

MFO Regions

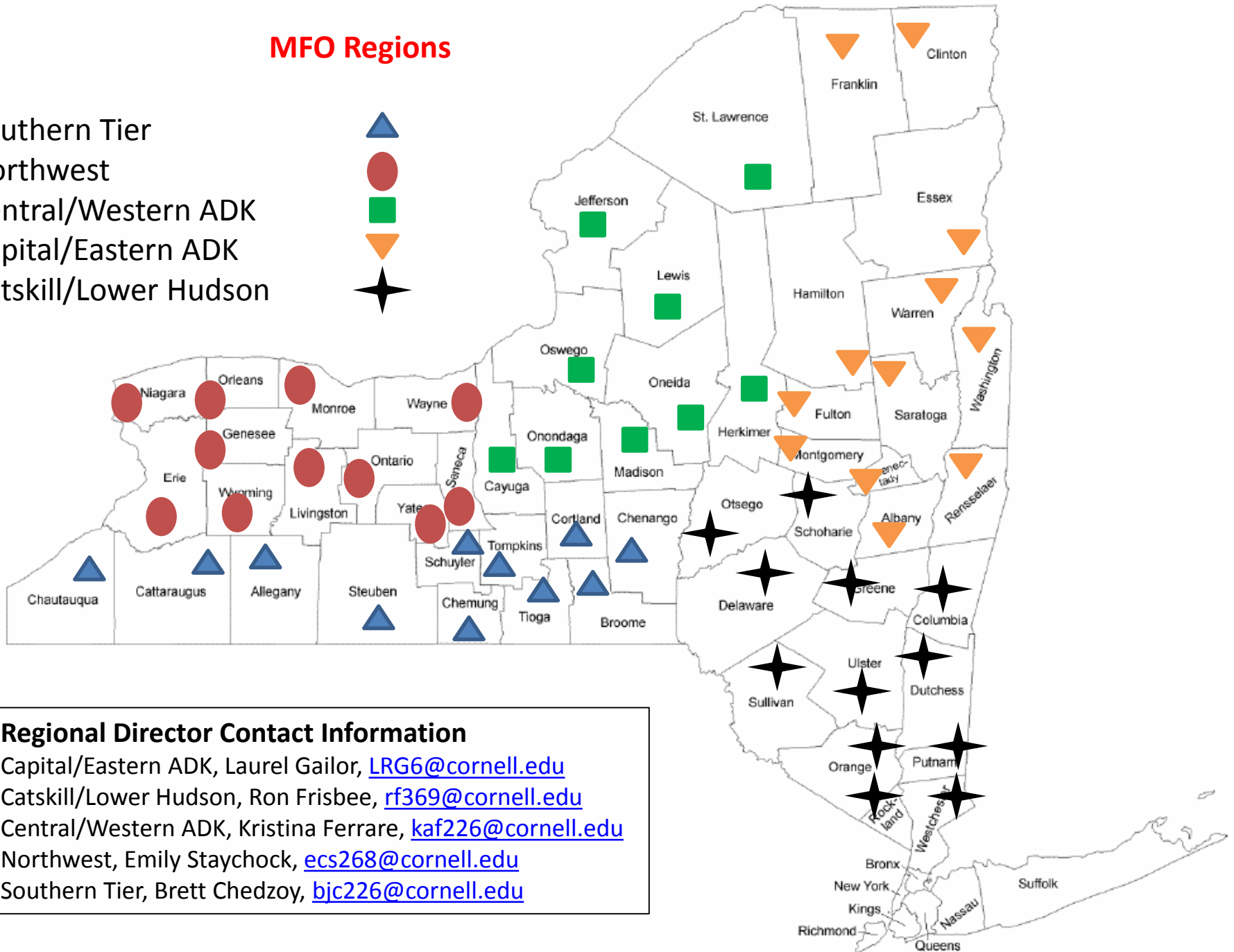
Southern Tier

Northwest

Central/Western ADK

Capital/Eastern ADK

Catskill/Lower Hudson



Regional Director Contact Information

Capital/Eastern ADK, Laurel Gailor, LRG6@cornell.edu

Catskill/Lower Hudson, Ron Frisbee, rf369@cornell.edu

Central/Western ADK, Kristina Ferrare, kaf226@cornell.edu

Northwest, Emily Staychock, ecs268@cornell.edu

Southern Tier, Brett Chedzoy, bjc226@cornell.edu