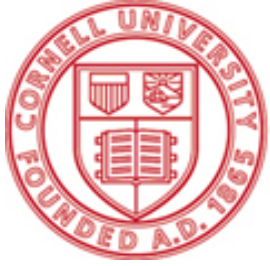


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Cornell University Cooperative Extension Steuben County



E-News Cornell Cooperative Extension of Steuben County

January 2015- Vol 7, Issue 1

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[Join Our Mailing List!](#)

Happy New Year!

CCE-Steuben wants to wish you and your family a very Happy New Year! This bright new beginning is the optimal time for new resolutions. Check out our stories below on your health, nutrition and finances. It's also almost tax time, so we'd like to remind you about the local CASH program:

Southern Tier CASH (Creating Assets, Savings, and Hope)

CASH provides free and fast tax assistance service for working families that earn less than \$60,000! If you file your own taxes, you can miss out on valuable tax credits that can lower the amount you owe or increase your refund -- credits such as the Earned Income Tax Credit for low-income workers with "earned" income-wages or income from a small business. CASH volunteers can prepare both your federal and state tax returns, and help you find tax credits for which you are eligible.



- It's free! Using a paid preparer can cost \$250 or more per person; the CASH program costs nothing.
- It's fast! By e-filing and having your refund direct-deposited, you will receive your money quicker.
- It's convenient! CASH appointments are available

at sites across the Southern Tier, and at times that work for you.

- It's accurate! CASH volunteers are trained by IRS-approved specialists and must complete certification tests before completing any returns.

[For more details visit here.](#) Or call 2-1-1.

Farm Marketing Basics - How to Effectively Sell Your Farm Products

Cornell Cooperative Extension of Steuben County will be hosting a marketing workshop on **January 14th** from 6:00 until 8:00 pm at the Civil Defense Center, 7220 State Route 54 Bath NY 14810. Learn how to improve your farm marketing skills and promote your agricultural product effectively.



Kristin Park, marketing specialist from Cornell University, will be presenting on basic marketing topics such as assembling an attractive farm stand/farm market display, creating informative and attractive promotional materials, how to set price, and what you need to know about farm product insurance. This class is ideal for farmers who sell from home, at farmers' markets or roadside stand and for those just considering selling farm products.

Pre-registration is appreciated, but not required, contact CCE Steuben at 607-664-2300 or email Stephanie at sms64@cornell.edu by January 12th. There is no cost for this workshop.

Free workshop will help you lower your energy bills this winter!

Cornell Cooperative Extension of Steuben County wants to help you save some of those dollars you will spend on heating your home this winter! Spend a couple hours with Energy Educator Nancy Reiglesperger in our FREE Save Energy Save Dollars class at one of two upcoming sessions:

- **Tuesday, January 20, 2015** from 5:30-7:30 p.m. at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning
- **Friday, January 23, 2015** from 1:00-3:00 p.m. at the Dormann Library, 101 West Morris Street, Bath

The best way to save money is to pay less in your energy bills. So we are going to concentrate on reducing those winter energy bills by discussing a few no-cost or low-cost conservation ideas. Those who have attended previous workshops have raved about how important and timely this information is. Don't miss out on these money-saving tips!

Each participant will receive a FREE energy saving item. Please help us plan for the number of attendees by calling to register your space at 607-664-2300.

Empower New York Workshops are sponsored by the New York State Energy Research



and Development Authority (NYSERDA) and developed by Cornell University Cooperative Extension and NYSERDA. Cornell Cooperative Extension of Steuben County provides equal program and employment opportunities.

Estate Administration Survival Guide...

The Probate Process: 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 **Thursday, January 22, 2015** 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. For more information on this and related topics, visit www.putknowledgetowork.org.

This free class can help you Make Ends Meet!

Are you finding it a tight squeeze between paychecks? Cornell Cooperative Extension of Steuben County can help you get control of your money with their fun and free workshop, Making Ends Meet. Learn where your money **Thursday, January 29** from 6:00-8:00 p.m. at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.

Cornell Cooperative Extension Financial Educator Nancy Reigelsperger will touch on goal setting, budgeting tips and cash tracking so you can tell your

money where to go instead of asking where it went! She will help you discover your financial personality and much more in this free workshop for the public.



Registration is requested. To register please contact 607-664-2300. For more information, visit www.putknowledgetowork.org.

The Great Debate: Wills versus Trusts

We have a session of this workshop in Corning on January 7, but it was filled long before the holidays. So we are giving you plenty of notice for the next session:

Estate planning today is more complicated than it has ever been. Often, mistakes in a plan are not discovered until someone has passed on. Unfortunately, then it is too late. Join us for an informational look at planning with Revocable Living Trusts in a free workshop called **Wills versus Trusts on Tuesday, February 10, 2015** from 1:00 - 3:00 p.m. at the Dormann Library, 101 West Morris Street, Bath.



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

- How can a Revocable Living Trust based estate plan help protect you and secure your family's future?
- Do you know the unknown truths about planning with a Revocable Living Trust?
- Discover the 16 situations in which a Trust can have legal advantages over a Will.
- Learn the truth about the hidden costs of a Will based estate plan that no one talks about.

The workshop is free, but registration is required. Please call Cornell Cooperative Extension at 607-664-2300 to reserve a space. For more information on this and related topics, visit www.putknoughtowork.org.

Second of three SWD Workshops will be held January 14...

UPCOMING SPOTTED WING DROSOPHILA (SWD) WORKSHOPS IN EASTERN AND WESTERN NY

Spotted Wing Drosophila (SWD), threatens the viability of every blueberry and fall raspberry grower in the state. Growers of fall raspberries, mid-late season blueberries, and day-neutral strawberries can learn how to manage SWD at regional workshops offered by the NYS Berry Growers Association. NYSBGA President, Dale Ila Riggs advises, "THIS is the place to learn current SWD information, the most recent research results, and management practices. The 2015 Producers' Expo will focus on other topics of importance to berry growers."



Presentations by Cornell researchers, Extension, and the NYS Berry Growers Association will address SWD biology, early warning signs and symptoms of infestation, field management strategies, and decision-making resources. Attendees will participate in hands-on activities, and receive a take-home reference binder and supplies. 7 Certified Crop Advisor (CCA) credits will be offered, and 5.5 DEC credits are available in categories 1A, 10, 22, 23 & 24.

Workshop registration is \$25 per person for NYSBGA Members, and \$50 per person for Non-Members, which includes lunch and take-home materials. Participants can save on workshop registration by joining the NYS Berry Growers Association; 2015 Membership is \$125 and applies to two individuals per farm. Associate Membership is \$75 for non-profit agricultural professionals.

Regional dates (all workshops 8:30AM-4:00 PM) and locations:

- **January 14, 2015** CCE Albany Co., 24 Martin Rd., Voorheesville, NY
Register by Jan. 7
- **March 4, 2015** Clarion Hotel, 8250 Park Rd., Batavia, NY
Register by Feb. 25

The workshops are sponsored by the NYS Berry Growers Association, Cornell Cooperative Extension, Cornell University College of Agriculture and Life Sciences, and the NYS IPM Program, with funding support from the NYS Legislature and NY Farm Viability Institute.

"This invasive fruit fly, which arrived on the NY scene in 2011, has caused extensive damage to berry crops," notes Cornell Entomologist, Dr. Greg Loeb. "Over the intervening years researchers in NY and elsewhere have made steady progress in understanding its biology and ways that it can be managed. These workshops will provide the most up to date information on this pest and management strategies."

NYSBGA President, Dale Ila Riggs concurs, "Two years ago-because of SWD, I was ready to tear out my fall raspberry planting and turn that tunnel into fall and spring greens. The funding secured by the NYS Berry Growers Association has already yielded research results that make me feel confident that I can manage this pest. The results are so encouraging that I'm considering adding more fall raspberries to my farm mix."

For SWD workshop details and registration, visit:

<http://www.hort.cornell.edu/grower/nybga/swdworkshops/index.html> or contact: Penny Heritage, NYS Berry Growers Association, (518) 424-8028, pennyh@nycap.rr.com

How much sodium could we find in YOUR diet?

In order to find out how much sodium is in your diet, download this [sodium tracker](#), so you can write down the items you eat and drink (including snacks and side dishes) and know how much sodium you've been taking in. Also, review the [sodium guidelines](#) to explain why limiting sodium is a good idea and tips for limiting sodium. The guidelines state to limit sodium to 2,300 mg per day, However, you could aim for 2,400 mg per day, because many Americans already consume way more than the recommendation, it will still be a challenge to keep your sodium to 2,400 mg or less and it's easier to try to limit sodium to about 800 mg per meal (for 3 meals a day).

To track your sodium intake, you will most likely need to read nutrition labels on food you eat. If items are not packaged with nutrition labels, you can usually look up items for their sodium content online. MyPlate has a wonderful tool called the SuperTracker which has all kinds of resources around tracking food. One piece of the SuperTracker is Food-A-Pedia in which you can put in any item and it will tell you the nutrition facts, including how much sodium it contains. Check it out here

<https://www.supertracker.usda.gov/foodapedia.aspx>.



DID YOU KNOW?

THESE SIX POPULAR FOODS CAN ADD HIGH LEVELS OF SODIUM TO YOUR DIET!

The American Heart Association recommends that you aim to eat less than 1,500 mg of sodium per day.

Look for the Heart-Check mark to find products that can help you make smarter choices about the foods you eat.



BREADS & ROLLS

Some foods that you eat several times a day, such as bread, add up to a lot of sodium even though each serving may not seem high in sodium. Check the labels to find lower-sodium varieties.

1



COLD CUTS & CURED MEATS

One 2 oz. serving, or 6 thin slices, of deli meat can contain as much as half of your daily recommended dietary sodium. Look for lower-sodium varieties of your favorite lunch meats.

2



PIZZA

A slice of pizza with several toppings can contain more than half of your daily recommended dietary sodium. Limit the cheese and add more veggies to your next slice.

3



POULTRY

Sodium levels in poultry can vary based on preparation methods. You will find a wide range of sodium in poultry products, so it is important to choose wisely.

4



SOUP

Sodium in one cup of canned soup can range from 100 to as much as 940 milligrams—more than half of your daily recommended intake. Check the labels to find lower sodium varieties.

5



SANDWICHES

A sandwich or burger from a fast food restaurant can contain more than 100 percent of your daily suggested dietary sodium. Try half a sandwich with a side salad instead.

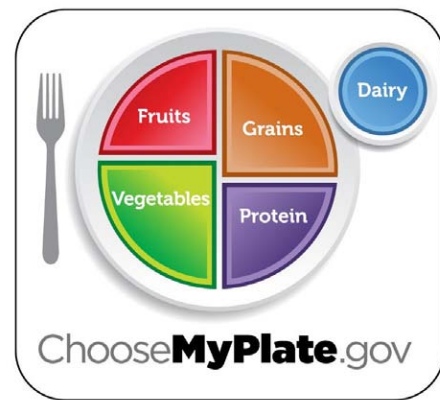
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*Centers for Disease Control and Prevention, Morbidity and Mortality Weekly Report (MMWR), Vital Signs: Food Categories Contributing the Most to Sodium Consumption—United States, 2007–2008, February 10, 2012 / 61(05);92–98.

Half of your plate should be filled with fruits and vegetables...

Are you getting your recommended daily servings of fruit and vegetables?

Some of you may be wondering what that means, so we are going to break down the recommendations by gender and age from MyPlate, and even suggest what foods to eat. This link leads to the general overview of all food groups; there are links to specific information on the fruits and vegetables groups. <http://www.choosemyplate.gov/food-groups/>



Vegetable recommendations sheet:

<http://www.choosemyplate.gov/printpages/MyPlateFoodGroups/Vegetables/food-groups.vegetables-amount.pdf>

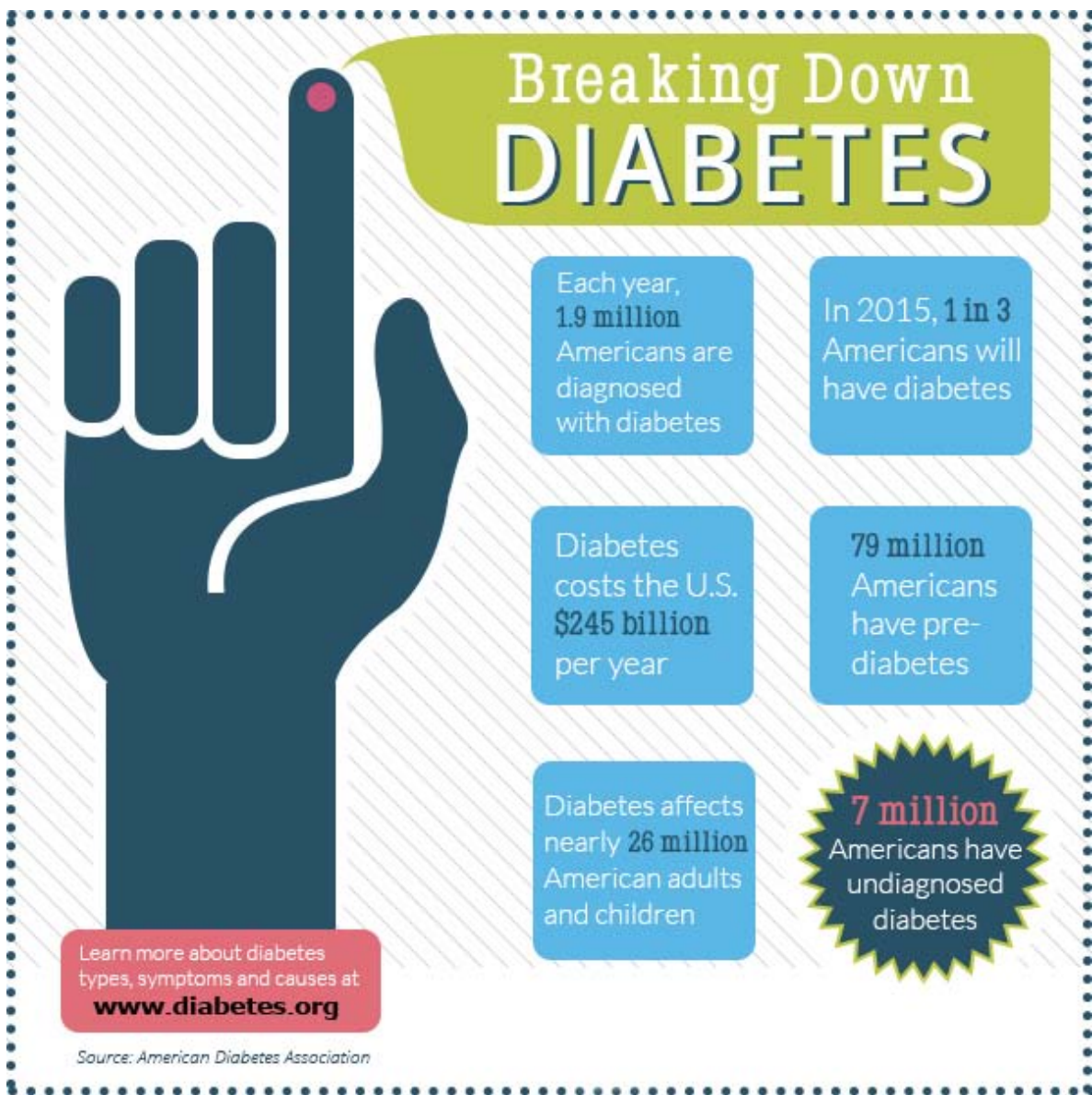
Fruit recommendations sheet:

<http://www.choosemyplate.gov/printpages/MyPlateFoodGroups/Fruits/food-groups.fruits-amount.pdf>

Could you have pre-diabetes?

Pre-diabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Diabetes is a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of feet or legs. Type 2 diabetes can be delayed or prevented in people with pre-diabetes through effective lifestyle programs. Take the first step. Find out your risk for pre-diabetes.

[TAKE THE TEST-KNOW YOUR SCORE!](#)



Improve your health and personal finances in 2015

Each year, almost half of Americans develop New Year's resolutions to improve different aspects of their lives. Often these resolutions involve health and personal finances - saving money, reducing debt, losing weight, quitting smoking and increased physical activity.



Rutgers Cooperative Extension has a free online self-assessment tool called the **Personal Health and Finance Quiz**. The quiz is available online at no charge and is believed to be among the first survey for public use to simultaneously query users about their daily health and personal finance practices. Doing even just a few of the 20 recommended daily practices on the Personal Health

and Finance Quiz is a great way to get started on the path to better health and improved financial security.

Want to get started? [Read the complete article and access the quiz here.](#)

Beginner Beekeeping - January 31

January 31 - Beginner Beekeeping
10am - Noon, Civil Defense Center, 7220 State Route 54, Bath

Cornell Cooperative Extension of Steuben County will be offering a class for beginner beekeepers or anyone interested in starting the hobby of beekeeping. Course material will cover introductory information needed for anyone starting out with honey bees, including necessary equipment, where to find bees and basic beekeeping skills. A course handout and reference guide will be provided.



A honey tasting will be held so that participants can experience a few local varieties of honey. A Q&A session will follow the lecture and power point presentation. The instructor is Cathy Halm, a 15 year beekeeping veteran and owner of Leo's Honey House. To register for the class, call 664-2300 or email Kerri at ksb29@cornell.edu. The cost for the class is \$10.00.

The Corning Winter Farmer's Market this month...

The Corning Winter Farmer's Market is open from 11:00 a.m. to 3:00 p.m. on the first and third Saturdays of the month --- Join us on January 17. The market is located inside the Information Center of Corning at 1 West Market Street.

Come purchase local honey, vegetables, greens, homemade granola, wine, breads, jams, apples and much more!

[Join them on Facebook!](#)



2015 Tree Sale

The Steuben County Soil and Water Conservation District is offering an opportunity to order tree seedlings and transplants. These Bare Root Plants are offered for Conservation Planting.



All orders, including payment, must be received to the Steuben County Soil and Water Conservation, 415 West Morris Street, Bath 14810 at the end of March. Date orders are due TBA.

Trees and wildlife packets must be picked-up mid-April (date and time TBA) at the District

Maintenance Building located on Mt. Washington (County Route 113), Bath. Members are responsible for arranging for pick-up of their orders.

To receive an order form when they become available or for more information contact Soil and Water Conservation at 776-7398, Ext. 3

Are you prepared for retirement?

Bankrate's monthly Financial Security Index survey results suggest that many households are not adequately prepared for retirement. 31% of non retired respondents reported having no retirement savings or pension, including the 19% of those ages 55 to 64. Additionally, almost half of adults were not actively thinking about financial planning for retirement, with 24% saying they had given only a little thought to financial planning for their retirement and another 25 percent saying they had done no planning at all. Of those who have give at least some thought to retirement planning, and plan to retire at some point, 25% didn't know how they will pay their expenses in retirement.



- Millennials (age 18 to 29) are far more likely than older adults to make do without credit cards. The Princeton Survey Research Associates study found that more than 60% of millennials said they did not have a single major credit card versus 35% of adults ages 30+. The reasons cited include CARD Act restrictions on young adults and feat of debt, especially on top of student loans. [Read more.](#)
- Just 45% of upper middle class households (income from \$75,000 to \$99,999) saved anything in 2012, according to a federal study. That means the other 55% didn't save for a house, retirement, or education. About 16% spent more than they earned and went further into debt. [Read more.](#)
- A third of people the United States have NOTHING saved for retirement including 14% of those age 65+ and 26% of those age 50 to 64. [Read more.](#)

4-H News

Final Call for 4-H Tractor and Machinery Operation Certification Program

Youth who will be 14 and over as of March 1, 2015 can take the course for certification.

Participants who want to earn their certification must pass both the written exam and the driving test. The cost for this course is \$20.00 for 4-H members to cover the cost of



materials and is payable to CCE immediately with the registration form, the Tractor Acknowledgement of Risk Form, the CCE Permission Slip/Medical Release which can be found on the website at

www.putknowledgetowork.org and click on 4-H Youth Development and then click on other programs or by contacting Kim at Cornell Cooperative Extension at 607-583-3185. Non 4-H members are eligible to take this course but in addition they will need to complete a 4-H enrollment form as an independent member which is found on the above website and pay the \$5.00 4-H enrollment fee.

Looking for a Volunteer Assistant Coordinator for the 4-H Shooting Sports Program

This person will assist the 4-H Shooting sports Staff Coordinator in management of the county/area 4-H Shooting Sports Program. To download a position description, visit our [volunteer page.](#)

Dog Obedience

Dog obedience classes will soon begin in a new indoor location in Arkport. Visit the [4-H dog page](#) for more details.

4-H Volunteers Needed and New Members Welcome!

We are always looking for volunteers to help with our programs. For more information contact Kim Randall at 607-583-3185 or Jenny Groen at 607-583-3245

New 4-H members can enter projects in the 2015 Steuben County Fair if they are enrolled by May 1, 2015. But register soon so there is plenty of time to work on projects. Remember, you do not have to join a 4-H club - there is also an independent member program.

Animal Careers Resource

The Animal Careers website (<http://animalcareers.cornell.edu/>) is a resource for students, teachers, parents and others who have an interest in learning about career opportunities related to animals.

- By visiting the careers tab on the home page, guests will see an alphabetical list of careers that real people hold across the country and throughout the world.
- By searching key words such as "horse", "cattle" or "wildlife" students will see a short list of job titles along with skills or degrees required to enter each position.

Many more search options exist and often students are most curious about which positions have the highest paying salaries. Remember, job satisfaction is not always tied to a paycheck.

- For a glimpse of what real people have to say about their own jobs, visit the people tab.
- For secondary students, the experience tab offers students tips about how to gain experience.
- The Frequently Asked Questions (FAQs) link includes responses to student questions such as, where do I need to go to learn about advanced learning opportunities? Is college the right choice for me?

We welcome feedback from educators and students and have built in a "feedback" link at the bottom of the home page for just that purpose. We hope you will visit often and share your career exploration experiences with us.

NY Ag Literacy Week -Volunteers, Donors and Classroom Requests Needed

New York Agriculture in the Classroom is pleased to announce Ag Literacy week March 16 - 20, 2015 in support of its mission of fostering awareness, understanding, and appreciation of agriculture and the food and fiber system. March 16 - 20, 2015 volunteers through the state will go into 1st - 3rd grade classrooms to read a book with an agricultural theme and talk to students about agriculture. The signature book for 2015 is Weaving the Rainbow by George Ella Lyon and illustrated by Stephanie Anderson. In this beautiful story a young girl leads the reader through the process of raising and caring for animals, with the end result of using their well-cared for fleece as the medium for her weaved artwork. Students will see the steps of shearing, carding, spinning, dying before she can to make a beautiful tapestry.

Fiber production, whether from sheep, goats, alpacas, or rabbits, is an important agricultural industry in New York State. The farmers who produce these animals must maintain proper nutrition and management of their flocks to ensure the best quality fleeces

and end-result products. Fiber animals are often used as multi-purpose animals and also raised for their meat and milk. Agriculture is not always what we eat, but also what we wear. All lesson, activities, learning extensions, and companion resources are aligned to New York State and Common Core Learning Standards.

The book will be donated to the school library with a special bookplate recognizing the donor and NY Ag Literacy Day. Volunteers are needed to be readers for this event and donors are needed as sponsors at \$12 a book. If you are interested in being a volunteer, a donor, or having a volunteer come to read to your classroom contact Kim at ksb3@cornell.edu or at 607-583-3185. For more information about NY Ag Literacy week visit <http://www.agclassroom.org/ny/programs/literacy.htm>

For more information about the New York Agriculture in the Classroom Program, Ag Literacy Resources, and Lessons visit <http://www.agclassroom.org/ny/index.htm>

National Ag Day Essay Contest Announces January 30 Deadline

The Agriculture Council of America (ACA) calls on ninth- to 12th-grade students to submit an original, 450-word essay or a two-minute video essay about the importance of agriculture. This year's theme is "Agriculture: Sustaining Future Generations" and the deadline is January 30, 2015.

Visit the CCE-Steuben [Scholarship page](#) for a number of upcoming opportunities.

9th annual Southern Tier Outdoor Show...Oct 10-11, 2015

There will be plenty of new adventures for the entire family at the 9th annual Southern Tier Outdoor Show next October. The planning committee is currently working on a new structure for the committee, since the show has grown so large over the years. We will be offering a couple job positions for those interested in grant writing, ad sales and volunteer captain positions. If you would like to learn more about how you could be involved, please contact Carla at crd24@cornell.edu or 607-583-3224.

Stay tuned to our [website](#) and our [facebook page](#) for the latest attraction details!!!

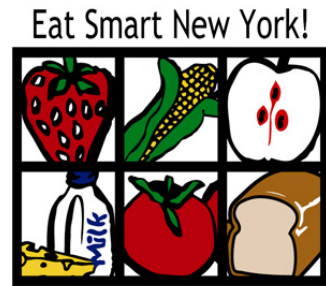
And now is the time to book your booth for the next show! [Visit here for an application.](#)



Positions available for Nutrition Educators and Supervisors

Cornell Cooperative Extension is seeking 10 people to add to our new regional SNAP-Ed

nutrition team. Various positions and locations are available in Rochester, Newark, Geneva, Bath and Elmira. We are looking for creative individuals willing to learn with either a BS or MS in nutrition or public health and up to four years of additional experience. If you have experience working with multiple collaborators and low income audiences, and are interested in excellent benefits and flexible work schedule, we seek your online application.



Please go to <https://cornellu.taleo.net/careersection/10163/jobsearch.ftl>. For Steuben County positions, search for Nutritionist II, Job Number 26445 and Senior Nutritionist, Job Number 26386. Applications are due January 29 and interviews start February 16 until all suitable employees have been found. No phone calls, please.

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

Stephanie's Picks - and Save the Dates!

Organic Gardening: Tips, Tricks and Benefits

Wednesday February 25th 6:30-8:00

p.m.

Bath Area Family Resource Center

216 Maple Heights, Bath, New York



How important is the type of soil? When should I plant? How often should I water?

Did you know that involving children in the decision making and growing of fruits and vegetables increases the likelihood that they will eat them?

Registration is required to attend the workshop and if childcare if needed.

Please call: 607-776-4123 x 5650

Locally Grown Food Fest - March 27, 2015: 5:00-8:00 p.m. in Corning

Regional Berry workshop in March. Date TBD

Regional Pruning workshop in March. Date TBD

Now is the time to order seeds for the upcoming season.

Visit gardening.cornell.edu to search for growing guides and variety information.

What's Going On Around the Community...

Zumbathon

CASA of the Southern Tier is gearing up for its 3rd Annual Zumbathon on January 24th from 9am-12pm at the Corning-Painted Post High School gym.

[Sign up for the event here.](#)

Business Planning Workshop

Wednesday January 7, 2015 9:00-10:30 a.m.
at Steuben County IDA
7234 Route 54
Bath, New York

Presented by Corning Community College's Small Business Development Center

This workshop is designed for the person who is thinking about starting their own small business or an existing business owner seeking financing. Topics discussed will be Federal and State legal requirements and how to write a business plan. There will be ample time for questions and answers.

Pre-registration is required ASAP. No Registration Fee. Contact the SBDC at: 607-937-6861, sbdc@corning-cc.edu.

The Cornell Cooperative Extension educational system enables people to improve their lives and communities through partnerships that put experience and research knowledge to work.

Carla Dawejko

Public Affairs Coordinator

Cornell Cooperative Extension of Steuben County

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