

# MONTHLY PUBLICITY

JANUARY & FEBRUARY 2020

Livingston County News

Genesee Country Express

Country Folks

Genesee Sun

The Leader - Corning

# LIVINGSTON COUNTY NEWS

4-H

## Youths create holiday cards for troops

### SPECIAL TO THE LCN

Twenty-seven Livingston County 4-H members created dozens of holiday cards during a recent 4-H Activity Night workshop.

The cards were given to Cynthia "Mama Cindy" Strasburg, a local volunteer who ships care packages to servicemen and women. Altogether, 80 cards were made and signed during two 4-H Activity Night workshops.

4-H Activity Nights are monthly get-togethers open to all enrolled 4-H members. Topics vary each month and give 4-H members an opportunity to try something new, meet other 4-H families, and make new friends.

Each year, 4-H Educator Renee Hopkins tries to include at least one community service project in the monthly activity nights. She used a previous community service project done by the Scottsburg Highlanders 4-H Club as inspiration for this year's activity.

The response from 4-H families was fantastic, Hopkins said. "Once the groups got started, they didn't stop for the next hour," she said.

The handmade Christmas Cards were added to packages being shipped to K-9 Units stationed in Qatar, Kuwait, Africa and Afghanistan. The



Cornell Cooperative Extension of Livingston County Photograph

**Making holidays happy.** Cheyenne Lubberts holds the Christmas card she created during a 4-H activity night. The card would later be sent to a soldier serving overseas.

K-9s received dog biscuits – chocolate candy – 266 pieces – 184 were sent – and rope toys while their handlers received a 114 shipped. "It was a wonderfully ful-

filling kick off to the holiday season and offered us all time to reflect on the many ways we are grateful for our freedom and safety," Hopkins said.

Strasburg said the cards, treats and packages would put smiles on many soldiers' faces during the Christmas season.

Strasburg sent her first care package in 2005. Since then, she's sent more than 50,000 pounds of supplies in nearly 10,000 distinct packages to thousands of troops – she stopped counting after 8,000 – stationed at numerous overseas bases.

Currently, she takes care of units stationed in Korea, Afghanistan, Kuwait, Djibouti and Qatar. She regularly sends packages to four K-9 units.

She has, as of Dec. 1, shipped 9,413 care packages and 4,384 "Diddy Boxes" to troops stationed in Iraq, Afghanistan, Korea, Japan, Africa, Cuba, Kuwait, Qatar, Germany, Turkey, Italy, China, Egypt, United Arab Emirates, Bahrain, Romania and Saudi Arabia.

For more information about Mama Cindy's efforts, visit her website, <http://www.mamacindy.freeseverson.com/>.

For information about the Livingston County 4-H Program, visit [www.cce-livingstoncounty.org](http://www.cce-livingstoncounty.org) or call the CCE Livingston County office at (585) 991-5420 or (585) 335-1752.

## Bike rodeos educate youth about safety

### SPECIAL TO THE LCN

The Cornell Cooperative Extension of Livingston County Traffic Safety Education Program conducted 13 bicycle rodeo events during the summer in an effort to educate local youth about the importance of bike and helmet safety.

Events took place at summer recreation and daycare programs throughout Livingston County, with more than 700 youth participating. The interactive programs were made possible with assistance from local law enforcement agencies including the Avon, Caledonia, Dansville, Geneseo, and Nunda Police departments and the Livingston County Sheriff's Office.

Each bicycle rodeo event consists of education regarding the importance of wearing a helmet, how to inspect the helmet and bicycle before each ride, and rules for safely sharing the roadways with motorists and pedestrians, including identifying and following road signs and proper use of hand signals. The events also offer an opportunity for children to test their operational skills while riding through

an obstacle course.

Children who needed a helmet were provided a new, properly-fitted helmet, purchased with grant funding from the New York State Governor's Traffic Safety Committee. This year, the Traffic Safety Program also received a \$750 donation from the Arc of Livingston-Wyoming Foundation toward the purchase of additional helmets. Overall, more than 550 bicycle helmets were distributed.

"These bicycle rodeos provide an opportunity to protect and empower youth by providing education regarding how they can keep themselves safer simply by wearing a helmet while riding their bike," said Traffic Safety Educator Jaime Johnson.

In New York State, all children younger than 14 years old are required, by law, to wear a safety certified bicycle helmet when they are operators or passengers on bicycles.

For more information about the Cornell Cooperative Extension Traffic Safety Education Program, contact Johnson at (585) 991-5420 or (585) 335-1752.



Cornell Cooperative Extension of Livingston County Photograph

**Rules of the road.** Children participate in a bike safety rodeo in Dansville that was presented by Cornell Cooperative Extension of Livingston County.

# LIVINGSTON COUNTY NEWS

## 4-H exchange hosts Minnesota youth

**SPECIAL TO THE LCN**  
Nine members from the Livingston County 4-H Teen Council hosted members of the Kittson County, Minnesota 4-H Program as part of a week-long teen exchange.

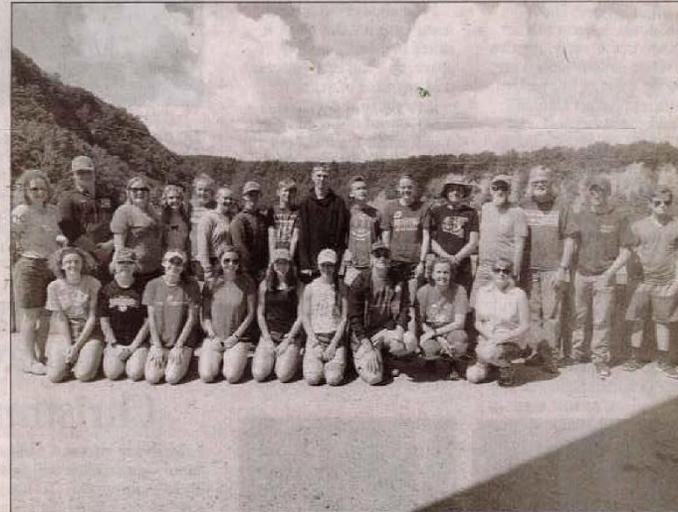
Members of the Kittson County 4-H Program were each paired with a Livingston County 4-Her, staying with their family for the duration of the trip.

"Teen Exchange allows youth to experience different parts of the country, including customs, culture, and geography... as well as establish relationships that can last throughout life," said 4-H Educator Renee Hopkins.

While in New York, the group explored many unique Western New York destinations and activities. Some favorites included glass making at Corning Museum of Glass, hiking and swimming at Stony Brook State Park, playing 19th century base ball at the Genesee Country Village & Museum, and a kayak adventure on the historic Erie Canal complete with a trip through Lock 32.

For many of the youth and chaperones, a day trip to Niagara Falls was the highlight of the week. The visit included a ride on the Maid of Mist and a walk through the Cave of the Winds.

The week was busy from start to finish and also included outings to Mount Morris Dam, A&A Maple Farm, Hidden Valley Animal Adventure, the



Cornell Cooperative Extension of Livingston County Photograph

**Summer outing.** The week-long 4-H Teen Exchange was busy from start to finish and included outings to Mount Morris Dam.

Attica Rodeo, Minnehan's Fun Center, and Six Flags Darien Lake.

This is the second part of the exchange trip. Last year, Livingston County 4-H Teen Council members travelled to Minnesota. The group visited Canada, Lower Fort Garry, and Winnipeg. They also went on a fishing excursion on Lake of the Woods, which is considered the walleye capital of the world. Other activities included a visit to Itasca State Park, headwaters of the Mississippi,

a tour of U.S. Customs & Border Protection, and a stop at Fun Mountain.

Next year, the Livingston County 4-H Program will be forming a new exchange group and choosing an area of the country to explore together.

To learn more about the Livingston County 4-H Program or Teen Council, contact Renee Hopkins at (585) 991-5420 or (585) 335-1752, or visit the CCE Livingston County website at [www.ccelivingston-county.org](http://www.ccelivingston-county.org).

Teen Exchange allows youth to experience different parts of the country, including customs, culture and geography ...

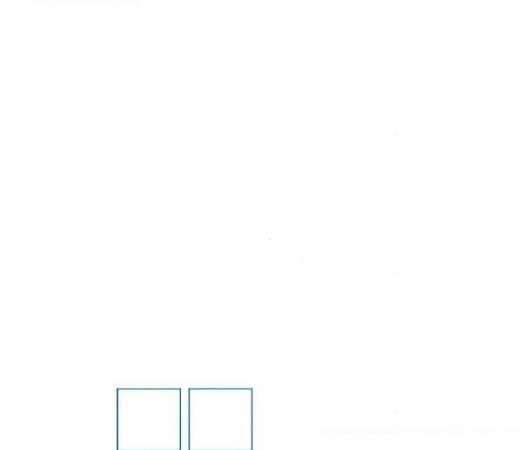
**RENEE HOPKINS**  
4-H educator

# LIVINGSTON COUNTY NEWS

## Livingston County 4-Hers create holiday cards for troops

SPECIAL TO THE LCN  
PUBLISHED: SUNDAY, DECEMBER 29, 2019 AT 4:45 AM

PREV Item 1 of 3 NEXT



Cornell Cooperative Extension of Livingston County Photograph  
Cheyenne Lubberts holds the Christmas card she created during a 4-H activity night that would later be sent to a soldier serving overseas.

ATI Like 0 Share Tweet

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The response from 4-H families was fantastic, Hopkins said.

"Once the groups got started, they didn't stop for the next hour," she said.

The handmade Christmas Cards were added to packages being shipped to K-9 Units stationed in Qatar, Kuwait, Africa and Afghanistan. The K-9s received dog biscuits - 184 were sent - and rope toys while their handlers received a Christmas card, hot chocolate, chocolate candy - 266 pieces were sent - and candy canes - 114 shipped.

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## Car seat check planned in Livonia

PUBLISHED: MONDAY, JANUARY 27, 2020 AT 12:30 AM

ATI Like 0 Share Tweet

Cornell Cooperative Extension of Livingston County will host monthly car seat checks across Livingston County in the new year. The next check is scheduled from 10 a.m. to 1 p.m. Feb. 15 at Livonia Fire Department, 4213 South Livonia Rd., Livonia. The checks provide information and guidance about proper installation of seats.

# LCN – MASTER GARDENER COLUMN

A6 Thursday, December 19, 2019

## Home & Garden

### Winter brings on waiting season for the gardener

MASTER GARDENER



**JULIE BROCKLEHURST-WOODS**

This is the season of waiting. Waiting for Santa, waiting for warmer weather, waiting for the Christ Child. Can I stuff myself with cookies today? No, I will wait until our next social event to indulge. Waiting to give and receive holiday gifts. Waiting for the first new growth on my plants. Waiting to plant the first seeds for the upcoming year.

Thoughts on gardening do take a back seat this time of year, but the upcoming year is always filled with hope and plans, the reward for that waiting. These thoughts never completely leave me, even in this season of shopping, cookies and celebrations.

On a recent morning, I ventured out in a gentle rain. My last and first plant to bloom in my garden is the hellebore. The ones that bloom at this time of year are commonly called Christmas Roses (*helleborus niger*); the ones that bloom in early spring are known as Lenten roses (*helleborus orientalis*).

The first Christmas Rose I checked showed no new growth; the center crown had become covered with too many leaves. I removed the leaves, hoping I will discover



**Welcome surprise.** Winter pansies bloom in a planter near "Master Gardener" columnist Julie Brocklehurst-Woods's front sidewalk.

**The gardener's soul is restless, but also understands the rewards of patience.**

some soul-satisfying growth during the next thaw. But the second plant I checked made my gardening soul sing: new buds! They might even open during this thaw!

And so it goes. This gardener's soul is restless, but also understands the rewards of patience.

If one rushes through life,

sharing that patience with others: giving a packet of seeds, along with an offer of assistance and/or guidance to enable success with those seeds and plants; giving a plant well-suited the environment where it will be grown. Realistic advice can also be a gift: many plants grown in greenhouses often don't do well in the drier and dimmer environment of our homes. A gift of this type of plant may include this advice to the recipients: "this plant will only look nice for a couple of months; you may well want to get rid of it after that." People who are less familiar with plants can too easily become discouraged when flowering plants fail to thrive indoors.

Gifts of foliage plant such as Aglaonema (Chinese Evergreen) will enable much greater success in most home environments. The most familiar form is green and white, but I am enjoying newer varieties that include pink and red tones in the foliage. People too often buy plants based on their attractive appearance in the store, without taking the time to research what it will need in its new home.

Meanwhile, my gardens again rewarded my hope with two flowering winter pansies. This annual plant is put in the ground in fall, flowering sporadically when there is a thaw.

Julie Brocklehurst-Woods has been a Master Gardener Volunteer with Cornell Cooperative Extension of Livingston County since 2002. She enjoys helping all gardeners, especially helping people identify tools and strategies to prioritize and simplify their gardening tasks. She will answer gardening questions by email: JulieBW48@gmail.com.

## Home and Garden

### New year, brings new adventure

To celebrate the arrival of the New Year, I took advantage of the more moderate weather to participate in a short First Day Hike at Letchworth State Park.

Many of our state parks have been sponsoring these hikes in recent years. Events were also held along the Genesee Valley Greenway. The First Day hikes are a great alternative to shuffling around the house after perhaps an evening of over-indulgence.

A couple of months ago I learned that the path had been cleared for the Autism Nature Trail, behind the new Humphrey Nature Center in Letchworth State Park. Given my professional background in occupational therapy, it shouldn't surprise anyone that I have been peripherally involved with this project.

A large ant sculpture marks the entrance to this trail. It was created from discarded farm equipment by two welding students from Wayland Cohocton Central School who were studying in Olie Olson's in the Metal Trades program at the Genesee Valley Educational Partnership's May Center in Mount Morris. The sculpture is an interactive piece, with a seat that moves up and down, and it produces various sounds when used as a percussion instrument.

The trail was an easy walk, about a mile and fairly level. The last time I had walked this area, with the landscape architects and a large advisory committee, designs were only on paper. It was a thrill to see the laminated signs describing each of the planned features. My dog enjoyed greeting other people, and sniffing woodland scents.

This trail, in a public park, will be open to all park visitors. The features will be enjoyed by people of all ages and abilities, though designed

MASTER GARDENER



**JULIE BROCKLEHURST-WOODS**

to particularly interest people with Autism Spectrum Disorder.

Natural materials and experiences will be available at stations. A focus on sensory materials, simple musical instruments, climbing and running, and exploring are some of the themes.

Construction on the paths and features will begin this year. More information and a donations link can be found at [autisminaturetrail.com](http://autisminaturetrail.com).

While at the nature center, I was able to pick up the winter issue of *The Genesee Naturalist*, including schedules of activities planned this winter, both indoors and out. I always feel that I don't visit this park nearly often enough. Last winter I think I didn't make it at all, because I was dealing with a health issue.

#### Winter activities

The schedule includes many outdoor opportunities at three levels of difficulty, and two educational levels (introductory and secondary). Indoor nature talks occur regularly on Sunday afternoons at 1 p.m. through Feb. 23. For more information, call (585) 493-3600 or go to <https://parks.ny.gov/parks/79/details.aspx>.

Additional talks which have a more historical focus will again occur at the Mount Morris Dam and Recreation Area Visitor's Center, 6103 Visitor Center Road off of Route 408 between Mount



Julie Brocklehurst-Woods/Special to The LCN

**Trail marker.** This ant sculpture, which was covered in snow for the "First Day" hike on Jan. 1, marks the entrance path of the Autism Nature Trail behind the Humphrey Nature Center in Letchworth State Park.

Morris and Nunda. The talks are scheduled for 1 p.m. Saturdays beginning Feb. 15 and will continue through April 11. For more information, call (585) 658-4790 or go to <https://www.lrb.usace.army.mil/Missions/Recreation/Mount-Morris-Dam/>.

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# LCN – MASTER GARDENER COLUMN

## Home & Garden

### Debunking a myth about black walnut trees Or, the reason why growing plants under them is so difficult

It is difficult to grow plants under black walnut trees, many people know this. Science-based sources including Cooperative Extension for years have blamed a toxic substance called jugalone, emitted from these tree roots.

However, a recent literature review by horticulture professor Dr. Linda Chalker-Scott at Washington State has determined that this substance isn't really the culprit.

Knowledgeable people are now returning to this 100-year-old conclusion: it can be difficult to grow many plants near or under black walnut trees due to their dense shade and extensive root system, which absorbs much of the available water. The current problem is, the myths about walnut toxicity have been very widespread, and amplified in the repeated telling. It will take a long time before this myth, included in many reliable publications, will be replaced with current knowledge.

In her recent paper, she shares the story about how this myth survived for so long. Research long ago determined that walnut roots emit this substance which is toxic to many plants. What wasn't given consideration is the more recent realization that soil can only transport jugalone very short distances. In addition, the conclusions about toxicity were all based on laboratory conditions, not natural conditions outdoors.

Allelopathy is the chemical process where plants attack other plants, the process that applies to black walnut trees. In her paper, Dr. Chalker-Scott mentions that most existing allelopathy research has been conducted in the laboratory, not natural condi-

MASTER GARDENER



**JULIE BROCKLEHURST-WOODS**

tions. It appears that the lab findings were used to support theories about observations in nature. The concept of considering soil conditions when studying allelopathy wasn't integrated until 1974.

Our understanding of the truth about many gardening issues can be difficult to pinpoint at times. Also, research findings may change over time as more evidence emerges through repeated research, and focusing on specific variables.

In any case, Dr. Chalker-Scott does have recommendations for growing plants under black walnut trees, which I have blended with my own experience.

Supplemental water will likely be necessary under these trees. Less dense plantings will require less irrigation.

Wood chips and old leaves from walnut trees contain no jugalone. They may be used as mulch under black walnuts and elsewhere.

Use shade-loving plants under these trees. Plants and bulbs that bloom in spring, when there is ample soil moisture, will be most



Missouri Botanical Garden Photograph

**The nuts of black walnut trees do support wildlife, but they are not popular with gardeners.**

successful. These trees leaf out later in spring, providing some sun for early plants.

She suggests that black walnut trees are worthy of inclusion in your yard. While the nuts do support wildlife, they aren't my favorite. The squirrels plant those nuts far too often in my garden. The weedy sprouts need to be dug out with a shovel; if you just break the top off, they grow back. The husks stain your hands and clothes when you pick them up; they are too heavy to rake. The nuts are tasty, but it takes serious effort to remove the shells.

To read Dr. Chalker-Scott's paper, use search terms "WSU allelopathy Linda Chalker-Scott."

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Missouri Botanical Garden Photograph

**Dense shade.** It can be difficult to grow many plants near or under black walnut trees due to their dense shade and extensive root system, which absorbs much of the available water.

# GENESEE COUNTRY EXPRESS

## Free child car seat inspection Jan. 18 in Springwater

Staff reports

SPRINGWATER — The New York State Department of Motor Vehicles (DMV) and the Governor's Traffic Safety Committee (GTSC) announced that free car seat inspections are available to parents and caregivers during the month of January throughout the state.

As part of a yearlong safety initiative, state and local law enforcement agencies, together with various community safety partners, are offering free inspections by certified child passenger safety technicians.

Locally, the nearest event is scheduled for Jan. 18 at the Springwater Fire

Department located at 8145 South Main Street, Springwater, NY 14560.

The event will run from 10 a.m. to 1 p.m. It is hosted by Cornell Cooperative Extension of Livingston County. Contact Jaime Johnson at (585) 991-5420 for more info.

DMV Commissioner and GTSC Chair Mark J.F. Schroeder said, "I encourage parents and caregivers to take this opportunity to ensure that their child's car seat is checked and properly installed. These free inspections are an easy but important step in protecting children year-round."

These events aim to ensure all parents and caregivers understand how to

choose an appropriate seat for the child's age and size and how to install the seat correctly. Trained technicians will use the model of "Learn, Practice, and Explain" to educate caregivers on how to select a child restraint that will fit their child, fit their vehicle and be used correctly every time.

Getting safety information and car seat instructions to parents and caregivers is crucial to saving young lives. According to the National Highway Traffic Safety Administration (NHTSA), child safety seats reduce the risk of fatal injury by 71 percent for infants and by 54 percent for toddlers in passenger vehicles.

# COUNTRY FOLKS

September 30, 2019 • A17

## **Livingston County 4-H seeking new members & volunteers**

The Livingston County 4-H Program is holding an Open House on Oct. 17 in an effort to introduce the program to prospective members and volunteers. The event will be held from 7-8 p.m. at the Livingston County Auditorium on Murray Hill Drive, Mt. Morris.

During the event, 4-H educators and current volunteers will explain how to join 4-H, start a club, become a volunteer, and more. Those in attendance will also learn how to participate in the following program areas: teen programming, home arts, outdoor education, public speaking, small animals, large animals, horses, and the Hemlock and New York State Fairs.

4-H is open to all youth (age 5-18) who want to have fun and learn new skills. Youth who participate in 4-H find a supportive environment and opportunities for hands-on "experiential learning" in their areas of interest.

4-H Youth Development in New York State is a leader in enabling youth to develop the knowledge, skills, attitudes, and abilities to become productive citizens and is a catalyst for positive change.

There are two ways for youth to participate in 4-H - as a member of a community club or an independent member. Clubs

consists of five or more 4-H members who meet regularly to explore common interests. Youth become independent members when a club does not exist in their area or they have specific interests. Thus, the parent/guardian serves as the main resource for the member.

Adults are an important part of 4-H, primarily as volunteers who guide youth through hands-on learning experiences. Adults do not need to be educators or experts in a specific field. They simply should enjoy working with youth and have a sincere interest in their growth and development. Much of the success of the 4-H Program depends on the involvement of volunteers.

During the 2018-2019 4-H Program Year, 320 youth members and 111 community volunteers participated in the program.

The Open House is free and open to the public. If you are interested in attending, please RSVP by calling the CCE Livingston County office at 585.991.5420 or 585.335.1752. More information about the Livingston County 4-H Program can be found at [www.ccelivingstoncounty.org](http://www.ccelivingstoncounty.org). New members must enroll in the program before March 31, 2020.

# GENESEE SUN

## Ag In The Classroom Seeking Volunteers For Ag Literacy Celebration

BY SUN STAFF

### Cornell Cooperative Extension Livingston County

AG IN THE CLASSROOM  
SEEKING VOLUNTEERS  
FOR AG LITERACY  
CELEBRATION The  
Cornell Cooperative

Extension of Livingston County Ag in the Classroom (AITC) Program is seeking volunteers to help celebrate Ag Literacy Week in Elementary Schools across the county. Ag Literacy Week, which takes place annually across New York State, is scheduled for March 16-20, 2020. Each year, volunteers read the featured book to Elementary School students and engage ... [\[Read more...\]](#)

# THE LEADER - CORNING

## The LEADER

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### Local students tour Mulligan Farms

**By Staff reports**

Posted Jul 11, 2019 at 1:51 AM

Updated Jul 11, 2019 at 1:51 AM

AVON — The Cornell Cooperative Extension of Livingston County Ag in the Classroom Program partnered with Mulligan Farms in Avon to hold tours for Kindergarten and 8th Grade students.

Overall, more than 100 eighth grade students from Dansville and 300 Kindergarten students from the Avon, Keshequa, Livonia, Mount Morris, and Wayland school districts participated in the event. Twenty Environmental Science students from Avon High School also toured the facilities.

CCE Livingston County's Ag in the Classroom Program holds tours annually in an effort to educate students on the agricultural industry, animal agriculture and the science, technology and decision making processes involved on the farm. Tours are tailored specifically to meet the needs of each grade level.

The Mulligan family has been a supporter of the Ag in the Classroom program - recognizing the importance of agriculture education. As a result, their farm seemed like the perfect location for this year's program.

The high school students heard from the team of professionals that care for the animals and land at Mulligan Farms. Ultimately, they learned how the professionals are versed in the latest science and technology, as is the farmer.

"Agriculture as an industry is evolving so quickly that it takes a team of specialized agricultural professionals to help our farms attain their goals," said Ag in the Classroom Educator Bernadette Harwood. "It also enables students to learn about the various agricultural careers and how they serve the agricultural community."

Harwood added, "The kindergarten tours allowed our youngest community members to interact with farm animals, machinery and crops. Our team created mini lessons around the farm, from a tractor tour, to a lesson on the plant parts

we eat and the different products we get from animals."

The wagon ride and time to interact with the calves were a hit. Avon CSD teacher Kristen Vetrano said, "We look forward to making this one of our yearly trips and can't wait to return next year!"

Emilie Mulligan said, "We had a great few days welcoming students to our farm! With the help of great volunteers and well thought out lessons for the students to learn, we hope they took at least one new exciting piece of knowledge home with them. The excitement and genuine curiosity that the students and even their teachers and chaperones showed through their great questions made it fun for us to share all about dairy farming and why we love what we do."

Special thanks to the following presenters for high school tours: Dave Shuts and Joe Murphy - DeLaval, Maddie Simmons - Upstate Niagara Cooperative, Erich Estes - Cargill, Brian Bliss - Lamb & Webster, Art Graves - Dow Agrosiences, Jessica Dueppengieser - ACS, Claire Mulligan - ABS Global, and Dr. Tom Wakefield - Perry Veterinary Clinic. Galit Poole - Standard Dairy Consultants, Mike Howlett - Howlett Farms, and Kirsty Northrop - Lawnel Farms also served as presenters for the Kindergarten tours.

Mulligan Farms will be hosting Farm Fest on Sept. 14, providing another opportunity to educate the community about the agriculture industry.

To learn more about the Cornell Cooperative Extension Ag in the Classroom Program, contact Bernadette Harwood at 585-991-5420 | 585-335-1752 or [beh53@cornell.edu](mailto:beh53@cornell.edu).