Dear Friends of Cornell Cooperative Extension of Tioga County,

What is Cornell Cooperative Extension all about? If we look at the key words in our mission statement, we can get a clearer picture of who we are and what we do. OUR MISSION: 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 in our rapidly changing world.

The first key word is KNOWLEDGE. We are an educational organization to help extend the knowledge of Cornell University and the entire Land Grant system, which Congress created and President Lincoln approved in 1865. We work most closely with the Colleges of Agriculture & Life Science and the College of Human Ecology at Cornell. The second key word is WORK. Our goal is that residents will not only become aware of new things, but also apply or “put what they have learned to work” in their lives. The third is PURSUIT. Similar to work, this indicates action or doing something. Making positive change or moving towards completion of a goal.

The next several words define what people are pursuing. These include ECONOMIC VIABILITY, ECOLOGICAL SUSTAINABILITY, and SOCIAL-WELL BEING. In other words, financial, environmental, and personal wellness or an overall improved quality of life. When you look at all of our education programs and the outcomes in this report, you can see that they all address one or more of these. The second sentence emphasizes that the knowledge comes from both LOCAL EXPERIENCE and from RESEARCH. We recognize that every issue or problem has its own context. We find SOLUTIONS when we bring the context and the knowledge from the practical and theoretical worlds TOGETHER.

Finally, it ends with the key words of HELPING, FAMILIES, COMMUNITIES and CHANGING WORLD. Yes, we provide information, but the individual, family or community must do the work and come up with their best solution for their situation in their context, which we know is constantly changing. This may seem frustrating, but leads me to believe that there will always be a need for CCE.

Sincerely,

Andrew G. Fagan, Executive Director

Our CCE TIOGA Staff for 2017 - 2018
Andrew Fagan, Executive Director
Tina Murphy, Operations Coordinator II
Filomena LaClair, Finance Coordinator
Meg Ward, Sr. Administrative Assistant
Mary Kate Wheeler, Agriculture Business Development, South Central Dairy Team Member
Barb Neal, Community Horticulture & Agriculture
Michelle Bidwell, Seed to Supper
Lisa Weston-Bialy, Community Youth Employment
Melissa Watkins, 4-H Youth Development
Jody Tatich, 4-H Activities Coordinator
Jackie Spencer, Family Dev. Program Leader
Erin Evans, Parenting Community Educator
Joan Shultz, Waverly FRC Site Coordinator
Donna Gibson, Owego FRC Site Coordinator
Eileen Hanrahan, Smart Energy Choices

Our Board of Directors:
President - Gary Jones
Vice-President - Charles Truman
Treasurer - Marty Borko
Secretary - Cornelia Mead
Legislative Rep. - William Standinger III
Cornell Rep. - Paul O’Connor
Assist. to the Treasurer - Tina Murphy
Allyson Freyre
Carol Miles
Dr. Gerald West
James Pratt
Jeff Golden
Kristi Van Dusen
Lisa Bloodnick
Liz Myers
Richard Orth

Cornell Cooperative Extension Tioga County
Ronald E Dougherty Building
56 Main Street, Owego NY 13827
Phone: 607-687-4020
tioga.cce.cornell.edu
www.facebook.com/ccetioga
twitter.com/ccetioga

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and that provides equal program and employment opportunities.
2017 FUNDING SOURCES

FEDERAL - INCLUDES SMITH LEVER & VARIOUS GRANTS 57,278
STATE - INCLUDES STATE 224 & VARIOUS GRANTS AND BENEFITS 114,455
COUNTY - INCLUDES APPROPRIATION & VARIOUS COUNTY AGREEMENTS 268,026
OTHER - INCLUDES GRANTS, CONTRACTS, & IN-KIND 545,446
INCLUDES OTHER REVENUE, PROGRAM FEES, & FUNDRAISING 106,829
TOTAL SUPPORT AND REVENUES 1,092,034

2017 EXPENSES

PROGRAM SERVICES 827,460
MANAGEMENT & GENERAL 196,520
FUNDRAISING 23,838
1,047,818

CHANGE IN NET ASSETS 44,216
Program Goals: To support the economic viability of farms in Tioga County by providing research-based technical assistance, workshops and trainings, and coordination among local organizations and agencies serving agriculture.

Our Team: Barb Neal with help from South Central NY Dairy and Field Crops Team

Summer Intern: Anna Birn

Program Impacts:

- Worked with over 50 farmers to address their questions about production, regulations, and marketing
- Assisted the new Amish farm families in their quest to begin farming in Tioga County
- Part of a regional team to promote agritourism and support farmers to become visitor ready as part of Finger Lakes Farm Country
- Provided support for farmers in the spring and fall Tioga Arts and Agriculture Trail events
- Created Farm Minute—an email list that gives farmers just-in-time information to maximize productivity
- Provided support for the Travel Bloggers Expo conference by coordinating local farmers to host a farmers’ market at Watkins Glen International Raceway
- Strengthened the Agriculture Resource Group by having focused topics at each meeting that informs the attending service providers and sets up a vehicle for interagency support
- Planned and hosted a series of homesteading presentations that not only provided valuable information but helped to knit the homesteading community together
- Mentored our Cornell intern, Anna Birn, as she helped us survey farmers and consumers for our Community Food System Development Framework for Change project.
- Fortified the contact list of farmers with updated information and enhanced capabilities to reach out to farmers in times of need. This was brought to the foreground after the flash floods of the fall.
- Provided a presence and planning assistance for Sundaes at the Farm, a slow moving vehicle presentation, a tour of Seneca Produce Auction, and more.
Planning Team: Tina Murphy, Missy Bidwell, Andy Fagan, Mena LaClair, and Meg Ward.

Our 17th Annual event was a success with 200 people attending in the banquet room at Tioga Downs.

Fresh produce and meats were obtained from 34 Tioga County farmers/growers and made into a wonderful buffet by Tioga Downs dining staff under the direction of Chef Shawn Jackson.

Seven local restaurants made nine delicious desserts. Local flowers adorned the tables from Tioga County sources.

The Tioga County Dairy court was in attendance and served punch.

Local wines, craft brews, and distilled products were available for tasting and Mountain Top Wranglers provided the music.

Farm and Garden Newsletter is an informative monthly publication with interesting articles and news for the farmers and gardeners of Tioga and Chemung counties. It is distributed to 788 people each month.

It includes pest information, helpful growing tips, and notices of workshops, among other things.

To subscribe to this free newsletter, email Barb at ban1@cornell.edu

The “Run for Funds” was a fundraising drive for all of the programs in Cornell Cooperative Extension Tioga County. The goal of the derby was to watch the programs compete and move closer toward their fundraising goals on our derby board! It ran from August until the Annual Meeting in December including a special presentation at the Taste of Tioga-Farm to Feast Event.
Program Goals: To provide the public with unbiased, research-based information and sustainable management practices in horticulture suitable for home gardens, local landscapes, urban environments and the community.

Our Team: Barb Neal, Missy Bidwell, and our Master Gardener Volunteers

Program Impacts:

- Answered home and garden questions for 182 community residents
- Held workshops and classes throughout the county on growing your own vegetables including the very popular (and free) Seed A Rama
- Trained new Master Gardeners through an innovative flipped classroom method
- Taught numerous workshops on gardening for the public, garden clubs, and environmental groups
- Held a series of garden-related classes for the elementary after school program in Waverly
- Ran several programming events for children attending the summer meals sites throughout the county
- Revamped several gardens in the demonstration garden at 56 Main Street in Owego
- Helped develop Tiger Farm, the farm of Tioga Central School District, and host the second annual Harvest Day for elementary school children
- Tabled at many local events, from Daffodil Days to First Fridays to En Plein Air
- Had a horticulture-focused day at the Tioga County Fair with activities and crafts for all ages
Seed To Supper and more:

The focus of the community horticulture program was Seed to Supper, the innovative program that helps low resource folks learn to grow their own food.

Seed to Supper classes were held throughout the county and our Community Food Systems Educator Michelle Bidwell did programs for children at local summer meals sites, the Waverly after school program, Tiger Farm garden camp, and more.

We kicked the season off with a wildly popular Seed A Rama, where over one hundred adults and children came to start seeds and transplant plants for their gardens. All the materials were donated by the Food Bank of the Southern Tier and the Master Gardeners helped Barb and Missy facilitate.

Tiger Farm increased its capacity by planting a fifteen tree orchard—granted through CCE by the Toward Sustainability Foundation. In addition, raised beds were built and field crops grown. The second annual Harvest Celebration was a hit with all the Tioga Central School District elementary age children.

Master Gardeners continued their valuable community contributions to garden education, public classes, and demonstration gardens.

Our horticulture day at the Tioga County Fair was a huge success with children's arts and crafts projects throughout the day and lots of horticulture things for kids to see and do.

25 people participated in a Wreath Making workshop and 35 participated in Gourd Painting workshops facilitated by Barb & Missy in the fall of 2018.
4-H Youth Development

Program Goal: Provide opportunities for youth to have fun, learn life skills, and work with caring adults to foster the 5 C’s of positive youth development -- competence, confidence, character, connection, and caring.

Our Team: Melissa Watkins and Jody Tatich
Summer Interns: Erin Fagan and Cole Paradies
Thank you to all of our 4-H club leaders and volunteers.

Program Impacts:

4-H Youth Participate in Hands-on Projects that allow them to develop important skills that help them in becoming successful, competent leaders that will contribute to the Community and Industry.

- Youth Members- 110 youth, 38 Volunteers enrolled in 2018
- STEM Summer Programming - 170 youth
- STEM programs in After-school - 100 youth reached
- Public Presentations - 60 Youth participants
  * Presentations are cited as the top skill that 4-H Alumni utilize in the career world; using public speaking, research, and organization to create their presentation. This builds confidence to share their learning with others in places such as community events, school, meetings, and the fair.
- Horticulture and Gardening
  Giant Pumpkin Project -Approx. 35 youth participants
- Animal Science Projects - over 100 youth participants
  * Dairy Cattle, Beef Cattle, Goat, Sheep, Poultry, Swine, Rabbit, and Horse
  * Market Animal Programs/Livestock Auction
  * Education Events - Horse Bowl, Hippology
  * Coming in 2019: Livestock Skill-a-thon and Judging
- Career Exploration - 4-H Youth engage in Hands-on learning and are engaged in career education through experiential learning
  *4-H Agri-Business Conference at SUNY Cobleskill
  *4-H State Teen Action Rep. Retreat (STARR)
  *4-H Career Explorations at Cornell-3 youth attended
  *4-H Forestry Weekend-6 youth attended
  *Animal Crackers-10 youth attended
  *State Fair Teen Leader Work Experiences- 5 youth participated

Sundaes ar the Farm with Erin and Cole
- Tractor Safety Education Certification Program for youth age 14 and up. This program provides education and a necessary certificate for youth workers to be employed on farms - 5 youth participated.
- WIOA Program-bringing Young Adults into the workforce through education and work experiences. 25+ participants

**Success stories:**
In 2018, the Independent Living Skills Program that works with young people in foster care to help them with skill building in the areas of career exploration, basic household, budgeting and money, along with other skills. This year, we took an individualized approach to the program, allowing youth to focus on more personalized skill building and goals. Through this approach, we had one youth take part in career and college development programs. She was able to attend 4-H Career Explorations at Cornell in June. Here she experienced college life, focused time in an academic department, eating in the dining hall, sleeping in the dormitories and walking to class as other students do. This helped her to attend college open houses and she is currently applying to college.

In 2018, Alison Goodrich, a 4-H member that is focused in Equine projects and art, received a Best of Fair Award at the State Fair for her drawing “Imperial”. Alison is a self-taught artist who has used 4-H as a learning laboratory to learn about horses and work to perfect her art. Alison’s drawings come to life with a photo-likeness that is very realistic down to the hair growth and veins in the neck of the horse. One state fair judge stated “Her work is exquisite; it should be in a gallery.”. Congratulations Alison on your Best of Fair and being the 2018 recipient of the Tioga County Outstanding 4-H Project Award.

4-H Youth Matt S was selected to participate in the Cornell Communications Institute based on his performance at the District Public Presentations event in March. This had intensive experiences related to presenting and public speaking, along with drama and theater. This experience allowed youth to interact with Cornell Students and faculty in the Communications department.

Through experiences with STEM Camp and 4-H STEM experiences, Jacob, Grace, and Kate stepped up their robotics experience by participating in the NYS 4-H Robotics Challenge at the New York State Fair. They learned how to program their robots, troubleshoot and work together to have a great experience at the Fair. In addition, they learned about computers and coding and were able to share their experience with others through effective communication. Thanks to Lockheed Martin and Historic Owego Marketplace for their continued support of the 4-H STEM Programs.

4-H Participated in the Kiwanis Radio Day with WEBO. 4-H had one hour of radio time, where 4-H Youth worked with 4-H staff to share the communication skills learned in 4-H project work that they are doing with 4-H and sharing how the skills that they learned are connected to the things that they are doing in school and in the community. Youth also were able to see in real time how the radio station worked, while having the experience of speaking live on the air.
Program Goals: To support the 5 Protective Factors known to prevent child abuse and neglect: Parental Resilience, Social Connections, Knowledge of Parenting and Child Development, Concrete Supports in Times of Need, and Social and Emotional Competence of Children.

Program Staff: Jackie Spencer, Erin Evans, Joan Shultz, and Donna Gibson

Parent Leaders: Denise Hicks, Tina Hill, Tammy Campbell, and Pat Avery

Advisory Committee Members: Sarah DiNunzio, Liz Lynch, Sonja Foote, Rachel Craig, and Stephanie Ferraro

Program Impacts:

- 189 adults and 188 children participated in Family Resource Center activities such as drop in play, parent-child activities and parenting workshops
- 46 adults referred by Tioga County Child Protective Services participated in the Home Based Parenting Education program
- 14 adults completed PS...It Works! Parenting skills workshop series
- 7 parents of children in Foster Care participated in monthly Reunification group classes
- 4 adults completed the Family Development Credential course offered in partnership with Tioga Opportunities Inc.
- 85 families participated in Summer Lunch, Children’s Farm Market, and Food Bank activities at Owego FRC
- 6 businesses, 5 organizations and 50 community members participated in Pinwheels for Prevention campaign activities
Both Family Resource Centers Celebrate 20 Years of Service

Waverly Family Resource Center Celebrated 20 years serving families on Feb. 1, 2018 at the Waverly Village Hall. Pictured above are Jackie Spencer, Family Dev. Program Lead Educator; Joan Shultz, Waverly FRC Site Coordinator; Judy Wolf, Retired (former Family Development Team Leader); Andy Fagan, Executive Director of CCE Tioga & Chemung, and Scott Esty, Rep. for Assemblyman Friend. Martha Sauerbrey provided an executive proclamation from the Tioga County legislature declaring Feb. 1 “Strong Families Day”. Christopher Friend provided a citation from the NYS Assembly recognizing the Waverly FRC for 20 years of service. Community partners and families gathered to mark the occasion.

The Family Resource Centers both reached 20 years of service this year. Each site hosted a celebration with families and community partners reflecting on achievements. The program has provided approximately 32,000 hours of programming over the past two decades. Each site offers drop in play times, parent-child activities, parenting workshops, links to community resources and opportunities for parent leadership. Family Resource Center programming is designed to support the overall health, well-being and optimal development of youth by supporting parents early and flexibly.

Supporting Family Nutrition

The Family Resource Centers supported healthy food choices for families through a variety of program options this year. Monthly Nutrition Exploration activities were offered at each site for families with young children to make and taste snacks featuring fruits and vegetables. Kids in the Kitchen series were held at each site to engage families with children in the school age range in learning food preparation skills and trying healthy recipes. Families engaged in learning about growing food through Seed to Supper activities at each site including tending a small container garden at the Waverly site. Summer meals were provided at Owego FRC along with Children’s Farm Market and Food Bank events to increase access to healthy food sources over the summer months when children are not in school. The children’s kitchen station is a favorite drop in play activity at both sites and provides opportunities for learning about healthy foods in the context of child directed play. Children have been observed making food choices opting for fruits and vegetables over less healthy options in the context of pretend play. Parents report providing healthier meals and increases in their children’s willingness to try healthier foods.
Program Goal: To increase dairy and field crop farm sustainability and economic viability.

Team Members: Janice Degni, Fay Benson, Betsy Hicks, Melanie Palmer, and Mary Kate Wheeler

Farm Business Management Specialist:

Mary Kate Wheeler is a welcome addition to the team in 2018. Dairy and crop farmers are familiar with tight financial margins and price highs and lows. What is different in 2018 is the length of the low price cycle. Milk price received this year is less than 99.9% of producer’s costs. This follows two years of barely break even prices. Unfortunately not only is milk price poor, crops and beef are also at low points. The current conditions create an extra need for a specialist to address financial and business management.

Mary Kate joined the SCNY Dairy and Field Crops team in May from the NYS Beekeeper Tech Team, where she provided one-on-one business development support and conducted applied business management research with honey producers. She is excited to use her financial analysis and business planning skills to support our dairy and crop producers.

Mary Kate has an M.S. in Applied Economics and Management from Cornell University and a B.S. in Environmental Studies from Bowdoin College. During her graduate program she spent time in Peru working with farmers on issues of agriculture and climate change. Mary Kate grew up outside Ithaca, NY and now lives in Newfield, where she just welcomed her first beef steers.

Hands-On Training that Directly Impacts Producers’ Bottom Line: Feed is more likely than not the highest expense on dairy farms today. Producers realize the importance of the role of feeder has on the farm for more than one reason – not only do the people performing in this role impact shrink, but how well they perform directly impacts how well cows can perform.

In this way, feeders can impact the bottom lines of dairies on two levels: minimizing costs by maintaining low levels of shrink and overfeeding expensive grain, and maximizing milk receipts when they feed consistently, allowing cows to stay healthy and productive.

The team offered a 2-day Feeder School where this type of employee could come to learn the “how” and the “why” behind the things they do every day. Morning classroom sessions explained how the rumen works, why making a consistent Total Mixed Ration (TMR) is important and incorporated several aspects of cow behavior so that feeders more fully understand the animal they are feeding.

The afternoon sessions focused on how feeders can better manage their bunks, assess wear in their mixing equipment and other hands-on activities. The school culminated in a “feeder challenge” where they incorporated what they had learned from both days of the school to answer questions, assess bunks, and make dry matter feed adjustments.

Over 20 employees or owners of dairies attended the school, representing over 13,000 lactating cows. All participants stated they learned new information at the school and would recommend it to others. Feeders stated they learned about bunk safety, being precise on measurements, scale calibration, dry matter adjustments, and mixer maintenance. Classroom sessions of nutrition and dry matter were ranked a 4.6 out of 5, with 5 being most informative.

The Feeder School generated follow up calls. One farm that was only able to send feeders to the second day invited Betsy to come to the farm to do a select teaching to their whole feeder crew. This has since evolved into a facilitator role for Betsy, as the farm utilizes two different nutritionists. The feeder crew and nutritionists will sit down together. Another farm has invited Betsy and Melanie out to go over their routine. On-going communication will be a focus for the next few months; it offers farms a means to control costs, utilize Extension Specialist expertise, and maximize cow health and production – a win for all!
Program Geared to Help Combat Low Milk Price

As educators in Extension, our program has always focused on bringing new ideas and technology to our producers, while emphasizing how important doing the basics right is to a producer’s bottom line. Our program in this first quarter further underlines the importance of these principles. Knowing how much stress our producers are under right now has led us to further emphasize how focusing on doing the day-in and day-out tasks to the best of their abilities will have a long-term positive effect on their business. Cash flow is extremely tight; with limited access to funds producers need to feel like they can make positive strides in their business without having to spend money.

As such, the winter program utilized a few different forms to reach out to producers. The Dairy Manager’s Discussion Group met formally with professors Andy Novakovic and Tom Maloney from Cornell University to talk about current trends in prices and labor, and then toured three different dairies in the following two meetings to gather ideas and learn from their peers. A Heifer Workshop held at the Vet School Dairy on campus emphasized to participants that their bottom line is affected by the heifer program that they run, and gave options for reducing total costs while advancing genetic potential of the herd more rapidly, all while maintaining the health of the herd. Lastly, Herd Manager Training offered a two-day course to bring producers up to speed on ways to protect the health of their herd, as well as giving specifics on records to maintain and protect their business. Both of the days emphasized points with an on-farm tour and allowed for ample discussion between host farms and participants to encourage peer learning.

Many of the strategies talked about at meetings and program this season did not focus on buying new equipment, implementing expensive programs or utilizing next steps that would cost the dairy money. The ideas discussed involved changing habits, adding sound management strategies and focusing on doing the basics right. The discussion between producers was invaluable and did not focus on how poor milk price was; producers were focused on how they can make their dairy better.

Industrial Hemp –

The Potential of a New Crop

This NYS initiative has generated a lot of excitement from rural landowners, sustainability enthusiasts and local economic developers. Recognizing the potential in the Southern Tier Janice was appointed as one of the first CCE Hemp Technical Specialists. As a new crop Cornell researchers and Extension needed to learn the best agronomic practices as well as pest complexes. During the growing season of 2017 Janice visited and scouted fields across the region to survey for pests as part of a statewide effort to collect preliminary data. A new disease on hemp was discovered at Nanticoke Gardens (NG), one of the growers she worked closely with. In the fall of 2017, she organized an open house with NG to show their production system to others and update folks on the permit process administered by NYS Department of Ag and Markets. During the winter of 2018, Janice held 3 discussion group meetings for permit holders to create a forum to share information and learn from each other. This has been a step in community building among the growers.

Public Outreach

Ag Awareness Education events are held across our region. The yearly staples of Cortland’s AgStravaganza with 4th graders and McMahon’s EZ Acres 5th grade Dairy Farm tour were big hits. The team educated the students throughout planned stations at Onondaga’s Ag Awareness Day with 4th graders and Chemung County’s Old McDonald’s Farm with 2nd grade.
Community, Health, and Wellness:

Our EatSmartNY program provides nutrition education to help low income individuals improve eating habits and increase physical activity. We also work to support and/or bring leaders together to help address community needs, including Community Energy, Neighbors Helping Neighbors, Tioga Nonprofit Network, and Transportation.

Staff:
Andy Fagan, Executive Director
Eileen Hanrahan, Regional Community Energy Educator
CCE Broome ESNY Nutrition Educators

Programming Impacts:

- Our EatSmart NY nutrition educators conducted more than 121 educational activities reaching more than 1,596 participants at various locations: Waverly FRC, Owego, FRC, WIC outreach in Spencer, Waverly & Richford, and food pantries in Berkshire, Candor and Owego.

- EatSmart educators partnered with other CCE educators and teachers in the Tiger Farm project at Tioga Central School as well as with several food pantries for the Healthy Food Pantry project.

- Through our new regional NYSERDA supported “Smart Energy Choices” program, 361 people in Tioga County became aware of ways to improve home energy efficiency and 8 families received a free home assessment. Also, funding for home energy upgrades has been requested for 5 homes and quotes for work to be done have been submitted.

- We helped facilitate monthly meetings of Neighbors Helping Neighbors. Volunteer organizations—CCNN, SIRS, and NTNN continue to help an average of 40 people per month, transporting them over 3,200 miles.

- CCE Tioga presented 3 “Transportation Talks” in Spencer, Owego, and Newark Valley (15 participants). Also, created, printed, and distributed 500 “Tioga Transportation Directories” across Tioga County.

- CCE Tioga coordinated the Tioga Nonprofit Network which met in Feb, Apr, June, and Sept. Besides committee and organizational updates the topics included serving needs of seniors; financial reporting requirements; rural cultural competency; and volunteer management. Average of 15 participants.

Cornell Cooperative Extension of Tioga County Makes a Difference!
Program Goal: To provide out of school young adults (17-24) assistance in career exploration and build their basic, work readiness and occupational skills to obtain employment, and strengthen the skill base of the Tioga County Workforce.

Our Educator: Lisa Weston-Bialy

The WIOA Youth Employment Program would like to thank Stray Haven SPCA for their partnership. In the last 3 years Stray Haven has partnered with the WIOA Program to offer Interview and Work Experiences for 6 young adults interested in working with animals. The staff at Stray Haven are supportive and offer complete progress reports so we can assist our young adults to grow as interviewers and employees, and thus gain valuable occupational experiences. Courtney P. is currently at Stray Haven as an Animal Care Attendant, placed by the WIOA Work Experience program. In this role she provides medical and daily care to the animals living in the shelter. She also assists the Veterinarians with animal appointments and procedures. Courtney is doing an excellent job according to her reports. We are very proud of the work she is doing and thankful for the partnership of Stray Haven SPCA.

Martha came to the WIOA Youth Employment Program during a hiatus from college. She was unsure about what she wanted to do with her degree or what career path she was interested in. I suggested that we set up a Work Experience as a career exploration tool. We reached out to the American Civic Association to set something up. Martha enjoyed her work experience at the ACA so much that she continued to volunteer for the organization even when the Work Experience had ended. The ACA appreciated her work so much that they actively sought out funding to keep Martha. At present, Martha is enrolled at Binghamton University and continues to work at the ACA. In her current role, she supervises interns and volunteers. She also oversees all of the social media, marketing, and technical support. Her most recent success includes assisting in writing a grant for funding that was awarded to the ACA for refugee services. We are so proud of Martha for all she has done and continues to do.