



# Health & Human Sciences Connections

Happy Fall, everyone!

As the weather begins to change and there's a cool crisp in the air, I hope everyone has the opportunity to take in the changing of seasons and enjoy the moments now and ahead. Some may have anticipations and excitement for all things fall and winter and their calendars quickly filling, while others often find themselves couped up in a lonely house or not sure how to still get out and enjoy the changing scenery and weather.

As we move into this next season, I challenge everyone to slow down and identify the people, places, relationships, opportunities, trials, and various circumstances we can be thankful for; and, if you have a little more to be thankful for this year- use that as an extra motivation to bless someone else. Scattering kindness doesn't have to be big, or elaborate, or even for someone you know. An anonymous person once said, "Maybe it's not about deciding who needs extra kindness but knowing everyone does."

How might you encourage someone today and show kindness? What can you do in this season to improve your overall wellbeing? I'm a firm believer that each of us has the capacity to help make the world a better place- we just have to make the choice to get started, approach others' situations with empathy and compassion, and, as my husband often says, have a positive mindset and just focus on doing the next right thing.

Blessings to each of you!

## Dates to Remember 2022-2023:

- Columbus Day-Extension office closed
- President's Council meeting
- Election Day-Extension office closed
- Veteran's Day-Extension office closed
- Thanksgiving holiday-Extension office closed
- Christmas Holiday
- Extension office closing at 12 noon
- New Years Eve & Day-Extension office closed
- President's Council meeting

- October 10
- October 24
- November 8
- November 11
- November 24 & 25
- December 23 & 26
- December 29
- December 30 & Jan 2
- January 23, 2023



# 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 five thematic program areas include, but are not limited to:

- Leadership & Civic Engagement
- Community & Organizational Planning
- Economic & Business Development
- Local Government Education
- Quality Places

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





Come join us for the October installment of our Fall Guest Speaker Series. This workshop is FREE, OPEN to the public, and hosted by Harrison County Master Gardeners.

The topic will be "Grow It, Cook It, Craft It: 101 Uses for Fall Squash and Gourds." Tara Beckman, Harrison County Health and Human Sciences & Community Development Educator, and Heidi Potter, Clark County Agriculture and Natural Resources Educator, team up to discuss gardening and growing fall squash and pumpkin varieties, how to prepare and cook healthy fall squash dishes, and provide creative ideas for pumpkin crafting and decorating.

Come on out and get your pumpkin seeds, taste some amazing autumn dishes, and take home a DIY pumpkin craft. Thursday, October 20th 6:00pm @ Harrison County Extension Office 247 Atwood St, 47112

\*Registration required by going to this link [bit.ly/registerMG](http://bit.ly/registerMG) OR calling the Purdue Extension Harrison County office at 812-738-4236

## **Looking to improve your health & enjoy the fall weather at the same time? Sign up NOW!**

Get WalkIN' is a FREE, email based walking program. You will receive 16 emails total—2 per week for the first month, and 1 per week for the next 8 weeks

Email Janet Steffens [jsteffens@purdue.edu](mailto:jsteffens@purdue.edu) to sign up

**\*Each registered participant gets a free neon armband to increase visibility when walking in the evening.**

*Helping Hoosiers get on their feet!*

**► WANT TO IMPROVE YOUR HEALTH ...but short on time ...and lack motivation?**

This **FREE**, email-based walking program has you covered!

**Sign up, walk, and get email support.**  
Each registered person will receive a neon armband to increase visibility.

**DETAILS**

Starting date: Oct. 10, 2022

You will receive a total of 16 emails - 2 per week for the first month, and 1 per week for the next 8 weeks.

To sign up: Email Janet Steffens [jsteffens@purdue.edu](mailto:jsteffens@purdue.edu)

Register by: Oct. 7, 2022

**WALK TO:**

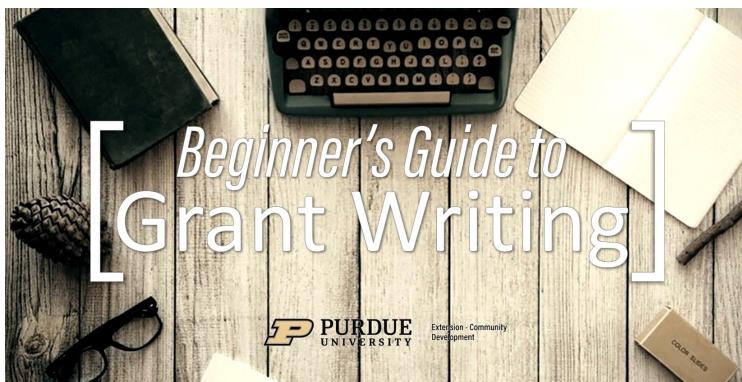
- Reduce risk of obesity, heart disease, diabetes
- Feel energized
- Add daily physical activity
- Get social

**ALL FOR FREE!**

For more information or to join us, contact: 812-948-5470

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## Save The Dates!

-10/21/2022 LaPorte County

-10/25/2022 Clark County

The [Purdue Extension Community Development Program](#) is offering the Beginner's Guide to Grant Writing Workshop this fall for those who work or volunteer for nonprofit organizations, educational institutions, community clubs, and local government. Learn how to develop ideas for winning grant proposals, identify and work with funding sources, and understand the proposal process in this two-day workshop. Learn more at <https://bit.ly/BGGW202>

## It's Crunch Time!

Did you know, October is National Apple Month? You, your family, and community can participate in the Great Apple Crunch, all while sampling local apples and supporting your local farmers!

Check out the link in the flyer to register!

GREAT LAKES  
GREAT APPLES CRUNCH

It's Crunch Time!  
October 13th @ Noon  
(or anytime in October)  
Register Now  
&  
Receive Your Crunch Guide  
[cias.wisc.edu/our-events/applecrunch/](http://cias.wisc.edu/our-events/applecrunch/)

## The Welcoming Table



The Welcoming Table is a special series of resources for families with unique mealtime needs and challenges. Family members who are on the autism spectrum, or who have ADHD, learning disabilities, feeding disorders, or sensory processing issues need family dinner to be a safe and welcoming space. We've worked with a team of experts to help gather tips, advice, and support to help make family meals fun and nurturing for everyone.

Many thanks to the [Peter and Elizabeth Tower Foundation](#) for their support of these resources.

Find out more by visiting [thefamilydinnerproject.org](http://thefamilydinnerproject.org)

## **Participate in Our Monthly Challenge Boxes!**

**Boxes can be picked up from Purdue Extension  
Harrison County. Free and anyone can participate.  
Limited quantities do exist.**



The flyer features a large red apple icon at the top left. To its right, the word "OCTOBER CHALLENGE" is written in green, with "OCTOBER" in a larger, bold font and "CHALLENGE" in a smaller, bold font below it. Below this, the text "CULINARY CHALLENGE- PICK UP AT THE PURDUE EXTENSION OFFICE" is in blue, followed by the address "247 ATWOOD STREET, CORYDON, IN 47112" and the phone number "812-738-4236".

**STEP 1, SAFETY VIDEO-** Start by watching the short safety and sanitation video created by our Health and Human Sciences Educator, Tara Beckman.

**STEP 2, CREATE IN THE KITCHEN-** Using the apple provided (add others if you'd like) and other needed ingredients, get creative and make something edible! Use your creativity as much as you'd like OR try your hand at the Caramel Apple Bark recipe we've included!

**STEP 3, SUBMIT YOUR COMPLETION-** Take a picture of your completed food item, include the FULL recipe (or tell us you made the Caramel Apple Bark), rate it between 1-5 (1- needs improvement, 5- excellent), and give us some feedback (what you might do differently next time, what you loved about it, what was challenging, what you need more instruction on, etc.)

**REMINDER-** The first 3 to submit, according to Challenge Box instructions, get a prize and recognized! You can drop off at the Extension Office or email wrap-up items to [lasher1@purdue.edu](mailto:lasher1@purdue.edu) and [jage@purdue.edu](mailto:jage@purdue.edu)

**got Apples?**

Purdue University is an Equal Opportunity Equal Access Institution

## **Future Boxes!**

-November: Pumpkin Catapult

-December: Salt Dough Craft

\*Keep an eye on our Facebook page for monthly details or call the Harrison County Extension Office at the 1st of each month to learn more! 812-738-4236

## **NOW OFFERING– Pressure Gauge Canner Testing**



The flyer features a collage of various fruits and vegetables at the top. In the center, there's a white box containing the text "NOW OFFERING!" and "PRESSURE CANNER GAUGE TESTING". Below this, a blue box says "To ensure that your food is canned safely and properly, get your gauge tested every year." A white box lists instructions: "-Call our office to schedule an appointment." and "-Bring canner lid with gauge to the Extension Office." To the right, a white box shows a pressure canner lid with a gauge. At the bottom, the Purdue University logo is displayed with the text "Extension - Harrison County" and the address "247 Atwood Street Corydon, IN 47112" along with the phone number "812.738.4236".

Purdue Extension Harrison County now offers Pressure Canning Gauge Testing.  
\*Dial gauges only— call our office if you need guidance with weighted gauges\*

To ensure that 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.

# Give Me 5 to S.T.A.R.T. to Improve Lives

By Dr. Dave Schramm, Family Life Extension Specialist, Utah State University



Countless individuals are suffering from mental health challenges. The COVID-19 pandemic only increased the struggles and stress for many people, couples, and families. Many wonder what they can do to help lift and strengthen themselves and those who carry heavy burdens. Using the acronym START, here are five simple tips to improving the lives of those within your reach.

**S—Smile**

**T—Text 2 Before 10**

**A—Ask and Listen**

**R—Random Acts of Kindness**

**T—Turn Towards Bids for Connection**

**Learn More:** [extension.usu.edu/mentalhealth/articles/give-me-5-to-start-to-improve-lives](https://extension.usu.edu/mentalhealth/articles/give-me-5-to-start-to-improve-lives)



## Holiday Food Safety Quiz

Before you cook the turkey, set up the buffet, or start making holiday goodies, see how you do on this holiday food safety quiz, based on information from the USDA.

1. Approximately, how long should you allow for thawing a frozen turkey in the refrigerator?
  - a. 24 hours per each 1–2 pounds of turkey
  - b. 24 hours per each 4–5 pounds of turkey
  - c. 24 hours per each 6–7 pounds of turkey
2. Which of the following are important practices to follow if stuffing a turkey?
  - a. Do not mix wet and dry ingredients for a stuffing until just before stuffing the bird
  - b. Stuff the turkey loosely
  - c. Cook a stuffed turkey immediately
  - d. Use a food thermometer
  - e. b, c, and d
  - f. All of the above
3. A whole cooked turkey must reach what internal temperature to be safe.
  - a. 145°F
  - b. 155°F
  - c. 165°F
4. What is the longest that perishable food should sit out at room temperature on a buffet table?
  - a. 2 hours
  - b. 3 hours
  - c. 4 hours
5. If you are serving 20 people at a holiday party, what size of turkey should you buy?
  - a. 10 pounds
  - b. 15 pounds
  - c. 20 pounds
  - d. 25 pounds
6. It is not recommended to wash your turkey before cooking it.
  - a. True
  - b. False
7. Is a pop-up thermometer in a turkey reliable?
  - a. Yes
  - b. No

(Find answers at the bottom of the next page.)
8. When should you buy a fresh turkey before cooking?
  - a. 1-2 days
  - b. 2-3 days
  - c. 3-4 days
  - d. 4-5 days
9. Which of the following are important practices to follow if traveling with food?
  - a. Keep hot foods hot by wrapping them in foil and then in heavy towels.
  - b. Keep cold foods cold by placing them in a cooler with ice or freezer packs.
  - c. Perishable foods such as meat, poultry, eggs, and casseroles kept at room temperature for longer than 2 hours should be thrown out.
  - d. All of the above.
10. If you have leftover turkey in the refrigerator, you should eat it within how many days?
  - a. 1-2 days
  - b. 2-3 days
  - c. 3-4 days
  - d. 4-5 day

## Cranberry Hazelnut Turkey Wellington

2 sheets frozen puff pastry, thawed  
 1½ to 2 lbs. uncooked turkey breast  
 1 Tbsp. olive oil  
 2 Tbsp. butter  
 2 cloves minced garlic  
 ¼ cup chopped onion  
 ½ cup chopped hazelnuts

2 cups dry bread crumbs  
 A few tablespoons of turkey or chicken stock  
 1½ Tbsp. dry chopped fresh thyme  
 Salt and pepper to season  
 ½ cup fresh or frozen cranberries  
 1 egg plus 2 Tbsp. water, beaten together  
 for an egg wash



Begin by sautéing the garlic and onions in the olive oil and butter for a minute or two. Add the bread crumbs and toss until they begin to brown slightly. Add the hazelnuts, thyme, cranberries, salt and pepper. Add only enough turkey stock to make the stuffing hold together. Place the first pastry sheet on a parchment lined cookie sheet. Place the turkey breast along the center line of the pastry sheet. Brush the edges of the pastry with the egg wash. Place the stuffing on top of the turkey. Place the second pastry sheet over the turkey and stuffing. Trim the edges to form an oval shape. Save the trimmings in the fridge.

Bring the edges of the dough together by pinching them together to seal. Roll the dough from the bottom layer over the top layer and press down all the way around the perimeter of the pastry. This creates a tighter seal. Brush the egg wash over the entire surface of the pastry. Decorate with additional pastry leaf shapes if desired. Just cut leaf shapes out of the trimmed pastry and score leaf veining into them with the tip of a sharp knife. Cut four ½-inch slots in the top of the pastry to let steam escape. Chill for 20 minutes or longer in the fridge before baking. This helps the pastry to puff. Bake at 400°F for about 15 to 20 minutes then reduce the heat to 350°F. Use a meat thermometer to make sure that the center has reached at least 170°F to be sure the turkey is completely cooked, about 35 to 45 minutes longer. Let rest for 10 minutes before cutting into individual servings.

Courtesy of The University of Vermont Extension, Across The Fence— [www.uvm.edu/extension/atfence/recipes](http://www.uvm.edu/extension/atfence/recipes)

## Answers to Holiday Food Safety Quiz

1. b. **24 hours per each 4-5 pounds of turkey.** Place the frozen bird in its original wrapper in the refrigerator (40°F or below). Allow approximately 24 hours per each 4-5 pounds of turkey. A thawed turkey can remain in the refrigerator for 1-2 days. Learn more about thawing a turkey at <https://go.unl.edu/thawturkey>.
  2. c. **165°F.** Use a food thermometer to check the internal temperature of the turkey. A whole turkey is safe when cooked to a minimum internal temperature of 165°F throughout the bird. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. If you have stuffed your turkey, the center of the stuffing must also reach 165°F. Follow these estimated cooking times for different sizes of turkey to reach 165°F at: <https://go.unl.edu/turkeycookingtimes>.
  3. f. **All of the above.** Cooking a home-stuffed turkey is riskier than cooking one not stuffed. Even if the turkey itself has reached the safe minimum internal temperature of 165°F as measured in the innermost part of the thigh, the wing and the thickest part of the breast, the stuffing may not have reached a temperature high enough to destroy bacteria that may be present. Stuff it safely with these suggestions from USDA: <https://bit.ly/2U8HLL>.
  4. a. **2 hours.** Foods should not sit at room temperature for more than two hours. Keep track of how long foods have been sitting on the buffet table and discard anything there two hours or more.
  5. c. **20 pounds.** The general recommendation is to allow 1 pound of fresh or frozen turkey per person.
- Sources:
- Originally written by Alice Henneman, MS, RD. Reviewed and updated in 2020.
  - [Turkey101: How to Plan, Cook, Serve, Store, and Reheat](https://101.humanitatis.com/turkey101.html), Nebraska Extension
  - [Safe Cooking Temperatures](https://extension.unl.edu/publications/safe-cooking-temperatures-nebraska-extension), Nebraska Extension
  - [Traveling with Food](https://extension.unl.edu/publications/traveling-with-food-nebraska-extension), Nebraska Extension
  - [Quick Tips for Thanksgiving Food Safety](https://extension.unl.edu/publications/quick-tips-thanksgiving-food-safety-nebraska-extension), Nebraska Extension

# IEHA (Indiana Extension Homemakers Association)

## Harrison County Happenings & Updates

### Fall District Meeting: Scatter Kindness the #IEHA Way

2022-2023

- The Fall District meeting was held on Wednesday, August 17, 2022 at the Clark County Fairgrounds. The meeting featured a guest speaker who grew up in Holland during the Holocaust, a skit showing ways to manage conflict and various personalities in your clubs, and presentations by Clark and Harrison County Educators- Emma Finerfrock and Tara Beckman, IEHA State President- Michelle Roberts, and President Elect- Peg Peter.
- This year's community project is Pocket Hearts to help Scatter Kindness & Cultural Arts Special Project is a Fairy Garden. See examples to the right or check out [ieha-families.org](http://ieha-families.org) for additional info.



### Repair Affair of Harrison County– Cookie Donation



Harrison County IEHA members from all clubs in the county came together in order to donate cookies to volunteers working the Repair Affair Harrison County held on Saturday, September 17th, 2022. Collectively, the clubs were able to donate 39 bakers dozen homemade cookies. Great job, everyone!

Photographed (left): Completed cookies, Elaine Fischer of the Hoosier Heritage Club & Loretta Whitlow of the New Middletown Club packaging fresh cookies before being donated.

### First Books For Kids Program– At Corydon Farmers Market

Friday evening, IEHA members spent their evening at the Corydon Farmers Market , while hosting the First Books For Kids program. This program is sponsored by the county's IEHA organization, is aimed at kids 3, 4, and 5 years old, and focus on promoting early literacy development. Members were able to interact with and give books to 45 families and kids that evening!

Photographed (right): Elaine Fischer of the Hoosier Heritage Club, Carolyn Beanblossom a Maukport Club member and past President, and some little market visitors picking out their books.



# IEHA (Indiana Extension Homemakers Association)

## Harrison County Happenings & Updates Continued

### Annual Carnival For Cancer— At Fountain United Methodist Church

All hands were on deck on Friday, September 16th for the Annual Carnival for Cancer held at Fountain United Methodist Church, as the community came together to help the Blue River All Stars 4-H Club and the Blue River Hills Extension Homemakers raise **\$10,238 for the American Cancer Society.**

The proceeds from the 46th annual Carnival will be matched by the Harrison County Community Foundation, through the Betty Goldman Endowment, for a grand total of \$20, 476.

The event, held annually on the third Friday in September, included a chili supper, carnival games, silent and live auctions, a sweet shop, yard sale, cake walk, and performance by the Corydon Dulcimers. The Blue River All Stars 4-H Club also received a grant from the Harrison County Youth Philanthropy Council to purchase additional tables, chairs, and tents as the Carnival for Cancer all event continues to grow.

Mark your calendar for the 2023 event on **Friday, September 15th, 2023**. For more information or to make a donation to the Carnival for Cancer contact Karen Schwartz at (812)736-2373 or karengleitz@hotmail or checks may be made out to “Blue River All Stars 4-H Club” and mailed to Schwartz at 5850 Devil's Elbow Road NW Corydon, IN 47112. **Save The Date!** Next year's event— Friday, September 15th, 2023



### International Day, Sing-Along Songs

Harrison County Extension Homemakers hosted International Day on Tuesday, September 13th at the Purdue Extension Office. Blue River Hills coordinated the event, which featured a sing-along emceed by Karen Schwartz and featuring piano accompaniment by Jean Ann Parker. Thirty plus attended and participated by singing and listening to 45 eclectic songs from a variety of genres including rock, gospel, pop, country, folk songs, T.V. and movie themes, patriotic, polkas, and more.



Representatives of seven local clubs - Blue River Hills, New Middletown, Depauw, Fairview, Hoosier Heritage, Mauckport, and Laconia - participated in the event. Attendees received a keepsake song book containing song lyrics. Door Prize winners at the event were Wanda Chinn, Phyllis Faith, Barbara Benjamin, and Krista Crawhorn. It was a magical day!

## **NOTICE: October President's Council Meeting**

Our September meeting was postponed due to the loss of our long-time Extension Homemaker Ardella Dodge.

We've rescheduled the meeting for Monday, October 24 at 12:30 in the Washburn Board Room.

## **Nominations for County Officers**

Nominations for the Extension Homemakers' **positions of President, Vice President, Secretary, and Treasurer** are due at the Extension **Office** by

**January 6, 2023**

Your club president should have the nomination form.

## **President's Council Meeting**

The Harrison County Extension Homemaker Club Presidents will meet on Monday, January 23, 2023 at 12:30 pm in the Washburn Board Room.

## **Spring District Meeting**

The Spring District meeting  
March 17, 2023  
**Jackson County**



More information will be available as the time draws closer.



**Turn in your Coins for Friendship  
Nickels for Leadership  
To Treasurer Elaine Fischer  
By March 15, 2023  
Not to Extension office**

Make someone smile every day.  
But never forget that you are someone too.



# SCHOLARSHIPS

## First Timers Award

Anyone interested in attending the Home and Family Conference for the first time can apply for the First Timers Award to help defray the cost of attending. Ten state winners are selected, one from each IEHA District. Only those who have never attended the entire conference will be considered. Applications are available at the Purdue Extension Office.

**Completed applications MUST be returned to the Extension Office by February 15, 2023**

## RUTH B. SAYRE SCHOLARSHIP

A scholarship given by Country Women's Council, USA is for a resident of the US with financial need, who shows potential leadership and carries a minimum of nine credit hours.

The Scholarship award of \$500 will be sent to the recipient's educational institution. Applications and more information are available in the Extension Office. Applicant must be an Indiana resident. **The completed application must be returned to the current IEHA State President by the March 1, 2023 deadline.**

See <https://ieha-families.org>

## HARRISON CO. EXTENSION HOMEMAKERS SCHOLARSHIPS

Pick-up an application at the Extension Office for the **Harrison County Homemakers Scholarship**. It is open to any Harrison County resident.

**Completed applications must be received at the Extension office no later than March 1, 2023.**

See application for mailing address.

## Career Advancement Scholarship Form

Eight (8) \$500 Scholarships will be given. One (1) as the Eleanor Arnold Award to an IEHA member, one (1) as the Ann Hancock Award to a degree in the medical profession, and six (6) random scholarships.

Read and follow the instructions for completing the application. Applications that are incomplete or that have missing information will not be considered. Scholarships are usually granted for Undergraduate degrees rather than Masters degrees. Scholarships will be awarded with regard to financial need. Former winners may reapply.

See application and instructions on: [https://ieha-families.org/wp-content/uploads/2019/01/Career\\_Advance\\_Scholarship\\_15-16Revision-3\\_pgs.pdf](https://ieha-families.org/wp-content/uploads/2019/01/Career_Advance_Scholarship_15-16Revision-3_pgs.pdf)

**Applications must be postmarked by March 15, 2023 & mailed to IEHA Past President**

Purdue Extension  
Harrison County  
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Corydon, IN 47161  
812-738-4236

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HHS Newsletter



**Tara Beckman**

Extension Educator  
Health & Human Sciences  
Community Development

**Position open**

Extension Educator  
Agriculture & Natural Resources

**Rebecca Wilkins**

County Extension Director  
Extension Educator  
4-H Youth Development

**Katie Davidson**

Community Wellness  
Coordinator

**Cindy Finerfrock**

Nutrition Education Program

**Mary Eve**

Office Manager

**Jane Lasher**

Administrative Assistant

**Julie Age**

Administrative Assistant

**Jocelyn Faith**

Program Assistant

**Connect With Us!**



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



Purdue Extension Harrison County



[https://www.youtube.com/  
channel/  
UC41otnw75UqhuBVpSMiWY7w](https://www.youtube.com/channel/UC41otnw75UqhuBVpSMiWY7w)



[purdueextensionharrisoncounty](#)

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**Extension**  
HARRISON COUNTY

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.