Now that the Allegany County Fair is in our rear-view mirror, we look forward to the New York State Fair!! Allegany County 4-Hers are super proud of their local accomplishments. Thirty-four youth are sending their entries from the Youth Building up to compete at a statewide level and about 30 are competing with their (non-market) livestock or other animals.

The emphasis for Cornell Cooperative Extension’s 4-H Youth Development involvement at State Fair is to provide youth 8 – 19 years of age with opportunities to: be recognized for their accomplishments; display what they have learned; enhance individual learning and skill development; learn and recognize standards for quality project work; apply research-based subject matter to everyday life experiences; and receive recognition for a job well done.

Sincerely,

Laura K. Hunsberger
Executive Director
CCE-ALLEGANY

STAFF & PERSONNEL

STAFF 585-268-7644

Administrative Staff
Laura Hunsberger, Executive Director
lkh47@cornell.edu, ext 17

Kim Robb, Finance Manager
alleganyfinance@cornell.edu

Ag, Horticulture, & Natural Resources
Lynn Bliven, Issue Leader
lao3@cornell.edu, ext 18

Jeremy Baier, Community Educator
jtb273@cornell.edu ext.14

Master Gardener Volunteers
alleganymg@cornell.edu ext 12

4-H and Youth Development
Krista Humbert, Issue Leader
kah248@cornell.edu, ext 11

Tricia Heary, Program Coordinator
pjh34@cornell.edu, ext 16

Fileve Palmer, AmeriCorps VISTA
palmerf@alfredstate.edu, ext 19
Lisa Reynolds, STEM Coordinator
lmr264@cornell.edu ext 22

Family, Health and Well-Being
Patty Amidon, EFNEP Program Educator
paa79@cornell.edu ext 20

Community Food Systems
Cassandra Bull, Farm-to-School Coordinator
cb775@cornell.edu, ext 25

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CCE IS AN EMPLOYER AND EDUCATOR RECOGNIZED FOR VALUING AA/EEO, PROVIDING EQUAL PROGRAM AND EMPLOYMENT OPPORTUNITIES.
THE
HIGHLIGHT OF THE MONTH

PERSONNEL SPOTLIGHT
JEREMY BAIER

Having been brought up in Chazy, a small rural town in Upstate New York, Jeremy was thrilled to be offered the position as Allegany’s CCE Agricultural Educator. Raised in Essex County, an area much like Allegany, Jeremy felt at home when he recently traveled out to see where he’d soon be stationed for work.

Growing up, Jeremy was a part of the town’s local Cub Scout troop, his family revitalized the organization that had been long since dead. It allowed him to participate in various amounts of local events, granting him the opportunity to get to know a lot of the families within the community. Hoping that it will be much the same in here, Jeremy is eager to acquaint himself with the community members of Allegany County.

“The area’s so beautiful,” he said, “I’ve been surrounded by the hustle and bustle of the city for too long. I felt I needed to escape and get back to my roots.”

Jeremy attended college at the State University of New York at Potsdam, where he received his Bachelor’s Degree in English and Biology. Focusing primarily on creative writing and sustainable agriculture, his love for reading and writing had led him to pursue his studies in English. However, he later found his passions lay elsewhere while pursuing his degree.

“I was never very good at science, specifically chemistry and physics, but after I took a couple courses in biology I began looking at the world a bit differently. I started to see the relationships between organisms... I couldn’t help but be intrigued. So much so, that I began taking more advanced classes, I couldn’t help my curiosity.”

While attending college Jeremy stated that he was extremely lucky. During his final semesters he was introduced to Ray Bowdish, who later became his mentor and helped him get involved with the Wagner Institute for Sustainability and Ecological Research (WISER). Jeremy became a staff member of WISER, which provided the opportunity to do research in sustainable agriculture, focusing primarily on aeroponics and mycology.

Working alongside members of Allegany’s Cooperative Extension, Jeremy’s goals are to get to know the families within the community and work alongside the Master Gardener Volunteers, so that together, they can provide useful information for the future generations.

NY STATE FAIR INFORMATION

The State Fair runs from August 21-September 2 at the State Fairgrounds in Syracuse.

Our local 4-H staff will be in the Youth Building from August 21-25 with our local exhibits. Those kids involved have been contacted regarding dropping off items at the office. All travelling items must be properly packed. If you have a purple sticker on your fair item and have not been contacted by email please reach out to our office as soon as possible! Staff will be leaving the office by 10:00 am on August 20th and all items that are perishable will need to be to the office between 8:30 am - 9:30 am to be ready for transport. If you have any questions, please do not hesitate to contact the 4-H office.

Many of our local youth are also excited for the opportunity to educate the public about selected subject matter and issues, particularly those related to the expertise of Cornell University and the 4-H Youth Development program.

Everyone in the 4-H program is so proud of our Allegany County 4-Hers!

Our 4-H office has free entry tickets with limited parking for any 4-H member, parent and or volunteer that would like to check out the State Fair this year! They can be picked up at the 4-H Office in Belmont. There are many exciting activities that go on the entire two weeks of State Fair. For more information, please check out the State Fair web site at https://4h.ansci.cornell.edu/events-2/nys-fair/. 4-H activities are listed under the 2019 NYS Fair Youth Schedule. Hope to see you there!

Superheroes from Gold Digger’s 4-H Club.

Left to right: Matt Bliss, lone member | Kyla Jozwiak, Cuba Gold Diggers Cara Ando, lone member | Gianna Loiacono, Cuba Gold Diggers Madison Morehouse, Cuba Gold Diggers | Katie Barney, lone member
RECAP FROM ALLEGANY COUNTY FAIR

Thank you to everyone that supported our annual 4-H Hog Wild and Sarah Beiler Memorial Quilt Raffles.

The Hog Wild / freezer ready, processed pig was purchased by Gramco at the annual 4-H Market Sale and then donated back to the program for this purpose. The processing is donated by Kramell’s Meat Market.

The Sarah Beiler Memorial Quilt was a collaborative project in which 4-H members sew the quilt blocks, Evonne Beiler assembled the quilt and Sue Ralyea quilted the final product.

- The winner of this year’s hog was Dave Davis!
- The winner of the quilt was Kathy Buff!

Proceed from the Hog Wild raffle go to support programs such as Produced in NY and 4-H Clothing Revue. Proceeds from the Quilt raffle go to support the 4-H Jump Start Program.

Bring friends together one smile at a time

Every bunny needs some bunny sometimes

Two 4-Hers of the day, Shane Ploetz (above) Anna Bliss (below)
WORKSHOP SERIES

The EFNEP program provides nutrition education to low income families and children in counties throughout New York State.

A series of 8 classes is offered to adults in a variety of settings. Workshop series include:

- Eating Smart, Being Active
- Finding A Balance
- Diabetes
- Healthy Children, Healthy Families
- Healthy Cents
- Breastfeeding

If you or your organization are interested in scheduling classes, please call your local nutrition educator.

KIDS KORNER

While you are at the library enjoying their summer reading program, pick up a copy of “At the Farmers’ Market with Kids: Recipes and Projects for Little Hands” by Leslie Jonath. Read the book with your child and decide which recipe you want to make together, then head to the farmers’ market to buy the ingredients.
FREEZING BELL PEPPERS

Green, red, yellow and orange bell peppers are abundant this month at farmers’ markets and farm stands. Bell peppers are perfect for freezing to use during the winter in any cooked dish. Bell peppers are an incredible bargain in the summer compared to $4 per pound or more during the winter months.

According to the National Center for Home Food Preservation website (http://nchfp.uga.edu) it is easy to freeze bell peppers.

1. Prepare peppers by selecting crisp, blemish free peppers. Wash, cut out stems, cut in half and remove seeds. Cut into strips, rings or pieces.
2. Place raw, cut peppers in freezer zip top bags or freezer containers, leaving no headspace. Remove air (if using zip top bags), seal and freeze!

During the winter months, use your frozen bell peppers in soups, stews and casseroles. It’s so nice to be able to have peppers available when you want them and to know they are farm fresh and locally grown!

IN SEASON THIS MONTH: LOTS OF FRUITS & VEGETABLES

While visiting your local farmers’ market, look for these farm fresh fruits and vegetables: green and yellow beans, beets, broccoli, cabbage, carrots, cauliflower, celery, collard greens, corn, cucumbers, eggplant, lettuce, leeks, mustard greens, onions, peppers, potatoes, radishes, Swiss chard, tomatoes, winter and summer squash, apples, blueberries, cantaloupes, peaches, pears and plums. Don’t forget to use your Farmers’ Market Nutrition coupons, your WIC fruit and vegetable check or EBT card.
EFNEP RECIPE

SUMMER VEGETABLE & PASTA SALAD

INGREDIENTS
- 3 cups uncooked whole wheat pasta
- 1 cup chopped broccoli
- 1 cup peeled and diced cucumber
- 1 cup sliced summer squash
- 3/4 Italian salad dressing

DIRECTIONS
1. Cook pasta according to package directions. Drain and rinse with cold water. Place in a large bowl.
2. Add broccoli, cucumber, summer squash and salad dressing. Mix well.
3. Refrigerate within 2 hours.

NOTES
- Use any colorful vegetables you have on hand. Try carrots, cherry tomatoes, green onions or frozen peas.
- Flavor boosters: 1 cup diced, cooked chicken or ham; 1 cup garbanzo beans.

NUTRITION FACTS
*Nutrition Facts: Serving Size – 1 cup, 220 Calories, 3g Total Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 230mg Sodium, 43 g Total Carbohydrate, 5g Dietary Fiber, 1g Sugars, 8g Protein, 2% vitamin A, 30% vitamin C, 4% calcium, 10% iron

Serving Size: 1 cup
Makes 6 servings
AGRICULTURE & NATURAL RESOURCES

STRATEGIC FORAGE STORAGE PLANNING

BY JOE LAWRENCE & RON KUCK
PRO DAIRY EDUCATION & APPLIED RESEARCH

The dairy and livestock industries have seen continued advances in options available to improve forage management, from crop species and variety selection, to harvest management, to recognizing the class of animals on the farm that will most benefit from different forage types and qualities.

A shift away from upright silos over the last several decades has largely been driven by the need to store increased quantities of feed and to increase the speed of filling and feeding out. The tradeoff in this is storage systems that provide more efficiency and flexibility present additional challenges to preserve the forage, particularly with horizontal silos (bunks and drive-over piles). As a result, a number of resources developed focus on how to minimize storage losses. These efforts include strategies to improve packing density, use of inoculants and preservatives, options to cover, and strategies to minimize exposure to oxygen at feed out. All of these remain critical and should continue to be a high priority for every farm. However, as producers look to get the most out of recent and forthcoming advances to forage management, an area that warrants more discussion is how to store these feeds in a way that optimizes feeding programs.

The ability to develop and maintain the number of storage options necessary to adequately separate forages is a challenge, particularly for farms experiencing change. This challenge is intensified by the fact that it is also an area of the farm where implementing such changes can be very difficult. Regardless of forage storage structures used by a farm, all available options require a sizable footprint, are often capital intensive, and are fairly rigid in location and capacity. These commonalities often challenge a farm’s ability to adapt their storage options to match the advances made in forage production and feeding programs.

Fortunately, the wide-ranging approaches to operating a farm has fostered the development of many different options for forage storage. While there are inherent characteristics of certain storage systems that make sense for certain farms, the ability to consider all of the options can help overcome some of the limitations associated with each system. Regardless of farm size and management, a mix-and-match approach warrants consideration and no farm should rule out any storage options.

In developing or updating a storage plan, a number of considerations and ways to attack the planning process depend on current status. The various attributes of commonly available storage options are known by most, but a review of the main points will assist in thinking about how each option may have a place on your farm (Table 1).

TYPES AND QUANTITY OF FEED REQUIRED FOR EACH ANIMAL CLASS

Work with your farm’s nutrition team to develop a list of forages most desirable for each group of animals and the quantities needed. Not every animal benefits from the high quality desired for lactating cows, and when these forages can be targeted to the correct group (dry cows or young stock) their value to the farm is enhanced.

Continued on next page...
(CONTINUED)

In doing this, keep in mind the need to balance what crops will work best for the animals with your land base and management system. Frequently debated examples include the use of highly digestible crops, such as BMR corn and low-lignin alfalfa. Other important options include the use of grasses (alone or with alfalfa), double-cropping with winter grains for forage, and summer annuals. The ability of the harvest team to execute the plan needed to harvest at the proper quality is also important. This question will mean different things to different farms but will include labor availability, equipment, timing with other farm activities (i.e., first cutting or manure hauling) and length of time needed to harvest. Similar to the mix-and-match approach to storage structures, utilizing custom services does not have to be an all-or-nothing strategy. The access to custom harvesting and equipment rentals can facilitate this approach while minimizing capital investments. Targeted use of custom service providers for certain tasks or times of the year can effectively reduce the effect of bottlenecks and achieve desired forage qualities.

MAPPING OUT STORAGE OPTIONS & NEEDS

A useful exercise for all farms is to evaluate current storage options and strategize what modifications or additions could enhance their storage system. While this exercise is often prompted by the need for additional space, modifications to better meet current needs can pay large dividends.

When considering modifications or additions, look at the feed system in the context of the whole farm layout and potential future growth to avoid investments that will be in the way down the road. Considerations for feed preservation, accessibility and environmental stewardship are also important.

Each farm faces unique challenges and opportunities related to forage storage. No matter what your farm's feed situation is, all can benefit from re-evaluating and setting a course for improvements. Use a team of key on-farm personnel and advisors to critically assess the strengths and weaknesses of the current storage system. An improved forage and feed center will prove productive and will capitalize on other forage management advances, from improved varieties to precision equipment, implemented in the coming years.

Joe Lawrence (jrl65@cornell.edu) is a Dairy Forage Systems Specialist with Cornell CALS PRO-DAIRY. Ron Kuck (rak76@cornell.edu) is a Dairy Educator for Cornell Cooperative Extension of Jefferson County.

<table>
<thead>
<tr>
<th>TABLE 1</th>
<th>STORAGE OPPORTUNITIES &amp; CHALLENGES</th>
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<tbody>
<tr>
<td><strong>Structure</strong></td>
<td><strong>Opportunities</strong></td>
</tr>
<tr>
<td>Upright Silos</td>
<td>Small footprint</td>
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<tr>
<td></td>
<td>Ease of maintaining feed quality in storage</td>
</tr>
<tr>
<td></td>
<td>Repurpose existing facilities for classes of animal or feeds needed in smaller quantities</td>
</tr>
<tr>
<td>Wrapped Bales (Ties-up)</td>
<td>Flexibility at feed out</td>
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<tr>
<td></td>
<td>Can be moved to and from remote locations</td>
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<tr>
<td></td>
<td>Ease of maintaining feed quality in storage</td>
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<tr>
<td></td>
<td>Less capital cost</td>
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<tr>
<td>Silo Bags</td>
<td>Flexibility in segregating different quality forages at harvest</td>
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<tr>
<td></td>
<td>Flexibility at feed out</td>
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<tr>
<td></td>
<td>Ease of maintaining feed quality in storage</td>
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<td></td>
<td>Expandability</td>
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<td>Less capital cost</td>
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<tr>
<td>Burk Silos</td>
<td>Cost efficiency per unit of forage</td>
</tr>
<tr>
<td></td>
<td>Potential for segregation of different quality forages at harvest</td>
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<tr>
<td></td>
<td>Potential for flexibility at feedout</td>
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<tr>
<td></td>
<td>Uniformity of feed nutrient profile at feedout when forage is layered horizontally during filling and fed out vertically</td>
</tr>
<tr>
<td>Drive-over Piles</td>
<td>Cost efficiency per unit of forage</td>
</tr>
<tr>
<td></td>
<td>Expandability</td>
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</tr>
</tbody>
</table>
CCE Agriculture Program is excited to welcome Katelyn Walley-Stoll as the Business Management Specialist and Josh Putman as the Field Crops and Forage Specialist with the newly formed Southwest New York Dairy, Livestock, and Field Crops Program.

Katelyn will be working on programming related to financial management, business summaries, production economics, business planning, and market analysis while also working to identify the needs of the region. You can reach Katelyn by emailing kaw249@cornell.edu or by calling 716-640-0522.

Katelyn grew up on a dairy farm in Walton, NY that is still operated by her family. She earned her Bachelor’s Degree in Animal Science and Agribusiness Management from Cornell University and her Master’s Degree in Adult Learning from SUNY Empire State College. She has previously worked for CCE-Chautauqua as the Farm Business Management Educator since 2014 where she developed programs to assist local farmers, including the LEAF (Learn. Empower. Achieve. Farm.) Workshop series. Katelyn operates Stoll Family Farm along with her husband and three young sons in Cattaraugus, NY where they raise diversified livestock and field crops. In her free time, she has a large garden and writes for the blog site “Her View From Home” on topics related to motherhood, mental health, and raising a family on a farm. She is looking forward to bringing personalized business management assistance to farms in the Southwest New York region and continuing to connect the agricultural industry to Cornell resources.

Josh will be working on programming related integrated pest management, soil health, fertility, forage production and precision agronomy in row crop production in Southwest NY. You can reach Josh by emailing jap473@cornell.edu or by calling 716-490-5572.

Josh grew up on a family owned dairy farm in Marion, NY that is still in operation. He earned a Bachelor’s Degree in Agronomy with a specialization in Spanish Language from Wilmington College of Ohio. While attending Wilmington, he served as a bilingual translator on a large dairy operation and later worked at a swine facility as an assistant breeder and farrowing barn manager. He then earned his Master’s Degree from Kansas State University where he worked with herbicide-resistant weeds in row crop production systems. He specialized in corn, sorghum, wheat, alfalfa and soybean production identifying various populations of glyphosate-resistant Palmer amaranth and tall waterhemp throughout the state. He and his wife, Jodi, currently reside in Geneseo, NY where they assist with a dry hay production business, which they hope to fully manage and operate in the near future. They also enjoy their horses, dogs and hunting together.
UPCOMING EVENTS
AGRICULTURE DEPARTMENT

PRODUCE AUCTION
SUMMER MEETING
Wednesday, August 14, 2019, 6:15 PM -8:30 PM
Free to attend
7700 East Flats Rd, East Otto, NY 14729
AGENDA:
6:15 PM Arrive, Welcome and Overview Sign up for DEC credits
6:25 PM Go to the field
6:30 PM Field Walk Commences Elizabeth Buck & Judson Reid, CCE Cornell Vegetable Program
Attendees will be led on a tour of the produce fields and receive hands-on training in scouting and identification of common weeds and vegetable-attacking diseases and insects. Cultural and chemical control options will be discussed, keeping in mind broader vegetable production best management practices.

Attendees seeking DEC credit will be required to provide their DEC Certified Pesticide Applicator ID and/or registration number. Only the attendees who sit for the entire course will be awarded a certificate. Excellent opportunity for hands-on credits, all meeting attendees must wear long pants. To pre-register call Elizabeth Buck at 585-406-3419 to register. Next meeting will be September 11, 2019.

EVENING LIVESTOCK PASTURE WALK
Wednesday, August 21, 2019, 5:30-8:30PM
Wild Geese Farm,
8499 Agett Rd. Franklinville, NY 14737.

CCE Allegany County, together with the Southwestern NY Dairy, Livestock and Field Crops Team are hosting an evening Livestock Pasture Walk. Topics include Tools for Managing Rotational Grazed Pasture with Lynn Bliven, CCE Allegany County; Weed ID and Management by Joshua Putman, SWNY Field Crops Specialist and Calculating Cost of Production presented by Katelyn Walley-Stoll, SWNY Business Management Specialist.

Evening event begins at 5:30 PM and will wrap-up at 8:30 PM. A nominal fee of $5 per person will be collected at the farm to help offset costs. So we can best prepare for the meal and materials, please RSVP by August 19th by calling Lynn Bliven (585)268-7644 ext.18 or emailing lao3@cornell.edu.

This event will be held rain or shine, dress accordingly and bring your lawn chair. Participants will be encouraged to share their experiences and questions throughout the pasture walk. To maintain biosecurity, please wear footwear that can be easily disinfected at the farm or wear the plastic boots that fit over your boots/shoes that will be provided.

OUR PROGRAMS HELP FARMERS GET EXPERT ASSISTANCE TO FACILITATE ALL PHASES OF SMALL FARM BUSINESS DEVELOPMENT.
UPCOMING EVENTS
AGRICULTURE & HORTICULTURE DEPARTMENT

COVER CROPS FIELD DAY
Tuesday, September 10, 2019
@ Country Crossroads Feed & Seed, Andover
10-1pm
We will tour demonstration plot containing several individual cover crops and some mixes. Participants are encouraged to ask questions and share their experiences with cover cropping as well. Lunch will be provided. The program free to attend however pre-registration is requested by Friday, September 6th. For more details, please contact Lynn Bliven 585-268-7644 ext. 18 or email lao3@cornell.edu.

ALLEGANY COUNTY
FARMER NEIGHBOR DINNER
Wednesday, September 25, 2019
@ The Lake Lodge in Alfred Station.
The cost for the dinner is $30/person Pre-registration required as space is limited.

This year’s guest speaker is Tony Shelton, PhD. International Professor of Entomology, Cornell University. Check payable to CCE Allegany County should be mailed to: 5435A County Rd 48 Belmont, NY 14813. Please contact Lynn Bliven 585-268-7644 ext. 18 or email lao3@cornell.edu if you have additional questions or visit our website: http://allegany.cce.cornell.edu/agriculture/allegany-county-farmer-neighbor-dinner.

SOIL PH TESTING CLINIC
Free admission
Saturday, September 21st @ WJQZ Radio Station
9:30-11:00AM
Saturday, September 28th @ Tinkertown Hardware
11-1PM.

It’s important that we understand the acidity of our gardens if we’re to cultivate those luscious vegetables for next year’s crop. Allegany County Cornell Cooperative Extension Master Gardeners are hosting pH Clinics where you can have your soil tested for free! Find out if you need to add lime or sulfur and see your garden flourish next year! Limit of 2 soil samples per person. Beyond 2 samples there is a $3.00 fee per sample. Team up with our Master Gardeners, Saturday, September 21st at Wellsville’s WJQZ Radio Station from 9:30-11:00AM and Saturday, September 28th in Alfred at Tinkertown Hardware from 11-1PM. The Fall is the best time to prepare those crop beds for next Spring’s harvest.
COMMUNITY FOOD SYSTEMS

FROM CARROTS TO CURRICULUM: YEAR ONE AT A GLANCE

CASSANDRA BULL
FARM-TO-SCHOOL COORDINATOR

IN SCHOOL YEAR 2018-2019:

- 8/12 school districts have a school garden or dedicated agriculture class
- 2/12 districts compost food waste
- 3/12 districts & (1 in Cattaraugus County) achieved 30% local (NYS) food procurement
- 12/12 school districts purchased over 20% local (NYS) ingredients.
- $103,350 in grant awards to school districts and nonprofits for farm to school purposes.

- Approximately 20% of all school’s lunch purchases go to Upstate Farms dairy products, which amounts to 1,071,450 pounds of dairy products from exclusively WNY dairy farms, totaling $4,464,375.
- Approximately 4% of school’s lunch purchases are in NYS apples, which amounts 36,000 pounds of apples, totaling $57,144.

PURCHASING INFORMATION FROM 5 LOCAL DISTRICTS IN SCHOOL YEAR 2018-2019:

- 5,161 pounds of meat from Allegany or Steuben Farms, totaling $21,935.
- 781 pounds of meat from greater NY, totaling $3,570
- 4,366 pounds of vegetables grown in New York State, totaling $7,883
Summer, for many youth and teachers, is about transitions; transitions that include ending the school year, seasonal or part-time jobs, vacationing, and/or assessing and planning for the fall. The same is true of the Job and Life Skills Boot Camp run as a collaborative effort by 4-H, Cornell Extension, and Americorps VISTA. To begin, the boot camp will now be called the “Adulting Boot Camp.” If you haven’t heard, “Adulting” is the new buzz-word that covers everything from going to work, taking care of familial and financial responsibilities, and generally balancing work and home life. Additionally, the ABC abbreviation flows easily.

Since the last update, the “boot camp” worked with Allegany County Employment & Training to organize three (3) summer sessions throughout the county in Canaseraga, Cuba, and Wellsville. Local libraries agreed to host the three (3) day events that are targeting thirty (30) TANF (Temporary Assistance for Needy Families) eligible youth. Employment & Training reached out to families to enroll their youth to participate in the nine (9) hour ABC job and life preparedness program. Each participating youth that finishes the ABC will earn a $100 Visa gift card for their efforts.

To facilitate youth networking skills and give youth a wide-range of expertise, our Americorps VISTA member, Dr. Fileve Palmer, researched and connected with local businesses and non-profits to volunteer and lead sessions including goal setting, skills assessments and marketing through the resume and interview, the importance of volunteerism, as well as budgeting, banking, and credit, Oh MY!

And now that “Fair” is over, the 4-H and Extension crew will help to administer the boot camp curriculum once it gets started on August 5th. Everyone is excited to meet the participating youth and build upon new and existing relationships with the volunteers that will build stronger communities.

Finally, as we prepare to say good-bye to our VISTA member at the end of August, the CCE office is working to prepare a grant that will help fund a volunteer coordinator for the ABC. Brian Perkins, director for Allegany County Youth Bureau, has agreed to shoulder some of the responsibilities. Until she leaves, however, Fileve, continues to reach out to county schools and guidance counsellors to get them to buy into the ABC. So far, two schools have already agreed for sessions in the fall, with more in the works. As schools continue to schedule ABC sessions, the volunteer pool will grow, and with it the professionalism of the county youth.