August is County Fair Time!!

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Visit CCE-Steuben in the 4-H Building!

No day at the fair is complete until you visit the 4-H Youth Building! Everyone knows about the barns and all the animals at the fair, but there is so much more to 4-H.

Let's take a tour of the 4-H building. Along the first wall are the gardening projects - vegetables and fruits that have been grown in 4-H gardens. You will see cut flowers/plants and other horticulture projects. There is Cloverbud Corner, an area where the youngest 4-H members (age 5-7) projects are displayed. Many 4-H members have done a sewing project and these are displayed on the wall racks. Check out the designated
area for the exhibits that were selected by the judges to go to the New York State Fair. Check for the green and white rosette judge's choice ribbons - these are the "best of the best"!

Read more of this article here

The Cornell Cooperative Extension Booth is located in the back of the building. 4-H is only one of our programs - here we highlight a couple of the others - nutrition education and financial/energy education. On Wednesday and Friday come check out the food demonstrations, pick up some healthy recipes, and learn about healthy habits such as decreasing sugar-sweetened beverages and eating more fruits and vegetables. On Wednesday we will have a solar specialist at the booth to answer your questions about solar in your home. And there will be plenty of activities - the energy bike (how much effort does it take to run a blender?), our energy meter, and the popular Hunting Simulator. Play a few games in our booth and enter to win some fun prizes like family packs to SkyZone in Rochester! Visit our webpage for the latest details.

Other youth organizations have displays in the building, too. The J-T and Prattsburg FFA will be showing what their activities and the Dairy Princess will be there on hand selling milk and t-shirts.

Don't miss one of the best displays at the fair...Come visit the Youth Building!

There's more in the Agriculture Building!
Come learn why it's important to buy local! Get a look at how the Corning Meat Locker works, and pick up your copy of the brand new Steuben County Agriculture Guide, hot off the press!
Ask a 4-H'er what they are doing!

Steuben County 4-H is part of a state pilot program in which NYS 4-H and Tractor Supply Company has partnered to help spread awareness of the 4-H Program at local county fairs.

4-Hers will be out and about during fair week to educate the public about what it is we do! Topics range from animals, community service, home economics, robotics, etc. We will have barn tours, demonstrations, make-it-take-it, etc! Youth and adults will be wearing t-shirts sponsored by TSC, which have the 4-H & TSC logo along with the slogan "ASK ME...." The shirts will be worn so that the public can approach the youth/adult 4-Her with questions about 4-H. Look for our "Ask Me" volunteers throughout the fairgrounds all week long!

Sponsors Needed!

Are you a local business owner and want to make your business more visible? Do you want to show your support for the nation's largest Youth Organization? Steuben County 4-H is searching for sponsors for the 2016 Steuben County Fair!

We have different levels of sponsorship available from Individual classes to entire shows. Level 1 sponsors ($50 or less) will be displayed in show program, Level 2 sponsors ($51-$100) will be displayed ring side per show and Level 3 sponsors ($101-$300) will be displayed all week ringside.

Sponsorships are available for the following: Beef Show, Swine Show, Dairy Show, Dairy Goat Show, Meat Goat Show, Dog Show, Horse Show, Rabbit Show, Poultry Show, Sheep Show.

Please contact us if you would like to sponsor and support the youth at the 2016 Steuben County Fair by calling 607-664-2300.

Upcoming Agriculture & Horticulture programs

2016 Grasstravaganza
Alfred State College - August 4, 5, & 6

This year's keynote speaker will be Dr. Fred Provenza, Professor Emeritus, Department of Wildlife and Resources, Utah State University, who is best known for his work in managing animal behavior to interact with landscapes through grazing. Other speakers will include: Justin Morris, NRCS Soil Health Specialist Matt Ehrhart, Director of Watershed Restoration at the Stroud Water Research Center, an independent research institution focused on stream
and river ecology Dr. Hue Karreman (tentative), is a "first generation" organic veterinarian, having begun using alternative treatments in 1988 as a herdsman on a Bio-Dynamic farm.

For more information go to: http://www.alfredstate.edu/grasstravaganza

Finger Lakes Soil Health Discussion Group Meeting
Thursday, August 18, 2016
5:00 - 8:15 pm (light supper included)
Hemdale Farms, Seneca Castle*
1.0 DEC credit; CCA CEUs have been requested

FREE but Preregistration required by noon on Monday, August 15. Contact Carol MacNeil or call 585-313-8796.

Why Hemdale Farms switched to zone tillage, and how they've been successful doing it for field crops and vegetables will be described. Equipment will be available for viewing. The many niches available for cover crop planting, and the benefits of different cover crops will be covered by Thomas Bjorkman, Cornell. There will be ample time for open group discussion on reduced tillage, cover crops, and all aspects of improving soil health.

Directions can be found here

Fresh Market Potato Varieties, and Disease & Insect Management
Thursday, August 25, 2016
5:00 - 8:15 pm
Williams Farms, Marion*
1.5 DEC credits; CCA CEUs have been requested

FREE - Farms receiving Veg Edge/CVP enrolled, and preregistered
$10 per person - Not receiving Veg Edge/not CVP enrolled

Growers will have a chance to review the fresh market varieties and Cornell breeding lines, including four European/Canadian varieties, in Walter DeJong's, Cornell on-farm trial. There will be an update on the new, very serious seed-borne bacterial disease, Blackleg Dickeya, including how to identify it, and how to reduce the risk of getting it next year, as well as updates on late blight, potato insect management and the development of a quick test for determining nematode levels in soils before planting.

Preregister by August 22 to ensure dinner by Nana's Village Restaurant & Catering, Newark. Contact Carol MacNeil or call 585-313-8796. If you have special needs: Call a week earlier so we can accommodate you.

More details here

Empire Farm Days
Empire Farm Days will be held August 9-11. Follow this link for details!

How will drought affect grape size, yield?
One of the impacts from water stress in grapevines is reduction in berry size. Water stress will cause cell division to slow down, and cell division is the means by which berries are growing at this point in the season. Once we hit veraison, the primary influence on berry growth will be cell expansion rather than the addition of more cells.

Read the full article here

What's the prescription for dry landscapes?
The combination of low snowfall last winter and meager rainfall and warm temperatures this season has reduced stream flows to a trickle, ruined crops and scorched many landscapes this summer. So, according to Cornell scientists, what’s your best bet to save your grass, trees and shrubs?

Read the full article here

Help Conserve our Native Plants
The Mid Atlantic Regional Seed Bank wants you join Ash Collection Manager, Molly Marquand to learn about emerald ash borer, the decline of ash trees, and how this rapid change in our forest is impacting other important native plant species. Webinar participants will
be taught how to identify the three major species of ash in New York, and 22 other species 
associated with ash, like gray dogwood, elderberry, and Pennsylvania sedge. Learn how to 
collect these species seeds for long term storage and take part in an important, growing 
network of seed collectors and native plant conservationists. This webinar is open to all who 
are interested.
Join us Wednesday, August 24 at noon.
Join the Meeting Here
Meeting number (access code): 647 801 489
Meeting password: Seedbank123!

High Tunnels in Schools Conference - Registration Open
New York Agriculture in the Classroom is completing a grant which put high tunnels, 
(unheated greenhouse structures), in 5 urban and 5 rural schools across New York. The 
intention of the program was to extend the school gardening season in order for students to 
engage in each stage of the garden from planting to harvest and consumption of their fruits 
and vegetables, as New York’s climate and school year does not necessarily align with the 
best time of year for gardening. Join teachers from across the state with high tunnels and 
those in hopes of acquiring one of these highly productive, low input tools for enhancing 
curriculum and learning through gardens. Curriculum, resources, tours, and demonstrations 
will be included in this conference.
Date: August 9-10, 2016
Location: Edmeston Central School, Edmeston, NY
Cost: $30, includes meal
Learn more and register by August 1, 2016
http://agclassroom.org/ny/programs/hightunnels_conference.htm

Let us help you manage your home finances effectively

Free Workshop on Long Term Care Planning

It is an aging society, so there are some important facts everyone should know to begin 
planning for long term care for your loved ones. Cornell Cooperative Extension of Steuben 
County is offering a free workshop, Long Term Care Planning, to help sort through the 
options from 1:00-3:00 p.m. on August 4, 2016 at 
the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.

The workshop will be led by Patrick J. Roth, Elder Law Attorney, CPA from Corning. He will explain what 
Medicare covers, veteran options, Medicaid eligibility for a nursing home, long term care insurances, and 
planning options for you and your family. The session will include:

- Discover the four parts of Medicare and what is covered by each part.
- Learn about financial benefits that you may be eligible for if you (or your spouse) are a veteran.
- Discover the Medicaid eligibility rules surrounding long term care.
- Learn how to plan for your future long term care costs.

Registration is requested by calling 607-664-2300.

**Five Critical Estate Planning Documents  
...and five more you may want to consider!**

Is your estate plan a comprehensive estate plan which includes all of the five critical documents? Do you know what could happen if you don't have one or more of these documents in place? Cornell Cooperative Extension of Steuben County is offering a free workshop to answer these questions, **Five Critical Estate Planning Documents ...and five more you may want to consider** on Tuesday, August 9 from 2:00 - 4:00 p.m. at the Cohocton Library, 8 Maple Ave. Cohocton.

Patrick Roth, Elder Law Attorney, CPA from Corning, will lead both workshops and discuss such topics as:

- What can happen if you never get around to completing your plan?
- What do each of these documents do and what happens if you don't have them.
- Learn how to prevent disaster from striking you and your loved ones.

The workshop is free, but registration is required. Please call Cornell Cooperative Extension at 607-664-2300 to reserve a space.

**Make the Most of tomorrow by making smart choices today**

When the topic of long-term care comes up, do you change the subject? Is it hard to imagine needing help caring for ourselves as we age? The reality is that Americans are living longer and that increases the likelihood of needing care for an extended period of time - the type of care that is generally not covered by private health insurance or government programs.

The good news is if you plan ahead for these types of expenses, the emotional, physical and financial strain of providing that care doesn't have to all fall on your loved ones. Cornell Cooperative Extension of Steuben County is hosting **Long Term Care Insurance**, a workshop presented by H&H Financial Group from 6:00-8:00 p.m. on August 11, 2016 at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.

They will discuss tools such as NYL Secure Care, which provides you with a dedicated source of funding for long-term care costs.

- It reimburses the policy owner for qualifying expenses if a chronic health challenge (physical or cognitive) leaves them needing help with daily activities.
NYL Secure Care from New York Life provides you with protection and benefits that will help give you and your loved ones peace of mind about the future.

The workshop is free and for educational purposes, but registration is requested. Call 607-664-2300 to reserve your space.

Get the male and female perspective on household finances

You have heard that "She's from Venus and He's from Mars"...how does that translate in the financial world? Come spend an evening with two financial planners of the opposite gender to get their take on that question! Cornell Cooperative Extension of Steuben County is hosting this free workshop, He Said, She Said, from 6:00-8:00 p.m. on August 16, 2016 at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.

The traditional male/female role in the household and finance is changing...what does that mean for you? Paul Sydlansky from Lake Road Advisors and Amy Irvine from Irvine Wealth Planning Strategies will be on stage to answer your questions from cash management to estate planning. Questions like:

- Who makes the decisions? How are they made?
- What are the emotions behind these decisions?
- When do you as a couple find the time to talk about money?
- Why it's so important to set a date with an agenda?
- Should you each have a slush fund?
- How has technology helped you manage your finances?
- What apps do you use?
- How do you talk to your kids about money, especially if Mom and Dad have different views/habits/risk profiles?
- Budgets.....are they a necessary evil?
- Are you prepared for the future? What keeps you up at night?

This is a perfect event for those of you that lead a busy life and are looking to grow your financial knowledge. The workshop is free, but registration is requested. Call 607-664-2300 to reserve your space.

Estate Administration Survival Guide:
What you need to know after the death of a loved one

The loss of a loved one is always difficult. If you are named as the Executor of the decedent's estate, your legal duties compound the difficulty and could leave you feeling lost. If you want to know what needs to be done after the death of a loved one, join us in a free informational workshop called The Estate Administration Survival Guide: The Probate Process on Tuesday, August 23, 2016 from 1:00 - 3:00 p.m. at the Dormann Library, 101 West Morris St., Bath.

Cornell Cooperative Extension of Steuben County again partners with Patrick Roth, Elder Law Attorney,
CPA from Corning, to lead this workshop. He will help you:

- Learn about various types of estate administration and when each is used.
- Discover the steps that occur in every estate administration.
- Learn the three "T's" of estate administration (Taxes, Time and Tolls).
- Discover what you can do now to make the process easier for your loved ones after you pass away.

The workshop is free, but registration is required. Please call Cornell Cooperative Extension at 607-664-2300 to reserve a space.

**Map Your Family's Future with knowledge about Money Matters**

Do you worry about your money? When people are frightened of something they tend to retreat rather than tackle it. Retreating is not something you can afford to do when considering your money decisions. Join Cornell Cooperative Extension of Steuben County for a free workshop on **Money Matters and More** on Thursday, August 25 from 6:00 - 8:00 p.m. at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.

Nancy Reigelsperger, CCE-Steuben Financial Educator will lead the workshop and discuss such topics as:

- Prioritizing your spending
- Living within your means
- Using credit wisely

These are all important money matters that can help you achieve financial success. Come learn the strategies you can put into place to achieve that success.

The workshop is free, but registration is required. Please call Cornell Cooperative Extension at 607-664-2300 to reserve a space.

**Learn how organization can help with your estate planning**

Our lives are marked by special moments like graduations, weddings, births and retirement. We plan for them for months or years. But we don’t plan for our last special moment - our last day. What will happen to our families if we are suddenly not there to provide for them? It’s important to have an action plan now. Being organized is one of the keys to efficiency. But most people would find it a challenge to locate their critical documents when they needed them most. Would you?
Cornell Cooperative Extension of Steuben County is hosting **Lifefolio**, an educational and informational workshop presented by H&H Financial Group from **6:00-8:00 p.m. on August 30, 2016** at the Dormann Library, 101 West Morris Street, Bath.

In the event that something unfortunate happened to you, and you were no longer able to act on your behalf, would your loved ones know where all your important financial, legal, and health documents are located? LifeFolio is a simple, straightforward filing system to help you identify and organize your important financial and personal documents. We teach you what you need to do, before it happens, so there is one less thing to worry about.

The H&H professionals will show you how to:

1. Organize your important financial, health, and personal documents with H&H Financial’s Lifefolio Kit.
2. Discover potential gaps in your estate plan, and learn how, with the right help, you can fill them.
3. Review and evaluate your financial goals.
4. Have a financial conversation with your family

The workshop is free, but registration is requested. Call 607-664-2300 to reserve your space.

**Stay in touch with our financial education programs**

**Eat Smart New York!**

**Tips for Being an Active Family this Summer!**

Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. Here are 4 tips to add more activity to your family’s busy schedule:

1. **Set specific activity times**
   Determine time slots throughout the week when the whole family is available. Devote a few of
these times to physical activity. Try doing something active after dinner or begin the weekend with a Saturday morning walk.

2. **Include work around the house**
   Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.

3. **Turn off the TV**
   Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an active family game, dance to favorite music, or go for a walk.

4. **Start small**
   Begin by introducing one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go to an additional exercise class.

Don’t forget to visit our website, [www.fingerlakeseatsmartnewyork.org](http://www.fingerlakeseatsmartnewyork.org) for tips and recipes. Like us on [Facebook](http)!

**Recipe of the Month**
This refreshing mixture can be served as a salad, topping or salsa: **Corn, Tomato and Cucumber Salad**. Stop by the CCE-Steuben booth at the County Fair August 17 or 19 for a sample!

**Let’s Talk About food Waste**

It is that time of year when fresh fruits and veggies are in season, and the grocery store has specials on meat for grilling. However, sometimes you buy too much and have to throw away food because it goes bad before you can use it. Food waste is particularly problematic when you are trying to stick to a tight grocery budget because you get nothing for your money if food goes in the trash.

How much money is that? On average, we waste $370 worth of food per person per year in the US. USDA’s [Let’s talk trash](https://www.fns.usda.gov/food-loss-food-waste/lets-talk-trash) infographic breaks it up by types of food:
- Grains (bread, pasta): $22 per year
- Fruits (apples, banana, orange): $45 per year
- Proteins (beef, chicken, pork, fish): $140 per year
- Vegetables (onion, lettuce, peppers): $66 per year
- Dairy (milk, yogurt, cheese): $60 per year
- Added Fat & Sugar (chips, candy): $37 per year
- Total: $370 per year

As you can see, protein is one of the top types of food that we throw away, while foods like bread and pasta are least likely to be thrown away. This seems like a lot of money (and food). Why do we throw food away? The main reason is because it spoils before we can eat it. Food waste may seem hard to avoid, but you can reduce it. The Spend Smart. Eat Smart. website has a lot of ideas for how you can save your food in the Reduce Food Waste section. Look for my blog next week on how you can limit food waste!

Agriculture Secretary Vilsack Proclaims August 7-13 "National Farmers Market Week"

Agriculture Secretary Tom Vilsack signed a proclamation July 11th declaring Aug. 7-13, 2016, as "National Farmers Market Week." This year marks the 17th annual National Farmers Market Week to honor and celebrate the important role that farmers markets play in local economies.

"Farmers markets are an important part of strong local and regional food systems that connect farmers with new customers and grow rural economies. In many areas, they are also expanding access to fresh, healthy food for people of all income levels," said Secretary Vilsack. "National Farmers Market Week recognizes the growth of these markets and their role in supporting both urban and rural communities."

Throughout the week, USDA officials will celebrate at farmers market locations across the country. On Saturday, Aug. 6, Elanor Starmer, the Administrator of USDA’s Agricultural Marketing Service (AMS) - which conducts research, provides technical assistance, and awards grants to support local and regional food systems - will kick off the week visiting a farmers market and wrap up the week at USDA’s own farmers market in Washington, D.C., on Friday, Aug. 12.

"Farmers markets are a gathering place where you can buy locally produced food, and at the same time, get to know the farmer and story behind the food you purchase," said Administrator Starmer. "These types of markets improve earning potential for farmers and ranchers, building stronger community ties and access to local foods."

Read more...

4-H members rock the campus!
Steuben 4-H members explore careers at Cornell

On June 28-30 11 Steuben County members and two volunteer chaperones participated in the NYS 4-H Career Explorations at Cornell University. Two of the 4-H members participated in the University U Program and nine of the 4-H members participated in the Focus for Teens Program. Three of the Steuben County Focus for Teen participants served as Focus Assistants.

The purpose of this program is to provide youth with exposure to academic fields and career exploration, to develop leadership skills, to provide hands-on experience in a college setting and to introduce you to Cornell University. The event is made up of two grade specific tracts: University U for youth entering grades 8 - 9 and Focus for Teens for youth entering grades 10-12.

The Cornell Chronicle quoted the following about a Steuben County attendee:

Having just completed his fourth year of Career Explorations, 16-year-old Justin Bennett from Steuben County has sampled a variety of programming tracks during his 4-H experience. And while he's impressed with the campus, loves meeting faculty and grad students, and like Schick hopes to one day attend Cornell, Bennett says it's the interaction with other 4-H youth that he looks forward to the most each year.

"I love meeting and learning about other people," he says. "Plus, being here is just plain fun. I enjoy working in groups on projects and being part of collaborative processes. It's a great way to interact and to learn."

Read the entire article here

Support 4-H at the annual Livestock Sale

Livestock Sale is August 19th

The Steuben County 4-H & FFA Livestock Sale will be held on Friday, August 19, 2016 at the Steuben County Fairgrounds starting at 5:30 p.m. with the rabbits and poultry followed by the
steers, market goats, market lambs and market hogs. Rabbits are sold by the head. Poultry are sold by the head already processed for an additional $2.50 per animal. The steers, market goats, market lambs and market hogs sell by the pound live-weight.

If you do not need an entire steer, hog, lamb or goat, get together with someone to purchase an animal to be sub-divided at processing. Terms of the sale are cash or good check given to the sale clerk immediately after the sale. All slaughter and processing fees are the expense of the buyer. Animals are released from the fairgrounds Sunday, August 21 at 8 am. at which time animals become the buyer’s responsibility and all animals must be removed by 2 p.m.

If you would like a sale brochure with more information contact Cornell Cooperative Extension of Steuben County at 607-664-2300 or a Steuben County 4-H Livestock member.

Did You Know you can support CCE programs?

CCE can use every dollar for empowering our community! Won’t you help us reach more people with our programs?

Text

CCE to 41444
to support
CCE-Steuben programs

Or follow this link

http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=1f6aba9a-df55-4433-baf8-3a4f79f30aad
4-H changes lives, helping youth to become confident, mature adults ready to succeed in today's challenging world.

County Fair Schedule
Follow this link to the entire 4-H Fair Schedule. The Steuben County Fair is August 16-21.
Steuben County Fair Schedule

Adult volunteers are needed at the fair!!!
The deadline has been extended until next week. Volunteer chaperones are needed for the cement Dairy Barn and the Sheep/Swine. Chaperones can be 19-20 years old with another adult 21 years old and older chaperoning with them and all chaperones must have an approved volunteer application on file with the CCE Office. 4-H members will not be allowed to stay overnight if chaperones are not available. Download this link to help!!!

Fair Clean Up Day is Aug 7 - Registrations due August 1st

Register for 4-H Photos
Nancy Reigelsperger will be available to take personal photos of 4-H members and their animal on Friday, August 19th from 10:00 am- 2:00 pm by/in the sheep/swine barn, rabbit barn, horse show. If you are requesting a photo of swine, she will take them in their pens. Photos are available in two sizes. Request forms are due by Monday, August 17 at the 4-H Exhibitors meeting at the fairgrounds in the Livestock Judging Pavilion (behind the sheep/swine barn) at 7:30 p.m. Payment should be made by cash or check made payable to Nancy Reigelsperger on August 19 (the day of the photos). Download your Photo Request Form here

4-H Cake Auction at County Fair
The 4-H Cake Contest will be held on Saturday, August 20 followed by an silent auction of the wonderful cakes that the 4-H members create. The silent auction will take place at 3:30 p.m. in front of the 4-H Building. Come support our 4-H'ers.

Rabbit & Poultry Learning Nights! - EVERYONE is invited!
Did you know there are knowledge contests at State Fair for Rabbits/Cavy & Poultry!? There's even a National Contest for Poultry in Kentucky! This is a wonderful opportunity for youth interested in these species and want to learn more!

ALL youth/adults 8 & up are welcome to attend! You do not need to compete or plan to compete....if you want to learn, join us! Please contact Jenny at the 4-H Office if you plan to attend: August 4 6-8 County Office Building - South Conference Room Info and Registration form

Steuben County 4-H Robotics Program
Ages 9-18 welcome!
When: Friday, August 2, 9 & 23 5:30 - 7:30 p.m.
Where: Howard Community Building
Contact Marlaina Bennett: 607-661-6383 or Kim Randall at ksb3@cornell.edu or at 607-583-
The Steuben County 4-H Program is currently using an EV3 that was purchased through the 2015 Tyrtle Beach Youth Fund Grant. The group will be practicing for the 2016 New York State Fair Challenge. Come see them in the back of the 4-H Building during the County Fair. The theme for this year’s Robotics Challenge, which will be held on the third day of each time period, is Sustainable Food Systems. How can robots help us grow food or fight hunger? How could they help us protect the environment for future harvests? For more information about the NYS 4-H Robotics Program and the NYS Fair Robotics Challenge visit http://sp.nys4h.cce.cornell.edu/about%20us/Pages/4-HRobotics.aspx

Opportunities & Scholarships:
Future Engineers Think Outside the Box Challenge
Audience: K-12 Educators and Students
Entry Deadline: Aug. 1, 2016
To celebrate the launch of the first-ever expandable habitat to the International Space Station (Bigelow Aerospace’s BEAM) and the launch of the first-ever commercial 3D printer in space (Made In Space’s Advanced Manufacturing Facility), NASA and the ASME Foundation are challenging students to think outside the box with 3D printing, literally. If you are a K-12 student in the United States, your challenge is to design a useful object that assembles, telescopes, hinges, accordions, grows, or expands to become larger than the printing bounds of the AMF 3D printer in space (14cm length x 10cm width x 10cm height). The function of your assembled or expanded item can be anything you think would be useful for an astronaut living on the International Space Station.

The Out of the Box Challenge is the fourth in a series of challenges where students in grades K-12 will create and submit a digital 3-D model of an object that they think astronauts might need in space. Future Engineers is a multi-year education initiative that consists of 3-D space challenges and curriculum videos on the site that parents and educators can use to get kids designing today. Think big, think outside of the box, and good luck!

Entries must be submitted by Aug. 1, 2016. Click here for more information about the challenge and to watch the launch video. You can also send an email for more information.

NY State 4-H Tractor Driving Competition
This year’s Tractor driving contest will be held at Empire Farm Days in Seneca Falls on Thursday, August 11th. Registration will start at 9:00 am. The contest will start promptly at 9:30. Each participant will take a written safety test, complete a Parts Id, complete a 2 wheel course, and a 4 wheel course. Individual winners will be awarded.

All participants must be enrolled 4-H members and have successfully completed the 4-H Tractor Certification program to be able to compete.

4-H members must bring their tractor certificate and must also complete and bring the Tractor Acknowledgement Of Risk (AOR) form.

If you are interested in participating please contact Kim at ksb3@cornell.edu or 607-583-3185 for her to register you. Also Kim can provide you with the AOR form, the contest rules along with the driving courses. To study for the test you can visit www.nycamh.com and go to the Resources page.

Recommendations if you plan to attend: Practice! The contest is very challenging and the
courses will be set up for only the advanced drivers. This is a State Contest and the courses will reflect it. If contestants cannot complete any part of the course they will be heavily penalized.

Southern Tier Outdoor Show is October 8-9, 2016!

Win the show's Grand Prize: a waterfowl trip for four!

All you have to do to enter to win the Grand Prize is show up at the Southern Tier Outdoor Show on October 8 or October 9, and fill out a form telling us how you liked the show! It's that simple. Someone will be the lucky winner of this trip!!!

Still Accepting Vendors!

The showroom section of the 2016 Southern Tier Outdoor Show is now filled, as well as the large tent on the parking lot. Many of the grass spaces around the parking lot are full, but there are still spaces left in the garage. Call 607-664-2300 now to reserve your space!
Register online here.

Enlarge View of Map

The Southern Tier Outdoor Show will be held October 8-9 at Wilkins RV, Inc. Several anniversary activities are being planned for this celebration show. Be sure to follow us on the website and on Facebook for details!

For additional information, contact Carla Dawejko by email or call 607-664-2300.
www.SouthernTierOutdoorShow.com
facebook.com/SouthernTierOutdoorShow

Around the Community...

The Steuben Rural Health Network has announced its summer dates for the Living Healthy Steuben Workshop.

The Steuben Rural Health Network is proud to announce the dates for the Stanford Chronic Disease Self-Management Program, Living Healthy Steuben. The workshop is a six-week course that is led by two certified Master Trainers.

Living Healthy Steuben is a program that inspires individuals living with a chronic condition to take charge of their health and well-being and to maintain an active lifestyle. Friends and family members of those living with a chronic health condition are also encouraged to attend.

Weekly topics will include but are not limited to: Nutrition, Fitness, Stress Management, Pain Management, Evaluating Medication & Treatments, Communicating with your Health Care Provider and establishing a Health Care Proxy.
An upcoming class will be held at the Colonial Square Senior Village in Painted Post's Community Room. The six-week class will start Thursday, September 1st and run till October 6, meeting every Thursday. Classes will be from 9:30 am-12:00 pm. There will be an Orientation class on August 25 to become familiar with the layout of the workshop, and what the lessons entail, along with completing registration paperwork.

Please contact the Steuben Rural Health Network at 607.776.9467 ext. 229 to register and/or attend the orientation.

**Finger Lakes Market**

Simply Finger Lakes is a brand that showcases the amazing products and experiences which can be found only in the Finger Lakes region of New York State. The Finger Lakes Market and events will include Finger Lakes made products with their respective artisans and craftsmen demonstrating their talents and providing guests with an immersive and educational experience. Our goal is to create a unique shopping experience for our guests while they discover everything that is Simply Finger Lakes.

As a business in the Finger Lakes region we invite you to participate in The Finger Lakes Market at Watson Homestead, Painted Post, NY
9am - 6pm Saturday, September 10 and 9am - 5pm Sunday, September 11 2016

- This is an outdoor market with 15' x 15' spaces available
- In order to participate you must be a Finger Lakes based business with product that originates and/or is made in the Finger Lakes region
- Participating businesses are invite only and must go through an approval process
- Participants are encouraged to offer free samples and/or demonstrations to engage consumers
- Basic space is only $50 for the weekend, must provide own tent, tables, and displays
- Participants are also required to donate items/services to be used as promotional giveaways during the event.
- Free admission for consumers and free parking

An application must be submitted along with your check made payable to "Kevin Peterson" to the address below no later than Friday, August 12, 2016:
Kevin Peterson
Simply Finger Lakes
4128 Norman Street
Painted Post, NY 14870
www.simplyfingerlakes.com

**Elder Abuse Awareness**
Thank you for joining us this month!

We hope some of the programs and information we have offered above will be of service to you and your family. If we can help in any way, please call us at 607-664-2300.

Sincerely,

http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=1f6aba9a-df55-4433-baf6-3a4f79f30aad
Cornell Cooperative Extension puts knowledge to work in pursuit of economic vitality, ecological sustainability and social well-being. We bring local experience and research based solutions together, helping New York State families and communities thrive in our rapidly changing world.

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