

THE EXTENSION LINE

*Bringing University information to the local level to
strengthen families, spend smart, eat right, and live well.*



Extension - Health and
Human Sciences



THANK
YOU

Doesn't seem possible that the holidays are among us! 2023 has really flown by. As we reflect on this year, I hope that you and your family have been given great fortune in all aspects of life. As we look forward to 2024, make commitments to enhance the lives of others, give back to the community, and bring a smile to your face!

We look forward to bringing financial planning and food prepping classes starting in January. Where Does Your Money Go? is a program that will assist one in looking at their financial spending habits in the hopes of assisting you in making smarter choices. Our Nutrition Education Program Administrator, Tiffany Haug, will be offering food preparation programs. Targeting recipes that will consist of ingredients offered at local food pantrys. These programs are open to anyone in the public. Please read the flyer for more details. Attend all these classes and receive a FREE Crock-Pot!

We are looking for locations around Posey County one can go and exercise! This could be classes, open walking hours, etc. I would like to be able to help others obtain this information throughout the county. Please email me with details of: Exercise available, location, time/dates, and who should they contact.

Have a blessed Holiday Season!



KRISTEN LOWRY

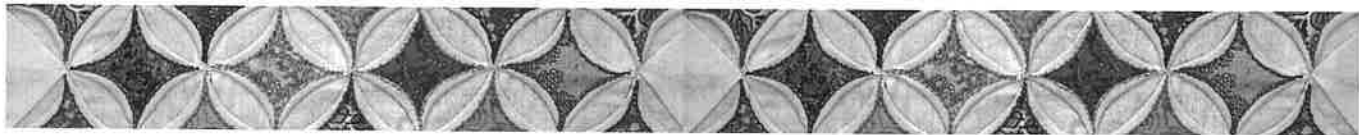
HEALTH AND HUMAN
SCIENCES EXTENSION
EDUCATOR

Contact: klowry@purdue.edu
812-838-1331

126 E 3rd Street, Rm. 29
Mt. Vernon, IN 47620



Extension



December, 2023 – March 2024

Bits from Beth

Hello, again!! I hope this letter finds you all healthy and happy and enjoying the upcoming holidays.

Cookbook sales are going very well! These will make wonderful Christmas gifts so be sure to get yours soon. If you don't have yours yet, contact me (812-228-9187) or Johanna Dickhaut (823-205-5731).

Thanks to Marilyn Schmitzer and Sherry Brown for helping with IEHA Week. They took information to local libraries and the Thrift Shop to help the community learn more about Extension Homemakers. We devised a simple brochure to share. I'll update as needed, and have it at our January meeting. This is something you can use to talk to family, friends, and neighbors who might want to join one of our clubs.

This time of year is a good time to work on projects for Open Class for next year! When the weather outside is frightful, having a project to work on can make your time inside more delightful (sorry – couldn't resist!). Remember that the Special Interest project for next year is a table runner. The 2024 Fair is (I think!) July 13-19, 2024.

Plans are still progressing for the 2024 Day of Discovery. No details as yet, but I'll keep you updated!

Our next Council meeting is Monday, January 8, 2024. I'll update the Council on upcoming events at that time.

The next District Meeting is Wednesday, March 13, 2024 in Dubois County.

Happy Holidays to you all, and thanks for all you do for the Posey County Extension Homemakers!!



WHERE DOES YOUR MONEY GO?

2-PART WORKSHOP

Session 1—Wednesday, January 17, 2024

Session 2— Wednesday, February 21, 2024

12:00 p.m. at Family Matters

716 Locust St, Mt. Vernon, Indiana

Cost: \$15 per person



Contact: *Family Matters to RSVP by January 10th at (812) 838-6875*

Please make checks payable to: Family Matters

Class size minimum of 6. We reserve the right to cancel class if the class does not fill to minimum.

REGISTRATION FORM

WHERE DOES YOUR MONEY GO?

SESSION 1—JANUARY 17, 2024 - 12:00 P.M.

SESSION 2—FEBRUARY 21, 2024 - 12:00 P.M.

NAME _____

ADDRESS _____

PHONE _____ EMAIL _____

Purdue is an EOE/AA employer. All individuals, including minorities, women, individuals with disabilities and veterans, are encouraged to apply.

****Attend all WDYMG and Eating Smart & Moving
More classes, you will receive a free Crock-pot!**

Eating Smart & Moving More

Family Matters
716 Locust St.
Mt. Vernon, IN

FREE NUTRITION LESSONS

**Learn how to shop smart and
prepare healthy meals for your
family on a tight budget!**

January 24 and 31, 2024
February 7 and 14, 2024
12:00 - 1:00pm

For more information, contact
Family Matters
812-838-6875

*Limited to 6 participants
*Sign up by Jan. 10, 2024



**For free nutrition and
health resources
visit us online at
eatgathergo.org**



Purdue Extension Nutrition Education Program

@PurdueNEP

PURDUE
UNIVERSITY

Extension
NUTRITION EDUCATION PROGRAM

This institution is an equal opportunity provider.
This material was funded by USDA's Supplemental Nutrition Assistance Program —SNAP.

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.



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Office of Engagement

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.

Families face many challenges and sometimes have to deal with transitions. **Parents Forever**® is an educational program for families experiencing divorce, separation, or a change in child custody; developed by the University of Minnesota Extension's Center for Family Development and adopted for use by Purdue Extension for Indiana residents.



For parents filing in Posey County:

Classes are available online and in-person

Registration

Online Course: www.purduecoparenting.org

In-Person Classes: <https://bit.ly/ParentsForever2023>

(NOTE: In-Person classes are held monthly at various locations in surrounding counties)



By completing a Parents Forever course, participants learn to:

- Describe the family transition journey and how each family member will be affected.
- Recognize the role of self-care, parent-child relationships, and co-parenting in child well-being.
- Identify internal and external resources and strategize how to leverage these resources to promote resilience for all involved.
- Course fee is **\$50 per person**
- **Certificate of Completion is issued at end of course**

For Questions, additional information, or if you are in need of accommodations to attend this program, please contact Extension Educator Kristen Lowry prior to registration at 812-838-1331.



UNIVERSITY OF MINNESOTA EXTENSION

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran. Purdue University is an Affirmative Action institution. This material may be available in alternative formats.



ServSafe Food Manager 1-Day Class & Examination

Credit Card Payment: Online registration closes five business days prior to training/exam date.

Check Payment: The pay-by-check option close 10 business days prior to an event when registering through the online portal. All mail-in registration forms must be received by the deadline date in order for training materials to be shipped and received prior to the training/exam date. Registrants will not be added to the training roster if the payment is not received by the deadline. Contact the educator directly if you need assistance in paying with a check past the deadline date. A confirmation email will be sent to the attendee once registration is received. **DO NOT SEND CASH.**

Training materials will not be shipped until payment is received. Make checks payable to: Purdue University. Checks must include: County, Date, and Registrants Name. Mail to: Education Store - 301 S. 2nd Street Lafayette, IN 47901

Bring to the training or exam: A photo ID with signature is required to take the exam. (e.g., driver's license, state ID, student ID, military ID, Employee ID, U.S., Green Card, or valid passport) and your training materials if applicable.

REGISTRATION FORM: Confirmation will be sent once form is received.

Hosting County: _____ Training Date: _____

Company Name: _____ Contact Name: _____

Attendee Name: _____ Attendee Email: _____

Phone: _____ Address: _____

City: _____ State: _____ ZIP: _____

Registration Options	Price	Quantity	Total
Training, Manual and Proctored Exam	\$165		
Training & Proctored Exam	\$115		
Proctored Exam	\$65		
Late registration	\$20		
Overall total			

PREFERRED REGISTRATION METHOD:

Online Registration

www.purdue.edu/servsafe/workshops

Best way to contact for registration questions is by email:

edustore@purdue.edu

Phone Number:

765-494-6794

- Check here if special accommodations needed (pre-registration required) _____
- Select Manual language: English _____ Spanish _____
- Select Exam Language: English _____ Spanish _____ Chinese _____ Japanese _____ French _____

BACK TO BASICS



2023-2024 GIBSON COUNTY WINTER WORKSHOPS



Extension - Gibson County

EAVEO

*Monday Nights at 6pm in the Gibson Southern High School Cafeteria
Call Abby at 812-385-3491 with questions.*

**DEC
4TH**

INVASIVE SPECIES IN CROPLAND

Megan Ritterskamp, District Technician Posey County SWCD

**DEC
11TH**

FORAGE QUALITY & NUTRITION

Jason Tower, Superintendent of SIPAC

**JAN
8TH**

FARM BUREAU POLICY NIGHT

John Feutz, President Gibson County Farm Bureau Inc

MEAL

**JAN
22ND**

WOMEN'S NIGHT OUT

Hillari Mason, Market Analyst Farm Journal
Erin Parks, Parks Ag Solutions
Abby Heidenreich, Gibson ANR

MEAL

**FEB
5TH**

SOIL SCIENCE AND FERTILITY

TBD

**FEB
12TH**

PLANT NUTRITION & FERTILITY PARP/FSA UPDATE

Shaun Casteel, Purdue Agronomy
Abby Heidenreich, Gibson ANR
Katy Mull, FSA CED

MEAL

Upcoming PARP - Nutrien

December 12th, 2023 at Gibson County Fairgrounds 4-H Exhibit Hall

Registration 830-9am

9am-12pm PARP Program

Herbicide Water Solubility - John Schumann

Plant Nutrition - Tim Sickman

PARP Reg Topic - Abby Heidenreich

Ag Policy Outlook - Dave Tierney

12pm Lunch

Private Applicator Credits Available

CCH Cat 1, 2, 3A&B, 4, 5, 6, 7A&B, 8, 11, 14, RT Available

CCA CEUs Available

PURDUE EXTENSION-POSEY COUNTY

126 E. THIRD STREET, ROOM 29

MT. VERNON IN 47620

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Precious Poseys - 2023	Second Wednesday 1-3 p.m.	Second Saturday 9-11 a.m.	Fourth Wednesday 9-11 a.m.	Club
January	11	14	25	Friendship Circle
February	8	11	22	Busy Homemakers
March	8	11	22	Members on the Move
April	12	8	26	Roadrunners
May	10	13	24	Town & Country
June	14	10	28	Friendship Circle
July	12	8	26	Members on the Move
August	9	12	23	Roadrunners
September	13	9	27	Town & Country
October	11	14	25	Friendship Circle
November	8	11	15 (3 rd Wednesday)	Busy Homemakers
December	13	9	20 (3 rd Wednesday)	Members on the Move