

Extension - Health and Human Sciences



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Articles for the Sept/Oct Issue due by August 2024 to Holly Sietsma hoover47@ purdue.edu

TIPPECANOE COUNTY EXTENSION HOMEMAKERS Home Echoes

https://extension.purdue.edu/county/tippecanoe/Tippecanoe-County-Extension-Homemakers.html



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Tippecanoe County Extension Homemakers





July - August 2024

Life's A Safari! The journey has been a wild ride!

Hello ladies, In the beginning Kathy and I agreed to be the CO-Presidents, the first in the County, this was something new. To help each other and to work together even if things tend to change what we planned. At the beginning of our year, our theme, Life s' a Safari: Mind, Body and **Spirit**". Kathy and I had early planning meetings to get a good start. I can say it wasn't what we intended but our paths, took different directions. There have been expeditions and new ideas, exploring new paths along the journey. Behind it all, is the Extension Homemaker members. Who do wonderful things when asked to help, all of our officers are there to help implement and represent the Tippecanoe Co. Extension Homemaker members and to reach everyone. Ladies you do a great job in the support and giving when needed. We did many things thru the year, meetings held, programs, projects, always members were there to lend a hand. Some things we can all share in the accomplishments: one 4H Scholarship to be given, Garden Expo for a second year, and The Quilt, designed and made by the Quilt Club, to raffle. If you haven't seen it. It's beautiful. This is just a fraction of what we do thru the year with spirit to do many things Extension Homemakers do them well when asked. There is always an adventure to see and go on, whether you travel this year, enjoy your time and explore where you want to go. Even if it's an armchair traveler, just do it. Let there be challenges and discovery an, expedition. Let there be magic and imagination to let your mind soar. Don't just do the expected do the unexpected try something new.



Cont'd on page 2

Katherine Paterson has observed that part of the magic of books is that they allow us to enter imaginatively into someone else's life and when we do that we learn to sympathize with other people. But the real surprise is that we also learn truths about ourselves, about our own lives, that somehow, we hadn't been able to see before.

In the latest list of books to read over the summer. With graduations and family reunions, picnics, County Fairs, over time enjoying all the vacations that families are planning. This is a time to spend and with some down time, you can take a little to enjoy a book to take you somewhere in your imagination. Also to enjoy and try those super new recipes.

- The Memoirs of Cleopatra by Margaret George, 1997
- The Time Traveler's Wife by Audrey Niffenegger, 2003
- Alice in Wonderland and through the Looking Glass by Lewis Carroll,
 1976 Kingsport Press
- Southern Food Plantation Houses by Lee Bally 1990 by the Pilgrimage Garden Club

I might add that in the Southern Recipe book there is lots of good recipes, oyster chowder, and bourbon mint ice cream, Baked stuffed Ham, or Gumbo Pot Pie, just a few.

To everyone who attended the Achievement Luncheon it was a wonderful day. To Mary Hancock and her talented committee, it was great.!! To see and share it with everyone who helped us along the way. I thank you a thousand times. Tippecanoe County Extension Homemakers members are Great!!!

I Thank you for all of your words of encouragement and support, "Life's a Safari, it's been a journey!" Thank you for letting me be a part of it. To Kathy Delaney, thank you most of all for everything!!

May 2024 Blessings to all of you, Linda S. Casey

Life's a Safari: Explore: mind, body, Spirit!

THANK YOU for all your support as I have served as one of your Co-Presidents this past year. It has certainly been a most rewarding adventure for me! I'm hoping it has been a rewarding educational and fun experience for **YOU** with all the activities that were planned for **YOUR** enjoyment.

As Linda and I are winding down our year of leadership, we continue to be impressed of the support each of you have given to us by helping and attending each of our EH meetings and events. Yes, Extension Homemakers is alive and well and presenting "opportunities" as we head into the "future and it's promises".

Continue to tell friends about Extension Homemakers and invite them to attend a club meeting with you. How? Just **ASK**!

Kathy Delaney, 2023-24 Co-President



The 2024 Tippecanoe County Extension Homemakers Cultural Arts Event was held on Wednesday, April 17 in conjunction with the Spring Education Workshop. There were 29 entries in five categories. Thank you to all who participated.

Winners in the categories were;

Knitting/Crocheting - Christa Prather Needlework - Karen Ade Other Crafts - Dawn Lowry Quilts - Karen Ade Table Runner - Dawn Lowry

Gift Cards valued at \$40 each from Sisters Too, Michaels, Hobby Lobby and JoAnn Fabrics were awarded to the winners.

Dawn Lowry for her table runner and Karen Ade for her needlework project are eligible to represent Tippecanoe County at the Home and Family Conference in June.

Jean Macy, Chair Cultural Arts

A note from your incoming president, Dottie Warner-Halsema

First, I want to thank Carla Brown for pinning me as County President. Carla qualifies as my mother's longest- running friend from extension homemakers. And now I'm having a sudden flood of missing my Mom.

I have always loved our creed, focusing on the opportunities of today and the possibilities of tomorrow. Recently, though, as I am sorting through a lifetime collection in Mom's house, I have been immersed in the past. I know what was planted in the garden and what all was canned and frozen... in 1959. I've seen the Immanuel Homemakers history from their first year. That photo I've mentioned before, of me in training pants showing the exercises I learned that day at club with Grandma, surfaced again. This time, I realized that my Grandma was the same age then that I was last Fall, taking Brock's class on balance and mobility. Perhaps what's old is new again?

I am excited about the coming year! I have a great group of officers and focus chairs, a mix of experienced and new ladies. The new Walking Club, State conference, the county fair and Open Class exhibits, a beautiful quilt to raffle off... lots to do this Summer. We already are working on Education days, trips, luncheons, and IEHA week. We served the Garden Expo lunch in April and will be discussing it again. We've had a nice boost in membership, and hope to expand on that momentum. I look forward to getting to know more of you, individually, and your clubs.

There are so many people today looking to make their living spaces true homes. HGTV, DIY shows, Food Network, Pinterest, 'Adulting' classes, blogs, & websites are addressing a need that Extension Homemakers are ready-made to fill, and have been from their beginning. Let's look to the present and its opportunities, the future and its promises, and keep on improving and endearing homes.

Meet your new Vice President, Beatrix Rausch

Born to Ukrainian immigrants in New York City, I began my academic journey at Marymount Manhattan College, earning dual degrees in Psychology and Biology. Post-graduation, I relocated to the Midwest to further my education, securing two master's degrees in communications and School Psychology.

In 2001, I made West Lafayette my home. Here, I taught at Ivy Tech and worked as a school psychologist serving Tippecanoe and Benton Counties. Over the course of 27 years, I've had the privilege of working with numerous children and parents across various Indiana school districts.

On the personal front, I am a proud mother of a daughter who is set to join IU School of Medicine this fall. My life took a beautiful turn in West Lafayette when I met Dennis, whom I married in 2015. Dennis, a Purdue alumnus, spent his childhood on his father's farm in White County.

Beyond my professional and academic commitments, I serve on the board of directors of the Lafayette Symphony and indulge in tennis and travel for leisure.

My association with TCEH began through my daughter's babysitter, Kayla Loveless. Kayla's mother, a dedicated 4-H member, inspired my daughter, Ksenia, to participate. Despite initial struggles with project guidelines, Ksenia, with Kayla's help, earned a "blue star" for her science project on Chihuahua eye diseases, sparking her interest in Science. During this period, my desire to join TCEH was strong, but my commitments as a working single mother took precedence.

However, last year, transitioning to part-time work opened up opportunities for volunteer activities. My love for singing led me to join the Tippi Choral, where I was warmly welcomed. Remembering the positive impact of 4-H on Ksenia's life, I embraced the chance to engage more with TCEH. When Nan and Sande proposed the idea of me serving as Vice President of TCEH, I was both honored and thrilled. My experiences as a school psychologist and a parent have underscored the significance of a nurturing home environment on children and families. I eagerly anticipate learning more about all the clubs, contributing my skills to their success, and furthering TCEH's mission.

Purdue Extension – Health & Human Science Educator Update

Hello everyone and Hello Summer! I cannot believe we are nearly half way through 2024. That happened quickly! I hope you are able to follow Purdue Extension — Tippecanoe County Facebook page to see all of the great things our team is doing across the community. If you get on, make sure to "like" and "follow" so you do not miss out on any of the highlights or upcoming programs. If you would rather receive the bimonthly newsletter the is emailed out and do not already receive it, please let me know. Amanda has been doing some great work at sharing our impact throughout the community.

In the coming months, I look forward to diving into the Community Health Education Needs Assessment that our Master of Public Health student, Lizzy, completed in April. This report and new data being collected and shared among community partners will help guide HHS programming efforts through 2024 and 2025. If you participated in the surveys that were distributed, I thank you very much for your input!

We just finished up offering A Matter of Balance program this May. I believe this was a great class full of participants who learned, shared, and grew more confident in their abilities. I look forward to offering this class again in the fall. If you are interested in being on a waitlist, please contact me and give me your name and email or phone number. Those on the waitlist will be contacted first when the future dates are selected.

If you want to get started with increasing your physical activity and need a little motivation, you are welcome to register for a FREE, email-based walking program called Get WalkIN'. You will receive a total of 16 emails for the next 8 weeks to help reduce risk of obesity, heart disease, diabetes, help feel energized, and add daily physical activity. I plan on spending some time walking popular areas within the county and sharing my experience through our social media pages.

If you are interested in these or educational content on other health related topics, please do not hesitate to reach out.

I hope you stay happy and healthy!

Brock Turner, MPH, MS, CHES®, CPT Extension Educator, Health and Human Science Purdue Extension, Tippecanoe County 1950 S. 18th St., Lafayette 47905 (765) 474-0793

turnerbm@purdue.edu

Tippecanoe County Extension Homemakers celebrated their 96 Achievement Luncheon at the Lafayette Country Club on May 21, 2024. We had 64 Members that attended this event. Our special guests included Peg Peter-Our IEHA State President, Jaynie Keniston-Lafayette District Representative, Two Host to Hoosier-Allen County, Janet Turnbow and Marilyn Long, Carol Mosson-Past State Education Chair, Amanda Grouper-Purdue Extension Marketing Specialist, Holly Siestma-Purdue Extension Accounting Manager, Paige Minter-Purdue Extension Administrative Assistant, Kathy Williamson-our Speaker, Kristy Hickmanher mother and Aunt-As our TCEH Scholarship recipient.

Our Lunch included Garden salad, Chicken with Gouda Sauce, Roasted potatoes, fresh green beans. Dessert: Strawberry ice cream with a brownie.

Kathy Williamson spoke about writing memories. Each part of your life is important. She suggested to write things down for future generation to remember and writing it down with penmanship is really important. (So that the future generation can recall your writing)

Peg Peter- Our IEHA President talked about organization within your clubs and getting involved with more community projects. She encouraged everyone to attend the Home and Family Conference.

Christy Hickman-Our TCEH Scholarship winner thanked TCEH for her scholarship. She has been in 4H for ten years and has accomplished over 100 projects. She plans to attend Purdue University. Christy is very active in the community and remans as a leader for the current 4-H Members.

Tippi Choral Club sang three beautiful songs that kept everyone entertained.

Carol Smith did an outstanding job with her memorial --remembering all of past members Who have passed away.

We look forward to May 20, 2025 for our next Achievement Luncheon.

Nina Morgan-Chair Mary Hancock – Co-Chair

2024 Outstanding Senior Scholarship Winner



Eleanor Wright, Christy & Julie Hickman

Meet Christy Hickman, our 2024 scholarship winner. Christy was nominated by her great Aunt, Eleanor Wright, a member of the Extension Homemaker's Quilt Club. Aunt Eleanor has always been one of Christy's lifelong supporters and encouragers. Christy considers her to be her best friend, supporter, and advisor. Her aunt and mother joined her at our Achievement Banquet

Christy recently graduated from Jefferson High School and plans to pursue a degree in Civil Engineering at Purdue University. During her high school years, she has been a member of the National Honor Society

(completed over 80 hours of community service), served as president of her Varsity Choir and has been a member of the First Edition Show Choir for the past 2 years. She has also served as the editor of her high school newspaper.

Her outside activities have included being a 10 year 4-H member where she has completed 117 projects and learned 31 new life skills. She has served as president of her local club, The Perry Wildcats, and as president of the county 4-H Junior Leaders club. Her projects have won numerous Champions and Reserve champions. For 7 years she has exhibited at the Indiana State Fair. She was recognized in the Home Environment project by receiving the Sara Jane Norris award. She received a special merit award at the state fair in this project for redesigning her parent's master bedroom. She was also given the Citizenship award in her local club.

Christy has also been a member of a Girl Scout Troop and received the Girl Scout Gold Award – Girl Scout's highest honor. She committed 85 hours to lead a community project with the Indiana Veteran's home entitled Veteran's Fun Friday.

At our Achievement Banquet, held May 21 at the Lafayette Country Club, our Tippecanoe Homemaker's Scholarship Committee was pleased to present her with a \$1,000 scholarship for showing strong leadership skills and performing many hours of community service. This scholarship is to be used toward her college education. We wish her well in her future endeavors.

Co-Scholarship ChairsPaulette Niles & Carol York Meadowlark Homemakers

Applications for the 2025 Senior Scholarship are due March 1 2025. An application form can be found on the Extension Homemaker's website under Tippecanoe County Extension.

Tippecanoe County Home and Family Arts Show

The Tippecanoe County Home and Family Arts Open Show is less than 49 days away. We would love to see every club participate in the Open Show this year. Please consider helping at the Welcome / Membership table during the fair. We are looking for people to demonstrate and a few suggestions are hobbies & crafts, foods and foods preservation. For example Krystal Sigman will demonstrate how to do Diamond Painting. If you are interested in volunteering or doing demonstrations please email us at tippecanoeopenshow1980@gmail.com.

At this time we are looking for volunteers to assist with check in on Wednesday, July 17th 5:30-7:30 pm and Thursday morning, July 18th 8:00 – 10:00 am and Check Out is Friday, July 26 4:00 – 6:30 pm and Saturday, July 27 10:00 – 11:00 am.

Every year there is a Special Category and this year since it is my first year so we thought it would be fitting to do "APRONS". The information about the three categories can be found in the book.

Books are available at the Tippecanoe County Extension office. The book and entry form is available to download at www.extension.purdue.edu/tippecanoe.

Thank you in advance for your support and volunteering. We look forward to seeing you at the Home & Family Arts Open Show.

Mind Swank tippecanoeopenshow1980@gmail.com

Follow us on Facebook - Tippecanoe County Home and Family Arts Open Show



Educational Workshops Dates:

October 16, 2024 FALL EDUCATION PROGRAM

January 15, 2025 WINTER EDUCATION PROGRAM

April 16, 2025 SPRING EDUCATION PROGRAM

ALL PROGRAMS WILL BE HELD AT COMMUNITY REFORMED CHURCH AT 2501 S 18th Street

We will have many interesting Speakers. Hope to see everyone there.

> Mary Hancock- Chair Wanda Overpeck-Co-Chair



Quilt Club News

This being our last meeting for this yearly session our committee decided to have a fun day. Since June is the time for weddings, we're to bring wedding, toddler, or high school pictures of ourselves & then we'll try to guess who is who. Games will be played & of course, we'll have "show & tell" of the past month's projects completed. One project that we've completed & will be shipping off is our pillowcase dresses for the little girls in Africa. Check out our Facebook page TCEH Quilt Club to view all the beautiful designs that these talented women create. The committee also provides yummy treats to share. Our next session will start up in August. Come join us anytime just to chat with your fellow members & share a laugh or two at the Extension Office in the basement at 1:00 pm, 2nd Thursday of the month.

Phyllis Kochert

Host to Hoosier

Janet Wallace and Mary Hancock attended <u>Host to Hoosier</u> in Roanoke, Indiana (Allen County) on April 4, 2024. Janet represented her big club-Hillwood, Quilt group and VCS. Mary reported on the county activities, Ladies Lunch Out, bus tours and ways to acquire Speakers for events and a tip for fundraising projects. Janet and Mary met with Allen County President-Janet Turnbow and Paulette Ross at the Parker Grace Tea room. Five other Allen County members joined them. We had a very delicious lunch and discussed Allen County events. The tea room was recently purchased by a 21-year gal named – Sarah. It's a beautiful tea room restaurant filled with hundreds of tea cups and tea pots. Upstairs they had a very quaint gift shop. We did not tour anything else because the weather was raining, cold and dreary. We want to Thank Allen County again for such a beautiful Lunch.

Allen County-Host to Hoosier- Visits Tippecanoe Extension Homemaker on April 17, 2024.

Janet Turnbow and her sister Joyce from Allen County-**Host to Hoosier** visited Tippecanoe County on April 17, 2024 at the Spring Educational Workshop. They were truly impressed by the Speaker-Abe Lincoln. Janet hired him for their District Meeting in Fort Wayne. The ladies could not believe how many members belong to the Extension Club. Beautiful gifts were given to the ladies: Thank you Janet Wallace for making the quilted soup holder and pot holder. They received a large Tea cup filled with 8 varieties of teas, McCord Candy and a bright Spring Kitchen towel. They liked the Arni's Pizza. (they do not have a Arni's in Fort Wayne) I want to Thank the Education committee for their breakfast and desserts. Their clubs have dwindled from Covid. They had 15 clubs and now they only have 5. As we were told, many members are getting old, many have health issues but they are still trying to keep Allen County Alive. They have several interest groups. Quilts, Art painting, Knitting & Sewing and Coffee Brunches.

Submitted by: Mary Hancock Janet Wallace

Volunteer Community Support News

Thank you so much for all the items collected at the April Education Workshop. These items went to LUM.

78 rolls of toilet paper

26 rolls of paper towels

104 diapers and pull ups

71 baby wipes

12 packages of maxi pads

3 boxes of Tampax

8 boxes of Kleenex

8 deodorant

11 toothpaste

20 toothbrushes

32 dental floss

10 packs of baby wipes

19 bars of soap

4 shampoo bottles

Also, I took 7 -13 gallon bags of plastic lids and caps to the American Legion, 16 lbs. of pop tabs to Riley Hospital for The Ronald McDonald House.

17 prayer Shawls donated to the State project.

You, our county members gave your time, talents and heart to every project this year. Thank you so much.

Could the volunteer support representative from each club send all reports from March 1 through May 31 to me? (Either by Mail or email)

Jan Wallace 3519 E 200 N Lafayette, IN 47905

Email

nanajanwallace@yahoo.com

Jan Wallace Cathy Case Volunteer Community Support

Garden Expo Luncheon

A **Huge** Thank-you to the lunch fund-raiser committee and all the volunteers who helped the day of! As the second year for this opportunity to make some money and get our name out into the community, it was a success. The soup was as yummy as last year, and we made sure the ham and turkey sandwich servings were generous. The tea and lemonade were popular, with us selling more cups by 10:00 than all day last year.

Having membership in a separate booth doubled our exposure to the Expo customers. We fielded questions about membership, canning, and quilting.

Thanks to our generous donors: the Indiana Poultry Association, the 40 & 8, D&R Market, Walmart, Culvers, Chick- Fil-A, and JKC Restaurant.

Submitted by Dottie Warner - Halsema

Membership Committee Update

The membership committee met on May 30 at 1:00 at the Extension Office, we discussed Garden EXPO inquiries about membership and we will distribute those at the next council meeting. We also discussed the Tippecanoe County Fair and what days we will be there to host the Open Show and Extension Homemakers table and pass out information about joining the club we will discuss sign-ups for hosts/greeters next week at council meeting also. We also have been invited to be a vendor at The Senior Fair EXPO which is a Breakfast and Health Fair at Church Alive on Saturday, June 22 from 9 to 11AM we have decided to participate and give our information out there also.

Brock also told us about a Business Fair in September which we may want to participate in. We also discussed purchasing some giveaways for our booth such as pens, bookmarks, measuring devices, ect. We will look into this and see what we can purchase without breaking the budget. If anyone has any ideas please call me or Emmalese consider your suggestions.

Please keep on recruiting new members so we can grow in numbers and participants for our association.

Cheryl McCool and Emmalese Adams.



GROCERY SHOPPING by Judy March

Grocery shopping at the store Just isn't enjoyable anymore. I have to closely read the label To insure myself that I'll be able To eat and drink all that I buy And that's quite a chore oh me – oh my! No caffeine - no salt - no fat And that's really not the end of that. At my age my eyesight is fading And other customers are patiently waiting For me to move on with my grocery cart. Oh why didn't I get an earlier start? I really didn't want to spend Fretting and worrying the whole weekend About what to eat and what to drink. It really puts me over the brink! Life is too short to worry so – Guess I'll just – pick up and go!



From Kathy Delaney - Each year I receive a daily calendar for Christmas from my daughter and her family. This year's calendar is "WISH I'D THOUGHT OF THAT". DID YOU KNOW???????

Clothes Iron: What could be simpler than a heavy hot thing that squashes wrinkles? No-one can say exactly when people started trying to press cloth smooth, but I can tell you for sure it wasn't me in college. We do know that the Chinese were using hot metal for ironing before anyone else. Pans filled with hot coals were pressed over stretched cloth. In the Middle Ages, plain metal irons were heated by afire or on a stove. Earthenware and terracotta were also used in regions from the Middle East to France and the Netherlands. The electric iron was pressed into service in the 1880's, but as is the case with many modern inventions, it had its roots in anient history. In the mid-1920s the Eldec Company unveiled the steam iron to iron out a problematic wrinkle in the iron market. Up to that point, users had to sprinkle water on the fabric to moisten it. Not so IRONically the steam irons funneled water vapor from a receptacle to small holes on the sole plate. The Eldec company now has an annual revenue of \$25 million, and the global electric iron market was valued at \$1 billion in 2018.

Ziploc Bag: The Ziploc bag is a remarkable simple invention that we all take for granted. But all of us owe our fresh leftover foods to the inception of this revelational idea. In 1951, an inventor named Borge Madsen applied for a patent for a plastic slide fastener, which was the precursor of today's familiar Ziplobag fastener. His original design looked more like a traditional zipper with a tab, except that it had no teeth and was made of plastic. The same year, a company called Flexigrip was founded with the intention of developing and marketing a product basedon Madsen's invention, whose patents it had purchased. But, the expense of manufacturing the "tab" style plastic zippers prohibited them from becoming widely used. Then Steven Ausnit—one of the founders of the family-owned Flexigrip company—came up with the idea for a "press-and-seal" type zipper. It was more economical to produce and ended up becoming a big hit. This is the Ziploc bag fastener most commonly used today. About 205 million Americans used Ziploc bags last year.

Pizza: The word pizza is believed to be from an old Italian word meaning "a point." Pizza has been a basic part of the Italian diet since the Stone Age. This earliest form of pizza was a crude baked bread. After cooking, it was seasoned with a variety of different toppings and used instead of plates and utensils. It was eaten by working class families because it was a thrifty and convenient food. The pizza we have come to know and love really got its start in the 1800s when, in Naples, Umberto I, King of Italy, and his wife, Queen Margherita di Savoia, ordered out for pizza by calling to their palace the most popular of the pizzaioli (pizza chefs), Raffaele Esposito, and asked to taste his specialties. He prepared three kinds of pizzas: one with pork fat, cheese, and bæil; one with garlic, oil, and tomatoes, and one with mozzarella, basil, and tomatoes (in the colors of the Italian flag). The Queen liked the last kind of pizza so much that she sent Esposito a letter to thank him. Esposito dedicated his specialty to the Queen and called it "Pizza Margherita."

The reason why the Wright Brothers were successful wasn't because they had the most resources, but because they understood how invention works. You have to iterate quickly, and you should be prepared to fail. Because things often don't go as planned.

BOYAN SLAT

Kitchen Blender: Can you imagine trying to make a milkshake or a smoothie without a blender? A blender can chop, puree, and blend in seconds, and the only way I can imagine making a smoothie without one is using a potato masher. In 1922 a man by the name of Stephen Poplawski decided to place a spinning blade at the bottom of a tall container. He used his new invention to make soda fountain drinks. This initial "blender" drew the interest of another inventor. Fred Osius, who decided to see what improvements he could make to it. Osius mixed, pureed, and liquefied the idea until he had it right. He created the very first true blender in 1933 with the financial backing of an engineer/musician named Fred Waring. Waring would take his blenders with him to stores, hotels, and restaurants while he was on the road with his band, Fred Waring and the Pennsylvanians. Although he was confident that his blender would "revolutionize American drinks," I think even he was surprised at how far blenders have come over the years. In 2019, approximately 25.8 million blenders were sold over retail channels in the U.S.

Child-Proof Caps or Safety Caps: Think child-safe packaging is a relatively new invention? Think again. In the mid-1980's, a group of archaeologists from the University of Texas at San Antonio traveled to Guatemala to investigate the Rio Azul ruins. What they found on the site, built in 500 B.C.E., was a bottle they had a hard time opening. The Mayans were trying to prevent their children from getting their hands on their revered cacao (the unrefined form of chocolate). Dr. Henri J. Breault of Tecumseh, Ontario, is credited with inventing the current-day child-proof cap in 1967. At the time, children were inadvertently ingesting household medicines intended for adults at a terrifying rate. It was a global epidemic, claiming the lives of at least 300 kids in the U.S. each year. Breault, a pediatrician and father of two, came home one morning after a long night at the hospital and said, "You know, I've had it! I am tired of pumping children's stomachs! I've got to do something about it." So he invented "The Palm N' Turn" cap. After its implementation, the rate of child poisonings dropped by a staggering 91 percent.

Paper Cup: "Death in School Drinking Cups!" That was the title of Alvin Davidson's study. A Lafayette College biology professor, Davidson published his study in *Technical World Magazine* in August 1908. The reason Davidson was so alarmed was because in the early 20th century it was common to have shared cups or dippers in places with school faucets or water barrels on trains. As you can imagine, this shared use made people sick. Based on these concerns, and, after the 1908 invention of the Dixie Cup, local laws were passed to ban the shared-use cup in schools. Around the same time the paper cup also began to be used in hospitals, which, at the time, were veritable cesspools of disease. The Dixie Cup company took full advantage of this new trend and instantly began making millions. In 1957 Dixie merged with the American Can Company. It is now part of Koch Industries, the largest privately owned company in the U.S. Annually, roughly 600 billion paper and plastic cups are used worldwide.

NOTE: These are excerpts from a Daily Calendar called "Wish I'd Thought Of That" which can be purchased at a local retail store and makes a great gift!

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