



"For our Youth, For our Future"

SUNY Cortland Liberty Partnerships Program Spring 2019 Newsletter

A Few Words from the Director

Dear LPP Students and Families,

I hope 2019 has gotten off to a good start for all of you. While our calendars indicate that a new year has just begun, the 2018-2019 school year is already half over! We are proud to tell you that the SUNY Cortland Liberty Partnerships Program has just started its 30th year of service to students and families in our local school districts: Cincinnatus, Cortland, Dryden, Groton, Homer, McGraw, and Tully. Once again, we expect to work with between 360 and 400 students and families this year. While we continue to provide programs to meet the individual needs of each student in our program, our focus for the current grant funding cycle (2017-2022) has been expanded to address parent engagement, student leadership, and physical, emotional and mental wellness in the students with whom we work (see page 7 for additional information). We hope you will take a few minutes to read our newsletter which covers what has been going on in our schools as well as our plans for spring and summer, and that students and parents will discuss the programs that we will be offering in the coming months. On behalf of the SUNY Cortland Liberty Partnerships Program, I wish you all a very successful spring semester.

Sincerely,

Sherry Tackill

Special Thanks...

On November 28, 2018, we held our annual Career and College Conference on the SUNY Cortland campus. I would like to take this opportunity to thank the following presenters who generously donated their time to provide valuable information to our students: Meghan McBen-
nett (Manufacturers Association of CNY), Matt Hughes (Insulators Local 30), Jerry Morley (Plumbers Local 267), Matt Nesbitt (Ironworkers Local 60), Steve Payne (Laborers Local 785), Patty Siegard (Electricians Local 241), Gary Swan (Roofers Local 195), Brian Noteboom (Carpenters Local 277), Matt Kalning (Gutchess Lumber Company), Shannon Fisher (Byrne Hol-
low Farms), Tompkins Cortland Community College Professors Kim Sharpe (Nursing) and Christine Shanks (Graphic Arts), SUNY Cortland's Karen Gallagher (Financial Aid), Michelle Hughes (Admissions), Amy Dahlman (Educational Opportunity Program), Professors Kimberly Rombach (Early Childhood) and Phil Buckenmeyer (Kinesiology), and the following SUNY Cortland freshmen: Sydney Palmer Bishop, Christos Toromanides, Amanda Bloom, Bailey Iaccarino, Grace Ridings, Anthony DeRosa, and Makense Garcia. The knowledge and experience that each presenter shared helped to make this a very successful conference.

Meet Our Staff

Cincinnatus Central School District

This past October we welcomed Mr. Ed LoPresti to the LPP family. Mr. LoPresti was a physical education teacher and guidance counselor in the Odessa-Montour Central School District in Odessa, NY. Following his retirement from public education in 2006, he went on to work at Cornell University until 2016 when he attempted, once again, to retire. Lucky for us, retirement didn't stick and now Mr. LoPresti is leading LPP at Cincy. This fall, the Cincinnatus students attended the SUNY Cortland performance of *Annie Get Your Gun*, the SUNY Cortland Career and College Conference and the Leadership Council workshop. The Leadership Council students are currently planning a Cincy staff thank-you program, and the students are getting ready to visit the Corning Museum of Glass. Mr. LoPresti works with Ms. Julia Marion and Ms. Pam Roelen two afternoons each week to support the academic progress of 6th grade students.

Cortland Enlarged School District

Mrs. Paula Cowling returned to LPP in September after a short 'travel oriented' sabbatical having worked with LPP students at Cortland HS during the 2015-2016 school year, and then briefly at the end of the 2017-2018 school year. Mrs. Cowling is a veteran educator of thirty years having taught English, social studies, economics and government at McGraw Junior Senior HS and global studies at Cortland Junior Senior HS. Mrs. Cowling also served as the assistant principal and principal at Lafayette HS, and the director of Curriculum and Instruction for the Lafayette School District. She is happy to be back working with students.

Since September, Mr. Eric Prior has been sharing Cortland coordinator duties with Mrs. Cowling. Before starting at Cortland, Mr. Prior worked as a youth development professional for both the NYS Office of Children and Family Services and the Elmcrest Children's Center, and also as an athletic coach. Previous coaching positions include head coach of the Cortland HS junior varsity football and modified track and field teams, and assistant coach of the Groton High School varsity football team. Mr. Prior is currently the head coach of the Groton HS varsity football and boys varsity basketball teams. This year Cortland LPP students participated in the SUNY Cortland Career and College Conference, the Leadership Council workshop, and a holiday donut party. Upcoming trips include a tour of the state of the art Byrne Hollow Farms plant in Cortlandville to learn how Byrne Dairy manufactures yogurt and other dairy products; a trip to the Seneca Falls Women's Museum is planned for April.

Dryden Central School District

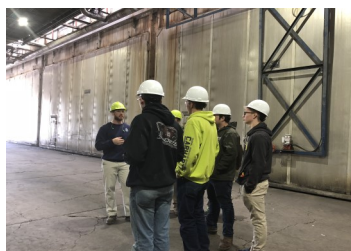
The newest member of our team, Ms. Jo Boring, took over the Coordinator duties at Dryden High School on January 2, 2019. Ms. Boring's experience in education includes six years as a school counselor in the South Kortright Central School District, six years as the Executive Director of the Catskill Area School Study Council, and most recently a year as the school counselor at the OCM BOCES Seven Valleys New Tech Academy. In addition to working with teens, Ms. Boring works as a public speaker and dance instructor. This year Dryden HS students participated in the SUNY Cortland Career and College Conference, and the Leadership Council workshop; under the direction of Leadership Council member, Dajian Young, a supply drive was held for the Tompkins County SPCA; the students will soon be visiting the Corning Museum of Glass.

Groton Central School District

Mr. Justin Goot has been with Groton's LPP since November 2016. Prior to joining LPP, Mr. Goot completed a year of service with AmeriCorps as an English Language Arts tutor in Bridgeport, Connecticut, and worked as a classroom tutor for the Ithaca City Schools. Mr. Goot and the Groton students came to the SUNY Cortland campus to see *Annie Get Your Gun* and participate in the Leadership Council workshop. In October students participated in the Lime Hollow Clean Up and will soon visit the Cornell University Johnson Art Museum. Mr. Goot conducts after school tutoring for 6th grade students.

Homer Central School District

Ms. Pat Lane has been with LPP since September 2016. Before joining LPP, Ms. Lane taught special education at Cortland High School for 25 years. After two years of retirement, Ms. Lane found that she was missing her work with young people and jumped at the chance to work with students at Homer. In October, Homer HS students took an after school trip to Cortland to visit the Gutches Lumber Company. They toured the plant and learned about the machinery and processes used in the hardwood lumber business from Special Project Manager, Mitch Kalning.



Homer students Patrick Godkin, Erik Lee, and Jarrod Flint tour Gutches Lumber with Mitch Kalning.

Highlights from Our Schools

Homer (continued)

Ms. Lane started a monthly Girl's Group to introduce its members to local role models and entrepreneurs and engage the girls in discussions and a variety of arts and crafts activities. Homer HS teaching assistant, Karen Seibert, is once again lending her extensive creative ideas to the group. In September the girls visited Anderson's Farm Market where they participated in a cooking lesson with owner Jennifer DeHart. October's activity was designing and painting pumpkins.



Girl's Group members Stephanie South, Isabelle Brown, Tiernyn Robbins, Jenna Morse and Sienna Barber.

In November, the girls made centerpieces for their Thanksgiving tables, and in December, with the volunteer assistance of Homer CSD's payroll clerk, Mrs. Trina Hapgood, they made and shared holiday cards with Brewster House residents. In addition, Homer students participated in the College and Career Conference and the Leadership Council workshop.

Stephanie South and Isabelle Brown deliver holiday cards to residents of the Brewster House.



McGraw Central School District

A life-long resident of the McGraw community, Mrs. Gloria Gilbert has been a devoted member of the LPP family for the better part of twenty-four years. This fall she and her students visited the McGraw Senior Center where they made microwavable heating pads for Hospice, bird feeders, and fabric pumpkins. The students and seniors enjoyed refreshments and spending time together. A pizza party was held in December to acknowledge students who had received all passing grades at the 10-week point in the semester. McGraw students also came to the SUNY Cortland campus for *Annie Get Your Gun*, the Career and College Conference and the Leadership Council workshop.

Tully Central School District

This past September we welcomed back Mrs. Kim Van Etten as our Tully Coordinator. In addition to working at Tully, Mrs. Van Etten works with BOCES students who have a variety of different abilities. This work has afforded Mrs. Van Etten a deeper understanding of the academic challenges facing students today. The LPP school year kicked off with an ice cream social and moved into October with a trip to Beak & Skiff Apple Orchards where the students enjoyed learning about the process of growing apples and their health benefits, eating donuts and drinking fresh apple cider.

Tully students, Brooke Cochran, Josh Blackburn, and Emma Weisbrodt at Beak & Skiff Orchards



In November, students Josh Blackburn, Jacob Bliss, Jesse Morgan, Dakota Grosshans, Katie Morgan, and Rebecca Tomushunas (pictured below) visited the Central New York



Living History Center in Cortland to learn about the history of the Civil War and Brockway trucks. Due to a transportation mix-up, Tully students were

unable to participate in the Career and College Conference; they did however, participate in the Leadership Council workshop. In December, students got together to decorate and enjoy holiday cookies.

Dakota Grosshans, Brooke Cochran, Rebecca Tomushunas, Katie Morgan, and Tagan Cutting eat the holiday cookies they decorated.



LOOKING AHEAD

Program-Wide Events

March - April **College Tours**
Current 11th and 12th grade students are invited to visit two and four-year college campuses. LPP will take students to Saturday and Sunday Open Houses. See your program coordinator to sign up for specific campus visits.

Cayuga Community College - Saturday, March 19

SUNY Delhi - Saturday, March 30

Tompkins Cortland C C - Friday, April 5

Herkimer Community College - Saturday, April 6

SUNY Cortland, Saturday, April 6

SUNY Alfred - Sunday, April 7

Onondaga Community College - Saturday, April 13

SUNY Morrisville - Saturday, April 13

SUNY Oswego - Friday, April 26

No Open House dates have been established for the following schools. If you are interested in visiting any of these colleges, please see your program coordinator.

Broome Community College

Fingerlakes Community College

SUNY Brockport

SUNY Cobleskill

April 25 - April 27 **15th Annual Empire Summit, Utica**
Four Leadership Council members will be invited to attend the three-day statewide LPP conference.

May **Graduation Event**
Details have not yet been finalized for our annual recognition event. You will soon receive information from your program coordinator.

How to Contact Your Program Coordinator

Cincinnatus Central School - Mr. Ed LoPresti

607-227-1463 ext. 2230

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Dryden High School - Ms. Jo Boring

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Groton Jr/Sr HS - Mr. Justin Goot

607-898-5803 ext. 2482

jgoot@groton.cnyric.org

Homer High School - Ms. Pat Lane

607-749-7246 ext. 4245

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McGraw Jr/Sr HS - Mrs. Gloria Gilbert

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ggilbert@mcgrawschools.org

Tully Central Schools - Mrs. Kim Van Etten

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How to Contact LPP Staff

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Summer 2019



June 24-27

Adirondack Adventure - Raquette Lake

Five students in grades 9-11 from each of our programs will be invited to participate in the 5th annual Adirondack Adventure at the SUNY Cortland Outdoor Education Center on Raquette Lake. Invitations will be extended by each program's coordinator.



July 16—19

New York State History - Fort Ticonderoga

Students in grades 6 & 7 will spend two days on the SUNY Cortland campus with Ms. Caitilin Goodwin, social studies teacher at McGraw Junior High School, studying the role Fort Ticonderoga played in the Revolutionary War, and two days touring the fort and the surrounding area.



Dates to be Determined

Leadership Camp - SUNY Cortland

Students who are on the Leadership Council will come together to continue developing their leadership skills and abilities.

Summer Programs in the Works

See your program coordinator if you are interested in participating in any of these programs



Earn While You Learn (July 8—August 9) - SUNY Cortland

If we are approved, we will offer students, age 14 and older who are eligible for working papers and meet the income eligibility requirements, the opportunity to come to the SUNY Cortland campus and participate in a five-week work readiness and community service program. Each participant will receive minimum wage for the hours they work on campus as well as time spent volunteering on community projects.



Making the Connection between Wellness and Personal Success (dates to be determined) - SUNY Cortland

Students who will be entering grades 10-12 will participate in activities that will help them explore how physical, mental, and emotional health affects personal success.



Moving Ahead: Making the transition from 8th to 9th grade (dates to be determined) - SUNY Cortland

Students currently in 8th grade will be invited to the SUNY Cortland campus to participate in activities that will prepare them to make a successful transition from middle to high school. Students will work with adults and students from the high schools they will be attending.



Drones: in Our World Today (dates to be determined) - SUNY Cortland

We are currently exploring a program in which LPP students will work with SUNY Cortland professors from the Geography Department and the New York State Master Teacher Program to introduce how drones are being used in today's world.

If you have to go to summer school, you will not be able to participate in any of these great summer programs. Decide now not to include summer school in your summer plans!

Our Focus Areas

Parent Engagement:

Each of our schools is in the process of building a parent advisory council that will meet quarterly to support parents' involvement in their students' education. We hope parents will find the council a welcoming space for them to share their knowledge and experiences as well as ask questions of and get information from community professionals about issues facing today's youth. The importance of school attendance and homework completion for school success will be two of the issues we will be discussing. Please contact your school's LPP Coordinator (see page 4) to find out when and where your next parent advisory council meeting will be held. We are also looking for one parent to participate in the statewide Empire Promise Conference. This year's conference will be held from Thursday evening, April 25, through Saturday morning, April 27. The Empire Promise Conference brings together approximately two hundred students representing the 47 Liberty Partnerships programs across New York State and 50 parents who will participate in their own workshops. This year's conference will be held in Utica; hotel, food, and transportation costs will be covered by Liberty Partnerships. If you would like to serve as our parent representative to this conference, please contact your program coordinator (see page 4) or the LPP office (607-753-5663).

Leadership:

Our student leadership council, comprised of three students from each of our districts, held its first workshop on the SUNY Cortland campus in December. The workshops, facilitated by SUNY Cortland Professor Miranda Souva, focus on developing leadership qualities and skills in each council member. The students will meet again in February, April, May, and for three days during the summer.

Wellness:

According to LCSW, Amy Morin, "Advances in technology mean today's teens are facing issues that no previous generation has ever seen. While some issues are not exactly new, electronic media has changed or amplified some of the struggles young people face. In fact, the average teen spends over nine hours each day using their electronic devices. Their social media habits and media consumption are changing the way young people communicate, learn, sleep, and exercise." Ms. Morin believes that there are many issues that teens struggle with today. Here are her top 10:

1. **Depression**-An estimated 3.1 million adolescents in the United States had at least one major depressive episode in the past year.
2. **Bullying** - According to research conducted by Family First Aid, 30 percent of teens in the U.S. have been involved in bullying—either as a victim or as the bully.
3. **Sexual Activity**- Based on the 2015 Youth Risk Behavior Surveillance data, 41 percent of high school students reported being sexually active.
4. **Drug Use** - In 2017, 6 percent of students in grade twelve reported using marijuana on a daily basis.
5. **Alcohol Use**- In 2017, 33.2 percent of high school seniors reported drinking alcohol.
6. **Obesity** -According to the National Health and Nutrition Evaluation Survey, 20.6 percent of 12 to 19 year olds are obese. Obese children are at a much greater risk of lifelong health problems, such as diabetes, arthritis, cancer, and heart disease.
7. **Academic Problems** - According to the National Center for Education Statistics, 1.2 million students drop out of high school each year. A high school dropout is likely to earn \$200,000 less over his lifetime when compared to a high school graduate. It's no longer just the "troubled teens" who are dropping out of school. Some teens feel so much pressure to get into a good college that they're burning themselves out before they graduate.

8. **Peer Pressure** -While peer pressure isn't a new issue, social media brings it to a whole new level. Sexting, for example, is a major cause for concern as many teens do not understand the lifelong consequences that sharing explicit photos can have on their lives.
9. **Social Media** -No matter what precautions you take, teens are still likely to be exposed to unsavory people, unhealthy images, and sexual content online. While there are measures being put into place to reduce the risks kids face online, it's important for parents to get involved.
10. **On-Screen Violence** -Teenagers are going to witness some violent media at one time or another. And it's not just TV and movies that depict violence. Many of today's violent video games portray gory scenes and disturbing acts of aggression. Over the past couple of decades, a multitude of studies linked watching violence to a lack of empathy.



5 Truths About Vaping



Another behavior that is currently affecting our teens is vaping. We are including the article, “**5 Truths You Need to Know About Vaping**” written by Michael Blaha, M.D., M.P.H., director of clinical research at the Johns Hopkins Ciccarone Center for the Prevention of Heart Disease, to provide some information on this subject.

Truth No. 1: Vaping Is Less Harmful Than Traditional Smoking - E-cigarettes heat nicotine (extracted from tobacco), flavorings and other chemicals to create a water vapor that you inhale. Regular tobacco cigarettes contain 7,000 chemicals, many of which are toxic; we don't, however, know exactly what chemicals are in e-cigarettes. **Truth No. 2: Vaping Is Still Bad for Your Health** -Nicotine is the primary agent in both regular cigarettes and e-cigarettes, and it is highly addictive. Nicotine is also a toxic substance. It raises your blood pressure and spikes your adrenaline, which increases your heart rate and the likelihood of having a heart attack. **Truth No. 3: Electronic Cigarettes Are Just as Addictive as Traditional Ones** -Both e-cigarettes and regular cigarettes contain nicotine, which research suggests may be as addictive as heroin and cocaine. What's worse, says Blaha, is many e-cigarette users get even more nicotine than they would from a tobacco product - you can buy extra-strength cartridges, which have a higher concentration of nicotine, or you can increase the e-cigarette's voltage to get a greater hit of the substance. **Truth No. 4: Electronic Cigarettes Aren't the Best Smoking Cessation Tool** -Although they've been marketed as an aid to help you quit smoking, e-cigarettes have not received Food and Drug Administration approval as smoking cessation devices. A recent study found that most people who intended to use e-cigarettes to kick the nicotine habit ended up continuing to smoke both traditional and e-cigarettes. **Truth No. 5: A New Generation Is Getting Hooked on Nicotine**-Among youth, e-cigarettes are more popular than any traditional tobacco product. In 2015, the U.S. surgeon general reported that e-cigarette use among high school students had increased by 900 percent, and 40 percent of young e-cigarette users had never smoked regular tobacco. According to Blaha, there are three reasons e-cigarettes may be particularly enticing to young people. First, many teens believe that vaping is less harmful than smoking. Second, e-cigarettes have a lower per-use cost than traditional cigarettes. Finally, vape cartridges are often formulated with flavorings such as apple pie and watermelon that appeal to younger users. Both youths and adults find the lack of smoke appealing. With no smell, e-cigarettes reduce the stigma of smoking. What I find most concerning about the rise of vaping is that people who would've never smoked otherwise, especially youth, are taking up the habit,” says Blaha. “It's one thing if you convert from cigarette smoking to vaping. It's quite another thing to start up nicotine use with vaping. And, it often leads to using traditional tobacco products down the road.”

https://www.hopkinsmedicine.org/health/healthy_heart/knowyour_risks/5-truths-you-need-to-know-about-vaping

Our LPP staff works with parents, school faculty, administrators and support personnel (counselors, nurses, social workers, and psychologists) to identify and address issues facing students and their ability to experience personal wellness and school and life success. Please contact your child's LPP coordinator or the LPP office (see page 4) with any questions or concerns regarding your child's progress in the Liberty Partnerships Program.

Here it is...our spring newsletter...enjoy!

SUNY Cortland Liberty Partnerships Program
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"For our Youth, For our Future"

Working together
for **30** years
to make a difference
in the lives of youth

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