Rachel connected with a young girl in a big-sister type of trusting relationship. Rachel fosters meaningful, intelligent conversations with her mentee and has helped the girl maneuver difficult pre-teen issues and situations. Rachel also funds summer camp opportunities for the girl. I am certain that this young girl has a better chance for a successful future for having been cared for and mentored by Rachel.

Rachel was instrumental in encouraging another young woman to seriously consider attending college after high school. Rachel used her benefit time to take the young woman to visit campuses from New York City to Buffalo. She assisted her with meeting college application deadlines. As a result of Rachel’s efforts, this young woman is now excited about college, she has been accepted to several, and is looking forward to a successful college experience.

Rachel volunteers to teach youth soccer for the Tioga County Youth Soccer Association. She coaches 9 and 10 year old boys and girls learn soccer skills as well as the importance of being a team player.

For the past two years Rachel has swam across Cayuga Lake to raise money for Hospicare and Palliative Services in Tompkins County. Each year Rachel sets a personal fund raising goal higher than the previous year.

And Rachel has recently started volunteering for the Greek Peak Adaptive Snowsports Program. The program teaches skiers or boarders, who have visual impairments, developmental disabilities, amputations, paralysis, or other disabilities which may make learning to ski or ride more challenging. This involved participating in clinics and organization meetings in November and December, assisting the program participants on Saturdays throughout January. Rachel again used her own benefit time to help participants during this week long event.

Rachel leads an incredibly well-balanced life. She is a top performer at work; she makes time for herself, works with her husband to build not one but two happy homes, and still finds so much time to give to other people and causes.