EXTENSION EXPRESS

The newsletter for Cornell Cooperative Extension of Chenango County

• December • Volume 12 • Issue 5



INSIDE:

PG 2: CROPPING ACTIVITIES

PG 3: HOUSE PLANT CARE

PG 4: HEATING WITH WOOD

PG 5: COOPERATIVE EXTENSION EVENTS

PG 6-7: 4-H EVENTS

PG 8-9: ACHIEVEMENT
DAY AWARDS

PG 11: THANK YOUS





Cornell University Cooperative Extension Chenango County

The Farming Year Wraps Up: Some Cropping Activities to Consider

Rich Taber is Grazing, Forestry, and Ag Economic Development Specialist with CCE Chenango and can be reached at 607-334-5841 ext. 21 or email: rbt44@cornell.edu.

The year of 2015 was certainly a roller coaster year as far as weather patterns went. The springtime started out a little dry, and then was followed by a torrentially wet early summer. The incessant rains made getting crops planted and hay harvested in a timely manner all but impossible. Then we rolled into a long dry spell that lasted well into the autumn. However, this is the nature of farming; we roll with the punches and drive on. We cannot control nature, but we can take some initiative to make the next year smoother and more profitable. As 2015 draws to a close and winter looms upon us, perhaps we should consider some of the following activities to make the next trip around the sun more profitable.

- It's always a good idea to have current soil tests on hand. You do not need to sample every field or pasture every single year, but at least every third year should be sufficient. A good test will show what your fields need in the way of nutrients to support the desired crops. Not only that, a soil test will show you your field acidity level, which can be corrected with lime. Nutrients will not be available to plants if the soil acidity levels are too low. Typically most grasses need at least a pH of 6.2, and the more legumes you have in your swards the higher the pH level needs to be, up in the mid 6's. A soil test typically costs about \$20; a Cornell Soil Health test costs more but can give you a complete "snapshot" on your soils' health and condition.
- Autumn is a good time to add lime to the soil; your crop vendor will be happy to spread lime
 on your fields at this time of year rather than during the busy and oftentimes wet spring rush.
 Lime also takes several months to react chemically in the soil. Spreading as far in advance of the
 next cropping cycle gives the calcium and magnesium ions in the lime lots of time to displace
 the crop robbing acids.
- Shopping around for the best deal on lime is critical. Unfortunately, all lime is not created equal. When your soil test results come back, they tell you how many tons of 100% Effective Neutralizing Value lime is needed. Lime that is available for purchase in Upstate New York can have an ENV value as low as 50% and as high as 95%, and typically costs \$50-60 a ton to spread, regardless of the analysis. If the soil test shows that you need 4 tons of lime to the acre, then you divide 4 by the ENV percentage of the lime from your vendor. If the lime is only 70% ENV, then you divide 4 by .7, resulting in you having to purchase 5.7 tons of lime per acre. Shop around, and remember, ALL LIME IS NOT CREATED EQUAL!
- Look at your pasture and hayfield stands. Perhaps there are not as many legumes present as you would like. Adding some clovers or other legumes next spring to your fields would pull in that nitrogen from the air for free, and which is very expensive to purchase. Air is 78% nitrogen, and legumes such as clover and alfalfa bring in the needed nitrogen so needed for animal performance; you may as well have the legumes do it inexpensively rather than having to buy expensive nitrogen fertilizer. Winter is the time for studying seed catalogs and figuring out how you will pay for the needed crop amendments next spring. Plan, plan, plan!











HOUSEPLANT CARE

Winter is just around the corner and while we wait in the drab gap between our colorful fall and the first pristine snow that really sticks, we can prepare for the winter ahead by taking care of those poor houseplants that have been forgotten on our windowsills. While we were busy this summer tending the real outdoors, perhaps we didn't do such a good job of tending the piece of outdoors we have indoors and very much enjoy come February. It's easy to forget those geraniums that need re-potting, the orchid whose leaves are dusty and dull or that lemon tree that needs pruning back.

As the pressures of our outdoor gardens subside, we can use our remaining energy before our winter hibernation, taking care of our house plants. Many house plants need to be repotted once each year. They don't necessarily need a larger pot but potting soil loses nutrients and pore space (which helps roots breathe) over time. Each time you water your plants, some nutrients are lost, some pore space is filled in and also, salts accumulate in the soil. I don't mean salt as in what we use to season our food. I mean what are called 'soluble salts'. Soluble salts are minerals such as calcium that can dissolve in water and create a solution. Calcium is present in most tap water. When you water your houseplants, some of the water evaporates and calcium deposits are left behind in the soil, on top of the soil and most noticeably where the water drains in to a dish and then evaporates. After an entire year of watering with tap water, these salts can create an unhealthy environment for most house plants. Roots will burn and cease growing and if the roots can't grow, the leaves won't grow either.

If you notice your plants starting to slow down or even stop putting on new growth, it may be time to re-pot them. Fertilizing them isn't a bad idea but only after you re-pot them. Fertilizers contain more concentrated soluble salts and can compound the problem of salt build-up in your potting soil. Orchids are an exception to the rule. Many orchids prefer to grow for at least two to three years in the same bark mix. They have modified

roots that capture many of their nutrients and much of their moisture from the air. The technical term for this trait is Epiphytic (pronounced epif-IT-ick). Regular potting soil is a death sentence for most orchids and care should be taken when purchasing one that the bark (or what is sometimes called 'orchid mix') is available from retailers for future care of your plant. Prune, dust, re-pot, pamper and care well for your houseplants now so when the snow is flying in February, you have a bit of green to remind you that even winter is only temporary.

If you have any questions about plants or how to care for them call Patty Catalano, 607-334-5841 ext. 16 or pms257@cornell.edu.

HEATING WITH WOOD

Heating with firewood can be an excellent fuel source. However, there is a lot to take into consideration before buying any cord of wood to heat your home. The type of wood burning and its moisture content are factors that will influence the amount of heat the wood will produce.

One cord of dry hardwood is approximately 150 gallons of heating oil in terms of therms, or the amount of heat produced. A cord of wood providing 20 million BTUs would be approximate to 1,575 pounds of coal, 145 gallons of oil, 191 therms of natural gas, or 5,860 kWh of electricity. However, a cord of wood providing 2 million BTUs would be that of a hardwood species like cherry, and as we all know not all tree species provide the same amount of heat when they burn. In New York the most common tree species that provide a high heat value are: oak, sugar maple, locust, and ash. While those that offer the least amount of heat value are: pine, poplar, red maple and spruce. In fact a hardwood like ash can provide 40% more energy than a lighter wood like poplar (see table 1).

Moisture content also plays a large factor in the efficiency of burning wood. It is important to burn wood that has been properly seasoned, and this usually takes about 6 months to a year of drying time. When wood is first split the moisture content tends to be around 80% and seasoned firewood would

Tree Species	Heat per Cord (million BTU)
ash, white	24
aspen, quaking	18
cherry	20
hemlock	1
larch	22
locust, black	27
maple, red	18
maple, sugar	24
oak, red	24
pine, white	16
spruce	15

Table 1 shows the relative BTUs available from different tree species found in New York.

be below 20%. It is not ideal to burn "green" or unseasoned firewood because about 15% of the energy produced would be used to evaporate the excess moisture found in the wood. Burning "green" wood also can lead to more problems than just a loss in the amount of energy available for heating. It leads to a buildup of creosote in your chimney and can cause a chimney fire.

In New York there is no legal definition of seasoned wood. The seller should inform how long the wood has been seasoned and how it was seasoned. However, when looking at firewood most seasoned wood is gray in color, weighs less and has cracks larger than a quarter inch in the end grain (see below). Lastly, when you knock two pieced of seasoned firewood together it will have a crisp, solid sound while "green" wood will make a dull, muffled sound.

The amount of wood needed to heat a home is dependent on a number of factors: the size and total surface area of the outside of the house, how weather-tight the house is and the overall efficiency and type of wood stove being used. However, a relatively air tight 1500 square foot home in NY will require a minimum of 4 cords of wood and depending on the winter, the type of wood and its moisture content the home may require more. It is always a good idea to have an extra cord or two ready.

In New York State is also important to make sure your firewood dealer is getting his wood from less than 50 miles away and never transport the wood further yourself, not even for camping trips. Finally, please keep in mind that in New York State, when advertising firewood, dealers are legally required to adhere to the following definitions:

A full cord = 4ft x 8ft x 4ft A face cord = 4ft x 8ft x 16 or 18in A truckload = 9ft x 9ft x 3ft.



Seasoned firewood should have cracks present that at least a 1/4 inch wide and will be darker in color than "green" firewood

UPCOMING PROGRAMS AND EVENTS AT CORNELL COOPERATIVE EXTENSION

HEIFER RAISING CONFERENCE- DELHI, NY

Wednesday, December 9: 10:30am-3:30pm. This conference is an outgrowth of the Heifer Study that is be conducted with the dairy farmers in Delaware County. Experts will discuss topics that local farms have identified as important. Contact Rich at CCE Delaware at 607-865-7090 or rrt43@cornell.edu

TILE DRAINAGE WORKSHOP- SANGERFIELD, NY

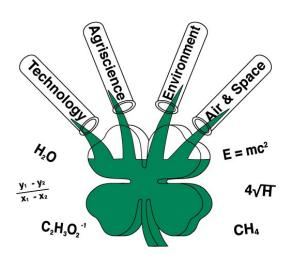
Wednesday, December 9: 9:30am-3:00pm. This workshop will talk about the economic benefits of tile drainage, conservation compliance, the installation and maintenance of tile drainage systems. Cost is \$13 per person which includes lunch. Call CCE Herkimer to register. 315-866-7920. Registration deadline is December 2.

MASTER GARDENER VOLUNTEER TRAINING- CORTLAND, NY

If you are interested in becoming a trained Master Gardener Volunteer classes are being offered at Cortland County CCE. The classes will focus on botany, insects, soil health, and much more. Classes will be held every Saturday for 10 Saturdays beginning January 16thPatty Catalano, CCE Chenango's horticulture educator, is taking applications now. The fee is \$100 and after being trained, volunteers are expected to volunteer 50 hours in their first year.

December 2015						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 4-H Leaders' Association Holiday Mtg & Tea	CCE Annual Meeting, 12 noon	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24 CCE Closed	25 Christmas CCE Closed	26
27	28	29	30	31		

4-H OPPORTUNITIES:



Cl*verology: A Scientific Solution

2nd Annual 4-H Super Science Fair Saturday, February 6, 2016

9am-1pm

Community Room @ Morrisville State College, Norwich Campus

What are you curious about?

Ever wonder how something is made or why something happens a certain way?

Then join Chenango County 4-H for its 2nd Annual Super Science Fair! This is your chance to learn something new and teach others too.

Categories:

- Research Poster Presentation
- Research Experiment and Poster Presentation

Judging at 9am with award recognition at 12:30pm Each 4-H member participating will receive a science learning kit. To find out more, check out Chenango County 4-H @ Chenango.cee.cornell.edu/4-h-youth-development or facebook.com/chenango4h



2016 4-H Dairy Bowl

If you are interested in learning more about dairy cattle and the dairy industry with kids from across the county, join us at Dairy Bowl Practices, Friday evenings at the 4-H Office. Lots of handson learning leads up to the Regional Dairy Bowl contest where youth compete in a "Jeopardy"-like contest, with buzzers!! All practices begin at 7pm. Prepare to get dirty and learn more about cows!

January 8, 15, 22, 29; February 5, 12, 19, 26; March 4; March 12 – Regional Dairy Bowl Contest



2016 4-H Horse Bowl

If you are interested in learning more about horses and the equine industry with kids from across the county, join us for Horse Bowl Practices, Friday evenings at the 4-H Office. Lots of hands-on learning leads up to the Regional Hippology and Horse Bowl contests where youth compete in a "Jeopardy"-like contest, with buzzers!! All practices begin at 6pm. Prepare to get dirty and learn more about horses!

January 8, 15, 22, 29; February 5, 12, 19, 26; March 4; March 12 – Regional Horse Bowl & Hippology Contests



Chenango County 4-H is hosting it's 2nd Annual Fashion Runway Competition. Our one day contest is designed to make an item to help pass the "Lazy Days of Winter".

When & Where: Saturday, January 16, 2016 CCE Chenango County

99 North Broad Street Norwich, NY 13815

- Participants must be a registered 4-H Member and at least 12 years old to participate.
 Members 12-13 years old will be Junior Designers, charged with creating 1 clothing or accessory item. Members 14-19 years of age will be Senior Designers, charged with creating 1 clothing outfit.
- · 4-H sewing mentors are not necessary but are appreciated .
- A \$25 non-refundable contestant fee with your application (check or money order; no cash) must be mailed to: Sew Busy 4-H Club, C/O Ricki Cower, 3206 State Rt. 79, Harpursville, NY 13787
- The winning contestant will win \$50 cash and other prizes will be announced at the event.
- You will need to bring everything with you to complete your design. You may use a commercial
 pattern for this event. Please bring a sewing machine you are familiar with, serger, all meals
 and snacks (we have a kitchen here to cook), needles, scissors, thread, accessories and
 anything else you choose to use.
- Chenango County 4-H has a some fabric, sewing machines and one serger you may use but you must call CCE Chenango to reserve these items ahead of time (Call 607-334-5841 x. 12 to talk with Janet).

Schedule:

8:00 am Check-in at CCE Chenango County

8:00-10:00am Garment Construction

10-10:15am Break

10:15-12:00 Garment Construction

12:00-12:30 Lunch (you can bring your own or visit town)

12:30-3:00 Complete Garment Construction

3:00-4:00 Clean-up & ready garments for show

4:30-5:00 Pre-Judging

5:30-6:00 Fashion Show & Awards



Last Day to register is December 20, 2015

For more information:

2015 4-H ACHIEVEMENT DAY AWARDS

OCTOBER 11, 2015 NORTON PARK, COLUMBUS





Club Secretary Recognition

Blue Ribbon Secretaries: Annalisa Ferrotta

Public Presentation Recognition:

Chenango Calico Clovers Hidden Ponds Horse Lovers Club Storm Family 4-H Club

Promotional Club Awards

Participating clubs:

Chenango Calico Clovers Hidden Ponds Horse Lovers

Top Promotional Club:

Hidden Ponds Horse Lovers

Charles and Palma Goodwin Community Service Awards

Participating clubs & youth:

Levi Robinson

Ena Race

Matthew Skinner

Chenango Calico Clovers

Jolly Green Giants

Hidden Ponds Horse Lovers

Top Community Service Club:

Hidden Ponds Horse Lovers

Al and Thelma Evans Top County Fair Club:

Chenango Calico Clovers 4-H Club

Club Champion Rosettes (Top 10 Clubs)

Hidden Ponds Horse Lovers Storm Family 4-H Guilford Carry-On Chenango Calico Clovers

Harry L. Case Top Club Award

This award is presented to the club that completed the highest level of club work. 2014-2015 Recipient: Chenango Calico Clovers

Exceptional Cloverbuds

Skyler Graham - Goats Fiora Breese - Arts and Crafts, Foods & Nutrition, Sewing

Junior Excellence

Emilee Bennett - Horse Shea Breese – STEM, Foods and Nutrition, Arts and Crafts, Sewing, Public Speaking Meghan Funk – STEM, Foods and Nutrition, Arts

and Crafts, Public Speaking Eli Goldstein - woodworking Peyton Graham - goats Levi Robinson – STEM, Foods and Nutrition, Arts and Crafts, Public Speaking Amon Van Alst - STEM, Foods and Nutrition, Arts and Crafts, Public Speaking Hunter Wenzel - STEM

County Medals

Wyatt Austin: Goats, Rabbits, Achievement Annalisa Ferrotta: Horse, Community Service Madison Hafele: Horse, Community Service Lorraine Buser: Horse, Community Service Nathan Turrell: Horse, Sheep, Public Speaking, Community Service, Achievement, Leadership Stella Segal: Horse, Community Service

Jr. Champion Awards

Amon Van Alst Wyatt Austin

Julie K. Blanchard Jr. Achievement Award Amon Van Alst

Sr. Champion & Achievement Awards

Danny Wade Alex Leggett





Milestone awards

Just like our 4-H members work towards yearly certificates and pins, we present certificates and pins to our volunteers who have reached milestone years in their 4-H volunteering experience. We are proud to present 31 milestone awards this year. Your energy and dedication is tremendous and we are inspired by the work you do.

First Year - Bronze Jenni Austin – County Wide Jodi Brayman – Horse Crazy Kids Jessica Bixby - County Wide Allison Hicks - Ambitious Lions Brandi Clark - County Wide Michael Deuel – Calico Clovers Holly Ives – 4 Leaf Clovers Rebecca Deuel – Calico Clovers Ronnie Dungey – Horse Crazy Kids Melissa Harvey – Ambitious Lions Linda Patton – Horse Crazy Kids Peter Robinson – Valley Busters Margo Whaley – Ambitious Lions Angel Hunt - Horse Crazy Kids Amanda Haynes – Horse Crazy Kids Suzanne Hicks – Ambitious Lions Kimberly Jones – Ambitious Lions Carolyn Palm – Jolly Green Giants Angel Whaley – Ambitious Lions Shawn Warren – Valley Busters

Five Years – Silver
Kathy Austin – Valley Busters
Shannon Brandt – Livestock Club
Lori Coughlin – County Wide
Kristi Gorrell – Storm Family
Brian Graham – Valley Busters
Robin Mizrahi – Sherburne 4-H Club
Kristin Rumovicz – Storm Family

Twenty Years- Diamond Jodi Chase – Teen Council Ed Gnau – Valley Busters

Twenty Five Years – Emerald Oscar Robinson – Valley Busters

4-H Volunteer of the Year Award

Our 2015 Volunteer of the Year has been with Chenango County 4-H for just a few years now but has made a big impact on our program. Leading a very active club, volunteering to serve as board member of the Chenango County Leaders' Association as well as serving as a judge during our inaugural 4-H Super Science Fair in addition to volunteering her time whenever needed, this volunteer is one busy person! Congratulations and thank you to our Volunteer of 2015, Nadine Van Alst, Chenango Calico Clovers 4-H Club Leader!

4-H Lifetime Volunteer Award

The strength of our 4-H program is dependent upon our volunteers and their dedication of time and expertise. This year's recipient has seen her dedication cover decades, volunteering for her children and for the entire 4-H Program. This volunteer has volunteered her time baking for fundraisers, judging sewing projects (even bringing her mom along to help!), and representing 4-H on the CCE Board of Directors. Completing her 26th year of "Making the Best Better", we thank our 2015 lifetime Volunteer of the year, Julie Ives.

4-H Alumni

One of the most gratifying signs of a great 4-H program is the return of 4-H alumni as volunteers for a whole new generation of members. This year's 4-H alum of the year continues service that she learned while growing up as a member of the Chenango County 4-H Program. One of her biggest project areas that she shares with her son is that of giving back to the community with multiple service opportunities. Thank you Tracy Skinner for supporting and continuing to be a part of Chenango County 4-H!

Friend of 4-H

This year's co-recipients of the Friend of 4-H Award are no strangers to 4-H, with many of you seeing them tool around the fairgrounds all summer long. They help 4-H Staff get the grounds and the buildings all set for County Fair and are always

willing to lend a hand with whatever we have going on. Thank you David Franklin and Peter Richman, for all of your continuous support, we look forward to a wonderful friendship in the future.



MID-WINTER MAKE-IT

Tuesday, February 16, 2016 Cornell Cooperative Extension Office Norwich, NY

	1 clas	us fo ss or t e day	he	\
\	at the ues wh			

_			
$\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ $	hed	11	י בו
	пси	u	IC.

Cost: \$10 for the day or \$3 for 1 class, \$8 for 2 classes

Please wear old clothes and bring your lunch. Snacks to be provided. Some activities require participants to bring items from home.

CB—Cloverbud Activity T—Teen/Older Youth E—Everyone A. Thumb print Flowers, B O. Clothes Pin Magnets, CB B. Craft Stick Bird Feeders, E Wooden Key Chains, E Q. Carved CD Sun Catchers, T C. Melted Cravon Art, E R. Counted Cross Stitch, T D. Glass Etching, T E. Natural Dragon Flies, E S. Galaxy T-Shirt, E F. Fly Fishing Tying, E T. Para cord Bracelet, T G. Custom Coasters, E Light Bulb Vases, T W. Wooden Photo Plagues, T H. Mason Jar Piggy Bank, E Stained Glass Painting, CB I. Sharpie Tie-Dye T-Shirts, E J. Colorful Q-Tip Dandelions, CB Y. Nail Polish Marble Flower Pots, E K. T-Shirt Necklace, T Chihuly Chandelier, E

Each activity must have at least 5 participants in order to be held. All participants will be contacted via e-mail as to their workshop choices when final registration is completed. A finalized time schedule of activities will also be emailed out to participants.

Please return activity choices by mail or email to:

Janet Pfromm, 99 N Broad St., Norwich, NY 13815 or jlp27@cornell.edu

Please complete and return registration form no later than February 1st. Please remit payment with activity selection. If paying by check, please include 4-H Mid-Winter Make-It in the memo line.

Name	Name
E-mail	E-mail
Workshop Choices: 1st	Workshop Choices: 1st
2nd	2nd
3rd	3rd
4th	4th
5th	5th

6th ____

6th

A Special Thank You to Our Recent Supporters!!!

Marilyn Carley

Grand Chapter Order Of The Eastern Star State Of New York in memory of Julie Blanchard





Chenango County 4-H and the Turrell and Ferrotta Families wish to thank everyone who helped raise funds or provided manpower in fundraising for Nathan and Annalisa's trip to the 2015 Eastern Horse Round-Up in Louisville, Kentucky. Both joined New York 4-H'ers as they competed in National 4-H Contests in horse bowl, hippology, horse judging, and horse presentations, which is the division in which Nathan and Annalisa competed as team presenters. Special thanks to the following: **Hamilton Executions LLC.**

CCE Chenango Staff:

Kenneth Smith (607) 334-5841 (Ext. 19) Executive Director kas294@cornell.edu

Janet Pfromm (Ext. 12) 4-H Coordinator ilp27@cornell.edu

Emily J. Anderson (Ext. 17) Environmental Issue Educator Recycling Ag. Plastics (RAPP) Educator eja74@cornell.edu

Richard Turrell (Ext. 15) 4-H Volunteer Coordinator rlt229@cornell.edu

Kevin Ganoe (315) 866-7920 Field Crop Specialist Central NY Dairy & Field Crops Team khg2@cornell.edu

Dave Balbian (518)-312-3592 Area Dairy Management Specialist Central NY Dairy & Field Crops Team drb23@cornell.edu

Rich Taber (Ext. 21) Grazing/Ag Economic Development Specialist rbt44@cornell.edu

Dennis Madden Building Custodian Stacie Edick (Ext. 20) Grow Cook Eat / Serve Coordinator spe26@cornell.edu

Patty Catalano (Ext. 16) Horticulture Educator Master Gardener Volunteer Coord. patty.stimmel@cornell.edu

Betty Clark (Ext. 32) Eat Smart NY Program Coordinator blc28@cornell.edu

Anna Kortright (Ext. 33) Nutrition Teaching Assistant aek85@cornell.edu

Neisa Pantalia (Ext. 33) Nutrition Teaching Assistant nmp52@cornell.edu

Whitney Kmetz (Ext. 33) Nutrition Teaching Assistant wdg43@cornell.edu

Alice Andrews (Ext. 18) Finance & Operations ama42@cornell.edu

Cindy Gardiner (Ext. 11) Administrative Assistant cag255@cornell.edu

2015 CCE CHENANGO COUNTY BOARD OF DIRECTORS

Board Officers

Ed Coates, President
Gale Hamstra, Vice President
Julie Ives, Secretary
Steve Locke, Treasurer

Board of Supervisor Representatives

Pete Flanagan

Directors at Large

Ross Iannello Jan O'Shea Joe Cornell Brian Newton Greg LaMonica Jennifer Ryan

Cornell Representative

Patricia Clayborne



99 North Broad Street Norwich, NY 13815

RETURN SERVICE REQUESTED

NON-PROFIT ORG US POSTAGE PD NORWICH, NY PERMIT NO. 46

An Invitation From.....



2015 Annual Meeting

Come for dessert and beverage
with our guest speaker Mary Musson,
local historian and journalist who will speak about the history
and design of the Victorian home CCE is housed in.
Share highlights of 2015,
recognition of the volunteers of the year,
stay and meet CCE Board Members and Staff!

Please plan to attend:

Wednesday, December 2, 2015 12 PM

Cornell Cooperative Extension Chenango County
99 North Broad Street, Norwich

Please RSVP by Wednesday, November 25th 607-334-5841 ext.11

Connect with Us:



facebook.com/ CCEChenango



youtube.com/ CCEChenangoCounty



Scan the QR code with your smartphone to quickly visit our website!



99 North Broad Street Norwich, NY 13815

Have a question?

Give us a call. CCE is here to help.

(607) 334 - 5841







