

LIVING WELL IN HARRISON COUNTY

A bimonthly newsletter from your Health & Human Sciences and
Community Development Educator



AUGUST/SEPTEMBER 2026



A Note from Tara..

As summer begins to wind down and many families prepare for the return of school routines and fall activities, it is a great time to reflect on the events and accomplishments that have brought our community together over the past few months.

One of the highlights of the season was the Harrison County Fair & 4-H Fair. In this issue, we are excited to celebrate the many individuals who participated in Open Class exhibits, recognize winners and special entries, showcase photos from Homecomers Hall, and highlight traditions such as the Largest Vegetable contest. We also recap the annual Extension Homemakers' Pie Contest and Auction, which helps fund their scholarship program awarded each year to support local students.

These events would not be possible without the dedication of countless volunteers, Extension Homemakers, Harrison County Fair Board members, judges, superintendents, and community partners who work behind the scenes to make fair week a success! Their time, talents, and commitment help preserve traditions while creating opportunities for learning, friendly competition, and community connection.

As we look ahead, many local residents will continue enjoying summer activities and may even be preparing entries for the Indiana State Fair (August 7 to 23, closed Mondays). While the pace of Extension programming often slows slightly during this season, we encourage you to stay connected through upcoming programs, newsletters, and community events.

Thank you for your continued support of Purdue Extension Harrison County. We hope you enjoy this look back at a successful fair season and all the accomplishments worth celebrating.



Tara Beckman

Purdue Extension Harrison County Staff:

Tara Beckman

Health & Human Services &
Community Development Educator

Ariel Camm-Wilson

County Extension Director
Agriculture & Natural Resources
Educator

Cindy Finerfrock

Nutrition Education Program Advisor
(NEPA)

Mary Eve

Office Manager

Sallie Carter

Program Assistant

Tammy Alcorn

Administrative Assistant

Sarah Gilmer

Administrative Program Assistant

Purdue University Cooperative Extension Harrison County

247 Atwood Street

Corydon, IN 47112

Phone: 812-738-4236

Fax: 812-738-2259



Extension - Harrison County



In This Issue

TASTY BITES

Simple, seasonal recipes you can make at home, designed with nutrition, budget, and busy schedules in mind. Look here for meal ideas the whole family can enjoy!

TABLE TALK

Pull up a chair for practical tips and real-life insights on everyday wellness— from food safety and stress to parenting, relationships, and more. Each topic includes conversation starters and resources to keep the discussion (and the learning) going beyond the table, helping you, your family, and friends put wellness into practice, one small step at a time.

LIVING WELL

This space is all about helping you thrive— in your health, home, and daily life. From meal planning to mindfulness, finances to fitness, find quick tips and resources to support your overall well-being.

Did You Know?

ROUTINES FOR LESS STRESS

Simple evening routines can improve organization and reduce stress. Taking 10 to 15 minutes to reset your home and preview the next day helps prevent rushed mornings and forgotten tasks.

Behavior research calls this “implementation intention” - planning ahead makes follow-through more likely.



Upcoming Programs

****All events listed are open to the public****

Registration may be required, contact office for details.

We encourage you to take note of all Extension-related events happening throughout the summer months.

You can find a full list conveniently **pinned at the top of our Purdue Extension Harrison County Facebook** page, as well as on our **website** at:

extension.purdue.edu/county/harrison/



TASTY BITES

From FoodHero.org- foodhero.org/recipes/cheesy-beef-pasta

Cheesy Beef Pasta

Ingredients:

- ½ pound lean ground beef (15% fat)
- 1 onion, diced (about 1 cup)
- 2 cloves garlic, minced, or ½ teaspoon garlic powder
- 1 small zucchini, chopped (about 1 ½ cups)
- 1 jar (24 to 26 ounces) tomato-based pasta sauce
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- ¼ teaspoon red pepper flakes (optional)
- 12 ounces rotini pasta (about 4 cups)
- ½ cup (2 ounces) shredded cheddar cheese
- 1 ½ cups (6 ounces) shredded mozzarella cheese

Directions:

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. In a large skillet, cook beef, onion, garlic and zucchini over medium-high heat (350 degrees F in an electric skillet) until meat is browned and broken into pieces. Drain any fat (see Notes).
4. Add the pasta sauce, basil, oregano and red pepper flakes, if desired. Bring to a simmer and cook on medium low (275 degrees F in an electric skillet) for 15 minutes.
5. Cook the pasta in boiling water according to package directions.
6. Drain the pasta and add to the sauce in the skillet. Stir in the cheese and cover until the cheese is melted.
7. Refrigerate leftovers within 2 hours.

Notes

- Substitute broccoli for zucchini. Cook fresh broccoli with the pasta in step 3 or add frozen broccoli in step 2.
- Pour fat from cooked meat into a metal container. Let it cool, then dispose of it in a garbage can.



LIVING WELL

As schedules and expenses shift, take a few minutes to review recent spending. Identify one area to adjust and consider setting aside a determined amount each week for any upcoming seasonal or other expenses.



Learn More:

extension.purdue.edu/extmedia/CFS/CFS-704-5-W.pdf

TABLE TALK

Fueling Up For The Day Ahead

As summer turns into fall, daily schedules often become fuller and more structured. Back-to-school routines, work demands, activities, and shifting daylight hours can all impact how we eat, move, and feel throughout the day. During these transition seasons, it's easy for meals to become rushed or skipped altogether, which can affect energy levels, focus, and mood for both kids and adults.

Pulling up a chair together, whether at breakfast, dinner, or even a quick snack break, can be a simple way to check in on how everyone is doing and what their bodies need right now. These conversations don't have to be long to be meaningful; small questions can help families connect food, energy, and well-being:

- How are you feeling during the day—energized, tired, or somewhere in between?
- Which meals or snacks help you feel your best?
- Where do we tend to rush or skip meals during busy days?
- What is one simple change we could make to help everyone stay fueled?
- How can we make meals feel less stressful and more enjoyable this season?

Even small moments of reflection like these can help families build awareness around food choices, strengthen communication, and support healthier daily habits. Over time, these “Table Talk” conversations can help create more consistency and care in how we fuel ourselves through busy seasons of life.

Explore these Extension resources to continue the conversation and support positive communication:

View All Resources Here:

- Family Meal Time
edustore.purdue.edu/hhs-832-w.html
- Meal Planning
healthsystem.osumc.edu/pteduc/docs/MealPlanningBk.pdf





Whether you're a parent, caregiver, educator, or simply someone who cares about kids, this space offers quick, practical tips to help youth, and the adults who support them, thrive. From literacy and life skills to healthy habits and community connections, each issue features simple ways to grow strong minds, routines, and relationships.



WHY IT MATTERS

This is something interesting you might not know — based on research or data.

Research from The Family Dinner Project shows regular family meals are linked to better mental health, stronger family connections, and healthier habits, with higher self-esteem and lower risk of depression and risky behaviors in kids and teens.¹



TRY THIS TODAY

This is something you can do or try today.

The Family Dinner Project is a great resource for making family meals easier and more enjoyable. As routines shift (back to school, etc.), take some time this week to plan ahead. Sit down together, choose meals as a family, and write them down so you have a go-to plan for each night this coming week.

Need ideas? Check out “20 No-Fail Dinner Ideas”:

thefamilydinnerproject.org/blog/20-no-fail-dinner-ideas/



FAMILY-FRIENDLY FINDS

Discover a featured resource, seasonal activity, or upcoming opportunity that supports youth, families, and community wellness. Whether it's a program, place, or partner, each issue highlights something worth checking out.



Building Early Literacy at Home

According to the Harrison County Community Foundation, nearly 70% of eligible children in Harrison County receive free books each month through Dolly Parton's Imagination Library.

Through the Foundation's support, children ages five and under can receive a free, high-quality, age-appropriate book delivered to their home each month. This opportunity helps build early literacy skills and a love of reading.

Register your child(ren) today by visiting:
imaginationlibrary.com/check-availability/

Questions? Contact Dakota Benavidez, Office Manager at HCCF, at dakotab@hccfindiana.org or 812-738-6668 to learn more.

1. The Family Dinner Project. Benefits of Family Dinners.
thefamilydinnerproject.org/en/about-us/benefits-of-family-dinners/

Harrison County Homemakers: Community, Connection, and Opportunity

What You'll Find In This Section

Get the latest on upcoming programs, service projects, scholarships, and leadership opportunities from the Harrison County Extension Homemakers — plus ways you can get involved.



Whether you're a long-time member or just curious, this section offers a window into how Homemakers serve the community through education, volunteerism, and connection.

This space is led by club members and reflects their voices and initiatives. As your HHS and Community Development Educator, I help coordinate and format the content, but the stories and updates are theirs.

Flip the page to learn more about this welcoming organization— and how to be part of it!

Event Recaps

Step inside recent Extension Homemaker events! This section shares highlights and reflections from community projects, educational programs, social gatherings, and volunteer activities. Get a glimpse of the impact Homemakers are making across Harrison County & beyond.

Stay In The Know

This space keeps members and readers up to date with important announcements— like meeting reminders, due dates, scholarship information, and statewide events. If it's timely or need-to-know, you'll find it here!

Upcoming Programs & Initiatives Spotlight

Looking for ways to learn, serve, or connect? Here you'll find upcoming programs and community initiatives—always open to those interested in learning more. From hands-on workshops to service drives and leadership opportunities, there's something for everyone.

Club Spotlights

Get to know the clubs that make up the Harrison County Extension Homemakers. This section features member stories, club projects, and behind-the-scenes glimpses into how local Homemakers lead, learn, and serve in their communities.

LACONIA

Current President: Shelia Jackson

Founded in 1927, the Laconia Extension Homemakers' Club has been making a difference in Harrison County for nearly a century through service, fellowship, and community support. The club currently includes 25 members, five of whom are over 90 years old, reflecting a long tradition of dedication and friendship.

Community service is at the heart of the Laconia Club's mission. Members host an annual auction each October to raise funds that help provide clothing and food for local families with children during the holiday season. The club also supplies snacks for students at South Central schools, supports local 4-H programs, delivers food to families following the loss of a loved one, and promotes literacy by reading and donating First Books to students at South Central schools.

Just as they care for the community, members also care for one another. Cards, flowers, food, visits, and regular check-ins help ensure every member feels supported and connected. Members say the fellowship they share each month is one of the club's greatest strengths.

Monthly meetings feature carry-in lunches, crafts, games, and plenty of laughter. Members especially enjoy bingo and music, including performances by a talented club member who plays the dulcimer. These gatherings provide opportunities to learn new skills, build friendships, and simply enjoy time together.

The Laconia Extension Homemakers' Club welcomes new members who enjoy learning, serving others, and connecting with friends. Those seeking fellowship and a way to give back to their community will find a warm welcome with Laconia.

For more information about IEHA Clubs in your part of Harrison County, contact membership coordinator Marcia Gliottone at 812-267-5573 or the Harrison County Purdue Extension Office at 812-738-4236.



Club Member Carla Clunie share's a DIY craft idea at IEHA's annual Holiday Workshop Program. Her creativity on budget is always a hit!



Club member Jan Woertz (left) is pictured with Bill Thomas, purchaser of her first-place pie at the 2025 Homemaker Annual Pie Contest and Auction for Scholarships. Jan has claimed the contest title several times over the years!

Oh My! It's Cherry Pie! *Contest Recap*



The yearly pie contest and auction stands out as a delightful attraction at the county fair each year. This year, 25 bakers participated in the Cherry Pie contest, and there were 15 distinct buyers among the pies entered. We extend our gratitude to everyone who attended, submitted a pie, served as a judge, placed a bid, purchased one of the 25 pies, and to the Harrison County Fair Board for their support. A special thank you to **Beckort Auctions** for generously auctioneering this event each year and helping make the auction such a success!

Pie Bakers:

Olivia Abner, Isabelle Abner, Anna Beanblossom, Beau Blackman, Evan Crecelius, Marcia Dodge, Beverly Dodds, Elaine Fischer, Mary Gutkecht, Robert Harmon (*1st Place*), Linda Hubbard, Shelia Jackson, Wanda Meriweather, Sharon Mitzell, Beverly Robson, Anna Sauerheber, Neil Sauerheber, Cherri Stephenson, Deb Thomas, Lucy Thomas, Molly Thomas (*2nd Place*), Sondra Wallace, Dorie Wilkerson (*3rd Place*), Frankie Wilkerson, and Jan Woertz

Pie Purchasers & Donations:

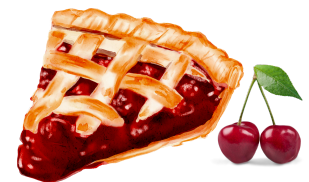
Beanblossom Grandkids, Glenn & Nancy Casada, Laura Davis, Marcia Dodge, Elaine Fischer, Scott Fluhr, Marcia Gliottone, Natalie Hand, Robert Harmon, Heitkemper Siding & Trim, Hendrix Honey, Sauerheber Soil Consulting, Sarah Shewmaker, and Shear Bliss Barber Shop, Andy Thomas- Edward Jones, Bill Thomas- Edward Jones, Stanley Wilkerson

Award Sponsors:

1st Place (\$25 award): Sponsored by Kellum Imprints & Awards, Inc.

2nd Place (\$25 award): Sponsored by Kellum Imprints & Awards, Inc.

3rd Place (\$25 award): Sponsored by Kellum Imprints & Awards, Inc.



Oh My! It's Cherry Pie! *Contest Recap*



The Harrison County Extension Homemakers had a successful Cherry Pie contest and auction at the Harrison County Fairgrounds during the County Fair. There were 25 scrumptious pies entered this year! Check out the 1st, 2nd, and 3rd place pies, their buyers, and the purchase price. Thank you for supporting such a worthy cause!

As a reminder, these funds allow the Harrison County Extension Homemakers to award continuing education scholarships to Harrison County residents each year. Therefore, we sincerely appreciate everyone's support and participation toward this annual endeavor. A special thank you to **Beckort Auctions** for generously serving as auctioneer and helping make this event such a success each year. Next year will be Apple Pie!

1st Place- \$1000

Winner: Robert Harmon

Highest Bidder: Bill Thomas- Edward Jones

2nd Place- \$450

Winner: Molly Thomas

Highest Bidder: Andy Thomas- Edward Jones

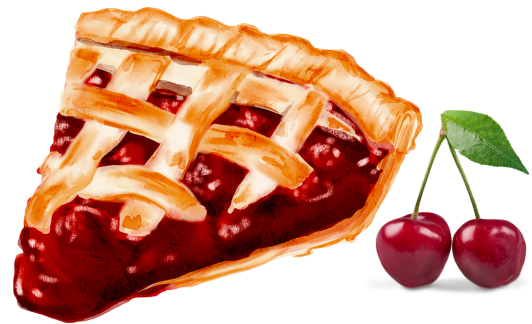
3rd Place- \$300

Winner: Dorie Wilkerson

Highest Bidder: Stanley Wilkerson

Total Auction Proceeds- \$5,000

Special Thanks to Our Judges: Dr. Lisa Clunie, Ashley Henderson, and Annissa Kellum





2026 OPEN CLASS FAIR RECAP

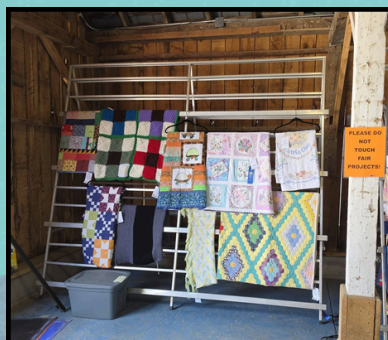


The Homecomers Hall showcases Open-Class exhibits and is made possible through the efforts of the Harrison County Extension Homemakers in partnership with the Harrison County Fair Board. Thank you to the Fair Board for sponsoring all 1st, 2nd, and 3rd place awards.

This year, 115 exhibitors from all over Harrison County entered an incredible 850 exhibits, averaging nearly 8 entries per person! We also set a post-COVID record for the number of exhibits entered at the fair. We were especially excited to welcome many new exhibitors this year and are grateful to everyone who shared their talents, creativity, and hard work. Thank you to all the exhibitors, volunteers, judges, and supporters who helped make this year's fair a success!

Biggest Vegetable Winners

- Cabbage (5.14 lbs): Dorie Wilkerson
- Cauliflower (5.8 lbs): Jenny Tuell
- Summer Squash (3.14 lbs): Amy Waldo
- Tomato (.625 oz): Paul Raake
- Turnip (2.0 lbs): Chad Atwood





2026 FAIR RECAP CONTINUED





Attention: Extension Homemakers Clubs

Please bake and donate at least 6 dozen cookies per club for this year's, Harrison County Repair Affair.

Each year volunteers of this program provide home repairs to senior citizens and the disabled. Your donated cookies give them the extra energy to complete their work.

Please drop off your tasty treats to the Extension office by Noon on Friday, September 18.

Congratulations!



Congratulations to Blue River Homemaker Club member Karen Schwartz for being honored with the Distinguished Hoosier Award. State Representative Karen Engleman, who has served the County and State for many years, presented the award. Indiana Governor Mike Braun appointed and signed the award.



EXTENSION HOMEMAKERS PRESIDENTS COUNCIL

The Presidents' Council will meet on Monday, September 21, 2026 at 12:30PM in the Washburn Room at the Extension Office.

NEW MEMBERS

Do you have new members in your club?

Presidents, please be sure to get their information to Mary at the Extension Office so they will get their program book and receive their Health and Human Sciences newsletters.

INTERESTED IN JOINING EXTENSION HOMEMAKERS?

Would you like to join Harrison County Extension Homemakers? Call Marcia Gliottone, membership coordinator, at 812-267-5573 for information and to get connected to a club in your area!

INTERNATIONAL DAY PIONEERS ON THE PRAIRE

September 22, 2026

Registration begins at 9:30AM

Program begins at 10:00AM

Blue River Homemakers club will be hosting this event at the Purdue Extension Office.

A special speaker, Glenda Fergusson, will discuss Little House on the Prairie venues.

FALL BEDFORD DISTRICT MEETING

The Fall District meeting will be in Jackson County this year on Monday, September 28. More information will be shared closer to the date!

HOLIDAY WORKSHOP

Mark your calendars! The always highly attended Holiday Workshop is scheduled for November 10, 2026. It's never too early to start thinking about Holiday Crafts and Recipes your club may want to share with those in attendance!



Living Well Newsletter



Extension - Harrison County

August & September 2026

HEALTH & HUMAN SCIENCES NEWSLETTER

Accommodations

- If you are in need of accommodations to attend a program, please contact our office prior to the event at 812-738-4236.
- If you need an interpreter or translator, please contact our office prior to the event at 812-738-4236.
- Purdue University prohibits discrimination against any member of the University community on the basis of race, religion, color, sex, age, national origin or ancestry, genetic information, marital status, parental status, sexual orientation, gender identity and expression, disability, or status as a veteran.

Connect with Us!

 247 Atwood Street
Corydon, IN 47112

 812-738-4236

 extension.purdue.edu/Harrison

 facebook.com/HarrisonCoExtension

 bit.ly/harrisoncoyoutube