



Health & Human Sciences Connections

Happy Spring, All!

“Just around the corner” —an expression that can carry so much weight for so many. Anticipation, anxiousness, uncertainty, excitement, and the list could go on and on.

As we approach the spring season, let’s be reminded “just around the corner” literally means, according to the Cambridge English Dictionary, “going to happen soon.” Therefore, here is an open invitation to each of us to actively pursue the opportunities that are going to happen soon. To look for opportunities of personal growth, overall enjoyment, and maybe even a way to bring people together— friends, family, and newly aquatinted.

And, if I may, let me tell you about a few upcoming happenings “just around the corner” which you might look forward to: the Total Solar Eclipse, spring and summer-themed recipes and ways of cooking like outdoor grilling or over an open fire, farmer’s markets, and I’d be remised if I didn’t mention the Harrison County Fair and 4-H Fair to name a few.

No matter your plans and intentions- know Purdue Extension is here to help, support, educate, and celebrate you all along the way! Stop in, call, follow us on social media, or check out our website and calendar for upcoming events. We look forward to being a part of your spring and summer plans!

Jana Beckman



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IMPORTANT DATES:

- April 19-Extension office Closed for Staff & Educator training in Lawrence County
- April 20-Master Gardener Spring Workshop
- May 3 Corydon Farmers Market opens for the season
- May 7-Extension office Closed-Primary Election Day
- May 14 Extension Homemakers May Achievement Day
- May 27 Extension office closed-Memorial Day
- June 23-29 Harrison County Fair
- Aug 2-18 Indiana State Fair

Health & Human Sciences Connections

What is HHS Extension?

Purdue Extension Health and Human Sciences (HHS) looks to bring university research to the local level by encouraging HHS Educators to deliver practical, high-impact, educational programs that help communities strengthen families, spend smart, eat right, and live well!

It's as simple as focusing on food, family, money, and health. The HHS branch of Extension offers a variety of engaging, comprehensive programs related to each of these areas. The programs include, but are not limited to:

- **Be Heart Smart**– learn about heart disease and related risk factors
- **Captain Cash**– teaching youth the basics of earning, saving, spending, and borrowing money
- **Dining with Diabetes**– diabetes management lessons focusing on food preparation and cooking
- **ServSafe**– food safety training for restaurant and food service professionals
- **Where Does Your Money Go?**- helping consumers better understand spending habits
- And More!



Community Development Connections

What is CD Extension?

Purdue Extension Community Development (CD) focuses on strengthening the capacity of local leaders, residents, businesses, and organizations to build resilient, inclusive, and sustainable communities through research-based resources and processes. CD Educators actively partner with a variety of stakeholders in order to bring research-based information needed to inform and guide the community and economic development initiatives of people and groups across the state.

The four thematic program areas include, but are not limited to:

- **Leadership & Civic Engagement**
- **Community Economics & Workforce Development**
- **Community Planning**
- **Community Health**

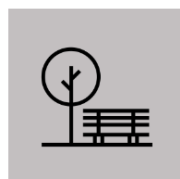
Questions? Suggestions? Interested in Collaboration? Please feel free to reach out to HHS & Community Development Educator, Tara Beckman via email at tbeckma@purdue.edu or phone at (812)-738-4236



Community Economics & Workforce Development



Community Health



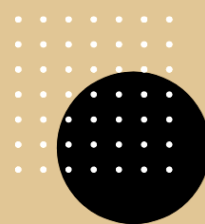
Community Planning



Leadership & Civic Engagement

Purdue Extension-Harrison County

INTERNSHIP OPPORTUNITY!



Why be bored over the summer?

Become this year's summer intern at the Harrison County Purdue Extension office. This is a 10-11 week, 40 hour per week, paid experience!

Learn by assisting Extension educators and staff with educational workshops, the 4-H Fair, and the ever popular 4-H Mini Day Camp!

Duties include, but are not limited to: preparing program supplies, helping with 4-H Fair check-in and check-out, assisting with the 4-H Exhibit Hall Awards Ceremony, attending 4-H livestock programs, planning and presenting the 4-H Mini Day Camp. Your time as an intern with Purdue Extension will go quickly with so many activities and events!

Requirements:

- Have a high school diploma or GED
- Be able to speak in front of a number of people
- Have the ability to work both independently and as a team
- Be able to multi-task
- Enjoys working with children
- Be able to work some evening and weekend hours.



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Extension - Harrison County



812-738-4236

Drop by the Harrison County Purdue Extension office at 247 Atwood St, Corydon for an application or call (812) 738-4236 for more information.

Harrison County Government is a equal opportunity employer.
Since this position is seasonal, there are no insurance or paid time-off benefits

TOTAL SOLAR ECLIPSE APRIL 8, 2024

According to Purdue University's website, "Just after 3 PM ET on April 8, 2024, Indianapolis will experience darkness for 3 minutes, 44 seconds as the moon completely covers the sun while passing between the Earth and sun. It will be the first time in 819 years that a total solar eclipse will be visible in Indianapolis and the only total solar eclipse to occur until August 2044."

TO LEARN MORE: Check out Purdue's page dedicated to all things Total Solar Eclipse!

<https://www.purdue.edu/home/total-solar-eclipse/>

Asian Beef and Noodles

Source: <https://eatgathergo.org/recipe/asian-beef-and-noodles/>

INGREDIENTS:

- 1/2 pound lean ground beef (15% fat)
- 2 cups water
- 2 packages oriental flavor instant ramen-style noodles, broken into small pieces
- 16 ounces frozen Asian-style vegetables, or any other frozen vegetables
- 2 green onions, thinly sliced
- 1 tablespoon fresh ginger or 1/4 teaspoon ground ginger
- 2 cloves garlic, minced, or 1/2 teaspoon garlic powder



Prep time:
10 minutes



Cook time:
15 minutes



Servings:
6 cups

DIRECTIONS:

1. In a large skillet over medium-high heat (350 degrees in an electric skillet), brown ground beef and cook until no longer pink. Drain fat.
2. Add 2 cups of water and ONE seasoning packet to cooked beef and mix well.
3. Add frozen vegetables, green onion, ginger, and garlic and bring to a boil over high heat.
4. Add ramen noodles, reduce heat to low, and simmer 3-5 minutes until vegetables are tender, stirring occasionally.
5. Refrigerate leftovers within 2 hours.



NOW OFFERING- Pressure Gauge Canner Testing



NOW OFFERING!

PRESSURE CANNER GAUGE TESTING

To ensure that your food is canned safely and properly, get your gauge tested every year.

- Call our office to schedule an appointment.
- Bring canner lid with gauge to the Extension Office.

Cost: \$5



PURDUE UNIVERSITY
Extension - Harrison County

247 Atwood Street
Corydon, IN 47112
812.738.4236

Purdue University is an equal opportunity institution

Purdue Extension Harrison County now offers Pressure Canner Gauge Testing.

Dial gauges only— call our office if you need guidance with weighted gauges

To ensure your food is canned safely and properly, get your gauge tested EVERY YEAR.

Call our office to schedule an appointment!

Bring your canner lid with gauge to the Extension Office at 247 Atwood Street, Corydon.

Testing cost is \$5.00. Call 812-738-4236.



COOKING FOR 1 OR 2

FREE!

What you can learn!

- Balanced nutrition
- Tips for success when preparing for one or two
- How to properly store extras
- Ways to creatively use leftovers

A food demonstration and sample will be prepared and offered!

HCPL: Corydon Branch

- April 18th @ 5:00- 6:30pm
- April 29th @ 12:00- 1:30pm

HCPL: Elizabeth Branch

- April 24th @ 6:00- 7:30pm

Register by April 12th:

- Cost is FREE, but registration is required. Register online on the Harrison County Public Library website or call the Reference Desk at 812-738-4110. Reach out to the Extension Office if you have questions or need assistance at 812-738-4236
- Please reach out by April 12th if accommodations are needed

*Special thanks to HCPL for covering ingredient costs so that this program is FREE to any adults wishing to participate.

Corydon Area Farmer's Market Opportunities for the Upcoming Market Season!



HARRISON COUNTY FARMERS' MARKET VENDOR Q&A

Have questions about becoming a vendor with the Harrison County Farmers' Market? Join them on April 4th at 6:00pm at the Harrison County Library-Corydon Branch: Conference Room for a Q&A session and more information! For questions or additional info contact Mary Mathes 502-736-1018



Thursday, April 4th, 2024
@ 6:00 pm

Harrison County Public Library

Purdue University is an Equal Opportunity Equal Access Institution

Harrison County Farmer's Market

The vendor Q&A night is scheduled for Thursday, April 4th @ 6:00pm. It will be held at the Harrison County Public Library- Corydon Branch.

Reach out to Mary Mathes at 812-736-1018 to learn more!

Corydon Farmer's Market

Vendor Application NOW AVAILABLE!

Markets occur every Friday 4:00pm-7:00pm

Apply Here:

<https://forms.gle/hhrYcU3R24rBDjZk7>



FARMER'S MARKET



APPLICATIONS FOR VENDORS ARE NOW OPEN!



Corydon Farmers Market opens-May 3rd



New times for 2024 Harrison Co. Fair check-in (Open Class Exhibit)!

ALL Harrison County residents will be able to enter their projects on Saturday, June 22 from 9:00 until 11:00 am AND on Monday, June 24 from 9:00 am until NOON. The change was made to help accommodate working families.

When bringing projects on Saturday to the Homecomers Hall at the Fairgrounds, it is NOT recommended to bring baked / perishable items since they won't be judged until Monday afternoon and will be left in the June warmth of the Homecomers Hall over the weekend. (HELPFUL HINT: Bring address labels to save time while filling out your entry tags.)

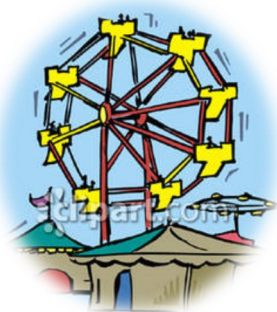
Have any questions or would like to help? Call Superintendent Bev Dodds at 812-366-4265 or Co-Assistant Superintendents: Sheila Jackson at 812-737-2987 and Carolyn Beanblossom at 812-738-7941

Need a copy of the 2024 list of projects or entry tags? Drop by the Extension Office at 247 Atwood St, Corydon M-F 8 am to 4:30 pm.

**The 2024 Harrison County Agricultural Fair will
be here before you know it!**



Though the Fair is scheduled a little later this year, it will be here before you know it!



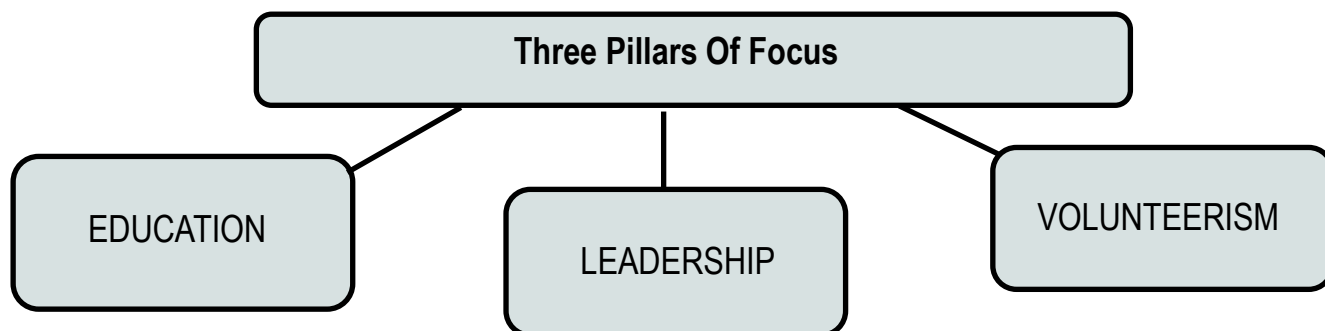
Helpers are needed on June 19 to prepare the Homecomers Hall. Project check-in is June 22 & 24. Judging will be on June 24 & 25. Building watchers are needed from June 25 through 28. Assisting with the Pie Auction on June 27 is always fun! And finally volunteers are needed with project check-out and clean up on Saturday, June 29. Call Fair Committee Superintendent Beverly Dodds at 812-366-4265 for information, times, and to sign up & help!

What is Indiana Extension Homemakers Association?



IEHA Mission Statement: The mission of the Indiana Extension Homemakers is to strengthen families through continuing education, leadership development, and volunteer community support.

Through cooperation with the Purdue University Cooperative Extension Service, IEHA offers a wide range of lessons at no charge.



Who? Any resident of Harrison County

What? Regularly scheduled club meetings and county-wide events hosted by IEHA Harrison County

When? County-wide events, Area-wide events, and regular club meetings at various times throughout the month/year

Where? Monthly Club meetings happen in Depauw, Elizabeth, New Salisbury, Laconia, and Corydon

Why? With the common goal to do and uphold IEHA's mission statement within Harrison County and beyond



**Indiana Extension
Homemakers Association**



IEHA



www.ieha-families.org

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

Harrison County Happenings & Updates

EXTENSION HOMEMAKERS



Bedford District Spring Meeting

On Thursday, March 14th, Indiana Extension Homemakers in the Bedford District gathered for a royal event — the Spring District Meeting! Over 30 guests were in attendance and represented Clark, Harrison, Jackson, and Scott counties. The day featured informational sessions that focused on the three pillars of Indiana Extension Homemakers Association (IEHA) — service, leadership, and volunteer community support. Presentations were given by visiting IEHA State Officers and included information about the upcoming annual Home and Family Conference schedule for June 10th-12th in Noblesville, IN, the benefits of becoming an IEHA club member at the county level and the access to a worldwide organization it provides to each of its members, and a report from State President, Peg Peters, regarding the importance of Getting Connected, Staying Connected. No royal day would be complete without a feast (lunch) and entertainment. In fact, the day's entertainment was a skit titled "Just Come to Harrison County & Here Is What You'll See" written by the Blue River Hills Homemakers Club and presented by our very own Harrison County Extension Homemakers. If you live in Harrison County, or have ever passed through, you'll surely recognize each of the 12 featured Harrison County places of interest. Just come to Harrison County, you'll see.... What a treat to see and hear about all that Harrison County has to offer!

Are you looking for ways to empower and enrich the lives of those around you? Strengthening families through continuing education, leadership development, and volunteer community support is the mission of IEHA. Harrison County Extension Homemakers Association may be just the organization for you!

If you're interested in learning more, interested in the upcoming state Home and Family Conference, would like scholarship information for first timers who would like to attend, local club meeting dates/times in Harrison County, or any other information regarding Harrison County Extension Homemakers please reach out to the Extension Office at 812-738-4236 and they will help direct your questions accordingly.



May Achievement Day-Tuesday, May 14

Tuesday, May 14, 2024
Purdue Extension Building
Registration 9:00 a.m.-Program 9:30 a.m.



The theme this year is “Live Life in Full Bloom”!

Everyone is encouraged to bring a flower whether homegrown, purchased, or homemade to decorate the tables. A flower show is planned to show off the blooms! Check your wardrobe for something fun and flowery!

All homemakers please bring a food dish (examples: salad, entrée or dessert) for the pitch-in lunch. Tea and coffee will be served with lunch. Refreshments will not be available in the morning. One person from each club should give a 5-10 minute talk about their club’s highlights and happenings. Each club is asked to bring a \$5 door prize. Nametags will be available.

Send names of the 25, 30, 35, 40, etc. year members to Marcia Dodge by April 15. Give the names of those members who have passed since last May Achievement to Marcia Dodge, also by April 15, for the Memorial Service. A club member may wish to speak about the person who passed. Info can be emailed to dodgem60@aol.com. Use club name and either tenure or memorial in header.

Give names of any new members to Marcia Gliottone by April 15. New member cards are available at the Extension office. Completed cards should be turned into the office for addition to the newsletter. New club members and scholarship winners will be recognized. State IEHA guests will attend the meeting and officiate over the swearing in on County officers.

Bring your Cultural Arts items for judging, with the finalist going to the Home and Family Conference for state competition. Homemaker volunteers will be in charge of Cultural Arts and Special Project items. This year’s special cultural Arts item is a Table Runner. The only stipulation is it can be NO WIDER than 18”. Voting for the “Homemade Table runner” and other Cultural Arts category items will only take place during the lunch hour. Check in Cultural Arts items and Table runners before 9:30 am.



Harrison County Homemaker News

Extension Homemaker's Events

May Achievement Day

May Achievement Day is scheduled for Tuesday, May 14. Registration will begin at 9:00 am with the program beginning at 9:30 am. The program ends at 1:30.

Everyone should bring a dish (salad, main, dessert, etc.) for the pitch-in lunch. Iced tea and coffee will be served during lunch.

State Home and Family Conference

The State Home and Family Conference is scheduled for June 10-12, 2024.

Go to ieha-families.org for more information on this event.

Extension Homemakers Presidents' Meetings

The next meeting is scheduled for 12:30 pm, May 20, 2024 at the Purdue Extension Office-Washburn Room.

Bedford District Homemakers Fall Meeting

The Fall District meeting will be in Jackson County this September. Watch for newsletters or word from your Club President on the date, time, and place.

Extension Homemaker's Events

Extension Homemakers' Scholarship Finalists

Congratulations to Kristen Wernert, Gracelyn Burks, and Frankie Wilkerson, winners of Harrison County Extension Homemakers' Annual Scholarships!

County Officers for 2024-2025

Marcia Dodge will continue as President, Marcia Harmon-Gliottone as Vice President/Secretary, and Elaine Fischer will continue in her roll as Treasurer. The ladies will take position on **July 1, 2024**. Please give these ladies your thanks and support.

Harrison County Ag Fair

The Harrison County Fair this year is June 23-29. If you're planning on helping with the Fair, please contact Bev Dodds at 812-366-4265.

Be trying out your best **APPLE** pie recipes for this year's Pie Contest and Auction on Thursday of Fair week. Pies must be entered from 1:00 pm to 2:00 pm. Judging begins at 2:30 pm. Pies are auctioned after judging.

*****Pick up your list of Fair projects to enter at the Harrison County Purdue Extension office.*****

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Health and Human Sciences Newsletter

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County Extension Director &
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Health & Human Sciences
Community Development

Ariel Camm
Extension Educator
Agriculture & Natural Resources

Position Open
Extension Educator
4-H Youth Development

Katie Davidson
Community Wellness Coordinator

Cindy Finerfrock
Nutrition Education Program

Mary Eve
Office Manager

Julie Age
Administrative Assistant

Jocelyn Faith
Program Assistant

Jane Lasher
Administrative Assistant

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It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran. Purdue University is an Affirmative Action institution. If you have special needs call us prior to the event at 812-738-4236 or call 888-EXT-INFO and ask for the Harrison County office.

Connect With Us!

 www.facebook.com/HarrisonCoExtension/

 <https://www.youtube.com/channel/UC41otnw75UqhuBVpSMiWY7w>

 extension.purdue.edu/Harrison