January/February 2023



-KALEIDOSCOPE-



MONTHLY QUOTE

The difficult we do immediately; the impossible takes a little longer.

-Air Force Motto

- OFFICER MESSAGES
- HOLIDAY BAZAAR RECAP
- UPCOMING EVENTS





Happy Holidays Homemakers,

As I am writing this, it is not even Christmas yet. But we have to do this ahead to get out by Jan. I hope all of you had a great Thanksgiving, Christmas, and New Year's Day. Some of you seeing relatives and friends you only see once a year. I will have to get my book out to remember everything we did the last few months.

On Oct.12, 5 of us went to Turkey Run for lunch. It was a rainy day so the leaves didn't look as good but we had plenty of fun. At lunch some of us had to fight over the chicken pot pie. We then went to the nature center which brought back memories for some. Then off to Gobblers Knob nearby for ice cream to discover they are not open on Wednesdays! So, we had to settle for Dairy Queen. The good thing about these trips you get to know people better.

I went to Focus Day and was part of a Volunteer Community Support committee. They are going to work on making the forms you fill out easier.

We held our last Council meeting at Cedars and divided up into our committees for this year. Our lunch was a pitch in.

Nov.3 was our Holiday Workshop. I want to thank Joan and everyone who helped. I thought it turned out wonderful.

Looks like the Holiday Bazaar was a great success. I want to thank Judy, Katie and their committee for all the hard work. Lots of people attended!

Hope to see all of you at our events this year 2023!

Patty Nichols Extension Homemakers County President



Just some notes from Judi...



HAPPY NEW YEAR 2023 It might be hard to believe but it's true – we're turning the page on another year! No matter what you went through last year, perhaps a good way to start 2023 is by embracing the word REJOICE. We might think of being in a state of constant happiness and celebrating every detail of life with exuberance. But what about times when we are sad, angry, confused, or tired? Find all there is to REJOICE in during this new year. (Daily Encouragement for Your Soul, January/February 2023)

Achievement Night is May 11th. An evening which we recognize the accomplishments of our Homemakers, remember those who have passed this year, and get excited for the next year. Details will be shared later.

IEHA Home & Family Conference. . .plan to attend this opportunity to meet Homemakers from all over Indiana, share what is happening in Boone, and learn about the other counties' events.



July 15th-21st will be the Boone County 4H Fair. BCEH will again be serving breakfast, lunch, and dinner in the Beehive. Please share your ideas on how BCEH can be a valued partner to 4H during the week. Volunteers are needed to help with set up, office work, planning activities for families throughout the week, clean up, etc. Where can you give a few hours of your time? More information coming...

Looking for a Volunteer

The Boone County Extension Homemakers Executive Council is looking for a Chair person of Membership. This person will be a member of the Executive Council. The focus of the Membership Chair is recruitment of members to Boone County Extension Homemakers. Some of the tasks involved in this position include recruitment at public Extension Homemakers events (i.e. Holiday Workshop, Holiday Bazaar, 4-H Fair), updating recruitment materials, working with Marketing volunteer, and working with new members. This is not the extensive list of duties, but a general idea. If you are creative, love to share your joy of being an Extension Homemaker and want to help grow our county program please consider taking on this position. Interested individuals can contact Patty Nichols and/or Judi Wilson.

Patty: 317-340-7223 pattynichols55@gmail.com

Judi: 765-894-0468 jaw_ltw@yahoo.com



Important Dates 👍

	<u> </u>	TE D'ACCE	
January 23	BCEH Council Meeting Refreshments Gleaners & Marionettes	6:30 pm 6:00 pm	Dining Room
February 6	Random Acts of Kindness Club	7:00 pm	Dining Room
March 6	Random Acts of Kindness Club	7:00 pm	Dining Room
March 8	RSVP for Education Lesson & Lu	anch 4:00 pm	
March 15	Education Lesson 12 noon- Lunch \$10 per person 1:00 p.m.—Food and Mood 2:00 p.m.—Food Trends for 2023	and Beyond (note: p	Dining Room program change)
March 24	Spring District Meeting		Hendricks County
March27	E. H. Council Meeting - Refreshments Merri Mixers & Home & Garden	6:30 pm 6:00 pm	Dining Room
April 3	Random Acts of Kindness Club	7:00 pm	Dining Room
April 6	International Night (Afghanistan)	6:00 pm	Auditorium
April 15	Club dues (\$10/member) to Coun Coins for Friendship to County Tr		
April 22	4-H BBQ	4:00 – 7:00 pm	
April 24	E. H. Council Meeting - Refreshments Sugar Creek	6:30 pm 6:00 pm	Dining Room
May 11	Achievement Day	6:00 pm	Auditorium
May 17-23	ACWW Kuala Lumpur, Malaysia	ı	
June 5-7	Home & Family Conference		
June 26	E. H. Council Meeting Pitch-In for Old & New Presiden Marionettes - Drinks	6:00pm ts	Dining Room
July 15-21	Boone County 4-H Fair	Trans They	Page 02

TREASURER'S REPORT

Happy New Year!

I hope you had a wonderful holiday season! Thanks to everyone who put in so much work for the Holiday Workshop and Holiday Bazaar! They were wonderful events! I just want to pass along a couple reminders:

- * If you still have checks from BCEH that you have not cashed from the fair, bazaar, or other event, please do so as soon as you can or contact me for a replacement.
- * County Dues are to be paid to the County Treasurer by April 15. When sending in your club's payment of \$10 per member, please also provide an updated list of the members, their address, phone number, and email address (if available). Please send it to my attention at the BCEH office.
- * Coins for Friendship are also due April 15. Please feel free to start mailing in your Coins for Friendship as well.

Dione Finney Treasurer





Hello Extension Homemakers,

Happy New Year! I am looking forward to 2023 and my first full year in this new roll as your Health and Human Science Educator. This past Fall was busy meeting new people and learning about Boone County health and wellness programming to make future connections. It has fueled my fire to bring new educational opportunities to the county and continue the important and needed programs done in the past. I certainly will spend 2023 to continue to learn and make more connections, but I am excited to roll out a new program that will bring current clientele and new clientele to Purdue Extension and the Health and Human Science programing. So, drum roll please...

Introducing the Wellness Book Club facilitated by HHS Educators in Central Indiana counties (AKA Area 6 Extension Educators). Our first book is Why Has Nobody Told Me This Before? By Dr. Julie Smith. This book focuses on mental health, but the vision of the Wellness Book Club is that future books will focus on different areas of health and wellness. We decided to focus on mental health for this first book because us HHS Educators are continually hearing there is a need for mental health programs. There is an extreme shortage of mental health professionals with the current mental health crisis facing our nation these days and so alternative mental health education is desperately needed in our communities. While HHS Extension Educators are not trained mental health professionals, we do offer programing on mental health programs like reducing stress/anxiety, mindfulness practices, and training adults on how to support someone who may be developing mental health issues.

This book club is a new way for us to reach community members with our programs and addresses important wellness topics. The Wellness Book Club runs January 18- March 8 and is a virtual book club. We meet each week from noon-1pm on Wednesday through Zoom to discuss a new topic from the book. This book is set up by "topics" rather than just chapters, so each week you read more than one chapter, but no more than 40 pages. We will discuss the topic of that week (just like a normal in person book club) and participants will be provided with more helpful resources related to that topic. I have personally found this to be a really interesting read. It isn't all medical jargon; it is relatable and easy to follow with steps to overcome certain mental health dilemmas you might face. I encourage you to purchase the book (or get from your local library) and sign up to join the free Wellness Book Club. Here is the link to join register: https://bit.ly/wellnessbc Please feel free to share and help me market this new project! There are social media posts on the Purdue Extension- Boone County Facebook page that you can also share to help us in recruitment.

If you have questions about the book club or really anything else feel free to reach out to me. I look forward to seeing you at upcoming Extension Homemaker and Purdue Extension events. In the mean time stay warm and healthy!

Sincerely,

Pandora Taylor

HHS Extension Educator

pandora@purdue.edu

765-482-0750

JOIN US FOR Wellness

Book Club



VIRTUALLY ON WEDNESDAYS JAN. 18 - MAR. 8, 2023 12:00PM - 1:00PM EST

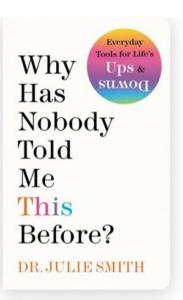
Facilitated by
Area 6 Purdue Extension
HHS Educators

We will read and discuss one topic a week.

To register, go to: https://bit.ly/wellnessbc

OR







Extension - Health and Human Sciences

Purdue University is an equal opportunity/equal access/affirmative action institution.

Random Acts Of Kindness Group will resume on Feb.6. Everyone is welcome! We will be getting a jump start on next Christmas by decorating stockings left from 2 years ago. I think Judi Wilson also has a project for us. We will try to work on a project for homeless. The meeting will begin at 7:00 p.m. Please note the large photo on the cover of this newsletter is from the October RAK project for Isaiah House 1-17.



CULTURAL ARTS FOR CONFERENCE

Every year at conference each county is to take a needle art project to be voted on by attendees. A lot of times we have forgotten about this until it's too late. So, we are going to get a jump time on it this year. Bring your item to the International Night in April. Our special project this year is gardens no bigger than 18×18. Any questions call Patty. Projects will be voted on that night by our membership. Next year's special project will be table runners, width no bigger than 18 ins. No limit to length.

Pennies for Friendship has been changed to Rural Women in Action.

I would like to see us do a table display at conference on some project we have done this year. Deadline for the application is May 1st. Think about it and we will talk about it at council meeting.



We have read and given books to Head Start twice. In December we also gave them felt Christmas stockings and candy canes.

We have purchased books for the whole year of Head Start. We usually read on a Tuesday 9:30 am and 1pm of each month the date set by Head Start. If you would be interested in reading for Head Start one or both sessions please contact me at jsmohr@indy.rr.com or 317-503-6402. I will let you know the dates. It is really fun to read to the children, they seem to enjoy the stories and they each receive a copy of the book to take home and one stays at Heat Start.



Joan Mohr, Education Chairman

Paying off holiday credit card debt

By: Alesha Hernandez Consumer Education Specialist, FTC January 29, 2018



You've opened all your gifts, and now it's time to open those post-holiday credit card statements. If you were a little too jolly with your holiday spending, here are some tips to help you pay down your credit card debt.

Start small, then add on. When you use your credit card to buy something, you have borrowed money. If you can pay it all off, that's great. If not, try to pay at least a little more than the minimum payment. You also can make more than one payment a month. If you can swing it, that extra payment can help you with the goal of paying off the total balance sooner.

Take an 'interest' in your payments. If you only pay the minimum each month, you could end up paying much more in interest. Understand your credit card's interest rate. The more you pay off each month, the less you'll pay in interest over time.

Know when to pay. You were on time with your gifts, so don't be late with your payment. Make a note of your credit card's due date so you pay your bill on time. If you don't pay on time, you could add extra fees to your final costs.

Take stock. If you're having trouble making the minimum payment, it's time to take a hard look at your budget. Can you reduce any spending to free up some funds?

Make a plan if you can't pay. Owing more than you can afford to repay can damage your credit rating. If you cannot pay the minimum amount due, call your creditors ASAP. They may be able to place you on a payment plan, making your debt easier to manage.

Source: Federal Trade Commission

BCEH Educational Lessons

We are changing things up a bit in 2023 and offering a lunch option to go with our educational lessons. Lunch will be from McAlister's Deli. The cost is \$10 per person and the meal includes: sandwich, chips, cookie and tea/water. If you have special dietary needs please let us know when you RSVP and we can share other meal options we can provide. You must RSVP by March 8th at 4pm to the Purdue Extension Office, 765-482-0750. When you call please let a staff member know if you will be coming for lunch and which educational sessions you will be attending.

Non-Extension Homemakers are welcome to attend, so please bring a friend to these lessons. All attendees must RSVP so that we have enough food and educational materials for everyone. If you need to cancel please contact the Purdue Extension Office as soon as you know you can not attend.

March 15, 2023 (Wednesday)

Farm Bureau Inc. Community Building Dining Room

Noon: Lunch (\$10)

1:00 pm Food & Mood

Learn what research tells us about how the food we consume effects our mood. What changes you can make in the types of foods you eat as well as when you eat them to affect our mood in a positive way. Mandy Gray, Hancock County

2:00 pm Food Trends in 2022-2023 and Beyond (program change)

Delivery, pick up, shopping in person, plant-based protein meals...what are the best options??? Prepared or packaged meals that come in the mail or are delivered to me. Is it safe, is it affordable, are they nutritious. We will look at these current food trends together. Beth Switzer, Hendricks County

Club Presidents looking for additional educational lessons can check out the IEHA website: http://ieha-families.org

Basket Weaving

We have had an inquiry in the Extension Office for someone who is skilled in basket weaving. If you have a contact or are familiar with basket weaving and willing to answer questions please contact Pandora Taylor at the Extension Office.





Attention Crafters...

We have had a very generous donation of craft supplies at the Extension Office that we would like to pass on to Extension Homemakers Clubs that can use the supplies for community outreach projects. There is a lot of yarn, some fabric, and supplies for needlepoint, knitting and crocheting. If someone from your club would like to come in and go through the boxes (and I mean BOXES) of barely used/brand new supplies that would be wonderful. If you can't make it in the office during the 8am-4pm office hours contact Pandora and she can set up a time for you to meet her after hours to go through the supplies.





2023 Quilt Show Cancelled

CANCELLED

The Quilt Show that was originally scheduled for March 18th has been cancelled. The Executive Council struggled to find volunteers to organize the event. If this is an event you would be interested in helping plan in future years we would love to hear from you. Sometimes events run their course and are no longer of interest and/or relevant and that might be the case of this event. But if there is an interest in having an informative quilting event in the future we will need volunteers to run the event. If you are interested in helping create a future quilting event please contact Patty Nichols and/or Judi Wilson.

Patty: 317-340-7223 pattynichols55@gmail.com Judi: 765-894-0468 jaw ltw@yahoo.com



Winter Safety for Older Adults

The winter season brings holidays and good cheer along with cooler days and cozy nights by the fire. On the other hand, it may also bring short-term illness, isolation at home and even holiday weight gain. Follow these prevention steps so Jack Frost doesn't nip at your nose!

Health Risks

Hypothermia

Just being "really cold" can you make you very sick. Older adults lose body heat faster and tend to produce less body heat than younger adults. So being outside in the cold for too long or even in a cold house can cause a drop in body temperature resulting in hypothermia. Hypothermia is a serious problem as an older adult with low body temperatures can suffer from heart attacks, kidney problems or liver damage. Symptoms include shivering, cold or ashy skin, feeling tired or confused and slowed breathing. Protect yourself and stay warm by dressing with hats, scarves and loose layers of clothing and stay indoors with heat when it's very cold or windy.

Short-term Illness

Winter is flu season and while the timing and duration of the flu varies, it usually peaks in January. The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness and at times can lead to death. According to the Centers for Disease Control influenza (and pneumonia) are the fifth leading cause of death among people 65 and older. Other common seasonal short-term illnesses include pneumonia and the common cold. Reduce your risk by eating healthy foods, getting plenty of rest, avoiding tobacco and getting a flu vaccine every year. The CDC also states that keeping your hands clean is one of the most important ways to prevent the spread of infection and illness. Wash your hands often and effectively by scrubbing your hands with warm water and soap for 20 seconds then drying with a paper towel. Carry hand sanitizer as a back-up.

Accidents

Wintery weather conditions can increase your risk of various accidents.

- One out of three adults over the age of 65 fall every year, leading to injury, loss of independence or even death. During the winter, watch for slippery ice patches and snowy walkways, wear shoes with non-skid soles and most importantly, be aware of your surroundings and take your time.
- An average of 500 older adults are injured in motor vehicle crashes every day. Winter driving can be especially dangerous so slow down or do not drive on icy roads or snowy, rainy days. Also be sure to winterize your car and stock it with a few emergency items like a flashlight, water, blanket, first aid kit and carry a cell phone.
- Carbon monoxide poisoning (a deadly gas) increases during the winter as more people use furnaces, space heaters and fireplaces. Make sure your heating system or equipment is installed, serviced and

used properly; this includes fireplaces and gas appliances too. Also, check or install smoke and carbon dioxide alarms.

Winter Activities

Despite less than favorable weather conditions and cooler temperatures, winter time can still offer an abundance of activities. **Staying active both physically and mentally is beneficial to your overall health and well being.** So keep busy this winter and enjoy:

- Indoor activities like scrapbooking, writing your life story, indoor gardening, crossword puzzles, woodworking, reading or discovering a new hobby.
 - Visiting indoor places of interest like a library, museum or catching a matinee movie.
- Taking a class or participating in an activity at your nearby senior center. Programs range from indoor swimming to computer basics to card clubs. They may even offer lunches and bus-chartered field trips.
- Traveling can take you to warmer destinations or offer an opportunity to see long-distance relatives or friends. Connecting with a local travel group can offer tour guides and group rates. Also, consider Road Scholar (1-800-454-5768) which offers educational travel and learning vacations. Remember to have a neighbor watch your home while you are away to reduce the risk of home burglary and safeguard your credit cards and personal information during your trip to avoid a stolen identity.
- Weather permitting, you can still enjoy an outdoor walk, a trip to your community park, bird watching or simply sitting on the porch with a hot cup of tea and the newspaper.

Holidays

Many often find their busy wintery days are filled with holiday celebrations and socials with family and friends. It is great to connect and celebrate but don't let this be a time of stress, weight gain or illness.

- Holidays bring extra helpings, seasonal treats and festivities with lots of food. **The National Institutes of Health found that most Americans never lose the weight they gain during the winter holidays.** Avoid excess holiday pounds by selecting healthy foods and limiting your sweet indulgences and alcoholic drinks. The key is choosing all foods in the right proportion. Avoid going to a party hungry, and after eating gather the group for a walk or Wii bowling game to burn off extra calories.
- Reduce your risk of illness by washing your hands before cooking and eating. Encourage others to do the same. Make sure too that foods are cooked thoroughly and do not let food sit out on the table longer than 1-2 hours. If you are sick, stay home!
- Don't stress over having "perfect" traditions, decorations, parties or gifts. Stress can lead to illness and overeating. Let go of what you cannot control, learn to say "no" and take time to revitalize yourself. Be thankful for what you do have and enjoy it!

Winter Blues

Not feeling the same good cheer as your friends? Winter time offers shorter days with less sunshine, cooler temperatures, questionable weather and perhaps some holiday stress and absence of family and friends. This can intensify feelings of loneliness, sadness, isolation, anxiety and cause the "winter blues." **An estimated 2 million adults 65 and older have a depressive illness and it is often experienced more during the holiday season.**

People experience the winter blues beginning in the fall and suffer a depressed mood lasting until spring. Those with winter blues experience changes in their mood, energy level and ability to concentrate brought on by a decrease in exposure to sunlight that affects our bodies' hormone production. The winter blues can also lead to a more severe illness like Seasonal Affective Disorder or even long-term depression. Here are some tips to reduce your risk or better manage your symptoms of winter blues:

- Make healthy food choices and avoid sugary, empty-calorie foods.
- Get a good night's sleep and expose yourself to morning sunshine.
- Exercise! Many studies show that aerobic exercise decreases the feelings of depression, reduces stress, aids in sleep and improves your overall health.
 - Make regular social outings, contacts with family or friends or enjoy a new hobby.
 - Consider speaking with your doctor to discuss treatment options.

Winter Warmth—Home Energy Saving Tips

- Consider Energy Star appliances, lighting and home electronics. These products can save about onethird on energy bills.
- Do-it-yourself activities that are simple and inexpensive include: Seal air leaks; in-stall a programmable thermostat; service furnaces, boilers or heat pumps; change furnace filters every three months; and set your thermostat to 68 degrees.
- Utility companies may offer a monthly budget plan that can spread energy costs throughout the year (though they may be higher in the summer).
 - Contact the Low-Income Home Energy Assistance Program (702) 486-1404.

References:

Centers for Disease Control and Prevention. (2010). Statistics on accidental falls, influenza and motor vehicle safety. CDC. (Accessed 9/21/10).

National Institutes of Health. (2006). Stay safe in cold weather. NIH Publication Number 06-7349. Traywick (2008). Winter blues and you. University of Arkansas Cooperative Extension Service. UAEX (Accessed 9/13/10).

Rabin (2005). 10 ways to avoid holiday weight gain. WebMD Feature. WebMD (Accessed 9/20/10). Collins (2001). Senior Wellness Series: Preventing short-term illness. University of Nevada Cooperative Extension, FS-01-42 (recertified 2009).

For more information please contact Heidi Petermeier or Claudia Collins at (702) 222-3130.

*Brand names are used for illustration purposes only. The information given herein is supplied with the understanding that no discrimination is intended and no endorsement by Cooperative Extension is implied.

Collins, C. and Petermeier, H. 2001, Winter Safety for Older Adults, Extension | University of Nevada, Reno, FS-11-02

Original Article: https://extension.unr.edu/publication.aspx?PublD=3236

JANUARY – FEBRUARY WORD SEARCH



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council
Gleaners
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roses
shovel
Snowflakes
Valentines

fireplace gloves lcicles mittens Scarf ski Spring wind

I hope you all had a wonderful Holiday Season!

The Sewing Day has been set!! Please mark your calendars for Tuesday March 14 in the Annex from 9 a.m.- 3 p.m. You may come and go any time in that time slot or stay all day. We will be making tote bags for children, fleece

blankets for adults and children and baby items. Bring a sewing machine If you can and sewing supplies. Come even if you can't sew! We need people to cut fabric, tie blankets and iron on BCEH labels as well. Bring a sack lunch. Drinks will be provided. Please rsvp so I have an idea how many will attend and so I can call you in case of inclement weather. You may attend without rsvp-ing! Hope to see you there!

I learned when I brought 5 shawls to the Threads for Compassion center that they will pay for yarn to make the shawls. BCEH will also pay for the yarn. Bring the finished shawl and receipt to the Extension and we will mail you the reimbursement.

If you have any questions you can call the Extension Office-756-482-0750.

Linda Fahrenbach Volunteer Community Support Chair

FIRST TUESDAY

The committee is looking to restart the First Tuesday programs we have offered in the past.

The committee will be meeting in February to pick topics. Programs will be offered evenings at 7 pm April 4, May 2 & June 6 then later August 1, September 5 and October 3.

If you have any suggestions for topics please send them to jsmohr@indy.rr.com., jaw_ltw@yahoo.com or ljfahrenbach@gmail.com.

REPORT

Our Holiday Bazaar was a great success this past November!
We hold the Bazaar in the Witham Pavilion, Centennial Hall South and
Centennial Hall North which gives us about 180 booth spaces and we
were almost full this year. We had a good flow of customers even near
the end of the day. Lots of smiles, yummy lunch and happy vendors and
customers.



The Committee thanks all of you who came to help! It makes our job that day easier when we have helpers come to greet the vendors and help get things started. And so nice when you are there to greet customers on Saturday. We have many nice comments on our evaluations about our friendliness and helpfulness and we like to maintain that atmosphere. Thank you!

We had a great addition this year—a blow up, waving, 10-foot tall Elf!! He was at the door of the Centennial Hall North welcoming customers to start at that door in an attempt to get traffic flowing from there, as well as, the Witham entrance. He was so great that we want to purchase another Elf for next year!! But we think 20 feet tall would be so much better!! Our cancellations (non-refundable booth fee) paid for the Elf so we feel like that was a win-win!

We have an officer from the Sheriff's Department during the day just for the safe feeling of his presence. We had new name tags this year—very professional and hoping to identify those who can help as needed. We have our crazy Elf who roams around making people laugh! We have Mrs. Claus who hands out candy canes and smiles at everyone. We have pretty welcome tables. We have a great variety of items to purchase. This and more makes it a good day!!

Mark your calendar for November 18, 2023 for our next Holiday Bazaar. It is great for Christmas shopping and we would also welcome your help during the event.

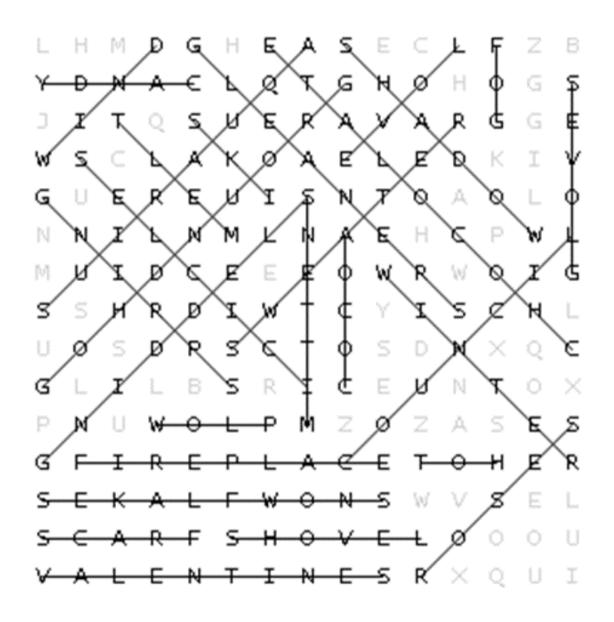
Thanks for your help and your encouragement, The Holiday Bazaar Committee







JANUARY - FEBRUARY **WORD SEARCH ANSWERS**



2023 Newsletter Deadlines

If you have information you would like put into future Kaleidoscope editions please see the deadlines for submissions below. Information must be submitted to Pandora Taylor pandora@purdue.edu and Kathy Staton kstaton@purdue.edu.

March/April Edition Deadline: February 15
May-July Edition Deadline: April 17
August/September Edition Deadline: July 25
October-December Edition Deadline: September 15



