

CORNELL UNIVERSITY COOPERATIVE EXTENSION LIVINGSTON COUNTY



2008

ANNUAL REPORT

# Agriculture & Environment



## Goals:

- To contribute to a sustainable agriculture production industry in Livingston County through educational programs addressing productivity and profitability issues with environmental management considerations.
- To assist county residents with home and home environment maintenance with knowledge about energy, conservation, pest identification, and environmentally sound management alternatives, plant selection and maintenance, indoor air quality management, waste reduction and management, and water quality protection.

## Highlights

Master Gardeners continued their outreach activities with requested presentations for local groups, particularly local garden clubs. Community events, Farmers' Markets, on-site visits, and classes continue to receive their attention and connect people to CCE resources.

Livingston County Maple Production was included in the Annual New York Maple Producers' Meeting and Tour. A stop at Sugarbush Hollow in Springwater illustrated a research maple forest management research project on desired stand density. Participants learned about Sugarbush Hollow's syrup and maple product operation.

A drip irrigation design and layout workshop was held in Livonia with industry, college and regional extension participation. Cross-county and regional cooperation of extension staff continues to be a valuable asset for Cooperative Extension programs. This session was part of a series of small farm projects in cooperation with NOFA, the Northeast Organic Farming Association.



**David Thorp**  
*Agriculture Program Educator*

Corn Congress, an event in its 38th year now held in Batavia, continues as a major outreach for timely information on field corn production, handling and marketing management. With 400 attending, this event continues as a valuable tool to bring growers, researchers and industry people together

The Conesus Lake Watershed Group project involving CCE, FSA, SWCD, SUNY Geneseo, SUNY Brockport and RIT was completed at the end of its' grant program term. A tour of some of the best management practices for agriculture was held with a boat tour of the lake for local government leaders.

The "Managing Financial Risk Through Improved Farm Financial Management" program continues to be emphasized through the Farm Business Summary and Analysis Programs and Basic and Advanced Farm Financial Management Workshops. The program is designed to enhance farm business owners' abilities to manage financial risk.

TAg, or tactical agriculture team program, continues with interest from field crop growers. The TAg Team Program is a season-long, on-farm, hands-on IPM and Integrated Crop Management (ICM) educational program for field crop producers originally designed for use in field corn and alfalfa. The program is a flexible way to meet the unique local needs of a small group of farmers over the duration of a growing season.

# Agriculture & Environment

## New York Maple Producers Visit Sugarbush Hollow

The New York Maple Producers Association held its annual tour this year in the western Finger Lakes area, which included a stop at Sugarbush Hollow in Springwater. Participants had the opportunity to learn about this operation's maple product production and sales, and also to view a woodlot management research project site.

Two years since the initial cutting, differences are apparent on the forest floors of the 3 plots because of sunlight penetration differences. Sap volume and quality are measured on individual trees as part of the study.

Sugarbush Hollow is one of 15 sites in a sugarbush thinning research and demonstration project of the Cornell Maple Program. Cooperating maple producer Chuck Winship is the Chairman of the Cornell Maple Advisory Committee and an active cooperator for the Cornell Maple Program.

The sugarbush thinning project

was initiated to help develop research-based knowledge on how sugar maple trees respond to the increased availability of sunlight after the cutting of neighboring trees. This information will be used to help maple producers apply sustainable forestry practices that improve the productivity and health of trees in their sugarbush.

At each study site, three adjacent plots of uniform size were estab-

lished. All trees larger than 4" in diameter were tagged and recorded. The forest inventory data was analyzed and tabulated to allow customized thinning prescriptions. At each producer's sugarbush, one plot is left intact, one plot is thinned to 80% density, and one plot is thinned to 60% density. The cutting emphasizes the removal of trees other than sugar maple, trees of poor form, and crowded trees. In some circumstances, poorly formed, weak, diseased, or overly crowded sugar maples are selected for cutting. Younger sugarbushes often have 250 to 300 trees per acre, and thinning at this age allows for additional thinning to the target of 60 to 80 trees per acre at maturity.

Preliminary observations indicate that thinning is best accomplished when the sugarbush is young. Selection is typically straightforward: eliminating undesired species, poorly formed or diseased trees, or crowded trees that have limited growth. Most sugarbushes are currently too crowded, restricting tree growth and potential yield, and too many producers are not paying attention to tree diameter, sometimes tapping trees that won't return the cost of spiles and tubing.

An interesting fact emphasized in the presentation is that

have no more than one tap when a vacuum system is the method of sap collection. The vacuum will draw more sap from a tap than it will produce by normal flow.



*Pete Smallidge, Cornell Extension forester, discusses density, or basal area, determination in a woodlot using a simple hand held tool.*



**Jennifer Damon**  
*Administrative Assistant*

# Health & Nutrition



## Goals:

- Provide research-based programs to help Livingston County residents adopt and maintain healthy eating and active living behaviors.
- Collaborate with county agencies and organizations to endorse programs and policies that create communities with environments conducive to a healthy lifestyle.

## Nutrition Education

The need for healthy eating and active living was never more important than it is today because chronic diseases, including diabetes, heart disease, high blood pressure, and cancer, are the leading causes of death and disability in the US. Genetics and lifestyle factors, such as obesity, lack of exercise, and a poor diet play a major role in the development of these diseases.

The prevalence of chronic diseases has increased dramatically over the past 20 years, due largely to the increase in the rates of obesity. The Centers for Disease Control and Prevention (CDC) reported that approximately 65% of adults and 16% of children and adolescents in this country are overweight. The New York State Department of Health reported that, in 2003, 36.3% of adults living in Livingston and Ontario counties were overweight, 24.3% were obese, and 5.3% were diagnosed with diabetes.

In its 2007 report, "An Unhealthy America: The Economic Burden of Chronic Diseases," the Milken Institute stated that this rapid growth of chronic diseases is costing the nation lives, quality of life, and prosperity. More than half of Americans suffer from one or more chronic disease, which is costing the economy more than \$1 trillion annually in medical expenditures. Consequently, interventions that prevent and treat chronic diseases are needed.



**Denise Brochetti**  
*Nutrition Resource Educator*

## Nutrition Education Highlights

We collaborate with numerous community agencies to develop and deliver programs that help our residents make healthy lifestyle choices. We focus on helping families establish healthy eating and active living behaviors and raising awareness of the health risks associated with obesity and poor lifestyle choices. The following highlight our activities during the year.

- We worked with the Livingston County Community Coalition for Diabetes Prevention and Control to raise awareness of diabetes risks. We provided nutrition education to adults attending podiatry clinics.
- We provided nutrition education to persons with severe and persistent mental illness in cooperation with the Genesee Valley Health Partnership.
- We worked with various agencies to reach youth and adults with nutrition and health messages through activities including school and worksite health fairs, programs for seniors, and PTSA programs.

# Health & Nutrition

## Eat Smart New York

According to the US Census Bureau, Livingston County has a poverty rate of 13.1% and more than 4,500 persons receiving food stamps. Research indicates that these individuals are at higher risk of developing diet-related chronic diseases, such as obesity, diabetes, heart disease, and high blood pressure. The CDC reports that women with lower family incomes are 50% more likely to be obese than those with higher incomes. Children of overweight mothers are more likely to be overweight by age 6 than those of women of healthy weights.

Eat Smart New York (ESNY) is our nutrition education program for low-income families receiving food stamps, WIC, and Medicaid, as well as families with children in Head Start. ESNY provides families with knowledge and skill development in the areas of nutrition, food safety, resource management, and physical activity. The program is taught as a series of 8 lessons to give participants the chance to develop skills and incorporate changes into their daily lives. Lessons



are taught either in group sessions or individually during home visits.



**Erin Elliott**

*Community Nutrition Educator*

## Eat Smart New York Highlights

Our community nutrition educator worked with many agencies to deliver ESNY lessons, including WIC, Department of Health, Catholic Charities, DePaul Clubhouse, Office of Workforce Development, Department of Social Services, Grow & Learn, and Livingston/Wyoming ARC. Evaluation of our ESNY program demonstrates that we are effective at:

- Motivating adults to adopt healthy eating and lifestyle behaviors;
- Enhancing practices related to thrifty shopping and preparation of nutritious foods; and
- Helping to ensure that families have enough food to eat.

During fiscal year 2007:

- 49 adults, representing 61 family members, received nutrition education through ESNY.
- 63% of the adults (31) graduated their series of lessons.
- 64% improved their resource management skills (e.g. planning meals, comparing prices).
- 82% improved their nutrition practices (e.g. making healthy food choices, reading nutrition facts labels).
- 64% improved their food safety practices (e.g. thawing and storing foods properly).
- 33% improved their frequency of being physically active.
- 42 youth received education designed to increase their awareness of healthy eating and physical activity.

*During the fiscal year 2008 thus far:*

- 26 families, representing 83 program families, received nutrition education.
- 64% improved their resource management skills and 77% improved their food safety practices.



# Human Development



## Goals:

- Provides leadership in the planning, implementation, and evaluation of educational programs in Family and Consumer Science and related issues in Livingston County
- To coordinate regional program efforts in cooperation with other programs.
- To promote awareness and develop working rapport with government bodies, agencies, and community organizations
- As a team member, contributes leadership, educational resource support and input into program evaluation, grants/contracts, marketing, program supervision, and program development.
- Areas of responsibility include: Family Development Training and Credentialing Program, Parenting Education, After-School Care, and Child Safety.

## Human Development Highlights

After-School Program: The Grow and Learn has finished its seventh year of successful program with three sites in full operation and serving approximately 100 children in grades K-8. This program has provided a safe and nurturing environment for the Dansville School District parents. They have two more years of funding and will begin to work on making the program a sustainable program for the future. We are very happy to have received a grant to fund a



**Donna Horton**  
*Human Development Team Leader*

sister program in the Mount Morris School District which again will provide a safe and nurturing environment for potentially 126 children. The Mt. Morris program opened in September 2008.

Family Development Training and Credentialing Program (FDC) successfully graduated seven (7) participants of which five (5) opted to test and did receive their credential from Cornell University. FDC is a New York statewide initiative providing front-line workers with the skills and competencies to support families and individuals in attaining a healthy self-reliance and interdependence with their community. This program is built on underlying principals of empowerment and family support. It is a long term commitment in which participants spend 90-hours, just in class time, learning the empowerment model and then on their own time develop a Portfolio. At the end of the preparatory class, the students have the option to go through the Credentialing Process. This means their Portfolio is sent to Cornell for review, and they take an exam based on the application of their course work.

We are pleased to welcome a second FDC Facilitator to our program: June Webster.

# Human Development

## Dansville After-School Program

The Dansville After-School Program is a partnership between Cornell Co-operative Extension Livingston County, Dansville Central School District and Dansville Foursquare Church. There are three after-school sites. The Blitz After-School site is at the Dansville Middle School, the Grow & Learn After-School site is at the EBH Elementary School, and the Discovery After-School is in the Primary School. In the 07-08' school year, the program can served up to 100 students per day. The Dansville After-School Programs are designed for student's grades K-8 and run for 3 hours after school during the entire school year. The program is designed around the following goals: a fun safe place, imaginative activities, academic reinforcement, community investment, and personal investment.

A fun safe place for youth to go after school is the primary goal of the after-school programs. The youth need to feel safe, wanted, and accepted. Research shows that the highest rate of juvenile crime, and experimentation with sex, drugs, and alcohol all occur in the after school hours (3 p.m.-6 p.m.). This puts any unsupervised student at risk.

No incidents of serious violence took place during the 2007-2008 school year. There were no serious injuries reported as well. All three School principals and counselors strongly agreed that the after school programs provided a safe place for kids to go.

A second goal of the program was academic reinforcement. The program integrated a homework lab on a daily basis. The Programs were able to help many students with their homework. At the Middle School the counselor commented, "I think the program is a great idea and I hope that it will remain intact in our building." With the exception of one student, all the Blitz

Major Area	Discovery (primary school)	Grow & Learn (elementary school)	Blitz (middle school)
<b>After-School Activities &amp; Experience</b> <i>(Based on interest and involvement)</i>			
Homework Lab	19% +	14.25% +	5% +
Arts & Crafts	20% +	10.5% +	6% +
Sports & Recreation	16% +	10.5% +	4% +
Literacy program	10% +	11.25% +	5% +
Other activities	10% +	9.25% +	1% +
<b>Social Competency</b>			
Interpersonal skills	10% +	9.75% +	6% +
Self Esteem	11% +	9.75% +	8% +
Resistance Skills	9% +	5.25% +	3% +
Conflict Resolution	14% +	7.75% +	2% +
Decision making skills	9% +	9% +	4% +
Leadership skills	5% +	9.75% +	8% +
Communication skills	12% +	5.5% +	7% +
<b>Life Skills &amp; Values</b>			
Responsibility	15% +	9.25% +	4% +
Cultural Diversity	9% +	8% +	3% +
Caring	13% +	9.5% +	6% +
Honesty	13% +	6.75% +	2% -
Key=	Improvement = +	Decline = -	

PROGRAM SITE	Average Daily Attendance	Total Students served
Blitz (middle school)	10	13
Grow & Learn (Elementary)	32	40
Discovery (primary)	38	41
<b>Grand Totals</b>	<b>80</b>	<b>94</b>

participants maintained an 80% or higher final average with several averaging in the 90% range. The homework lab is having a positive impact.

Community service is the third component. Students were able to give meaningful contributions to the Dansville community. All three sites had Take Pride in our School and Community clean up days, where the students were encouraged to help pick up litter on various school and public grounds. The students all did special projects for Teacher's Appreciation Week to let the teachers know just how much the students cared for them. The Grow and Learn program did an exceptional job collecting pet food donations for the Livingston County Humane Society. One of the kids aptly stated "animals need our help too".

Essential to our program is the constant striving for "imaginative activities" for the students to discover and enjoy. Students were encouraged to try new things and were given the opportunity to develop their skills. There were several activity stations that the students could choose from on a daily basis. Science, arts & crafts, reading, sports, food, and many others were offered. When the weather would cooperate, we would spend time outside. During this time, students were free to choose activities of their liking to get involved in. Some days, group games would be introduced such as capture the flag, various sporting games, or adventure walks. The Livingston County 4-H Program provided the students with awesome opportunities to learn and use new skills.

The final component of the After-School programs is personal investment. Throughout the



**Shawn Harnish**  
Dansville After-School  
Program Coordinator

# Human Development

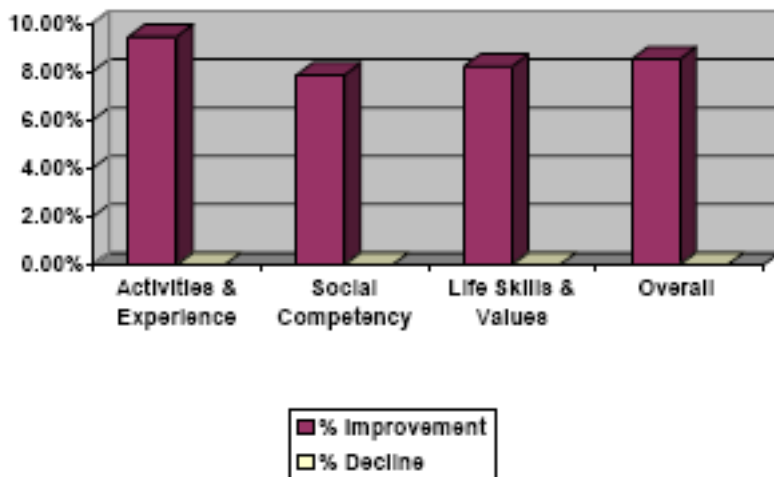


**Rachel Tanchyk**  
*Mount Morris After-School  
Program Coordinator*

## Dansville After-School Program Cont'd

course of the school year, students were exposed to a variety of experiences to expand their horizons. Character education played a major role in the students' monthly schedule. Sessions were held on sexual education, anger management, conflict resolution, and many other topics. Sports clinics were held to help students improve on their skills. The program utilized the concept of mentoring to create influential relationships. Many volunteers graciously gave of their time to help connect with the students in the program. They were involved in drug and alcohol awareness education and decision making skills. At the year end awards picnic, students were thrilled when they got the chance to throw pies at the faces of program staff because they achieved 500 citizenship award points over the course of the school year.

In conclusion, a pre and post evaluation was done on every student at the beginning and end of the school year. The measurement was based on a scale of 1-10 (converted to 100%) on overall average student improvement or decline in three major areas, with several sub-categories. After-School Activities & Experience, Social Competency and Life Skills & Values. The chart shows the results of the data.



## Mount Morris After-School Program

The Mount Morris Advantage After-School Program kicked off its first year in September. It is the sister program of "Grow and Learn", which is a program offered to elementary and middle school students in Dansville. The Mount Morris Advantage After-School program is based in the same philosophies and structure as the Dansville program, which is coming up on its eighth year.

The Mount Morris Advantage After-School program is a free program offered to Mount Morris Central School students in grades K-8. Its goals include improving the social, emotional, academic, and vocational competencies of school age children and youth, preventing and reducing the incidence of adolescent pregnancy, and reducing other negative youth behaviors like violence, crime, drugs and alcohol. The after-school program also encourages consistent school and program attendance and participation in clubs, sports and extracurricular activities. Parents will be provided with a safe supervised after-school environment for their children and youth between the hours of 2:50 (school dismissal) and 5:50 (pick-up). The Mount Morris Advantage After-School program gives parents/guardians opportunities to become contributing partners to their child's success in the program.

Program registration was held on August 8th from 9 a.m. to 5 p.m. in the Mount Morris Central School Lobby. There was an additional registration date on August 12th from 7-9 p.m. at the Cornell Cooperative Extension building at 158 Main Street in Mount Morris. Prior to the program's kick-off in September, the program held a Ribbon-cutting ceremony, which was open to the public, on September 5th at the Mount Morris Central School.

# 4-H Youth Development

## Goals

4-H Youth Development intends to strengthen these outcomes in young people:

- Effective problem solving and decision making skills
- Positive work attitudes and skills
- Valuing diversity
- Accepting community and social responsibility
- Demonstrating communication and leadership skills
- Valuing life long learning
- Practicing healthy and safe lifestyles

## 4-H Youth Development Highlights

In the 2007-2008 4-H project year, there were 722 youth enrolled in 4-H. Of this number, there are 117 Cloverbuds who are ages 5-8, 114 Independent members and 99 members enrolled in the Dansville After School program. There are 50 clubs in the county. A total of 174 volunteer leaders worked with these young people to teach them skills in such project areas as public speaking, nutrition, clothing construction, arts and crafts, outdoor education, horse, livestock, small animal care, horticulture, and science and technology

Seven hundred second graders in all of the county's schools were treated to the story Sugarbush Spring read by many local volunteers and 4-H Educa-

tors during Ag Literacy Week in April. This is a part of the NYS Agriculture in the Classroom program.

Nineteen 4-H'ers participated in the annual Produced in New York Food Contest showing off their creative recipes that featured products grown in NYS. One contestant was able to demonstrate her prize-winning recipe at State Fair.

At the county Public Presentation and Horse

Communication Days, 92 youth gave demonstrations and other types of presentations on topics related to their 4-H work. This program continues to help youth develop skills and self-confidence in public speaking. Sixteen Cloverbuds did a presentation. Thirteen members had the opportunity to present at District Public Presentations and four at State Public Presentation.

4-H youth were very active in community service projects that focused on making a difference in their communities. Activities ranged from holiday caroling to donating time for Habitat for Humanity to making costumes for a school play.

Teen Council participated in the first half of their State Exchange. Twenty-one teens and four chaperones visited Wright County, near Minneapolis, Minnesota for a week in August. Next year they will come here.

Mary Clark, a volunteer leader for 22 years, received a Special Volunteer Leader Award at State Fair for her exceptional efforts in the 4-H Home Economics Program.

There were 3,251 animal and building exhibits shown at Hemlock and Caledonia Fairs. About 319 4-H members and clubs participated at the fairs.

Livingston County sent approximately 50 livestock and rabbit entries to State Fair. Entries included showmanship and conformation classes, Livestock Skill-a-thon and Livestock Judging. Our 4-H members did very well receiving numerous blue ribbons and first place class awards.

Adrielle Watkins and Valerie Lathron finished first and fifth overall, respectively, in the 4-H Livestock Skill-a-thon at State Fair. For her first place finish, Adrielle is a member of the New York State 4-H Livestock Skill-a-thon Team, and Valerie is the first alternate. The state team will compete at the national event held in November in Louisville, Kentucky.

Livingston County 4-H Horse Members had approximately 135 entries at the State Fair. Entries included riding, driving, miniature classes, Horse Judging, Horse Bowl, and Horse Communications. Our 4-H members did very well receiving numerous top ten and first place class awards.

Over 400 students attended Conservation Field Days in late September 2008. They were able to participate at 8 different stations ranging from petting a snake to listening about the benefits of wind power.



**Mary Ann Scharmberg**  
*4-H Community Educator*

# 4-H Youth Development



## 4-H Animal Science Highlights

### 2008 4-H Livestock Auction Champions

The 2008 Livingston County 4-H Livestock Auction was held at Hemlock Fair on Saturday, July 19th. Twenty-three (23) market hogs sold for an average price of \$2.14 per pound, twelve (12) market lambs averaged \$2.68 per pound, ten (10) steers averaged \$1.82 per pound and six (6) meat birds averaged \$22.50 per bird. The auction offers county wide 4-H'ers a place to market their project animals.

The public auction provided individuals and businesses the opportunity to acquire grain-fed animals for fresh top quality meat, while supporting a worthwhile youth activity.

### 2008 Livingston County 4-H Horse Camp

The annual Livingston County 4-H Horse Camp was held at the Hemlock Fairgrounds from June 29th - July 3rd. Forty-eight members attended the overnight camp. The mission of the camp program is to provide youth with a positive, fun, youth development experience. The priority themes for the camp are:

**A Sense of Mastery in Horsemanship and Riding:** Members were able to attain a sense of mastery in horsemanship and riding through daily intensive riding instruction and seminars provided by local professionals. The camp program employs highly trained and skilled instructors who have an interest in youth and their development.

**A Sense of Belonging to a Group that Shares a Passion for Horses:** Members have the opportunity to be part of group that shares a passion for horses through the numerous team building opportunities



**Mark Wittmeyer**  
*4-H Animal Science Educator*

during camp. Each member is part of a camp team led by an experienced 4-H teen in the horse program. As a team, members worked together in stable management, competed in team building competitions and even spent free time together.

**A Sense of Responsibility and Ownership as it Relates to a 4-H Horse Project:** Members are solely responsible for the care and feeding of their horse at camp.

The Junior Assistant Program links experienced teens with younger campers. Junior Assistants develop valuable leadership skills while serving as leaders and mentors. They help plan, deliver, and supervise the many activities of camp.

Emphasis is placed on the social aspect of camp in the evening with activities such as a volley ball, line dancing, a camp dance, and karaoke.

The camp program utilizes Livingston County's many talented and dedicated volunteer leaders to provide a quality fun and educational experience for youth interested in horses.

# 4-H Youth Development

## NYS Fair Horse Show Qualifiers

### Jr. Western Division:

1. \*Jessica Hainsworth
2. \*Elizabeth Consler
3. \*Emily Steiner
4. Deana Schenkel

### Sr. Western Division:

1. \*Taryn Barber
2. April Krenzer
3. \*Courtney Stein
4. \*Courtney FitzPatrick
5. \*Sarah Place

### Jr. English Division:

1. \*Maddie Mugnola
2. \*Emily Steiner
3. \*Jessica Hainsworth
4. \*Allie Boger
5. Bridget Hyland
6. Mackenzie Schuster

### Sr. English Division:

1. \*Nessa Mark
2. \*April Krenzer
3. Chelsea Wright
4. \*Sara Roeser
5. \*Molly FitzPatrick

### Jr. Games Division:

1. \*Kasandra Wohlschlegel
2. \*Lauren Hanggi
3. Sam Childs
4. Jessica Hainsworth
5. Elizabeth Consler

### Sr. Games Division:

1. \*Sarah Place
2. Jessie Hosie
3. Chelsea Wright
4. \*Douglas Martin

5. April Krenzer

6. \*Jimmy Perry

### Jr. Games Division:

1. \*Marissa Rice
2. \*Jessica Hainsworth
3. \*Sam Childs

### Sr. Dressage Division:

1. \*Nessa Mark
2. Emily Weidman
3. \*April Krenzer
4. \*Sara Roeser
5. Chelsea Wright
6. \*Allison Tuchrello
7. Abby Weidman

### Jr. Mini Division:

1. Jordan Mitchell
2. \*Emma Sykes
3. \*Marissa Rice
4. \*Sam Childs

### Jr. Driving Division:

1. Deana Schenkel
2. Jordan Mitchell
3. Scott Mitchell
4. Erica Wise
5. \*Emma Sykes

### Drill Team:

- \*April Krenzer
- \*Allison Tuchrello
- \*Samantha Childs
- \*Elena Welsted
- \*Amanda VanBuskirk
- \*Marissa Rice

\*Competed at the State Fair 4-H Horse Show

## NYS Fair Animal Science Participants

### Rabbit:

- Kirk Adams
- Isaac Adams
- Anna Adams
- Marissa Rice

### Swine:

Adrielle Watkins

### Sheep:

- Dylan Wohlschlegel
- Kasandra Wohlschlegel
- Courtney FitzPatrick
- Molly FitzPatrick

### Dairy:

- Austin Galton
- Cooper Galton
- Jolene Barrett
- Aidan Mulligan
- Claire Mulligan
- Emilie Mulligan

### Hippology:

- Allison Tuchrello
- Trista Teitsworth
- Marissa Rice

### Horse Communications Invitational:

- Mackenzie Schuster
- Leah Whiteman



**Linda Wilkins**  
4-H Administrative Assistant

# 4-H Youth Development



## 2008-9 Outstanding 4-H'ers

**Valerie Lathron** and **Nicole Parnell** are the 2008 winners of this award, which originally started in 1967 with the John Gardner Memorial Award for Outstanding All Around 4-H Member. A plaque and \$100.00 cash are given to the recipient.

If you ever want a job done, just ask Val. She is a most responsible, well organized teen. As president of Teen Council for three years, she has learned how to effectively conduct a meeting, how to delegate tasks, and how to re-direct the talkers in the crowd of 4-H teens. Val has faithfully communicated with the Teen Council Advisor and kept track of the group's activities. She really enjoys the Teen Exchange, having visited Michigan and Minnesota, and hosting those kids in return.



*Valerie Lathron*

Although Teen Council has taken much of Val's time in 4-H, she finds time to carry out her many Animal Science projects: Rabbits, Beef, and Goats. Almost every year, Val has placed at the top for one species of showmanship class. She won Grand Master Showman in 2007. Her dedication to 4-H is outstanding. She has participated in craft projects and received many blue ribbons at the State Fair. Val has been her educator's right hand when working in the County Booth at State Fair for the past 3 years. She enjoys keeping track of



**Cindy Swift**  
*Payroll Representative/  
Accounts Manager*

the exhibits and speaking to the public about 4-H.

Val states "Being in 4-H has and will continue to benefit me for the rest of my life. I have gained leadership skills and learned proper livestock management. I understand the importance of community service and sharing my skills and knowledge with others. I have met some great people and I have made lifelong friends."

Her current club leader, Anna Macauley, states "I believe that Val is deserving of this award for her continued efforts to improve not only herself but those around her." We applaud you, Val, for trying always "To Make the Best Better"! Val is a member of the Livingston County Cattle Club and is the daughter of Pete and Mary Lathron of Avon.

When Nicole Parnell joined 4-H nine years ago, she didn't know she would find her college major and life work through this organization. Yes, Nicole will be enrolling in an agriculture-business program



*Nicole Parnell*

# 4-H Youth Development

next year, although she hasn't chosen her college yet. She states "when I started 4-H I wanted a horse and Mom and Dad wouldn't buy me one so I asked for a calf. That's when Ginger came into my life and showing cows at the fairs all started."

She certainly has come a long way with Ginger. Now that project includes Sweetie, Gingersnap, Snickerdoodle, and Cooper. During her 5th year of 4-H, she was awarded Reserve Master Showman for Dairy at Hemlock Fair. She has kept her cool and maintained a smile, even though her Ayrshire cow can be very temperamental! Nicole also managed to include arts and crafts projects and Teen Council in her 4-H schedule. For the past three years, she has been Vice-President of Teen Council. The president was rarely absent, but Nicole was always ready to step in when needed. She did well whatever the advisor asked her to do. Her leadership skills have helped her be chosen for Teen Assistant during the 2007 State Fair. It was a tiring job, but Nicole found much fulfillment by being a role model for the younger 4-Hers. Outside of 4-H, Nicole has been elected President of the Charles G. May Future Farmers of America Chapter during her senior year in high school.

Nicole states "4-H has made me want to stay in the agriculture field

forever. My goals are to make agriculture grow since there is only 2% of the world population involved in farming today. I

want to show people that agriculture is a big part of their everyday lives." We wish you well as you strive to attain these goals. Nicole is the daughter of Ken and Lynn Parnell of Piffard and is an Independent member.



**Jo A. Roy**  
*Administrative Assistant/  
Publication Manager*

## Russel B. Ace Memorial Scholarship



*Kelsey Minnich*

It is with great pleasure that we announce the 2008 winner of this scholarship, Kelsey N. Minnich from the Bobbins and Bolts 4-H Club in Leicester. The first alternate is Janey Barrett from Avon and the second alternate is from Scottsburg, Jessica Harvey.

Kelsey has been a 4-H member for ten years with her project emphasis in clothing and textiles. Her passion for sewing grew through the many clothes she made for herself, starting out with simple elastic waist shorts and concluding with a voluminous ball gown. Kelsey says "I feel that 4-H has given me the foundation of being able to reach my dreams. 4-H has assisted me by letting my creativity grow, developing my leadership skills, and has prepared me to work in the business world." She was one of Livingston County's 4-H Summer Assistants this past summer. She will be attending SUNY at Oneonta and majoring in Fashion Design. Kelsey is the daughter of Tim and Becky Minnich.

# Child Injury Prevention Program

## "Safe Kids"



Cornell Cooperative Extension's Child Injury Prevention Programs include the following topics: Child Passenger Safety Education, Wheeled Safety Education, and Water Safety Education.

A limited number of Child Safety Seats and Helmets are available to replace a safety device that is found to be the wrong size, cracked, or recalled.

- Wheeled Rodeos and Helmet Safety Checks are offered during the summer.
- Child Safety Seat Checks are offered year round.

### Goals:

- To provide injury prevention education programming to reduce the severity and number of childhood injuries in Livingston County.
- To collaborate with other agencies to offer comprehensive injury prevention education programming for Livingston County residents.

### Child Safety Program Highlights

- Child Passenger Safety: 11 Child Safety Seat Events, 6 Child Safety Seat Fitting Stations, 326 child safety seats checked, educated 264 families and distributed 364 child safety seats
- Wheeled Safety: 15 Wheeled Rodeos, 5 Helmet Safety Check Events, educated 1113 youth and 564 adults and distributed 455 helmets

*All people between the ages of one and 14 are required to wear a certified bicycle helmet when bicycling, in-line skating (roller blades), operating a non-motorized scooter, or skateboarding in New York State.*

April was the kickoff for "Spring into Wheeled Safety" month with various activities throughout the county, and in partnership with Avon, Caledonia, Dansville, Geneseo, and Mount Morris Police Departments, Livingston County Sheriff's Office, New York State Police, Livingston County Department of Health, New York State Correctional Officers Benevolent Association, Youth Bureau, and Recreation Centers.

Helmet Safety Checks were held at 5 locations around the county to encourage parents to check the helmets to ensure a safe start to the summer and reduce possible injuries. Helmets were checked for proper fit and determined if safe to use. Free helmet, or replacements were provided if



**June Webster**  
*Child Safety Program Coordinator*

### Child Safety Program Highlights

needed.

**Wheeled Safety Contest:** A Safety on Wheels Coloring/Writing Contest was held in April. Packets were delivered to local schools for pre-school through sixth grade classes. Grand Prize Winners received a bicycle and helmet and Second Prize Winners received a helmet. Bikes for this Wheeled Safety Contest were provided by NYSCOPBA (<http://www.nyscopba.org/>) All winners received their prizes at the 6th Annual Child Safety Fair on April 26, 2008 which was held at the Caledonia Primary School.

**"Caught doing the safe thing":** Beginning on May 1st, children caught wearing their helmets and following safe riding rules by law enforcement around the county received recognition from their own community by receiving an award to encourage non-risky behavior. Awards were donated by: SwainSports, Caledonia A-Plus, Mount Morris Lanes, Brongo Bowl, George France Restaurant, Mark's Pizzeria in Lima, Walmart, and the Geneseo Police Department. The winners were entered for a chance to receive one of the \$50 store gift certificates donated by SwainSports in Geneseo, NY.

**Wheeled Safety Rodeos:** During the months of June and July, 15 wheeled safety rodeos were held at recreation centers within Livingston County. The rodeos consisted of: an educational program by the Department of Health on the importance of wearing a helmet, education provided by a police agency on hand signals and following the rules of traffic, helmet inspection, bicycle inspection and the child's participation in different stations that are set up to educate and test their knowledge of how to check their bike, and riding a bike safely. Free Helmets were given to replace those found to be unsafe and to those without one.

*"Programming is made possible through funding from the Office of Community Services, U.S. Department of Health and Human Services; the division of Community Services, N.Y.S. Department of State; and Livingston County, New York and funding by the National Highway Traffic Safety Administration with a grant from the New York State Governor's Traffic Safety Committee."*

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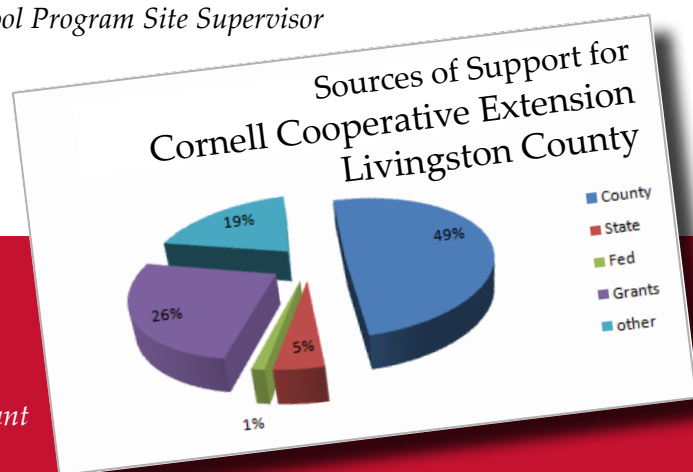
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