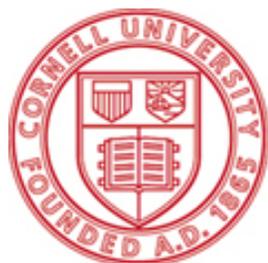


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# Cornell University

## Cooperative Extension

### Steuben County



## E-News Cornell Cooperative Extension of Steuben County

June 2013 - Vol 5, Issue 6

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### June is Dairy Month!

# How Much Do You Know About Milk?

Get the Secrets, Stories & Facts of America's Favorite Natural Beverage

## The Freshest Beverage

Milk goes from cow to the dairy aisle in just two days, making it the freshest, most natural beverage.

# 2 days

### Milk by the Numbers... It Makes Good Cents!

Consider milk your refrigerator's secret weapon—each serving is only 25 cents and provides an irreplaceable package of nutrients.

WHAT WOULD YOU HAVE TO EAT TO GET THE SAME AMOUNT OF CALCIUM AS IN ONE 8-OUNCE GLASS OF MILK?

- 12 SERVINGS OF WHOLE GRAINS
- 10 CUPS OF RAW SPINACH
- 6 SERVINGS OF LEGUMES



**3 CUPS:**  
the amount of Milk & Milk Products recommended daily for those over age 9 from the 2010 Dietary Guidelines for Americans.

**Milk:  
The Ultimate  
100**  
CALORIE\* SNACK PACK!  
\*8 ounces of fat-free or 1% milk.

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### Decoding the Dairy Aisle

Milk is one of the most highly regulated foods in America. All types are equally wholesome and safe to drink, including organic and conventional versions. Below are the need-to-know facts.



**Whole Milk**  
Creamy! Whole milk contains 3.5% fat by weight, the same amount found when it leaves the cow. Vitamin D is added to most milk produced in the U.S. to enhance the absorption of calcium.



**2% or 1% Milk**  
(also known as reduced fat or low fat milk) Fat and calorie levels are reduced in these versions, but they have the same complete nutrient package as whole milk.



**Fat-free Milk**  
(also known as non-fat or skim milk) From slender cows. Kidding. Fat-free milk has no more than 0.2% milk fat. So it's the lowest in calories but, again, has just as many nutrients as whole milk.



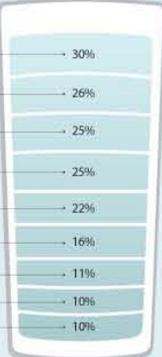
**Organic Milk**  
From cows fed organic diets. The nutrient content is the same as conventional milk and offers the same health benefits. It's the process that makes this milk organic, not the product.



**Lactose-Free Milk**  
Lactose is the naturally-occurring sugar in milk. Think you're lactose intolerant? Try lactose-free milk (real milk without the lactose). It tastes great and provides the same levels of calcium, potassium, vitamin D and more.

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**One cup of milk—whether whole, low-fat or fat-free—provides:**



Your Daily Value (DV) of Calcium	→ 30%
DV of Riboflavin	→ 26%
DV of Vitamin D	→ 25%
DV of Phosphorus	→ 25%
DV of Vitamin B-12	→ 22%
DV of Protein	→ 16%
DV of Potassium	→ 11%
DV of Vitamin A	→ 10%
DV of Niacin	→ 10%

©2012 Dairy Council of California



Glass for glass, the health benefits of milk can't be underestimated: Milk & Milk Products can build strong bones, lower blood pressure, reduce the risk of diabetes and some cancers and help you maintain a healthy weight.



**Dairy Council of California**  
*Healthy Eating Made Easier*  
[www.HealthyEating.org](http://www.HealthyEating.org)

## Volunteer Financial Budget Coaches Complete Training

Cornell Cooperative Extension of Steuben County is continuing its partnership with the United Way of the Southern Tier to provide financial literacy to area residents. Earlier this month, they graduated 12 new volunteer financial budget coaches following a 9-hour training series. These graduates will now be able to expand the Extension's education efforts during this time of great financial need.

"With the current economic trends, impacts from recession, job loss, credit card crisis and foreclosures, I am seeing stress revolving around money as a huge issue for people," said Cornell Cooperative Extension Financial Educator Nancy Reigelsperger. "The need is out there. Financial management difficulties are not limited to low-income people. People across the board are having issues."

The new graduates will double the established volunteer financial budget coach team to offer assistance across the entire county. The volunteers reside in all parts of the county and represent differing ages, backgrounds, and educational levels. Their tasks will be to meet one-on-one with clients who request budgeting guidance. All conversations are kept in strict confidence. The volunteer and the client can choose a neutral location to meet -

such as a library. Some volunteers will assist in providing educational workshops.

The training series for the graduates included a visit from current volunteer coach Becky Stillman, who described numerous success stories from her experiences. Attorney Peter Baker, of Hammondsport, spoke to the group about bankruptcy laws and eliminating debt. Other sessions, taught by Reigelsperger, covered goal-setting, family communication, managing credit and debt, saving, and general financial decision making.

The financial education services offered through Cooperative Extension are free and open to the public. For more information on using these services, call 607-664-2300 or visit [PutKnowledgeToWork.com](http://PutKnowledgeToWork.com).



**L-R, First row: Valorie Zyla, Trish Townsend, Teresa Haight, and Tony Kazules. Second row: Bonnie Milliman, Kimberly Hand, Donna Miller, and Charles Milazzo. Third row: Walt Lucas, Marla Lebarrom, John Sands, and Financial Educator Nancy Reiglesperger. Not pictured: Lucille Luckey and Trina Sullivan.**

### Free workshop on Long Term Care Planning - June 4

It is an aging society, so there are some important facts everyone should know to begin planning for long term care for your loved ones. Cornell Cooperative Extension of



Steuben County is offering a free workshop, **Long Term Care Planning**, to help sort through the options from **6:00-8:00 p.m. on Tuesday, June 4, 2013** at the Dormann Library, 101 West Morris Street, Bath.

The workshop will be led by Patrick J. Roth, Elder Law Attorney, CPA from Corning. He will explain what Medicare covers, veteran options, Medicaid eligibility for a nursing home, long term care

insurances, and planning options for you and your family. The session will include:

- Discover the four parts of Medicare and what is covered by each part.

- Learn about financial benefits that you may be eligible for if you (or your spouse) are a veteran.
- Discover the Medicaid eligibility rules surrounding long term care.
- Learn how to plan for your future long term care costs.

Registration is requested by calling 607-664-2300. For more information visit [PutKnowledgeToWork.com](http://PutKnowledgeToWork.com).

## Nutrition team opens Farmer's Market booth on June 12

The Cornell Cooperative Extension of Steuben County nutrition team will once again be at the Bath Wednesday Farmer's Market on selected dates with healthy recipes and samples using locally grown food in season.

Jon Sterlace, nutrition educator, is planning a booth in the park on June 12 & 26, July 10 & 24, August 7 & 21, and September 4. He will be serving up delicious samples from 10:30 a.m. until 1:00 p.m. (or when samples run out). Come pick up recipes to try at home and get your nutrition questions answered!



## Social Media for the Professional - June 5

The Finger Lakes Region Communication Committee presents: The Social Media Professional on June 5, 2013 from 9:00 a.m. - 5:00 p.m. at CCE-Ontario, 480 N. Main St., Canandaigua.

### Why use social media?

### What's the point in creating a social media plan?

### How can we use specific social media tools in CCE?

Community outreach is all about relationships, and Facebook is today's medium for relationships. Nonprofit organizations do not need to re-invent the wheel to make use of this exploding medium. Our workshop will explore the opportunities and objectives of social media platforms such as Facebook, Twitter and Pinterest.

Whether you are a team of one or ten, there are some basic guidelines that should be in place to keep postings current, responsive and engaging. Learn about best practices, tools, developing good content, and tying it all together as part of a cohesive marketing plan for your organization. Bring your computer and put the new information to work immediately.

The schedule for the day is:

9:00	-	10:00	Introductions, Where We Stand w/CCE
10:00	-	11:00	Creating a Digital Dialogue
11:15	-	Noon	A Policy in Place
Noon	-	12:30	Lunch \$10 (wrap, salad, chips, drink, dessert)
12:30	-	1:30	Media Panel
1:45	-	2:45	Making A Plan and Sticking To It
2:45	-	3:45	Tying it All Together
4:00	-	5:00	Stay and Play

During Lunch, representatives from WETM-TV, GateHouse Media and Equinox Broadcast Corp. will discuss ways they get involved in their communities and how they collaborate with organizations to meet mutual goals.

Our Trainer, Lauren Mossotti-Kline, is Owner / Founder LMK Companies. After spending the first half of her career in advertising and fundraising work at Cornell, Lauren discovered that the two disciplines could benefit greatly from each other. In 2006 she founded LMK Co. and presently advises businesses and nonprofits. In recent years, Lauren has focused much of her content marketing work in the area of Social Media and how this tool can be influential and cost effective. She helps clients and groups develop, maintain and plan for unique ways to create a meaningful online social conversation with their desired audience



Elizabeth Newbury is a CCE Graduate Student and PhD Student in Communication at Cornell University. Liz studies new media technologies like Twitter. As a Land Grant Fellow, she worked with CCE to better address the barriers between Extension educators and social media use.

Registration is free for Finger Lakes SBN Staff. Others are \$25 per person. To register, email [crd24@cornell.edu](mailto:crd24@cornell.edu) or call 607-664-2313. Pay lunch/registration at: <http://bit.ly/148wwRW>. Follow the workshop on twitter at #ccesocial. Questions? Contact Carla Dawejko, [crd24@cornell.edu](mailto:crd24@cornell.edu).

### Stephanie's Picks...

1. Spotted wing drosophila is becoming a big concern in Steuben County. [Here is some information about the insect.](#)
2. Cool season grasses were a bit delayed in growth this season with the dry weather we were having. Now that we have adequate moisture be prepared to mow frequently. [Here is some information on proper mowing practices.](#)
3. Not all insects are pests! Many insects can actually be beneficial in your garden. [To learn more read here.](#)



### Hidden Valley 4-H Camp Events...

#### Race Fever Weekend at Hidden Valley 4-H Camp

June 28-30, 2013. For ALL boys and girls ages 8-17. We all know that race cars have a flashy driver behind the wheel, but who is working to keep the driver moving forward and who brings you that finish line grin through your favorite website?

Hidden Valley campers will learn about the operations of the racing industry behind the driver, and this is a viable career path for many local residents. We will tour the media center and meet photographers, we will



tour the GRAND AM operations center and meet the publicists and organizers of the Sahlen's Six Hours at The Glen race, and we will tour the paddock to meet mechanics and engineers who design, build, and maintain these high performance machines.

That still leaves time to drive a simulator, stand on Victory Lane, and spectate the race. Back at camp we will compete in our own Solar Car Energy Challenge using LEGO NXT where campers, in teams, will construct a fast vehicle to travel the race course powered only by the sun.

Register online at: [https://reg.cce.cornell.edu/hv4hc2013\\_244](https://reg.cce.cornell.edu/hv4hc2013_244). For questions call 607-535-7161. See our website: <http://www.hiddenvalley4hcamp.org>. \$100 for the weekend stayover.

### **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](http://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 children under 5 (free!). 2013 Alumni Weekend Registration Here: [https://reg.cce.cornell.edu/HVAlumni2013\\_244](https://reg.cce.cornell.edu/HVAlumni2013_244)

**Glenn Curtiss Flying Weekend at Hidden Valley 4-H Camp** July 19-21, 2013. For ALL boys and girls ages 8-17. Visit the Glenn Curtiss Flying Museum, swim/hike nearby!

\$100 for the weekend. Register: [https://reg.cce.cornell.edu/hv4hc2013\\_244](https://reg.cce.cornell.edu/hv4hc2013_244).

### **Fruit Picking Weekend at Hidden Valley 4-H Camp**

August 2-4, 2013. For ALL boys and girls ages 8-17. Visit a nearby fruit farm to pick fruits of the season! Return to camp and prepare foods, cook over an open fire and more! \$100 for the weekend. Register: [https://reg.cce.cornell.edu/hv4hc2013\\_244](https://reg.cce.cornell.edu/hv4hc2013_244).

## **4-H News**

### **Dairy Festival Pet Show**

teuben County 4-H Program and/or your 4-H Club.

The Small Animal Committee is doing a Community Pet Show fundraiser at the 2013 Dairy Festival. We are taking day of entries with a copy of vaccine records for cats and dogs. For details, [visit our website](#).

### **Make-Up Mandatory Meeting for 4-H Livestock Exhibitors scheduled for June 1, 2013 at 10:00 a.m. in the pavilion at the Fairgrounds has been POSTPONED**

This make-up meeting was for anyone who will be showing livestock (Beef, Sheep, Swine, or Goats (meat or dairy) at the 2013 Steuben County Fair and who missed the MANDATORY meeting with Dr. Pepi Leids at Empire Livestock on March 16th. It was also strongly recommended for those planning to exhibit Dairy Cattle at the 2013 Steuben County Fair.

Livestock and Dairy Exhibitors: This is the direct link to the 2013 Animal Health Requirements for Admission to New York State and County Fairs. [Please review the AI-202 Fair Animal Health Requirements at this link.](#)

Important changes for 2013:

- All cattle and swine must be identified by USDA approved official ear tag.
- Rabies vaccination lower age limit is 4 months.
- Category 2 veterinary accreditation is now required.
- GoPass is now available for horse movements



### **Shooting Sports Courses to begin...**

The Archery Course will occur from 1:00-3:30 p.m. on the following Sundays: June 9, June 23, June 30, July 7, July 14, July 21 at the Bath Rod and Gun Club, 7771 County Road 16 (Telegraph Road), Bath Youth must attend all sessions. The indoor and outdoor shooting range will be used for the course. All necessary equipment will be furnished. An adult is required to stay with the youth for the 1st session on June 9 and is encouraged to attend the other sessions. Registration due June 7th.

The Air Gun/.22 Rifle Course will occur from 6:00 - 8:30 p.m. on the following Fridays: June 7, June 14, June 21, June 28, July 12, July 19, July 26, and Aug 2, 2013 at the Bath Rod and Gun Club, 7771 County Road 16 (Telegraph Road), Bath Youth must attend all sessions. The indoor and outdoor shooting range will be used for the course. All necessary equipment will be furnished. An adult, preferably a parent, is required to stay with the youth for the 1st session on June 7 and is encouraged to attend the other sessions. Dinner is not provided. Registration due June 4th.

For further information and registration forms, [visit our website here.](#)

### **Horticulture Workshop - June 22**

Tom Cortright will lead a corsage/boutonniere/bow making workshop at the 4-H Building at the Steuben county Fairgrounds from 10:00 a.m. to Noon on Saturday, June 22. This workshop is free for 4-H members. Registration must be made by calling Kim Randall at 607-664-2306 or [ksb3@cornell.edu](mailto:ksb3@cornell.edu) by June 14. Watch for details and registration form on our website.

### **Mandatory Update Required for All 4-H and CCE Volunteers**

If you have not already done so, any adult who is working with youth on a project for more than 1 day (meeting) or serving as a chaperone even if it is only for one day needs to complete the [Cornell Cooperative Extension Volunteer Application](#) . If you are assisting with club meetings and/or activities in addition you need to complete the [leader enrollment form](#) as a project or activity leader. Refer to the [project code list](#) .

Friday, May 31 is the deadline for all current volunteers, including chaperones, to return to the CCE-Steuben office the volunteer application and authorization to conduct the background checks that are now mandated. As of now, we have only received the necessary authorizations from about half of our volunteers, and the bottom line is that those who do not authorize the check will be released/terminated from their volunteer agreements.

This is a statewide system requirement, and we have no flexibility locally. Everyone that volunteers, including chaperones, needs to have completed the necessary information and have their background check completed. Please note that 4-H members will not be allowed to stay overnight at the fairgrounds without this completed for the chaperones and therefore we cannot wait for the last minute to confirm fair chaperones. If you know of someone interested in being a fair chaperone have them complete this information as soon as possible or contact the CCE Office. If you have any questions contact the CCE Office.

### **Ducklings Available for 4-H Members**

Roger Ort and his son, Dane, have helped Nancy Caswell for the last 3 years help relocate ducklings from the NYC 4-H incubation project. We now have 350 ducklings on our farm to help 4-Hers get started. We are asking \$3 each or 12 for \$30 (buy 10 get 2 free deal).

They are huge and some are 3 weeks old. We only cover our gas and feed to keep the price down. Varieties available are Khaki Campbells(eggs), Welsh Harlequins(eggs), Pekins(meat), Rouens(meat), Blue Runners and Fawn/White Runners(weed control and eggs). Thanks for any help to find these guys new homes! Contact 607-583-2467 or [ortroger@aol.com](mailto:ortroger@aol.com)

### **2013 Free Fishing Days June 29-30**

In an effort to connect more people to the sport of fishing, each year, the last full weekend in June is designated as Free Fishing Days in New York State. During those two days, anyone can fish New York State waters, and no fishing license is required (normally required for anyone 16 years and older). The general public can tap into the fun and relaxation of fishing, especially those who might not otherwise get the chance. All anglers are encouraged to take a friend fishing. With all that the sport has to offer, some are bound to get hooked. This event started in 1991 to allow all people the opportunity to sample the incredible fishing New York State has to offer. Since no license is required, it is the perfect time to take a friend or relative fishing. New York State's Free Fishing Days are the last full weekend in June which are Saturday and Sunday, June 29 & 30, 2013. So, first time anglers, as well as those who have drifted away from the sport, should take advantage of

this opportunity to see how much fun fishing can be.

In addition to the June Free Fishing Days weekend, there are a number of "Free Fishing Events" held in various locations across the state. Free Fishing Events are DEC sponsored events (such as family fishing clinics) where participants can learn about fish identification, fishing equipment and techniques, fisheries management, angling ethics and aquatic ecology. Each of DEC's nine regions can sponsor up to four free fishing events per year. Most free fishing events occur during the period from April through October. For more information visit <http://www.dec.ny.gov/permits/6091.html#Days>

### Outdoor Channel trick shooter 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 will feature an archery legend in person! 40 lucky archers will get the chance to spend two hours learning from the master.

Byron Ferguson has spent 16 years on the national TV show, Impossible Shots on the Outdoor Channel with Shooting USA's Jim Scoutten. Jim calls Byron a KEY member of their exhibition team. Check out his famous candle shot in the YouTube video below.



#### Byron Ferguson's Incredible Archery Shots - Candle Shot

Howard Hill (1899 - 1975) was unofficially referred to as the "World's Greatest Archer". He is the only person to win 196 archery field tournaments in succession. He produced 23 films about archery for Warner Brothers, and in 1928, set the new world record for the furthest flight shot in archery, at 391 yards. Hill liked difficult trick shots. Today, it appears that the Howard Hill torch has been passed to another Alabama native.

Byron Ferguson was the first American invited to Europe to demonstrate his longbow skills since the legendary Hill toured the continent over 40 years ago. Byron once shot eight dimes in a row out of the air. The most difficult shot of Byron's career came while performing in Tokyo when he shot an arrow through a diamond ring. Byron shoots a longbow because of the romance tied to it.

At the Southern Tier Outdoor show, Byron will perform some of these trick shots at 1:00 and 3:00 p.m. each day. In addition, he will take 20 interested students on Saturday from 10:00 a.m. to noon (and again on Sunday with 20 different students) and work with them on aiming and tuning. The clinic is limited to 20 people per day, and costs \$50 per person.

All participants need to bring their own bow and arrows, and will work with Byron both one on one and as part of the group. For more information, call 607-664-2300 or [register for the clinic at this link](#).

Stay in touch with the latest developments at the show at [www.SouthernTierOutdoorShow.com](http://www.SouthernTierOutdoorShow.com).

## Dairy Festival Schedule...

The 57<sup>th</sup> 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...

### 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, 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](http://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](http://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](http://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.

**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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