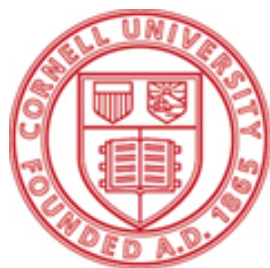


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Cornell University Cooperative Extension Steuben County



E-News Cornell Cooperative Extension of Steuben County

May 2013 - Vol 5, Issue 5

In This Issue

- Mushroom Field Day
- Wills vs. Trusts
- Final Indoor Farmers Market this spring
- Woods Walk
- Looking for Dairy Princess and Ambassadors
- Tips on grocery shopping with children
- Pond Management
- Stephanie's Picks
- Pasture Walk - May 22
- Hidden Valley 4-H Camp
- 4-H News
- Coming to the Southern Tier Outdoor Show
- Dairy Festival 2013
- What's Going On in the Community

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4-H Clothing Revue is this Friday!

The Cornell Cooperative Extension of Steuben County's 4-H Program will be hosting their annual 4-H Clothing Revue on Friday, May 3 at the Avoca Central School beginning at 7:30 p.m.

This year's theme is "Hats Off to Sewing!" 4-H members will model the clothing they have created over the past few months. Judges will select those members who will advance to the Clothing Revue at the New York State Fair in August. The community is welcome to come cheer them on!

For more information Contact Cornell Cooperative Extension of Steuben County at 607-664-2300 or visit our website at www.putknoughtowork.org.



Mushroom Field Day - May 11 - at Cornell's Arnot Forest

Sponsored by the NY Forest Owners Association - Southern Finger Lakes Chapter.

Morning session:

Shiitake Mushroom Cultivation. 9 a.m. to 12:30 p.m.

Learn how to successfully grow Shiitake mushrooms with Dr. Ken Mudge of Cornell University, and take home your own inoculated logs afterwards! There is a \$30 fee for the course to cover materials, and space is limited to 30 people. Please pre-register on-line here by Wednesday May 8. Meet at the Arnot Forest Lodge by 9 a.m.



Afternoon session:

Wild Mushroom and Forest Health Walk.

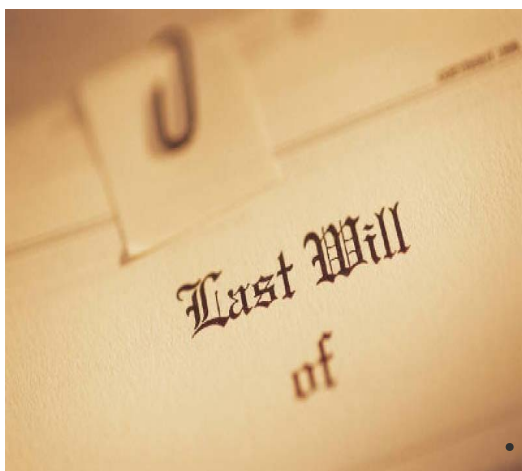
1:00 to 4:00 p.m.

Dr. George Hudler of Cornell University will lead a walk through portions of the Arnot Forest to identify wild mushrooms and discuss how to interpret signs of forest health. This walk is free and open to the public. Please dress for the weather and expect to hike in moderately rough terrain. Tick and bug spray is recommended. No pre-registration is required for the afternoon session. Please meet at the Arnot Forest Sugarhouse by 1 pm. Please bring water, and lunch if staying for the day.

The Arnot Forest is located at 611 Schuyler County Route 13; Van Etten, NY - please visit: www.arnotforest.info for detailed driving information. For additional information, please contact Brett Chedzoy, Cornell Cooperative Extension of Schuyler County, at bjc226@cornell.edu (phone 607-535-7161).

Wills versus Trusts - Free workshop on May 7

The Great Debate is Wills versus Trusts. 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, May 7, 2013 from 1:00 - 3:00 p.m. at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.

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.

Registration is requested for this free workshop. Please call Cornell Cooperative Extension of Steuben County at 607-664-2300. For more information, visit www.PutKnowledgeToWork.org.

Final Indoor Farmers Market for this spring - May 11!

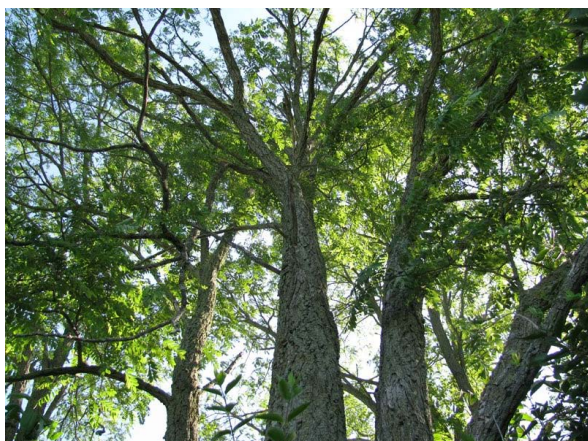
Corning's only Indoor Winter Farmers' Market offers a wide variety of locally grown produce, locally raised meats and eggs, baked goods, honey, maple syrup, wine, Alpaca products and locally made crafts. The Market will be open Saturday **May 11**, from 11:00 a.m. to 3:00 p.m. They are conveniently located inside the Information Center at 1 West Market Street; next to the Centerway Square and the Old World Café.

Parking is free on Saturday downtown and in the Centerway Parking Garage right next to the Information Center. [For regular updates visit their facebook page.](#)



Woods Walk - May 18 - at Pater Levatich's "Hobnob" Forest

Join us for a woods walk through Hobnob Forest by Tim Levatich. Started in 1975 by Tim's father, the 130 acre forest began in 1975 with road building, timber stand improvement, and firewood production.



The property was growing a mixed hardwood forest of pole-sized trees - there were very few saw timber-sized trees at that time. Recreation was an early and constant focus, along with growing prime saw timber and firewood. Management planning, NYDEC service foresters, the American Tree Farm System, boundary line maintenance, regeneration work, repeated pre-commercial thinnings, and extensive road building were all part of its development.

The TSI worked. The Forest has seen six sawlog sales and one timber sale, plus many cords of firewood produced. The hilltop site has provided challenges through drought, insect infestation, disease vectors and weather damage. In spite of these events, Peter Levatich got to see his work of over 30 years come to fruition.

There are many things to see and topics to discuss! Dress for the weather! Meet at the property at 158 Bailor Rd; Brooktondale, NY 14817. For more information, please contact Tim at: tpl10@cornell.edu or by phone at: 607-592-5126.

Dairy Princess & Ambassadors sought for Steuben County...

The Steuben County Dairy Promotion Committee is looking for candidates to be the 2013 Steuben County Dairy Princess. Candidates must be a resident of Steuben County between the ages of 16 and 24, never been married, nor had a child. She must be the daughter of a dairy farmer, farm employee, agribusiness employee or be personally affiliated with the dairy industry through 4-H or FFA. The primary role of the Dairy Princess is to increase the

consumption and sale of fluid milk and dairy products through public appearances, public education, and providing nutrition information to consumers.



Girls ages 8 -16 are welcome and encouraged to join the Dairy Promotion Committee as Dairy Ambassadors or Dairy Maids. These are non-competitive positions that support the dairy princess and the committee at public events throughout the year.

If you are interested in becoming a Dairy Princess or Ambassador and want more information please contact Stacey Deeks at 607-661-2917 or Lisa Demun at 607-525-6507.

Tips on grocery shopping with your child...

Grocery shopping with young children is often a challenge. A store full of sights, sounds and attractions looks like a play-ground, and can also be overwhelming to a young child. Parents, on the other hand, are often hurried and view the shopping as a job to be done - just the opposite of their child's view!



Here are some ideas to make shopping with your child easier, more enjoyable and less stressful. For example, try to start your shopping trip with a child who is well-rested and not hungry. A healthy snack before going to the store or possibly even during the shopping trip can ease irritability and the "I wants" that result from hunger pangs.

When you must "get the job done" with limited time and with your children, good communication is a must. Prepare your child ahead of time. Explain what to expect, maybe give them tasks to do in the store, acknowledge their good behavior and possibly build in a reward at the end.

When you take the time, a shopping trip can be a learning adventure for both a child and a parent. You may be surprised how much fun you can have. Read on for ideas for activities in the grocery store that are enjoyable and can teach your child life-long lessons.

Plan to go to the store with your child when you have plenty of time and the store is not crowded.

1. Plan shopping trips when your child is not tired or hungry. Or bring a nutritious snack for him to eat during the shopping trip.
2. Discuss your rules before you enter a store. Remind your child to stay close to you. Also, set ground rules about what is acceptable to put in the cart. Discussing

- acceptable behavior before going into the store can save a lot of headache later on.
3. Give your child a job. For example, ask her to help pick out five oranges or three tomatoes. Or let her choose if you get apples or pears. Kids who help pick out fruits and vegetables are more likely to eat them. Older children may like to hold onto the grocery list and cross off the items as you put them in the cart.
 4. Set positive limits. When your child does something you do not want him to do, instead of reacting with a negative limit, such as "don't throw the oranges on the floor," tell your child what is expected in a positive way, such as "Keep the oranges in the bin."
 5. Make the shopping trip a learning experience. Keep kids entertained by asking them questions and having them searching for items. Teach toddlers about touch by asking how different items feel, like the skin of an apple or if the milk is warm or cold. Teach preschoolers about colors by asking them to point out items of different colors like the green peas or the cereal in the yellow box. Have school-age children look at the labels and compare items based on nutrition.

For more tips go to: [The University of Maine Cooperative Extension](#).

Pond Management for Rural Landowners - May 6

Join us Monday, May 6, 2013 from 6:00 to 8:30 p.m. at Cornell University's Arnot Forest; 611 (Schuyler) County Route 13; Van Etten, NY.

Current and future pond owners have an excellent opportunity to learn more about managing their ponds from expert instructors. This education program will provide clear advice and answers for pond owners regarding weeds, water quality, fishing, and wildlife management.

The workshop is free and open to the public. For questions or additional information, please contact Schuyler CCE at 607-535-7161, or by email: bjc226@cornell.edu Please meet at the Arnot Forest Lodge by 6:00 PM. For detailed driving instructions, please visit: www.arnotforest.info.



Stephanie's Picks...

Spring Gardening Tips:

1. [Downy Mildew in the home garden](#).
2. [Alternatives to garden impatiens](#).

3. Ahh. Spring....warmth....and (yikes!) brown marmorated stink bugs (BMSB). They're coming out of hiding and we'd like to introduce you to them-on web video. Check out "[Tracking the Brown Marmorated Stink Bug](#)", which shows growers and others how to identify BMSB, why this pest is important in agriculture, and what's at stake if we don't stop it. A team of 50 scientists is working toward sustainable solutions. Find out more at StopBMSB.org. BONUS: [Here is a link to a story](#) that ran on NPR's *All Things Considered* on Saturday where Mike Raupp predicts a huge wave of cicadas and Tracy Leskey talks about stink bugs and efforts to stop them.



4. Ground Ivy Control Of all our difficult to control weeds, few garner the disdain of so many from organic gardeners to golf course superintendents as ground ivy. Ground ivy is a difficult to control weed, in that typical timings and compounds don't always provide complete control. As the ground ivy in the northeast begins to enter bloom, now is the time to make a two or three way broadleaf herbicide application. As long as there is 2,4-D in the mix it should be effective, mixtures with tricolpyr also add to the level of control.

5. Crabgrass control should be underway. [Visit this site for details.](#)

6. The peiodical cicada are expected to be in large population shortly. [Review details here.](#)

May 22- Twilight Pasture Walk in Montour Falls



Pasture-Based Beef Genetics will be the topic for a pasture walk on Wednesday, May 22, 2013 from 6:30 to 8:30 p.m. on Winton Road, Montour Falls, NY.

With the cost of many production inputs on the rise, more beef producers are turning towards strains of cattle within the many beef breeds that can "do it all well" on a year-round diet of just pasture and hay.

Come join the Tri-County Graziers for a twilight pasture walk at Winton Road Farm and Livestock to discuss just what makes an ideal beef cow for low-input pasture-based operations. The walk will be led by Kathy Engel (www.puregrassbeef.com) and Morgan Hartman (www.blackqueenangus.com).

RSVP's are appreciated by calling or emailing Brett Chedzoy: 607-664-2300, or bjc226@cornell.edu. Light refreshments will be served. Support for this educational event is provided by Cornell Cooperative Extension of Steuben and Schuyler Counties, the Upper Susquehanna Coalition, SARE, and the NRCS Grazing Lands Conservation Initiative.

Hidden Valley 4-H Camp Events...

Open House & Work Bee - Hidden Valley 4-H Camp

May 18 & 19 - 10-5 each day. Come visit Hidden Valley 4-H Camp & 2013 Staff! Plant the Sunset Garden, clean-up and stain cabin exteriors or just take a walk and view the grounds. A great way for kids and parents to learn more about camp before the summer season starts!

Hidden Valley 4-H camp is a co-ed day and overnight camp for ALL 8-17 year old youth, situated in magnificent Watkins Glen State Park since 1945, our goal is to help campers gain independence, learn new skills and create lasting friendships. Campers get excited about learning because we promote positive youth development and connect youth to Cornell University! We are an American Camp Association (ACA) accredited camp.



For more information about Hidden Valley 4-H Camp please call 607-535-7161.

Summer Job Opportunities

Employer: Hidden Valley 4-H Camp, Watkins Glen, New York (a part of Cornell Cooperative Extension - Schuyler County)

Positions Available: Summer Camp Counselors (must be 18+), Nurses (minimum EMT), Kitchen Staff, Lifeguards. Dates: June 25-August 18, 2013 - partial availability will be considered.

Job Description: Hidden Valley 4-H Camp is a 150 acre summer camp for ALL youth ages 8-17. Camp runs in weekly sessions from Sunday afternoon to Friday afternoon with some weekend events. Staff live onsite, with campers, in 18-25 person capacity cabins. During the day, counselors instruct or assist with activities such as: Aquatics, Arts & Crafts, Athletics, Music/Drama, Outdoors, and Science. A full list of activities offered is on our webpage. This is wonderful opportunity for college students interested in careers in education, social work, psychology, and outdoor recreation. All ages of applicants will be considered, we have had some over 50 year old staff.

Please visit the 'JOBS' tab to access the staff application and reference forms at www.hiddenvalley4hcamp.org.

Alumni Weekend at Hidden Valley 4-H Camp!

Friday, July 5 at 5 p.m. through Sunday, July 7 at 11 a.m. Want a chance to go down memory lane? Have you wanted to share those great memories with your family? Now is your chance to spend a weekend at camp! Go on a glen hike . . . Share silly camp songs with your friends & family . . . Cook with Lisa in the Camp kitchen . . . Share your skills & help us take on a camp improvement project . . . How Much Does It Cost? Cabins: \$150 (Must have a responsible adult over the age of 21) Pitch a tent: \$40 Plus: (for meals) \$30 per adult/teenager \$20 children 5-15 \$0 children under 5 (free!). 2013 Alumni Weekend Registration Here: https://reg.cce.cornell.edu/HVAlumni2013_244.

4-H News

Dairy Festival Pet Show

The Small Animal Committee is doing a Community Pet Show fundraiser at the 2013 Dairy Festival. Pre registration is due by May 24. For details, [visit our website](#).



Videos Due May 3

Calling all teens to show us your plan on how to tackle health challenges in your family, school, or community. Submit a 90-second video for a chance at a \$1,000 grand prize and \$500 second prizes. [Find out the details here](#).

Community Service Opportunity Tree Planting Along The Cohocton River, May 4-5

The Canandaigua Lake Chapter of Trout Unlimited is leading an effort to plant a very large number of trees along the Cohocton River and tributaries running into the Cohocton during the weekend of 4 and 5 May 2013. Adding the shade trees would substantially "help" to keep the temperature of the water down in the summer, protect the trout from predators, further insect populations, and stabilize the stream banks.

We will be planting around 1000 trees along about 6000 feet of river/stream, so we are going to need a lot of help. We have five different areas we want to plant in the vicinity of the Villages of Cohocton and Avoca. We will divide all our volunteers into two groups and work two planting locations at the same time.

Please put this major event on your calendar. If you are willing to help please send me an e-mail at krausengr@earthlink.com. We will need all the help we can get so please spread the word. Also, this would be a great opportunity to get your family and friends involved in helping the environment.

Any 4-H member interested in helping must be accompanied by an adult. In order to receive Community Service Credit the 4-H Community Service report needs to be completed by Monday, September 9, 2013.

Tractor Supply Spring Paper Clover Fundraiser May 8-19

Tractor Supply Spring Paper Clover Fundraiser will be held May 8-19. Customers at local Tractor Supply can support 4-H by purchasing paper clovers for \$1 or \$5 at checkout that will have a bounceback coupon at the bottom as a "thank you" for the donation. All funds raised will be donated to 4-H, and over 70% will remain at the county and state level where the store is located. Having more 4-Hers in stores during the event helps raise more money, so contact your local store manager to see how your club can get involved to help raise funds for the Steuben County 4-H Program and/or your 4-H Club.

Young Forest Habitat Communications Resources

There are a few new resources related to young forest habitat communications that a team across the Northeast have been working on. They should be beneficial resources that help explain to different audiences the importance of this habitat to wildlife.

The new resources include:

[Talking About Young Forests: A Communication Handbook](#)

(A guidebook helping conservationists explain the importance of young forest to the public and other key audiences -- 3 MB.)

[The YoungForest Project -- PowerPoint](#)

(A tool to use when speaking to groups of concerned citizens, clubs and organizations, and conservation audiences such as foresters and agency employees -- this is a large file at 47.61 MB. The PPT incorporates eye-catching photos and graphics with few words. Coupled with the easy-to-understand script [see below], this PPT will help you effectively explain the plight of young-forest wildlife to audiences who may not have an interest in one particular species, such as grouse or woodcock.)

Also, don't forget to check out the WMI websites www.timberdoodle.org, www.youngforest.org, and www.newenglandcottontail.org. When you click on "Resources" in the menu bar, you'll find a substantial (and growing) list of articles, handbooks, brochures, PowerPoints, youtube clips, and websites. Take a look around; you can use the "Choose a Resource Type" filter to zero in on resources for landowners and the public, and those for conservation professionals.

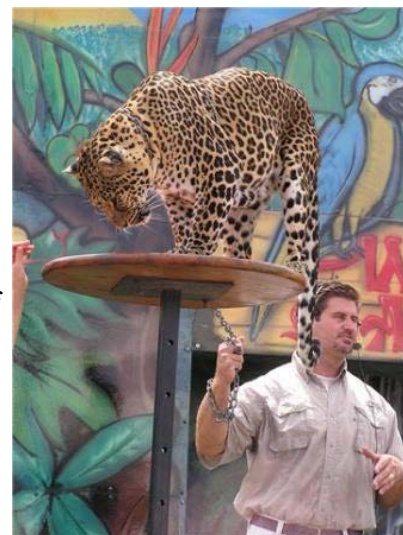
More wildlife coming to the 7th annual Southern Tier Outdoor Show

This year's **Southern Tier Outdoor Show**, scheduled for October 12-13 at Wilkins RV in Bath is lining up a number of wildlife shows for the entire family!

The **Wild World of Animals** show is one of the premier grounds acts in the entertainment industry. Its unique blend of animal diversity and environmental messages coupled with originally scripted non-stop laughter, especially an opinionated pig, makes for an enjoyable time for the whole family.

Have you ever held a Giant Python, stared into the eye of Brutus, unknowingly worn a safari vest filled with creepy critters? Our volunteers get to do that and much more!

The Wild World of Animals show is fast-paced and full of energy! The animals in the show range from reptiles, birds and finally mammals. Our audience learns interesting animal facts, laughs at their antics and witnesses their amazing natural abilities. Don't blink or you may miss an animal running, slithering, jumping or flying across our stage!



What will you see at the Southern Tier Outdoor Show? Reptiles, birds & mammals, a BIG CAT, turtle, tortoise, alligator, big snake, owl, monkey & binturong, as well as a porcupine, kangaroo and ostrich!

Apex Wildlife Education was created as a community outreach service for those interested in cold blooded and misunderstood creatures of the Earth. The goal is to achieve an appreciation and understanding for domestic, exotic and large wildlife through safe public display using live animals as a means to educate.

Just imagine your expression when a friendly 14-foot albino python is presented! What about when you view a hairy tarantula the size of a human hand? Come see a three foot Tegú lizard from South America who has a surprisingly pleasant disposition. And touch the shell of an enormous African Tortoise. All experiences are interactive, educational and fun while maintaining a strict standard of safety.



Morgan Eagle Falconry: Come and experience the ancient and regal sport of Falconry happen LIVE before your eyes!!!

Normajean Albright is a NY state and Federally licensed Falconer as well as a member of NYSFA (New York State Falconry Association). She has had a passion for birds of prey since she was a young child and has experience in handling many types of raptors. She will help us learn about the sport of Falconry and how it affects conservation practices today. You will have the opportunity to see a Red Tailed hawk up close.

The goal of MorganEagle Falconry is conservation through education. The sport of Falconry is one of the oldest and most regulated hunting sports known to man. The sport was practiced by both King and commoner alike and is still alive and well in our modern times.



Stay in touch with the latest developments at the show at www.SouthernTierOutdoorShow.com.

Dairy Festival Schedule...

The 57th Annual Steuben County Dairy Festival, Honoring America's dairy industry since 1957, will be held Saturday June 1, 2013 in Bath, New York. The parade begins at 10:30 a.m. The theme this year is Dairyland Circus.

Schedule of events:

- 8:00 a.m. - til' Flea & craft market at Fairgrounds and Food Vendors at Fairgrounds
 - 9:00 a.m. Amateur Clown Contest
 - 9:00 a.m. - til' Tractors & Agricultural Implements on Display at Fairgrounds
 - 10:00 a.m. - 10:30 a.m. Champagne Whirl-a-ways dancing on Liberty St.
 - 10:30 a.m. Parade begins
 - Free Milk, Cheese and Yogurt*
 - Available on the Fairgrounds after the parade
 - Milk courtesy of Byrne Dairy (TBA)
 - Yogurt courtesy of Crowley Foods (*Hood*)
 - Cheese courtesy of Polly-O (*Kraft*)
 - 12:00 p.m. - 'til Chicken B·B·Q at Fairgrounds
 - D.J Music and Karaoke (still looking for D.J.)
 - Dairyland Idol Singing Contest (still looking for Sponsor)
 - 1:00 p.m. - 'til Steuben County 4-H Pet Show
 - 2:30 p.m. Youth FREE Bicycle Give-away
 - Tickets will be distributed on Dairy Festival Day with the only requirement being that the youth must be present to win. **Milk Labels are no longer required.** Bicycles courtesy of **Wheels Unlimited of Bath** and **Wilkins R.V. of Bath***
 - 2:45 p.m. Dairy Festival Giveaway Ticket Drawing
- Sunday June 2, 2013
- 7:00 a.m. Tractor Rally Registration at the Fairgrounds
 - 8:00 a.m. Tractor Rally begins from the Fairgrounds
 - 2:30 p.m. Lunch



A Community Service of Steuben County Pomona Grange™ and Sponsored by Steuben County and Community Members.

What's Going On Around the Community...

Due May 23: Steuben County Dairy Festival "Old Barn" Photo Contest

- Barn must be located in Steuben County

- Photo must be "8x10"
- Photo must be labeled with the location of the Barn on the Back of the Photo.
- Photos will not be returned. All photos will be donated to the Steuben County Historical Society after the Dairy Festival.
- Photo must be post marked or received by Thursday, May 23, 2013
- Mail to:P.O. Box 116, Kanona, N.Y. 14856-0116
- Label Photo: DO NOT BEND
- Prizes: \$25, \$10 and \$5

American Red Cross Offers Babysitter's Training in Elmira

The American Red Cross is offering a Babysitter's Training course that will give 11-15 year-olds the skills and confidence to safely and responsibly care for children and infants, as well as some tools to help them get started in their own babysitting business.

Caregiving skills take prospective young sitters from feeding to diapering and playtime to bedtime routines. Participants also learn how to handle emergencies such as injuries, illnesses, and household accidents. Take-home tools include a compact emergency reference guide, a CD-ROM featuring games, songs, and recipes, and a babysitting client organizer.

The Red Cross in Corning is offering Babysitter's Training at:

Greater Steuben Chapter House
123 W. Market Street, Corning

Saturday, May 18 or Saturday, June 22; 9:00 - 3:30

Materials are provided; please bring lunch.

This class is supported by a generous grant from the United Way of the Southern Tier. The regular fee is \$85; in partnership with the United Way, our fee for students in Steuben County is only \$40. Use the coupon code BSTSTEUBEN0613.

People can visit redcross.org/babysitting or call 1-800-RED-CROSS for details and to register for a class. For help with questions or registration locally, call Julia Hoover at the Greater Steuben Chapter House in Corning: (607) 936-3766.

Girls on the Run 5K Celebration

RUN - WALK - HOP - SKIP - JUMP - CELEBRATE!

The Girls on the Run of the Southern Tier 5k presented by the Steuben Rural Health Network at the Institute for Human Services, Inc. will take place on Saturday, June 8th at 9:30 a.m. at the Mark Twain Riverfront Park, Downtown Elmira. More than 160 of the runners will be girls from all over the Southern Tier who have trained with volunteer coaches for 10 weeks as part of the Girls on the Run program.

Girls on the Run is an after-school program for 3rd through 5th grade girls. Girls on the Run combines running with lessons about important topics such as preventing bullying, processing emotions, serving the community, and making wise choices. The 5k race is the culminating event of the 10-week season.

"Watching the girls and their supporters cross the finish line, knowing they can do anything they set their minds to, is one of the most rewarding experiences of our program," said Council Director Kelli Mannon. "To have the whole community join in to celebrate the girls and their accomplishment is just awesome!"

The first 100 participants to register will receive a t-shirt, race bag and post-race refreshments will be available to all participants. There will be pre-race festivities including face painting, a Goodyhair station and a DJ to spin the girls' favorite tunes. The

race course begins at the Mark Twain Riverfront Park at Water Street and Baldwin Street in Elmira.

The 5k is family-friendly, non-competitive and open to the public. Runners and walkers of all ages and levels are encouraged to register. "Come out on June 8th and support an amazing cause while you have a great time doing so," said Assistant Council Director, Hannah Murray.

Pre-race pick up of 5k gear and on-site registration will be available at the Community Room of Arnot Mall on Wednesday, June 5th from 3pm - 6pm and Thursday, June 6th from 3pm - 6pm. Registration fees go toward scholarships to fund the Girls on the Run of the Southern Tier program. 5k registration is available online at www.gotrst.com and same-day registration will be available 8:30 to 9:00 a.m. on Saturday, June 8th at Mark Twain Riverfront Park.

Many volunteers are needed for the race day events. To register as a volunteer, please go to www.gotrst.com. Teams of volunteers representing scout troops, businesses, civic organizations, youth sports, etc. are encouraged to volunteer for a fun team-building activity that gives back to the community.

Exhibitors and vendors are being sought for the event, please call the girls on the Run Council at 607-776-9467 x-226.

Adolescent Creativity Competition to Commemorate the 5th Anniversary of the Adolescent Health & Wellness Conference in the Southern Tier

April 12, 2013 (Bath, NY) This year marks the 5th anniversary of the Adolescent Health & Wellness Conference in the Southern Tier. The conference is put on each year by the Steuben Rural Health Network at the Institute for Human Services and the INSPIRE task force. To commemorate this exciting milestone, a creativity competition is going to be held in the Southern Tier. This contest calls for all adolescents in Steuben, Chemung, and Schuyler counties to submit a piece of artwork, music or writing that represents what inspires them to be physically, mentally, emotionally and/or spiritually healthy. There are two age groups in which creative submissions will be judged; Senior High Adolescents ages 15 - 19 or grades 9-12 and Junior High Adolescents ages 12 - 14 or grades 6-8.

Awards will be given to the 1st, 2nd and 3rd place winners in each age category. The winners of the creativity competition will have their submissions photographed or videotaped and displayed at the 5th Annual Adolescent Health & Wellness Conference on Friday, May 31st, 2013. Contest submissions will be used in future promotions of the Adolescent Health & Wellness Conference. Winners and their families will be invited to attend the conference for an award ceremony from 1:45 pm - 3:45 pm on May 31st at the Radisson Hotel in Corning. All winners will be invited to bring two guests with them to the conference to celebrate their achievement.

Completed applications and creativity pieces are due no later than Friday, May 17th and must be emailed to Kelli Mannon at mannonk@ihonet.org by 4pm. All contest entries in art, creative writing, and music must be accompanied by the appropriate entry form. Only one entry will be allowed per person. Art entries must be submitted as digital images only. Creative writing entries must be submitted in .pdf or MSWord format. Music entries must be submitted in video or .mp3 format. If lyrics accompany the music creativity piece, they must be provided in a .pdf or MS Word format.

Please contact Kelli Mannon at mannonk@ihonet.org or (607) 776-9467 ext. 226, or visit www.ihonet.org for information on how to register for the 5th Annual Adolescent Health & Wellness Conference on May 31, 2013.

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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