Broadband

Continued from C1

Broadband Now, an independent broadband availability website, reports 96% of residents in Deschutes County has internet access. Access sinks in both Crook and Jefferson counties to 69% and 77%, according to the website's 2021 data.

To help residents connect, the federal government established the Emergency Broadband Benefit program, a six-month-long program for low-income consumers. Under the program, families on tribal lands can receive up to \$75 a month from a \$3.2 million fund. The program was announced May 12.

Not all internet service providers, however, participate in the Federal Communication Commission program. In Bend, BendBroadband is not participating and instead is referring customers who need financial assistance for internet access to a program called Connect2Compete, said Robin Cooper Engle, TDS

Emergency Broadband Benefit program

To apply for assistance with the Emergency Broadband Benefit program, find an internet service provider in your Zip code by going to data.usac.org/publicreports/CompaniesNearMe/Download/Report. To be eligible only one person from a household needs to demonstrate low income, participate in a free and reduced-priced school meal program or SNAP, Medicaid or Lifeline, receive a federal Pell Grant during the current year, suffered a job loss or furlough due to the pandemic and the household income must be below \$99,000 for single filers and \$198,000 for joint filers.

Telecommunications LLC vice president of Resource Development.

However, the parent company of BendBroadband, TDS Telecom, is participating in other areas, Cooper Engle said in an email.

'BendBroadband is not (participating) as it has Connect2Compete, which is a well-established and community-focused program that we are proud to deliver to area residents," said Cooper Engle. "Connect2Compete was established before the pandemic and will continue to exist after it is over."

The BendBroadband program relies upon nonprofit

agencies to process applications. Upon approval, low-income families can have the installation fees waived and pay \$9.95 a month for two years, including the rental of the wireless modem, according to the company's website.

The program's monthly data usage allotment is 250 gigabytes. The download speed is 25 megabytes per second downloads, according to Bend-Broadband's website.

About 149 customers are participating, said Cooper Engle.

The program is rarely offered to clients by Habitat for Humanity, one of the local nonprofits on the BendBroad-

band site.

"The program is not helpful as it is not enough broadband for families who have more than one child or who were working from home," said DeeDee Johnson, Habitat for Humanity vice president of Homeowner Services. "And you have to be a new customer of BendBroadband to participate."

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Typically when Habitat for Humanity is helping families with permanent housing, it doesn't help with providing internet access.

Some students are still using school-provided hotspots, said Sheila Miller, Redmond School District spokeswoman. To determine the need, the school district polled parents and purchased equipment.

'Secondary students still have the hotspots because we wanted to support teacher conferences," Miller said in an email. "Most have been returned now that we're back in full-time, in-person instruction."

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Vacation

Continued from C1

Keni Dominguez, a career coach and workplace culture strategist, recommends working with your manager or co-workers to stagger vacation time between your team particularly during the summer while "vaxications" are on the rise, kids are out of school and wedding season is in full swing.

Once you decide to take time off, Dominguez says, let your boss know as soon as possible. If you are taking a substantial amount of PTO, give them a heads up a month in advance. A shorter trip may only need a couple weeks' notice.

Dominguez recommends telling your manager in person, over the phone or on video, then following up with an email to seal the deal.

Don't feel guilty

As more workers end their remote-work saga and return to physical office spaces, some employees may feel guilty taking time off. Dominguez says people worry that there is no one on their team to do their job in their absence, or that they are fearful of the mountain of work they will face when they return. Dominguez says it can be helpful to re



vacation days) is actually better for everyone."

Set boundaries

While you do need to tell your boss you will be gone, Dominguez says, there is a common misconception that employees need to explain how they will be spending their vacation time.

"For one, you're not required to do that. And two, you don't need to send your vacation itinerary to your boss," she says. 'You're asking for the time off. You're not asking for permission to go to a wedding or take a flight to Florida or England or



wherever you want to go." What you can tell your boss

is whether you will be reachable. If you would like to fully disconnect from work during your vacation to enjoy the glory of travel again, Bonior says, it is important to set a clear boundary that you will be unable to answer emails, Slack messages, fax memos, telegrams, etc.

"Just because the technology is there for us to be in touch all the time doesn't mean we shouldn't have a break," she says. "It actually just means that we have to be the ones to uphold it."

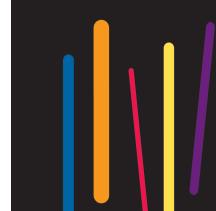
So have that conversation, set up your out-of-office message and log off work mode.

Not ready? Use PTO anyway

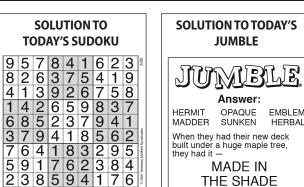
For various reasons, many will still be understandably apprehensive about traveling. There are those who are concerned about traveling with underlying conditions, and others worry about the safety of their unvaccinated children.

Bonior says you do not have to travel to benefit from taking vacation time. "All of us need some semblance of a break," she says.

Instead of planning to travel, Bonior recommends taking that time off to focus on selfcare and doing things such as catching up on sleep, getting outdoors and socializing with loved ones.

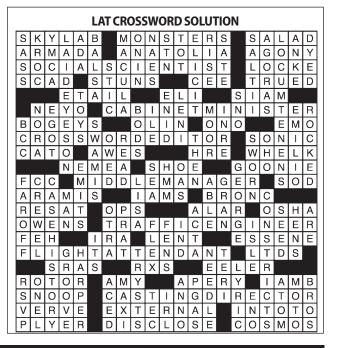


Solve these puzzles on C4



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member that vacation time is not a "perk."

"We have to stop looking at our vacation time like this gift that your company gives you," she says. "It's earned compensation. It's part of your total reward. They're not just giving it to you; you've earned it."

Bonior says companies know it is in their best interest to encourage employees to take time off, particularly after last year.

"Productivity and engagement and morale increase when we're not chronically stressed," she says. "So (taking WE'RE HERE

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