

# January, February, March 2025

# 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

Sallie Carter

Extension Program Assistant

Tammy Alcorn

Administrative Assistant

Open Position

Administrative Program Assistant

# Letters from the Educators

## Agriculture and Natural Resources (ANR)

*Ariel Camm - Wilson*

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

The year has started out strong in Extension! It has been wonderful to see new faces and familiar faces at programs. From hosting the Ag Outlook Breakfast to PARP classes, it is great to be able to connect with each other.

A huge thank you to everyone who attended our Extension Board Annual Meeting! The night was a terrific way to share success, impacts being made, and elect our new Extension Board members.

As spring is upon us, it is now time to enjoy the warm weather and sunny skies. If you are out in your gardens, yards, and fields and need help identifying pests or diseases, give me a call or an email.

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

*Tara Beckman*

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

As we step into spring, I'm excited to reflect on a productive and impactful start to 2025. This past quarter, programming has focused on empowering the community to make informed choices—whether it's about adopting healthier eating habits or managing finances effectively. I saw great participation, with an array of audiences eager to learn and make positive changes.

Looking ahead, I'm gearing up for a busy spring with valuable programs in April, including a free documentary screening on food insecurity and a ServSafe Food Manager course, followed by a Beginner's Guide to Grant Writing workshop in May. I look forward to supporting our community's continued growth and success- feel free to reach out with any questions!

## 4-H and Youth Development

*Anna Denny*

**4-H Youth Development Educator**

The first quarter of 2025 has been filled with growth, engagement, and success in Purdue Extension Harrison County and 4-H! 4-H enrollment continues to grow, with more youth joining for hands-on learning, leadership, and community service. We have expanded our stretch across the county, introducing 4-H monthly workshops at the Lanesville Heritage grounds. Programs like 4-H Project to Plate and the Teen Barista have provided unique learning experiences. Our 4-H members have excelled in area and state competitions, showcasing their skills in livestock, communication, and STEM events. Their hard work highlights the strength of our program and bright future ahead! Spring brings more showmanship clinics, project workshops, and fair preparations. Thank you for your continued support in empowering our youth and strengthening our community!



# Community Collaboration: Annual Extension Board Meeting

On Thursday, March 13th the 2025 Annual Extension Board Meeting was held at the Harrison County Extension Office with over 45 people in attendance! The evening started with a meal by Harrison County Purdue Extension Office Manager, Mary Eve. County Extension Director and ANR Educator Ariel Camm-Wilson and HHS/CD Educator Tara Beckman led the evening with a presentation of the highlights of the last year in Extension. This is a way to show the impacts being made around the county. The following awards were presented: The Above & Beyond Award: Dennis & Carla Clunie; Darrell Voelker: Outstanding Service; and Dennis Flock: Friend of Extension. During the business meeting three new Extension Board members were elected: Jennifer Kintner, Kyle Kopp and Brittany Wiseman.



Thank you to everyone that came out for this event.

Thank you to Blackman Farms for sponsoring the meal.





# Agriculture and Natural Resources (ANR)

## *Ag Outlook Meeting & Breakfast*

On Friday, January 31st, the 2025 Ag Outlook Breakfast and meeting was held at Beckort Auctions with over 45 people in attendance! The morning started off with a homemade breakfast by Purdue Extension Harrison County Office Manager, Mary Eve. The meeting featured Dr. Michael Langemeier, Professor of Agricultural Economics at Purdue University. Dr. Langemeier spoke about the grain markets for 2025 as well as carbon credits, and land values. The participants asked a lot of great questions. After the meeting concluded, everyone was able to socialize and have discussions. Thank you to Beckort Auctions, LLCs for hosting and sponsoring the breakfast. It is great seeing the amount of the support for agriculture in Harrison County!



## *Premier PARP*

ANR Educators Ariel Camm-Wilson and Molley Hasenour led the Premier Ag Winter PARP Meeting with over 50 people in attendance. Topics covered were yields in soybeans and corn, weeds, and soil nutrients by Glenn Longabaugh-Premier Ag Agronomist, and business licensing, record keeping, and becoming drone certified by Ariel Camm-Wilson, Harrison County ANR Educator.

Thank you to the Indiana Corn and Soybean Alliance for sponsoring the PARP fees and thank you to Premier Ag for hosting the event and providing breakfast and lunch for participants!





# Agriculture and Natural Resources (ANR)

## *Beginner Gardener Workshop*

On Wednesday, February 26th ANR Educator Ariel Camm-Wilson hosted 2 sessions of the Beginner Gardening Workshop. The first session was held at the Corydon Branch Library with 9 participants. Ariel discussed types of gardens, reading seed packets, warm season vs. cool season plants, and common insects and diseases. Julie Carrell, Orange County ANR/4-H Educator lead a planting activity, discussed crop rotation, and how to start seeds. The second session was held at the Elizabeth Branch Library with 10 participants. Ariel discussed types of gardens, reading seed packets, warm season vs. cool season plants, and



common insects and diseases. she also led a planting activity, discussed crop rotation, and how to start seeds.

Participants planted wildflowers in a biodegradable egg carton to transplant this summer!



## *PARP Class*



On March 19th, a Harrison County PARP Class was held to ensure that applicators can obtain their continuing education hours. Trever Mills, NRCS, spoke about the benefits of cover crops, and different types of crops that are used. Lucas Windell, Bayer Ag, discussed Tar Spot in corn, what its effects are, what causes Tar Spot, and statistical data. Ariel Camm-Wilson, Harrison County ANR Educator presented the regulatory topic with how to obtain your drone license, record keeping, and updates from Office of the State Chemist.

## *Extension Master Gardener Class*



The Extension Master Gardener Training Course in Harrison County is having a great start to the class! So far, in the 11 weeks, they have learned what an Extension Master Gardener is, how they can help with horticultural education in Harrison County, Plant Science, soils, fruit trees, and plant nutrition. With 4 weeks left to go in the course, there is so much more to learn.



# Collaborations: ANR and 4-H

## *Project to Plate: Beef*

Our 4-H members had a hands-on learning experience at the Project to Plate workshop with Purdue Extension Educators Anna Denny and Ariel Camm-Wilson. Participants explored beef cuts using a beef cut model, learning where different cuts come from and how to identify them. They practiced recognizing various cuts. The 4-H'ers connected with the Livestock superintendents, Shirley Jones and Kristen Garwood.

The 4-H'ers also cooked sirloin steaks and had a delicious meal with baked potatoes, and a veggie salad!

It was a fantastic opportunity to connect agriculture to the dinner table while building valuable life skills in food preparation.



## *Carcass Workshop*

On March 5th, over twenty 4-H members gathered for the Carcass Workshop. This was a great way for youth to learn more about the carcass project and how the process works. Flint Harrelson, Associate Professor of Animal Science from Morehead State, came and taught what carcasses look like in beef, swine, and sheep. He then discussed what he looks for when he scans the animals, how the factors are calculated in, and the different grades of meat cuts. Kyle Nix, 4-H Carcass Superintendent, had examples of cuts of pork and beef to explain the marbling in the meat cuts. Thanks to all of those who came out and learned about carcass scanning!





# 4-H and Youth Development

## *Project to Plate Series*

Our 4-H members had a hands-on learning experience at the Project to Plate workshops. A six-week series featuring beef, pork, poultry, lamb, rabbit, and goat. Participants explored cuts of meat by using the model and puzzles and learning where different cuts come from and how to identify them. They practiced recognizing various cuts. The 4-H'ers prepared a meal during each class. It was a fantastic opportunity to connect agriculture to the dinner table while building valuable life skills in food preparation.





# 4-H and Youth Development

## *4-H Teen Barista Workshop*



What a fantastic evening for our Harrison County 4-H teens at the second 4-H Teen Barista Workshop! KentJava Bar once again welcomed our youth for a hands-on experience. From pulling espresso shots, to frothing milk and creating beautiful latte art, our 4-H'ers got to test their skills and learn from the best.

A huge thank you to KentJava Bar , owner Sherry Watson, and the talented Baristas for sharing their expertise and making this workshop such an engaging and fun learning opportunity! We love seeing our 4-H teens explore new skills in a real-world setting.



## *Embryology After School Program*

Anna Denny, Harrison County's 4-H Youth Development Educator, led an engaging lesson on chick embryology for North Harrison and Morgan Elementary after-school students. She guided students through an egg dissection, explaining each part's role in chick development. The hands-on experience sparked curiosity and gave the youth a deeper understanding of life cycles and animal science — bringing 4-H learning to life!





# 4-H and Youth Development

## *4-H Dairy Team Earns 3rd Place at Area Milk CDE*

The Harrison County 4-H Dairy Team achieved an impressive 3rd place finish at the area-level Milk Quality Career Development Event (CDE) held at Purdue University. Individual highlights included Fletcher Abner earning 2nd place as a Junior 4-H member and Waylon Jones securing 3rd place Junior 4-H member. The team consisted of Waylon Jones, Lucas Jones, and Fletcher Abner.

At the area competition, Waylon Jones claimed 1st place individual, while Lucas Jones and Lynn Kopp placed in the top 10! Our 4-H team performed strongly, earning 3rd place overall in the area competition. Members of the two teams who competed at the area competition included Waylon Jones, Lucas Jones, Edson Jones, Samuel Wiseman, Quentin Haeberlin, Preston Deaton, and Lynn Kopp.

The wonderful 4-H members who competed at the competitions, or practiced through team practices, included Waylon Jones, Lucas Jones, Edson Jones, Anna Walther, Quentin Haeberlin, Preston Deaton, Kyle Kopp, Fayette Crone, Samuel Wiseman, and Fletcher Abner.

Coaches were Darcy Kamer, Kristen Garwood, Shirley Jones, Debbie Haeberlin, Matthew Payne, and Anna Denny.

Congratulations to the team for their hard work and accomplishments!



## *Indiana Area 2 Wildlife Habitat Education Program Contest*

Members of the Blue River All Stars 4-H Club and North Harrison FFA competed in the Indiana Area 2 Wildlife Habitat Education Program Contest at Purdue Polytechnic in New Albany. They tested their knowledge on wildlife and natural resources in a written exam and identifying objects such as skulls, pelts, and equipment.

North Harrison FFA senior team won second place in the Senior division, North Harrison FFA Junior Team won first place, and the Blue River All Stars 4-H Club won second place in the Junior division. We are so proud of all of our Harrison County youth who participated, and we are thankful for the coaches and volunteers for sharing their knowledge!





## 4-H and Youth Development

### *Harrison County Performing Arts Competition*

Thank you to everyone who joined us for the Harrison County 4-H Performing Arts Contest. It was a wonderful evening filled with talent, creativity, and entertainment. Our 4-H members put on an incredible show, and we appreciate all the support from volunteers, club leaders, family, friends, and fellow 4-H members.

Congratulations to our winners:

First Place: Golden Clovers 4-H Club – "4-H, the Good Ol' Days"

Second Place: Four the King – Baton and Dancing Act

Third Place: Cadence English – Guitar and Singing Performance

Each performance showcased the dedication and hard work of our 4-H youth. Thank you to all who participated and helped make the event a success. These performers will be competing in the 4-H Area 2 Performing Arts Contest on April 11th at 6:00 PM at the Harrison County Fairgrounds. Come on out to support them!





## *Empowering Healthy Choices: Meal Planning and Food Budgeting*



In January 2025, Tara Beckman partnered with the Harrison County Public Library to offer a FREE Meal Planning and Food Budgeting program. Held at both the Corydon and Elizabeth Branches, the program saw 10 adults in attendance across two informative sessions.

Participants learned practical strategies for maximizing their food budgets while still enjoying nutritious and delicious meals. The sessions covered essential topics like meal planning, smart shopping tips, and ways to stretch grocery dollars without compromising on health.

By providing these valuable resources, Purdue Extension and the Harrison County Public Library helped attendees set a strong foundation for a healthier and more cost-effective New Year. This program empowered participants with the skills to make informed food choices and stay on track with their health and financial goals throughout 2025.

## *Eating Green: Exploring Plant-Based Diets for Better Health*



In March, Tara Beckman, in partnership with Seniors with a Goal (SWAG) and the Harrison County Public Library, presented “Eating Green: The Benefits and Challenges of Plant-Based Diets.” The sessions highlighted the growing popularity of plant-based eating, its health benefits, and some challenges.

Aligned with the 2025-2030 Dietary Guidelines for Americans, the program emphasized increasing plant-based protein sources, such as beans, peas, and lentils, to reduce the risk of chronic diseases like heart disease. The guidelines also recommend moving these plant proteins into the “Protein” Food Group to further encourage their inclusion in diets.

A total of 33 attendees participated across multiple sessions, a fantastic turnout that highlights the strong interest and commitment to health in our community. Participants were treated to a hands-on demonstration of a delicious lentil and kale salad, discovering how easy it can be to incorporate more plant-based ingredients into their meals. The response was overwhelmingly positive, with many attendees expressing eagerness to make plant-based meals a regular part of their routines.

Purdue Extension looks forward to offering more opportunities for nutrition education to help the community make healthier choices.

*Purdue Extension Teams Up with Genesis House for Financial Education*



Tara Beckman recently partnered with Genesis House to deliver Session 1 of the “Where Does Your Money Go?” (WDYMG) program. This two-session program is designed to help consumers gain a better understanding of how they spend their money.

WDYMG includes activities such as identifying spending priorities and habits, pinpointing financial leaks, and creating a spend-savings plan.

The sessions are filled with engaging conversations, insights, and valuable knowledge tailored to help participants achieve their unique financial goals.

Thanks to open and authentic discussions, as well as participants’ eagerness to learn, there are plans to offer additional financial-related topics in the near future to further assist individuals in maximizing both their short- and long-term financial goals. We look forward to the upcoming Session 2 of WDYMG!

*Making Healthy Choices on a Budget: Impact of the Mock Grocery Store Challenge*

Area Purdue Extension Health and Human Sciences Educators, in partnership with Charlestown High School, participated in hands-on training while hosting the engaging and educational Mock Grocery Store Challenge. This interactive program gave youth the chance to explore the importance of healthy eating while navigating the challenges of shopping on a budget.

During the event, 106 students took part in a real-world simulation where they were tasked with budgeting for and shopping for a week’s worth of nutritious food at a mock grocery store. The challenge not only taught them how to make healthier food choices but also encouraged them to think critically about how to make those choices while staying within a budget.

The impact of the Mock Grocery Store Challenge was significant: 65% of participants reported they would now incorporate a variety of foods into their diets as a result of the program, expanding their understanding of healthy eating. Additionally, 60% said they would now compare grocery store items to select the lowest-priced options, demonstrating how the program empowered students to make smarter, budget-conscious decisions when shopping for healthy meals.

When reflecting on their experience, students shared key takeaways, such as realizing the importance of adding more fruits and vegetables to their diets, planning meals ahead to make better use of their budget, and identifying ways to make healthier choices while shopping.

While the event took place in Charlestown, Tara is excited to now have the training needed to facilitate this program for partners throughout Harrison County. Whether it’s schools, community organizations, or other local partners, she looks forward to offering this hands-on opportunity and helping individuals and families make healthier, budget-friendly food choices that meet their unique needs.





# Welcome New Hires

## MEET OUR EXTENSION PROGRAM ASSISTANT



Extension - Harrison County

Hello! I'm Sallie Carter the new Extension Program Assistant. I am a native of Harrison County and grew up on a farm in Elizabeth. I was a 10 year 4-H member of the Elizabeth-Go-Getters which my mom lead for many years. I have three children with two also completing 10 years of 4-H. My hobbies are reading and spoiling by grandson. I currently live in Corydon with my husband Jerry and am super excited to be part of this amazing team!



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## MEET OUR NEW ADMINISTRATIVE ASSISTANT



Extension - Harrison County

### TAMMY ALCORN

IF I SEEM FAMILIAR, IT'S BECAUSE I HAVE BEEN WITH THE EXTENSION SINCE SEPTEMBER WHEN I WAS HIRED FOR THEIR PART-TIME POSITION. BUT NOW I AM EXCITED TO BE MOVING INTO THE FULL-TIME ADMINISTRATIVE ASSISTANT POSITION. I HAVE ALREADY GOT TO KNOW MANY OF YOU WHO USE THE EXTENSION AND I LOOK FORWARD TO GETTING TO KNOW YOU EVEN BETTER NOW THAT I'LL BE IN THE OFFICE EVERY DAY.



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## SOUTHERN INDIANA

# HEALTHY BITES

**Nutrition Education Program**  
April 2025: Volume 1, Issue 2

## WELCOME!

This quarterly newsletter highlights the regional work of the Purdue Extension Nutrition Education Program in Floyd, Clark, and Harrison Counties.

- **Cindy Finerfrock** is the Nutrition Education Program Advisor (NEPA) for these counties. Cindy's evidenced based, hands-on programming helps Hoosiers of all ages understand how to eat smart and move more.
- **Katie Davidson** is the Community Wellness Coordinator (CWC) for this 3-county region. Her policy, system, and environment change projects help make the healthy choice easier for Southern Indiana families.



## PROGRAM HIGHLIGHT: Seniors With A Goal!

- Cindy collaborates with SWAG!/Seniors With A Goal coordinator Sherry Stroud & RSVP/Retired Senior Volunteer Program Tri-County Coordinator Leann Lindley, who serve programs that operate under grants from Hope Southern Indiana (hopesi.org)
- SWAGs main focus is to engage senior citizens in Indiana to meet for social, educational, and service-focused activities twice a month. They prep various sensory kits for Head Start programs. They also incorporate clients from RAUCH Day Program Fairmont Center in New Albany.
- Cindy provides 'Eat Smart Live Strong' nutrition education sessions at Sherry's member sites: Henryville Library, Ramsey Fire Station/New Salisbury, Tunnel Hill Christian Church, & host location CenterWell Senior Primary Care/New Albany.
- They have teamed up to promote engagement & recruitment with quarterly Themed sessions. Each includes how to swap ingredients in 'Colorful & Classic' Recipes to lower salt/sugar/fat.



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### PROGRAM SESSIONS

Cindy completed programming with **19 partners** between January and March 2025. Sessions explored the benefits of **calcium & flavonoids** in Hot Cocoa, heart healthy **lycopene** in tomatoes, & the wide variety of nutrient rich green colored fruits & vegetables ...while helping find ways to keep physically moving during weather challenges.



**SOUTHERN INDIANA NEP**

## CWC HIGHLIGHT:

### Growing Together Grant Awards

- It is going to be a busy and exciting garden season! Katie worked with community partners to apply for 2 Extension Master Gardener Growing Together Grants:
  - Harrison County was awarded \$1,471 to partner with Corydon Christian Church to start a community garden
  - Clark County was awarded \$1,448 to work with Family Ark/Lotus House to start a teaching and community garden on-site

*Be on the lookout for more updates as these garden projects come to fruition over the spring and summer!*

### INDIANA STORIES AND SOLUTIONS



This winter, Katie facilitated viewings of the new "Food, Insecure" documentary that features Indiana families' voices. This film is a follow up to the 2023 film "The Working Hungry", and focuses on understanding local issues and coming up with local solutions. Documentary viewings are accompanied by a facilitated group discussion. We hope that participants learn new things about the people in their community and are inspired to act!

If you are interested in hosting a viewing of either of these 30 minute films with a guided discussion, reach out to Katie for more information.

Both "The Working Hungry" and Food, Insecure" can be streamed for free at <https://workinghungry.org/>.

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*Peppers and cabbage harvested for donation from Our Community Garden - a Purdue Extension Floyd County project*

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### INITIATIVES

From February 2024-January 2025, Katie worked on 21 different initiatives throughout Southern Indiana, focused on increasing food and physical activity access. Many of these included writing and securing grant funds, along with coordination of volunteers and logistics.

## CONTACT US

### FOR MORE INFORMATION!



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Extension - Harrison County

January, February, March 2025

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**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.