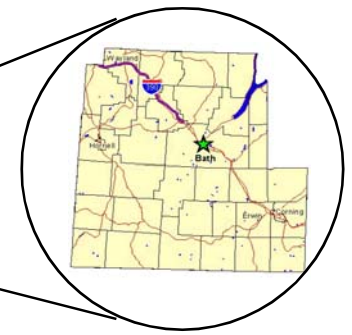




Cornell University
Cooperative Extension
Steuben County

Steuben Spotlight



*Building Strong and Vibrant
New York Communities*

March/April 2005

Volume 3, Issue 2

CCE educators gear up for Nat'l Nutrition Month

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March is National Nutrition Month, a nutrition education and information campaign sponsored annually by the American Diabetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits, body condition score and much more.



The Steuben County Cooperative Extension nutrition team moves into high gear at this time of year. Look inside this issue to learn how their efforts are impacting local schools

(page 2) and to meet one of their tireless educators (page 3).

The entire team will be attending the annual nutrition conference in the state capital later in March. The New York State Food Stamp Nutrition Education Program (FSNEP) and Expanded Food And Nutrition Program (EFNEP) sponsor the conference for nutrition educators. The workshops cover a variety of nutritional concerns to help the CCE educators do a better job teaching, to bring



This billboard on Route 54 encourages the public to learn more about healthy nutrition.

them up to date on current issues and to gather new teaching methods and ideas.

The 2005 conference theme centers around Exercise and Nutrition—A Winning Combination. The conference guest speaker will highlight Obesity Prevention and Control and provide a Fighting Hunger Update.

CCE-Steuben, along with each county nutrition program, will have space for a display featuring hands-on teaching successes from their area. Loree Symonds, CCE-Steuben Nutrition Educator, says one of the major benefits of the conference comes from bringing back the ideas gathered from the many displays.

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Mission

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

CCE team puts fun into their work



Jon Sterlace, nutrition educator, finds creative ways to promote good nutrition habits to his students. Recently he dipped cooked lima beans in chocolate (see photo at left) to encourage eating snacks that are low-fat, low-cost and include fiber and protein. Jon said his students couldn't guess what the treat was made from. The nutrition team provides hands-on activities in afterschool programs around the county, promotes milk consumption for healthier hearts to high school students, and teaches cooking skills to seniors and developmentally challenged classes. They also combine nutrition with financial management education for young parents.



Empower New York energy/financial program begins in Steuben County

In 2003 the New York Public Service Commission ruled that the low income program offered to utility customers should become one unified program across the state administered by the New York State Energy Research and Development Authority (NYSERDA). This new effort, Empower New York, began in 2004.

The program is intended to assist low and limited income New York residents in the 54 upstate New York counties served by Niagara Mohawk and New York State Electric and Gas (NYSEG) in reducing their energy costs by providing energy efficiency measures, energy use management education, and financial management education. The program was developed by NYSERDA in cooperation with NYSEG and Niagara Mohawk under the direction of the New York State Public Service Commission.

Cornell Cooperative Extension has been contracted to develop



Money Isn't All You're Saving

and implement the energy use management and financial management education components of the program throughout the state. In Steuben County, workshops have already begun. While targeted for Empower New York participants, they are also open to the general public.

Energy workshops were offered in Corning and Wayland in late February and early March as well as a financial workshop in Wayland in March.

Upcoming workshops will take place as follows:

Energy	March 28	2-4 p.m.	Hornell Senior Center
Financial	March 28	6-8 p.m.	Hornell Senior Center
Financial	March 11	10-12 p.m.	Corning Library

For more information on the Empower New York program or the Steuben workshops, contact Nancy Reigelsperger at 664-2300.

Cornell offers summer professional development for K-12 teachers

Since its inception in 1990, the Cornell Institute for Biology Teachers has been offering high quality professional development to teachers throughout New York State and beyond. CIBT provides unique learning opportunities for elementary through high school biology and science teachers.

In the summer of 2005, CIBT will conduct two ten-day workshops covering a spectrum of science topics. Funded by a grant from the Howard Hughes Medical Institute with support from Cornell University they strive to update K-12 teachers on recent advances in biology. These sessions provide participants with

take home lab exercises and activities designed to meet New York State Learning Standards and the time and budgetary constraints of a typical school. They develop a continuing relationship between Cornell University faculty and participating teachers and prepare teachers to present workshops to their colleagues.

July 6-15 CIBT will offer Science for Elementary and Middle School Teachers and July 20-29 Molecular Biology for High School Teachers. For more information and application, contact CIBT at Cornell University, 169 Biotechnology Building, Ithaca, NY 14853 before March 25.

CCE-Steuben is affecting the community outlook on childhood obesity

Lisa Zema, Hammondsport Central School Cafeteria Manager, took some nutrition statistics she picked up at a Cornell Cooperative Extension seminar and turned them into action for local Steuben County children. She writes:

At a recent seminar I attended these shocking statistics really got my attention; 59% of adults are overweight and 15% of children, age 6-19 years, are overweight and still another 15% are obese. The percentage of children who are overweight or obese has doubled since 1970. If this trend continues, 1 in 3 children will become diabetic. Certainly we have a growing problem on our hands and stomachs, but all is not lost. There is much we can do to make this just a dimple in history.

Parents, children learn by example. Make sure that you are setting a good one nutritionally. In today's world making healthy food choices takes care and consideration. We are bombarded with fast and convenient options for eating that may not always provide the best nutrition for our families. Provide your families with healthy meals that take into consideration the basic four food groups.

Teach your children how to make smart choices at fast food restaurants. Super sizing and larger portions have warped our sense of realistic food portion size. So much so, that if the portions aren't huge we feel cheated.

Limit the consumption of whole milk and sugary drinks and sodas. Replace whole milk with a lower fat option (1% or fat free milk). Consider switching from sugary drinks and sodas to water or sugar free beverages and sodas. Think about the snacks you provide. Are you providing fresh fruits and vegetables that are ready to munch on, instead of cookies and chips?

What we eat is very important to our health goals, but we haven't discussed another very important aspect to our overall health. Exercise is crucial to our well-being. Much has changed since the 1970's, especially how our children entertain themselves. Television as a babysitter, video and computer games as the childhood activity of choice. We all need daily exercise over and above our normal daily activities. Exercise as a family; taking walks and riding bikes.

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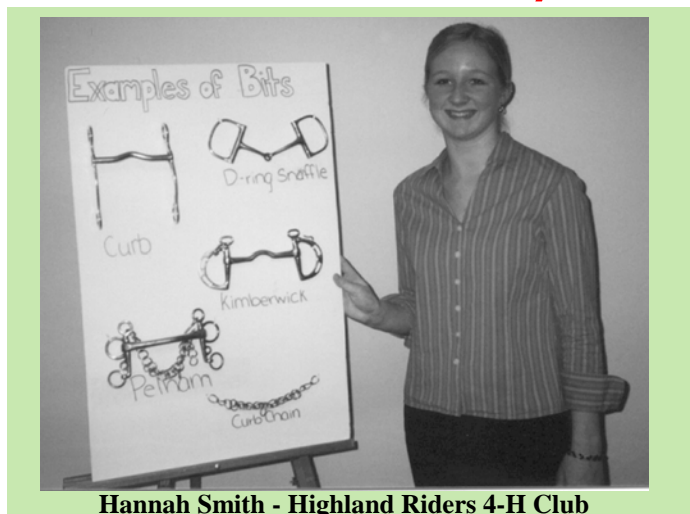
4-H Public presentations provide lifetime skills for Steuben youth

There were 125 Steuben County 4-H members who participated in the 2005 county-wide public presentation program. To succeed in life, one must be able to communicate effectively. Provided with opportunities to practice one's speaking skills, we learn how to make ourselves heard as well as defend our aspirations and beliefs. Throughout its history, 4-H programs have provided these opportunities for youth, particularly through its innovative Public Presentation Program.

Committed and enthusiastic about their involvement in this program, youth work alongside volunteer leaders, and with help from parents, prepare for their chance to speak and be evaluated by volunteer judges. They develop their own ideas on topics to present and work out a plan to include all the parts of a presentation (introduction, body, summary).



4-H youth make public speaking look easy! Helping youth gain confidence, self-esteem, and speaking skills, as well as providing opportunities for youth to share their knowledge and skills with others, stimulates further learning. What better way to



Hannah Smith - Highland Riders 4-H Club

prepare youth for the future and the work world? The presentations were from three – 15 minutes in length. The presentation categories included: Demonstration, Illustrated Talk, Team Presentations, Public Speaking, Impromptu, and Dramatic Interpretation.

Annual crop symposium connects local farmers to Cornell research

Cornell Cooperative Extension hosted their annual Crop Symposium on Tuesday, February 22, 2005 at the Tally-Ho Restaurant in Kanona. Topics included **Pesticide Laws and Regulations** by Ed Hanback with NYS-DEC, **Best Forage Varieties for Integrated Crop Management** by Julie Hansen, Department of Plant Breeding and Genetics at Cornell, **New Field Crop Disease Challenges** by Gary Bergstrom, Department of Plant Pathology at Cornell, and **Stretch Your Fertilizer Dollar** by Quirine Ketterings, Department of Crop and Soil Sciences at Cornell.

Over 75 area farmers attended the popular program and garnered the latest on field crop production technology. They also received the three NYS-DEC pesticide re-certification credits needed to maintain their NYS private applicator's pesticide cer-

tification. Dairy farming is a multi-million dollar industry in Steuben County. Dairy farmers contribute greatly to the area economy by paying property taxes on large tracts of land, buying farm supplies at local dealers, and putting many people to work.

CCE plays a unique role in helping farmers keep up to date on the latest agricultural technology by connecting the rural entrepreneurs with practical, applied research conducted at Cornell University. Current research on field crop production issues is the highlight of the annual event, this year covering the latest forage varieties, important diseases that infect field crops and how to control them, and strategies that farmers can use to lower their fertilizer expenses.

Meet the hands behind the Cooperative Extension sign in Steuben

Pat Lamphier is an integral part of the Nutrition Education team at CCE-Steuben. Co-worker Jon Sterlace says where he is the "flash", Pat is the "substance" as well as the communicator and connector for the team.

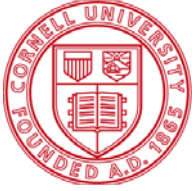
Pat hails from a dairy family and was a Dairy Princess runner up in her youth. She earned a human service degree from Corning Community College and applied it by directing activities for an adult day care center and doing clothing alterations. Then she landed a nutrition services position with the Steuben/Allegheny WIC program. She enjoyed talking one on one with young mothers and working with families in need to locate helpful resources.

The jump to Cooperative Extension was easy since CCE then

oversaw the WIC program. Pat met Loree Symonds, CCE Nutrition Educator, at a clinic, and her future was sealed.



Pat loves being a nutrition educator, working with people to adapt their behavioral skills. "The variety at CCE is so extraordinary," she says. "To be able to make a difference in the lower income families in a big county where the resources are so high is great. I enjoy being able to work from the young to the old." She says the nutrition component at Cooperative Extension has grown. "We have a lot to offer the community if they're more aware. We're getting a lot of good comments about Farmer's Market."



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Building Strong and Vibrant New York Communities

Cornell Cooperative Extension provides equal program and employment opportunities. NYS College of Agriculture and Life Sciences, NYS College of Human Ecology, and NYS College of Veterinary Medicine at Cornell University, Cooperative Extension associations, county governing bodies, and U.S. Department of Agriculture, cooperating.

WE'RE ON THE WEB!
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Kerri S. Bartlett, Dairy and Livestock
James W. Grace, Farm Business Management
Kimberly S. Randall, 4-H Youth Development
Nancy M. Reigelsperger, Financial Educator
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Jonathan Sterlace, Nutrition Program Educator
Laura C. Mullen, 4-H Program Assistant
Cindy L. Loucks, 4-H Program Assistant

Thomas N. Tomsa, Jr.

Thomas N. Tomsa, Jr., Executive Director

Cooperative Extension is teaching Steuben County healthier habits

Continued from Page 2)

Most children don't need to go on a structured diet; they just need to learn to eat healthfully.

Here at the Hammondsport Central School cafeteria we are doing our part to improve the nutrition of our children. A few years ago we started by taking the deep fat fryers out of the kitchen. We offer no deep fat fried foods. That was only a first step. On the daily menu we offer two very low fat entrée options; the salad bar or an 8 oz low fat fruited yogurt with large warm soft pretzel for lunch. All dressings used on the salad bar and in recipes are low fat. There are always fresh NYS apples and oranges available at lunch time. Recipes are reviewed for nutrient content and modified to decrease fat; some have been

reduced by 50 to 100%. This year we have begun using only fat free milk in all recipes. We have switched to whole wheat bread. Our milk choices are fat free, 1%, 1% chocolate or 1% strawberry. We have increased the 100% juice choices in the vending machines. We will continue to review our service and the products we provide and modify them to meet the needs of our customers.

We are very interested in the health and well-being of our students and staff. We are currently working with the Steuben County Public Health and Nursing Service on a "Fit-n-Fun" program we will be using to help educate our students on many of the things discussed in this article. We want to be part of the solution and will continue to work toward that end.



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