

March – May
2024



BOONE COUNTY
EXTENSION
HOMEMAKERS

The KALEIDOSCOPE



MONTHLY QUOTE

“When spring came, even the false spring, there were no problems except where to be happiest.”

—Ernest Hemingway

IN THIS ISSUE

- OFFICER UPDATES
- COMMITTEE REPORTS
- EDUCATIONAL LESSONS INFO
- SEWING DAY INFO
- FLYERS FOR UPCOMING EVENTS
- BROADBAND INFO



Important Dates

March



- 6 Deadline to register for Spring District Meeting
- 12 Sewing Day, Annex, 9:00a.m.—3:00p.m.
- 12 Deadline to register to attend Educational Lessons
- 19 Education Lessons—Dining Room *Must RSVP*
 - 10:00 a.m.—Couponing in Digital World
 - 11:00 a.m.—Lunch
 - 12:00 p.m.—Mindfulness
- 20 Spring District Meeting - Dull's Tree Farm
 - 9:30 a.m. - Registration
 - 10:00 a.m. - Program
- 23 Heritage Skills Day – 1:00-5:00pm - *FULL*
- 25 E. H. Council Meeting – Dining Room
 - Refreshments at 6:00 p.m. (Merri Mixers & Home & Garden)
 - Meeting at 6:30 p.m.
- 29 Good Friday -Extension Office Closed

April

- 1 Deadline to register to attend International Night
- 2 First Tuesday Program - Home Food Preservation: Canning
Community Building - 6:30 PM *Must RSVP*
- 4 International Night in Sicily, Auditorium - 6:00 p.m. *Must RSVP*
- 13 4-H Barbeque, Community Building - 4:00 p.m -7:30 p.m
- 15 Club dues (\$10/member) to County Treasurer
 - Coins for Friendship to County Treasurer
- 22 E.H. Council Meeting, DR
 - Refreshments at 6:00 p.m. (Sugar Creek)
 - Meeting at 6:30 p.m.

More Important Dates



May

- 7 First Tuesday Program- Let's Start Growing
Community Building -6:30 p.m *Must RSVP*
- 9 Achievement Night, Auditorium - 6:00 PM
- 27 Memorial Day - Extension Office Closed

June

- 3-5 Home and Family Conference - Embassy Suites, Noblesville
- 4 First Tuesday - Freezing Foods 101
Community Building - 6:30 p.m. *Must RSVP*
- 24 E.H. Council Meeting, Dining Room
Pitch in for old and new Presidents -6:00 p.m.
Marionettes - Drinks
Meeting at 6:30 p.m.





Happy Spring Homemakers,

A MESSAGE FROM THE
PRESIDENT



Hopefully the weather turns warmer soon.

First off I would like to talk about District Day which Boone County is hosting on March 20. It will be at Dull's Tree Farm. Registration starts at 9:30 a.m. and meeting starts at 10:00 a.m. Our caterer will be Vault 1920. We will be having turkey and dressing, smashed potatoes, salad, green beans, and rolls. Christmas cookies for dessert. Cost is \$22. Reservations are due by March 6. I would like to have as many as possible from Boone County there. I know some people have to work(I am one of them) so can't be there. It just makes the County look better and you get to learn things about the state. Kerri Dull will be our speaker. We will be housing our State President, President Elect, and Vice President. We will need to feed them the night before so either a pitch in or take them out to eat. I forgot to tell you our theme is March into Christmas. So wear your Christmas attire.

I would like to thanks everyone for all their hard work this year. It takes everyone to help, the more people the less work for everyone. We have Heritage Skills coming up March 23. Sounds like we have a lot signed up. It is 1p.m.-5p.m.,3 sessions each , make it- take it home. Cost will be \$10

Sewing Day will be coming up March 12. I know Linda could use your help. 4-H Bar-B-Q is coming up April 13. We will need desserts.

Hope to see as many as possible on March 20!!

Thanks,
Patty



From the desk of the



News from Judi..

BCEH will be electing new officers in April (installed at the Achievement Night). If you are currently an officer; please let Judi know if you are willing to continue in that office, or if you would prefer another office, or if you are ready to take a break. If you are not holding an officer position, but would like to be part of the Board of Directors, send a message to Judi, jaw_ltw@yahoo.com. New blood is always good for any organization to grow.

Get Mooned in Boone is coming April 5-8 in anticipation of the solar eclipse. The fairgrounds will be available for those who want to park their RV's for the whole weekend, at a cost. An outdoors concert, Pink Droyd- the midwest's premier Pink Floyd tribute band will be on April 7th from 6pm-11pm at the Boone County Fairgrounds. Tickets are \$20, purchase through the Get Mooned in Boone/Discover Boone County website. Bleacher seating (first come-first served) or bring your own blanket/chair. Concessions will be available, NO outside food/beverages permitted. On April 8th, the fairgrounds will be available to 'eclipse viewers' who will pay a fee to park and enjoy the sky. Volunteers will be needed to help with parking and collecting the fee, check with Judi.

The 4-H BBQ is scheduled for Saturday, April 13th. The Homemakers will also be providing desserts for those dining on chicken or pork chop. What sweet treat will you bring to the event?

Garage Sale time..April 11-14. Now is the time to go through your items and see what can be donated. All proceeds go to Boone County 4-H fairgrounds improvements. Over \$15,000 has been raised in past years.

More News from Judi...

The Achievement Night is on the calendar for May 9th. Members of Home & Garden EH club and Merri Mixers EH club are on the committee. So get your ideas together for an awesome evening where BCEH members are recognized for their accomplishments.

The month of June will be the IEHA conference in the Indianapolis area. There will be some educational programs, along with some crafting times. Look for more information.

And then we come to July....4-H Fair time...July 20-26...Saturday through Friday. The Homemakers will once again be serving meals in the Beehive....and more.. who would love to help in the Beehive and possibly earn a little money for their organization? Let's be looking at our neighbors, school groups, sports teams, youth organizations...the list is endless. I am hoping to have a video with Beehive/Fair activities highlighted throughout the past years. If you have any photographs of Homemaker events, the good ole Beehive days, past members/clubs, 4-H members, livestock shows, etc.. please get those to Judi soon so we can begin putting the video together. We will also be 'remembering the FIRST QUEEN BEE- Joan Hysong' with pictures and maybe some of her famous Fair Food. If you would like to help in gathering the photos or planning the Beehive activities, let Judi know as soon as possible.





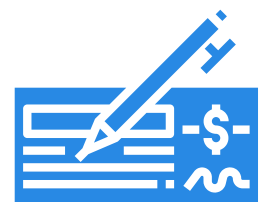
Your dues are due! The dues for the 2024-2025 membership year are due to me before April 15, 2024. Dues are \$10 per person. Please include with your payment the updated membership list (Pandora provided you with list of members) . Please update names, addresses, phone numbers and email addresses of the members. If you are submitting mailbox dues, please also include your current contact information (phone, address and e-mail). The payment can be mailed or dropped off at the Extension Office, and I will pick it up there. If you are unable to make the payment prior to April 15, but would like to remain a member, please let me or the Extension Office know so we can still include you in the district dues.

If your club collects Coins for Friendship or cancer research funds, please also send those to me prior to April 15.

If you have any questions or need a cash box for an event, feel free to reach out to me at dione.finney@gmail.com or (317) 319-3149.

Dione Finney, Treasurer

Purdue Extension - Boone County
1300 E. 100 S.
Lebanon, IN 46052





Dear Extension Homemakers,

I hope this newsletter find you well. There is a lot packed into this one. You guys really keep busy! I am just amazed at all the events you have coming up...so much to plan for. Thank you to each of you that are on a committee working on the upcoming events.

I just want to spend a moment and share with you the Broadband Internet initiative that Purdue University launched in the fall 2023 . The University is looking to Purdue Extension to take a leading role to help ensure all Indiana families and businesses have access to affordable broadband internet service in the future. To do this we need **YOU** to help us ensure that we have correct data on the internet services currently available to you at home and work. This information will then help the state of Indiana in deploying the \$868 million in federal funding from the Broadband Equity, Access, and Deployment (BEAD) Program for high-speed internet improvements.

So what do you need to do?

1. **Conduct Speed Tests at your home and work.** Best results are found when you complete at least 3 speed tests at 3 different times on 3 different days (so that is 9 times at home and 9 times at work). Here is the link to a speed test. It works on your phone, tablet and computer, but you don't need to do it on all 3. <https://connectingindiana.com/>
2. **Validate the Federal Communications Commission (FCC) Map.** Does your home, business, or farm address appear on a federal map that shows broadband availability? Make sure to check. Visit: <https://pcrd.purdue.edu/3steps-broadband>. **Note: not all internet is broadband.** See article at end of newsletter to learn more on this.

Why is this important? Accurate and up-to-date information is a critical piece to making sure that the Indiana communities needing broadband the most get it. The FCC map is a key metric in determining where funding is allocated for broadband projects, so the more accurate the data at the local level, the better the chances for resources to reach unserved and underserved areas of Indiana.

More information on broadband internet can be found at the end of the newsletter. Call me if you have questions and thank you in advance for you help. See you soon at one of our many upcoming events!

Sincerely,

Pandora



4-H BBQ Dessert Sale

Our dessert sale at the 4-H BBQ is Saturday, April 13, 2024 from 4:00-7:30 p.m. Each club needs to provide desserts. If your club is over 20 members, bring 8 items, under 20 members bring 6 items, under 10 members, bring 3 items.

You may bring any type of dessert except for cream pies, cheese cake or any dessert that requires refrigeration. (Follow the 4-H Fair culinary rules). Pies are the items that sell best. Cakes, cookies and brownies are also good sellers.

Please mark your items as to what they are and bring them to the Farm Bureau Inc. Community Building between 2:00-4:00 p.m. on Saturday.

If you have questions, contact me at 765-894-2123.

Thanks everyone!
Linda Fahrenbach



2024 Open Show Needs Your Help

Do you enjoy baking? Do you enjoy seeing others' creative skills and the ideas they have for a project? If so, the Open Show NEEDS you!

Opportunities to volunteer include:

Culinary Dept. Director: You can lead a team of volunteers to organize the culinary entries during the Open Show. You can be available for several hours and one full day of the show to assist with set up, project entry, judging, and project check out. May share this role with another person.

Committee Member: You can be a part of one of the department teams. You can be available a few hours during the show to assist with any of the following: set up, project entry, judging or project check out.

Open Show Director: You can give guidance and support to all of the department chairs. You can be available several full days or half days at the show and assist with all aspects. The goal is to have multiple directors to share this role.

Bake Auction Assistant: You can help one full day during the show working with the bake auction director to prepare baked goods entries for the auction. No baking required, just packaging entries from others who baked!

Remember, even if you only have a few hours of time to give, we could use you! Please contact Abby Emmert Worrell with questions or if you are interested in any of these roles. Email or call at emmertabigail@gmail.com or 765-336-4289.



OPEN SHOW BOOKS

NOW ONLINE!!!

[HTTPS://BIT.LY/BCEH](https://bit.ly/BCEH)

(LOOK FOR GOLD BOX ON RIGHT
HAND SIDE OF SCREEN)

PAPER COPIES WILL BE
AVAILABLE BY APRIL 1ST.



**Club Presidents
Don't Forget...**

deadline

**President Packets were mailed out in
early February. Please make sure to
return those to the Extension Office no
later than the March 25th Extension
Homemaker Council Meeting.**

Sewing Day
Tuesday March 12, 2024
9 a.m.- 3 p.m.



at the 4-H Fairgrounds Annex

We will be making blankets, rice bags and rice bag covers for the “Your Not Alone” cancer project and tote bags for Riley Children’s Hospital and Head Start. If you do not know how to sew, we need people to cut fabric, tie blankets and iron on labels. If you can sew, please bring your sewing machine and a few supplies. You may come for a little while or all day. Bring a sack lunch and a drink if you are coming over lunch time. And feel free to bring a friend! Come and enjoy some fellowship while helping others!

All clubs - Please turn in your volunteer hours of your club members and any donations your club may have given between February 1, 2023- January 31, 2024. Send these to me (ljfahrenheit@gmail.com) or to Pandora, [Pandora@purdue.edu](mailto: Pandora@purdue.edu). These volunteer hours goes to district to document how much Extension

Homemakers do for our communities! It’s a lot!

The Caring Center is in need of volunteers to help sort food and to help sort donations. They also need volunteers to work at Classic Reruns, their resale shop. If you can help, call Teresa (the director) at 765-482-2020.

We continue to knit shawls for the Threads For Compassion program. I took 8 shawls to the Indiana Donor Network In January. Thank you to everyone who made a shawl! They were all very pretty. They really appreciate it!

Hope to see you at Sewing Day!

Linda Fahrenbach

VCS Chairman



REMHINDER

As we get busy with lots of Extension Homemakers' events this is a reminder from the 4-H Facilities staff on rentals:

When you contact Marcia Mustin to reserve a space she needs to know the following info:

1. All dates that you need to reserve the space (including set up/ tear down days).
2. If you need the kitchen
3. What technology you need (projector, screen, wifi, microphone, etc.)

If we are setting up for you: you need to provide layouts **3 days before** the event. You can get the paperwork from Marcia.

Cancelling an event: if you need to cancel an event or meeting being held at the fairgrounds you **MUST** let Marcia know ASAP so that the facilities staff don't make an extra trip to the fairgrounds to unlock and/or lock up. Please email her to let her know you need to cancel.

Marcia's Contact Info

Email: mrmustin@purdue.edu

Phone: 765-482-0750, then push 1

Marcia usually takes lunch from 11-noon each day.

Purdue Extension Staff Updates



ANDI SMITH

Administrative Assistant

Welcome

I am the new Administrative Assistant at the Boone County Extension office! I love 4-H and I am so excited to be a part of the Purdue Extension team in Boone County. Growing up in Carmel, I was a ten-year 4-H member in Hamilton County. I enjoyed a variety of projects with my favorites being scrapbooking, Junior Leaders and llamas.

After high school, I moved to Lafayette where I worked as a server and manager at Grindstone Charley's Restaurant and for a short time, the assistant manager at Dress Barn. In 2011, I became a mother to a beautiful daughter, Holly and in 2015, I had twins, Emma and Eli. For the past nine years, I have been lucky enough to be a stay-at-home mom.

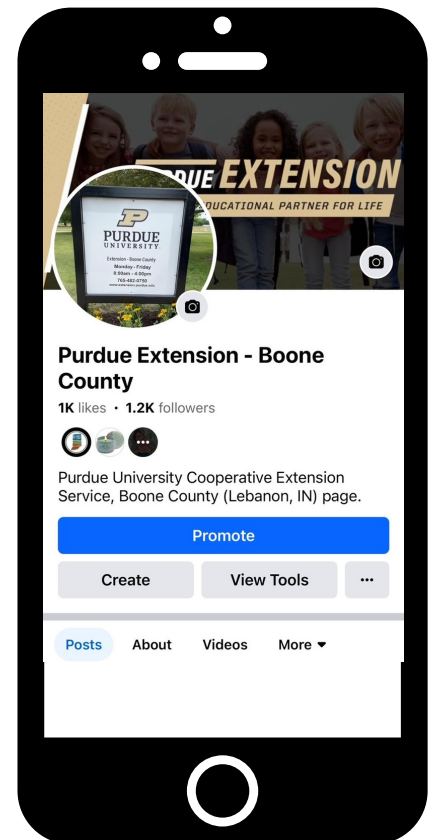
All three of my children participate in Tippecanoe County 4-H and I help with the Tippecanoe County 4-H Llama/Alpaca program. We live in Darlington, IN, with my life partner, Ryan. Our family enjoys kayaking, spending time outside, crafting, singing and being silly. My other children include three llamas, Ginger, Marilyn and Winnie, a basset hound named Hank and 12 chickens. I am eager to get to know all the great families in Boone County and to be starting a career here with a wonderful group of staff mates!



ADDITIONAL POINT OF CONTACT IN THE EXTENSION OFFICE FOR EXTENSION HOMEMAKERS

With Kathy's retirement last August we needed a staff member to assist Pandora in working with the Extension Homemakers on various projects. We are excited to share that Kerry Luchetta (our Office Manager) has agreed to take on this role. Kerry can be reached at the Extension Office or by email at kluchett@purdue.edu. She looks forward to supporting the Extension Homemakers.

Be sure to follow Purdue Extension - Boone County on Facebook! Andi has done a fabulous job of adding content every day.



Educational Lessons – 2023–2024

Note that that the class offerings are a bit different in your Program Book. The info below is now the correct info.

SPRING SESSION

Tuesday, March 19, 2024

Boone County Farm Bureau Inc. Community Building, Dining Room

RSVP by **Tuesday, March 12** to the Purdue Extension Office 765-482-0750 or email booneces@purdue.edu with your name, sessions you will attend, are you eating the lunch and any special dietary needs you have.

10:00am **Couponing in a Digital World**

Do you want to save additional money at the grocery store, discount stores, and at the pharmacy? Coupons are a great way to save significantly at all of these stores. Couponing has changed over the years and many businesses are now offering digital coupons in addition to paper coupons and their own store rewards programs. Learn how you can multiply your savings by using paper coupons, digital coupons, and rewards programs combined. We will focus on learning how to make digital coupons work to your advantage. If you are not sure how to use digital coupon, we will discuss how to begin using them as well. Strategies to make this a simple process without spending hours collecting coupons will also be shared.

Presented by Diana Stone, Shelby County

11:00am **Lunch**

Cost \$6.00

Menu. Meat Lasagna, Veggie Lasagna, Breadsticks, salad, dessert, water and ice tea.

Noon **Mindfulness**

Mindfulness means becoming aware of what is happening in the here-and-now, both internally and externally in the world around you. Mindfulness is a state of active, open paying attention to the present. Being mindful allows you to observe your thoughts and feelings from a distance, without judging them to be good or bad, allowing you to live fully in the moment and not let life pass you by. Learn how to do mindfulness exercises as well as the science behind the health benefits of mindfulness.

Presented by Mandy Gray, Hancock County





HERITAGE SKILLS UPDATE

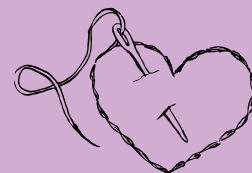
We have been amazed at the response to the Heritage Skills Event. We have had to close most of the sessions because of the huge response. We are looking forward to sharing our skills with others. Thanks to our committee members from Gleaners, Paper Scrappers and Home & Garden Club for all their help.

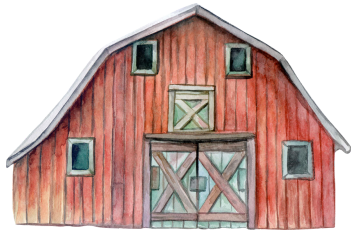
Joan Mohr, Chairman

ATTENTION SEAMSTRESSES...

Quality Drapery Services, located in Lebanon, is hiring seamstresses. We are filling full time positions sewing custom draperies and valances. Part time positions are negotiable.

If you are interested in a job creating beautiful window treatments, please contact us for more information. Email: qualitydraperyservicesllc@gmail.com





SPRING DISTRICT MEETING

March into Christmas



WEDNESDAY, MARCH 20, 2024

DULL'S TREE FARM

1765 W. Blubaugh Ave., Thorntown, IN 46071

Registration starts at 9:30 a.m. Program begins at 10:00 a.m.
County Presidents arrive at 9:00 a.m. for meeting with State President

Cost: \$22.00

RSVP by March 6, 2023

SPEAKER - KERRY DULL, DULL'S TREE FARM

Menu: Turkey, Dressing, Smashed Potatoes, Green Beans, Christmas Cookies

WEAR YOUR FAVORITE CHRISTMAS ATTIRE

Questions - Patty Nichols - 317-340-7223 or pattynichols55@gmail.com

Checks payable: **Boone County Extension Homemakers**

send payment to:

Patty Nichols, 8053 E. 500 N., Sheridan IN 46069

RSVP by: Wednesday, March 6, 2024

Name: _____ County: _____

Address: _____

E-Mail: _____ Phone: _____

Please list any food allergies: _____

BOONE COUNTY EXTENSION HOMEMAKERS PRESENT

International Night in

Sicily

JOIN US
April 4th
@ 6 PM



**MAKE YOUR
RESERVATION TODAY!**

Register by April 1st
Purdue Extension
Office 765-482-0750
or email
booneces@purdue.edu

International Night includes a guest speaker from Sicily, authentic Sicilian food samples and fellowship. We are excited to take your taste buds to Sicily and enjoy an amazing evening together.

**Thursday, April 4, 2024
Starts At: 6:00PM**

**Location: Boone County Farm
Bureau Inc. Community Building at
the Boone County 4-H Fairgrounds
(Lebanon)**

\$3
Collected @
the Door





**BOONE COUNTY EXTENSION
HOMEMAKERS PRESENT**



FIRST TUESDAYS

ALL PROGRAMS BEGIN AT 6:30 IN THE BOONE COUNTY FARM BUREAU
INC. COMMUNITY BUILDING ON THE 4-H FAIRGROUNDS



HOME FOOD PRESERVATION: CANNING

with Extension Educator Monica Nagele

APRIL 2

Learn the art of home food preservation through our canning class, where you'll master techniques to safely preserve seasonal produce for year-round enjoyment. Explore the fundamentals of canning, empowering you to confidently stock your pantry with homemade jams, pickles, and green beans.



LET'S START GROWING

MAY 7

Learn how easy it can be to grow your own veggies and have control over what you are eating. Vertical/trellis, raised beds, containers or inground, you can do it!!



FREEZING FOODS 101

with Extension Educator Mandy Gray

JUNE 4

Master the art of safely preserving foods by freezing as we explore key factors influencing frozen food quality. Dive into essential techniques such as proper packaging, effective pretreatment practices, and the basics of blanching to ensure your foods retain their flavor, texture, and nutritional value.

FREE PROGRAM OPEN TO THE COMMUNITY!!



REGISTER

Contact Purdue Extension Office @ 765-482-0750
or email booneces@purdue.edu



4-H Chicken & Pork Chop BARBECUE

Saturday, April 13, 2024
4:00PM - 7:30PM

Boone County 4-H Fairgrounds
1300 E. 100 S. Lebanon

Scan QR Code Below
to Purchase Tickets

<https://www.boonecounty4h.org/tickets>

Please bring tickets
or pay night of the event.
\$15.00 per meal



MENU:

Pork Chop or 1/2 Chicken
Bag of Chips, Baked Beans
BBQ Sauce, Apple Sauce,
Tea, Water, Lemonade, Coffee
Desserts provided by Homemakers

Proceeds benefit 4-H
Fairgrounds improvements



Meat choice is 1st come 1st served

AGAIN THIS YEAR!

SILENT AUCTION BASKETS

Proceeds Will Benefit 4-H
Clubs

Chef University Spark Club

Third - fifth graders are invited to enhance their cooking skills, learn kitchen safety and increase knowledge of food from around the world while getting to eat a variety of foods! This two-day experience is during the Spring Break weeks of March 25th and April 1st.

Cost: \$40

Enrollment Limit: 30 spaces each week
Open to any youth in grades 3-5

Questions: Contact Pandora Taylor, HHS
Educator pandora@purdue.edu

Registration
Closes on
March 11th.

*Payment is due by
closing date.

Click the week you
want to sign up for!

Week 1-3/25-3/29

Week 2- 4/1-4/5

Location:

Week 1:

Boone County 4-H
Fairgrounds in the Farm
Bureau Community Inc.
Building

Week 2:

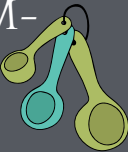
The Palomino
481 S 1200 E, Zionsville, IN
46077

Dates:

Week 1:

Tuesday 3/26/24 and
Thursday 3/28/24.

From 8:30AM-
12:30PM.



Week 2:

Tuesday 4/2/2024
and Thursday
4/4/2024

From 8:30AM-
12:30PM

Thank you,

THE *palomino*

for your sponsorship.



Extension - Boone County



BOONE COUNTY EXTENSION HOMEMAKERS

Scholarship 2024



Eligibility:



College Bound High School Seniors



Must be majoring in Consumer and Family Sciences or Health Care.

Boone County Resident

Questions??

Contact Pandora Taylor, HHS Extension Educator at pandora@purdue.edu or call 765-482-0750

APPLY NOW



Application Available at:

<https://extension.purdue.edu/county/boone/hhs/bceh.html>

Deadline: April 1, 2024 AT 4:00PM

Applications due to the Purdue Extension Office Boone County, located on the Boone County 4-H Fairgrounds, at 1300 East 100 South, Lebanon, IN 46052

WHAT IS

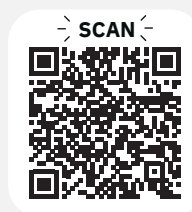
BROADBAND?

Broadband is defined by the Federal Communications Commission (FCC), a government entity that regulates telecommunications, as an internet connection that is always on and faster than dial-up.

DO I HAVE BROADBAND?

While the definition is a bit vague, it really means that if internet service available at your address (home business, organization, etc.) is slower than 25 megabits per second or Mbps download and 3 Mbps upload (Mbps refers to the amount of data that can be handled by your internet connection), 25/3 for short, then you are considered unserved. If you do have 25/3 Mbps service but not 100/20 Mbps available, then you are considered underserved. If either of these is the case, your address could be eligible for funds to provide service of at least 100/20 Mbps. In case you were wondering, “gig” service refers to speeds of 1,000 Mbps.

The FCC unveiled a new map and needs your help to make sure your address and internet service offered are accurate. Read more on how to review your address by reading this blog post: [3 Steps to Bring Better Broadband to Indiana – Purdue Center for Regional Development](#)



WHAT TYPES OF BROADBAND TECHNOLOGIES ARE THERE?

Broadband technologies vary resulting in different internet speeds and reliability measured in Mbps per technology, but the most common ones include:

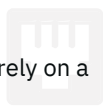
DIGITAL SUBSCRIBER LINE (DSL)

This one uses your copper phone line to provide an internet connection.



CABLE

This one is usually offered by cable companies and rely on a combination of fiber-optic and coaxial cable.



SATELLITE

This technology also requires an antenna at your address and line of sight with the satellite providing the internet connection. However, please note that this technology is not considered broadband by the upcoming federal funds. In other words, if your address has access to satellite service, you can still be considered unserved or underserved.



FIXED WIRELESS

This technology requires an antenna and line of sight between your address and the tower providing the service.



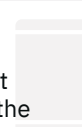
FIBER-OPTIC

This technology relies on very thin glass fibers, usually as thick as a human hair, to provide internet service.



FIXED VS. MOBILE BROADBAND

Upcoming broadband funds can only be used for what is called fixed broadband. This refers to the fact that the end-user (a home, business, etc.) is fixed or does not move. Mobile broadband refers to cellular data plans. All technologies described here are considered fixed broadband.



Cellular data provides internet service in a different way. These technologies include 3G, 4G, and/or 5G (do not confuse with 1 G(ig) service, see above). However, these are not considered fixed broadband and if available at your address, you are still eligible for broadband funds.

One last thing, your Wi-Fi relies on these broadband technologies. Consider your broadband connection to be your main water line while Wi-Fi is the shower.

WHAT IS

BROADBAND?

WHY IS BROADBAND ACCESS DATA IMPORTANT?

The federal government, in partnership with states, is deploying broadband funds through the Broadband Equity, Adoption, and Deployment program also known as BEAD. Indiana is receiving close to \$870 million. A map compiled by the FCC will dictate where these funds go. So, we need to make sure Indiana's map is as accurate as possible. Continue reading below for more information.

CONFLICTING BROADBAND INFORMATION

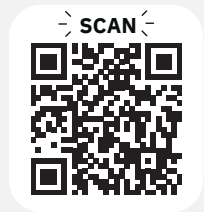
Part of the reason this map is being updated is because broadband data is very muddy. In the past, the FCC compiled data from providers that report where they offer service, with what technology, and their maximum advertised download and upload speeds. However, because this data is provider self-reported and not validated by consumers it can overestimate broadband availability. This time around, they are asking for your help to make sure the data reported by providers is accurate at the address level.

SPEED TESTS

Another wrinkle to consider is that beyond internet service being available, is the issue of reliability and quality of service. One way to measure this is through speed tests. A speed test calculates your download and upload speeds (again, measured in Mbps). If your internet connection consistently delivers speed tests below what the provider says it is providing, there may be some quality issues. This in turn may make your address eligible for funds to build more high-quality internet service. You can see what service you subscribed to by checking out your internet bill.

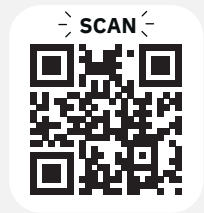
To conduct a speed test on your existing service or to report an address with no service, please visit: pcrd.purdue.edu/speedtest

And remember, speed tests are free so please complete as many as possible, as frequently as possible! The more data there is on your internet service, the better!

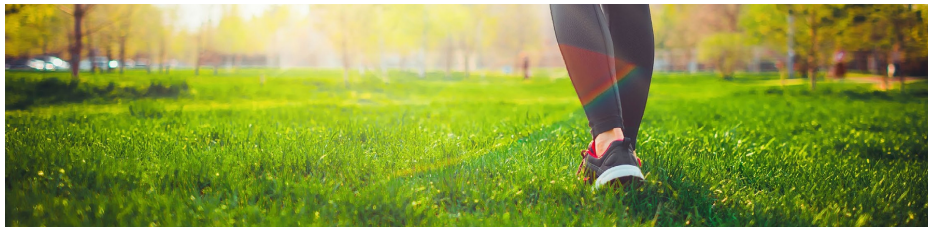


ADOPTION AND AFFORDABILITY

In addition to having access to adequate internet, another issue is adoption. Many times, internet is available, but folks do not subscribe because they may not be able to afford it. Fortunately, there is a program in place called the Affordable Connectivity Program (ACP) that provides \$30 per month to eligible homes (\$75 in qualifying tribal lands and high-cost areas). Please visit www.fcc.gov/acp for more information and for instructions on how to enroll.



The Office of Engagement fosters reciprocal relationships with external partners to address societal challenges by leveraging University resources in teaching, research, and engagement. These resources include colleges and academic units, service learning, [Purdue Extension](#), and the [Purdue Center for Regional Development](#), to name a few.



8 Strategies for a Healthy Spring

Help prevent chronic diseases like type 2 diabetes, heart disease, and cancer with these 8 healthy habits for spring.

Move More, Sit Less



Get at least 150 minutes of moderate-intensity physical activity every week. That could mean 30 minutes a day, 5 days a week. Do muscle-strengthening activities 2 days a week.

Eat Healthy Foods



Try healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.

TIP

Make half your plate fruits and vegetables and half your grains whole grains.

Choose Your Drinks Wisely



Substitute water for sugary and alcoholic drinks to reduce calories and stay safe.

Get Enough Sleep.



Adults need at least 7 hours of sleep per night.

DID YOU KNOW?

Children aged 6 to 12 need 9–12 hours of sleep per night. Teens 13 to 18 need 8–10 hours of sleep per night.



Be Sun Safe

Wear long-sleeved shirts and long pants, a wide-brimmed hat, and sunglasses and use broad-spectrum sunscreen with at least SPF 15.

TIP

Wear sunglasses that block both UVA and UVB rays for the best protection.

Brush Your Teeth



Brush twice a day with fluoride toothpaste.

Don't Use Tobacco



Call 1-800-QUIT-NOW for free support to quit smoking.

Learn Your Health History



Talk to your family and your doctor about your family health history.

Learn more ways to stay healthy and prevent chronic disease at www.cdc.gov/chronicdisease.





Extending Knowledge. Changing Lives.

Store medications properly to avoid accidental ingestion

extension.msstate.edu/news/feature-story/2022/store-medications-properly-avoid-accidental-ingestion

Filed Under:

[Family](#), [Healthy Homes Initiative](#), [Health](#), [The PROMISE Initiative](#), [Prescription Opioid Misuse](#)

[Feature Story](#)



Overdoses of supplements, medications and controlled substances in children have been on the rise in recent years. Proper storage of medications and supplements can help prevent accidental ingestion. (Photo by Can Stock Photo, Inc./nadisja)

Ms. Susan M. Collins-Smith

much of the actual drug it contains, if the active ingredient can be absorbed by the body, and whether there are any impurities, such as heavy metals.”

Some supplements are tested by U.S. Pharmacopeia, an independent, nonprofit scientific organization that establishes minimum quality standards for medications, supplements and food. Pharmacopeia’s seal appears on supplements it has tested and verified.

If people do choose to use these products, Buys urges them to always consult a health care professional before beginning a supplement, regardless of brand or type.

“This is essential because some supplements, including vitamins, can interfere with medications,” he said. “Your physician, nurse practitioner, physician’s assistant or pharmacist should be able to help you determine what supplements might be a good match with other medicines you’re already taking and which ones to avoid.”

While people may be tempted to use an over-the-counter sleep aid, such as melatonin, Staton said it is best to avoid these substances. Instead, she recommends concentrating on good sleep hygiene.

“Getting enough quality sleep on a regular basis is important for our physical, cognitive, social and behavioral health,” she said. “Start with creating a bedtime routine and keeping a regular sleep/wake schedule, even on the weekends.”

A healthy bedtime routine includes a consistent, repetitive set of activities done every day a half-hour to an hour before bedtime. Activities shown to benefit sleep for children include reading, taking a warm bath, having a nutritious snack and talking about their day. For adults, beneficial activities include journaling, reading, yoga, meditation and listening to music. It also helps to follow sleep hygiene rules, such as keeping the bedroom dark, cool and quiet.

For more information about sleep hygiene, download Extension Publication 3008, “Sleep: As Important as Diet and Exercise for All Ages,” at <https://bit.ly/3zWNSIw>.

Staton recommended the following websites for more information on sleep hygiene:

<http://www.sleepfoundation.org>

<http://sleepeducation.org/>

<http://www.sleepforkids.org>

http://www.sleepnet.com/slp_labs.htm

<http://www.sleepcenters.org>

<http://www.sleepresearchsociety.org>

Released: August 3, 2022

Contacts: Dr. Lori Dean Elmore-Staton, Dr. David Buys

Photos for publication (click for high resolution image):

MSU Extension Service

RAYMOND, Miss. -- Over-the-counter medications and supplements seem safer than prescription drugs, but a dramatic rise in pediatric melatonin overdoses serves as a warning that these products can be dangerous and must be stored safely.

A recent study by the Centers for Disease Control and Prevention found a 530% increase in melatonin overdose in children from 2012 to 2020. Most of these ingestions were unintentional and occurred among children 5 or younger in their homes.

While this study focused on melatonin, other studies generated data pointing to an increase in overdoses from various sources, including other supplements, medications and controlled substances, said Lori Staton, a human development and family science specialist with the Mississippi State University Extension Service.

“Overdoses in children have been on the rise,” said Staton, who is also an associate professor in the MSU School of Human Sciences. “People can easily get supplements over the counter, and many come in gummy form. To a child, that looks and tastes like candy.”

Proper storage is important to help avoid accidental ingestion, said David Buys, Extension health specialist.

“We recommend for the safety of those taking medicines and others who may be in the home, such as young children, guests or pets, people should keep their medicines in their original containers and up, out of sight and out of reach.

“Of course, you need to get the prescription drugs stored out of reach, but other items you have, like supplements and vitamins, matter just as much,” Buys said. “Think about anything you might have around the house that could be potentially harmful to those who get it but aren’t supposed to -- that bottle of acetaminophen, vitamin C on the kitchen counter, or antacid you’ve got on the bedside table.”

Buys said keeping these items in a medicine cabinet or another out-of-reach area can work in some households. People with young children may need to consider using child safety locks on cabinets. For those with older children or guests coming into the home, it may be a good idea to use a lock or lock box.

Staton points out that many consumers do not realize that the Food and Drug Administration has limited oversight of supplements. It is the manufacturer’s responsibility to ensure the safety and legality of their products. The FDA cannot approve a supplement or its labeling; its authority is limited to removing mislabeled or contaminated supplements from the market. “Supplements are not regulated by the FDA like medications,” Staton said. “The amount of ingredients could vary across manufacturers. For many supplements on the market, you don’t have a good way to know whether it contains the actual drug listed on the label, how



Overdoses of supplements, medications and controlled substances in children have been on the rise in recent years. Proper storage of medications and supplements can help prevent accidental ingestion. (Photo by Can Stock Photo, Inc./nadisja)

2024 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 Kerry Luchetta kluchett@purdue.edu.

June - August Edition Deadline: May 15

September/Oct Edition Deadline: Aug 15

Nov/December Edition Deadline: Oct 15

