNA from the fruit's cells. This interactive experience not only sparked their curiosity in science but also emphasized the importance of STEM education in real-world applications. We look forward to more engaging activities this program year that will inspire a love for learning in the young minds of Harrison County!



### *Dairy Club Field Trip: NAILE*

The 4-H Dairy Club took an exciting field trip to the North American Livestock Expo! Members had the chance to explore both the dairy goat and dairy cattle shows, and meet breeders and showmen. This hands-on learning experience gave members an up-close look at the dedication and skill required in the show ring.



### *Dairy Club Identification Meeting*

The 4-H Dairy Club had their first cheese identification practice tonight in preparation for the Milk Quality and Products CDE competition. Mr. Matthew Payne began the session with an engaging lesson on the journey milk takes from farm to grocery store. Afterward, the 4-H'ers explored a variety of cheeses through a taste test, with some adventurous reactions—especially a few sour faces when trying blue cheese!

Thank you to all of the volunteers and livestock superintendents who helped out!





## 4-H and Youth Development

### *New 4-H Club: Blue River Canoers*

The Blue River Canoers 4-H Club began in November of 2024, where they welcomed all youth, Mini and traditional, to join. They do hands-on workshops, crafts, hold member-led meetings that foster leadership, and community service. They are based out of Depauw, and meet on the 3rd Monday of each month at 6:00 PM at the Frenchtown Community Center.

This December, they participated in the Angel Tree project, where they helped sponsor children in need to help make their Christmas memorable. They also hosted a Gift Wrapping Fundraiser this past December.



### *Blue River All Stars Nashville Trip*

The Blue River All Stars 4-H Club recently took a memorable trip to the Gaylord Opryland Hotel's ICE! featuring Frosty the Snowman, where families and friends shared a day filled with chilly excitement. The group explored ice slides, skating, and more, making it an adventure to remember.

A favorite activity among the kids was sliding down the ice slides, marveling at the icy thrills. "Sliding down the ice slides was a favorite of ours," shared one parent. "The kids could not believe it was real ice. They had to take their gloves off to touch it to really believe it was ice!"

The day continued with ice skating, where the group enjoyed gliding across the rink alongside friends from the Blue River All Stars 4-H Club. The trip left everyone with happy memories and a newfound love for winter fun!





# 4-H and Youth Development

## *Mini 4-H Winter Wonderland*

The Mini 4-H Winter Wonderland event was a magical day filled with creativity, fun, and holiday cheer! Young 4-H members gathered to make festive crafts, including adorable ornaments and winter-themed decorations. Each craft project allowed the kids to tap into their creativity and take home a special handmade item to remember the day.



The highlight of the day was the surprise visit from Santa Claus, who made a grand entrance to the delight of all the kids. Santa took time to chat with each child, listen to their holiday wishes, and even posed for photos to capture the memories. Overall, it was a heartwarming event that brought the spirit of the season to life.



## *North Harrison & Morgan Elementary After School 4-H Programs*

4-H Youth Development Educator, Anna Denny, visits Morgan Elementary and North Harrison Elementary each month to cover a different educational topic and engage in a hands on lesson with the youth participants. In October, she hosted an Apple Crunch. In November, she brought a Blender Bike for the youth to learn about physical fitness and create a delicious smoothie. In December, they crafted snow globes and ornaments.



## *Paint Your Pet in Pop Art Workshop*

The 4-H Paint Your Pet in Pop Art workshop, led by talented volunteer Debbie Schweitzer, was a hit! Participants submitted pet photos, which were turned into stencils to guide their vibrant pop art creations.

Debbie provided expert guidance, sharing tips on blending colors and artistic techniques. By the end of the workshop, each 4-H'er proudly walked away with a unique masterpiece celebrating their beloved pets.



## Needs Assessments

### *Needs Assessments*

Purdue Extension Harrison County strives to provide programming catered to the needs of our community. These surveys will help identify what programs you would like to see in our county. Your participation is voluntary and anonymous and data will only be used by the Harrison County Extension Staff. Scan the QR code, or follow the link to get started!



### *4-H Youth Development:*



<https://bit.ly/4hneedssurvey>



### *Agriculture and Natural Resources:*



<https://bit.ly/anrsurvey>

## Other Office Happenings

### *A Word From Our New County Extension Director*

I am thrilled to announce I am the new County Extension Director (CED) for Harrison County, in addition to my role as the ANR educator!

I am excited and looking forward to this role to help serve as the liaison between Purdue and the County in addition to supporting the office.

I have been the ANR Educator now for a year and a half, but I have been involved in Extension through being a 10 year 4-H member and 2 year intern. Being a lifelong Harrison County Resident, I am blessed to be able to work and better serve the community in any way I can to help further educate the public about the services we have and be an advocate for Purdue Extension. Extension means a lot to me, and I want to help others learn about the programs and services we offer in the county. I am looking forward to this additional role and helping make an impact on the community!





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Corydon, IN 47112

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## Connect with Us!

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 [extension.purdue.edu/Harrison](https://extension.purdue.edu/Harrison)

 [facebook.com/HarrisonCoExtension](https://facebook.com/HarrisonCoExtension)

 [bit.ly/harrisoncoyoutube](https://bit.ly/harrisoncoyoutube)

## Accommodations

If you are in need of accommodations to attend a program or access this newsletter, please contact the Extension Office.

### Harrison County Extension Inclement Weather Policy:

ALL Extension Activities (4-H events, adult workshops, meetings, classes, etc.) are cancelled when schools are closed due to inclement weather. This includes any events at the Extension Building, Harrison County Schools, etc. If the event is on the weekend, please contact the event host, or your club leader to confirm cancellation! We will do our best to share this information through Facebook posts and emails.