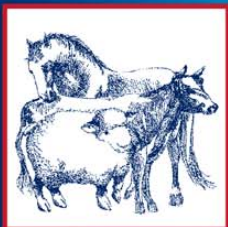
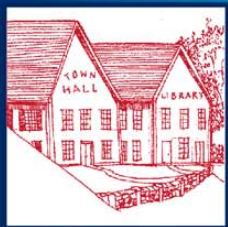




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New Hampshire Impacts: 2003

- ***Growing strong communities one town at a time***
- ***Keeping food safe a high priority for the restaurant industry***
- ***4-H Camps continue support of youth of all abilities***
- ***Assessing and addressing teen issues in New Hampshire***
- ***Helping New Hampshire farmers improve their pest management***
- ***Increasing your financial security now and in later life***
- ***Making a successful transition from welfare to work***
- ***Social marketing a tool for reaching food stamp recipients***
- ***Volunteers help extend educational efforts to meet needs of NH***
- ***Teaching teen mothers about healthy choices for their babies***
- ***Expanding nutritional awareness in low-income populations***
- ***Building strong families through effective parenting programs***
- ***Enhancing New Hampshire's wildlife habitat***
- ***Forest Stewardship impacts New Hampshire's way of life***
- ***New Hampshire's Forest Industry: sustaining rural communities***
- ***Conserving the biodiversity of the Granite State***
- ***Food safety - a shared responsibility***
- ***Risk management tools promote viability of New Hampshire farms***
- ***NH communities value using geospatial technology education***
- ***Education center responds to New Hampshire residents***
- ***Finding ways to preserve the heritage of New Hampshire***

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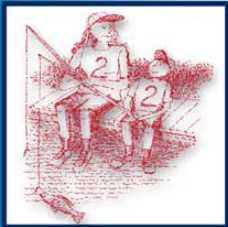
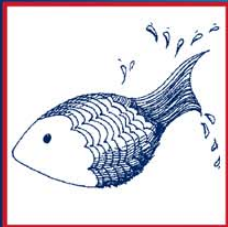


Growing strong communities one town at a time



Situation:

New Hampshire communities face increasingly complex and controversial issues best dealt with at the community level. Yet, declining citizen participation in community decision-making processes sometimes leads to poorly planned and executed community projects and policies.



UNH Cooperative Extension's Response:

UNH Cooperative Extension's implementation of a variety of community planning activities, such as Community Profiles, engages residents in local decision-making processes. These planning activities help communities:

- Identify community-level needs and issues
- Build a common vision for the future
- Form action groups to implement community-defined projects and policies.



UNH Cooperative Extension's community planning activities provide a method for citizens to affirm community strengths, meet challenges, and creatively manage change by building community collaboration.



Since 1989, New Hampshire communities conducted over 70 Community Profiles and dozens of other community planning activities.

In the past year, UNH Cooperative Extension provided Community Profiles and followup technical and organizational help to Dummer, Londonderry, Colebrook, Sandown, Troy and Greenville.



Community Profile reports also proved invaluable to three communities in the process of revising/updating their Master Plans.

How We Make A Difference:

The following are tangible outcomes from last year's community planning activities.

- Over 500 community residents participated in Community Profiles and other community planning processes in New Hampshire communities over the past year.
- Troy raised \$100,000 for downtown redevelopment and economic development planning.

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- Londonderry incorporated transportation, housing, open space, economic development, and recreation into its updated Master Plan as a result of a community forum.
- Troy and Candia held planning New Hampshire charettes as a result of the visions created through their Community Profiles.
- A community newsletter, exploring how to get youth more involved in local government, is in the works for a Community Profile action committee in Dummer.
- Greenville's Community Profile beautification committee made downtown holiday decorations and Christmas tree plantings.
- Open space committees formed as a result of recent Community Profiles in two New Hampshire towns.

For information about UNH Cooperative Extension's work in community planning, contact:

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For more information about Community Profiles, contact:

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E-mail: michele.gagne@unh.edu

"The community [Jackson] simply pulled together to plan for the future. Who knew that a quarter of the community's residents participated in the planning process!" (Committee Chair).



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Keeping food safe a high priority for the restaurant industry



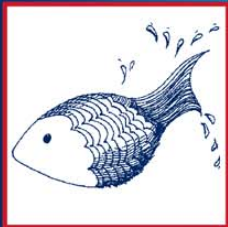
Situation:

The statistics are staggering.

Each year foodborne diseases cause approximately 76 million illnesses, 325,000 hospitalizations, and 5,000 deaths in the United States. These illnesses are costly, with estimates ranging from \$5 to \$22 billion annually for medical treatment and lost productivity.

Public health officials believe the risk of foodborne illness is on the rise. One reason may be the increasing amount of the family's food dollar spent for food away from home – up to 46 percent by recent estimates.

In New Hampshire, where tourism and eating out is a large proportion of the state's revenue, a foodborne illness outbreak would severely impact the entire industry. Keeping food safe for consumers is an important goal of the food service industry and UNH Cooperative Extension.



UNH Cooperative Extension's Response:

UNH Cooperative Extension Family Development Educators work with all sectors of the food service industry to provide food safety and sanitation programs.

The Safety Awareness in the Food Environment (SAFE) program is a two-hour review of critical, research-based food safety and sanitation information for food managers and workers. The ServSafe™ program is a national food safety and sanitation certification program for food managers.



How We Make A Difference:

This past year, 648 food workers learned more about food safety by attending 27 SAFE programs throughout the state.

Post workshop questionnaires showed:

- 95 percent correctly identified recommended hand washing procedures.
- 99 percent correctly identified recommended cold storage temperatures for perishable foods.



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- 98 percent identified the time – temperature danger zone as 41 to 140 degrees F.

Food service managers reported in nine follow-up phone surveys increased hand washing and proper disposable glove use among food workers .

In addition, managers indicated employees were more careful to clean and sanitize surfaces between raw and cooked food uses.

One food manager described the benefits of the SAFE program, “[SAFE] helped waitstaff with handwashing and glove use. I see all staff more aware of their surroundings and the issues of food safety. They pay attention to what they’re doing rather than just rushing to get the job done.”

Eight ServSafe™ programs resulted in 146 food managers and workers taking the national certification examination.

For information about UNH Cooperative Extension’s work in food safety, contact:

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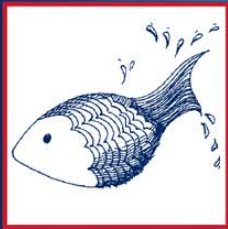
4-H Camps continue support of youth of all abilities



Situation:

As communities experience increases in the number of youth with disabilities, 4-H and other youth programs struggle to meet the challenge of inclusion and accommodation.

Positive youth development, well-designed programs, and trained, supported staff are the keys to success in addressing these challenges.



UNH Cooperative Extension's Response:

NH 4-H Camps, an intense youth delivery system for UNH Cooperative Extension, addresses current trends in adolescent development.

Accepting differences, learning to get along with others, and cooperating in groups are some lifeskills campers develop. Through inclusion of youth of all abilities, campers live together, learning from and understanding differences and similarities in one another.



In an effort to create systematic organizational change and increase inclusion within state Extension programs, NH 4-H Camps continue with their provision of services to all youth.



How We Make A Difference:

During the summer of 2003, NH 4-H Camps operated two sites, serving 849 individual youth in 1,262 camper weeks.

The summer camps received significant funding from organizations around the state to support families who otherwise couldn't afford to pay the cost of sending their child to camp.

In 2003, 74 organizations and human service agencies provided \$72,140 to support families and send youth to NH 4-H Camps. Many of the youth supported had specific disabilities and special needs, requiring individualized accommodations.

- Twenty percent of campers had either a physical, developmental, emotional or behavioral disability, with an estimated additional 10 percent at-risk (poverty, foster children, adjudication).



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- Camper disabilities included William's syndrome, Down's syndrome, ADHD, anxiety disorder, asthma, bipolar disorder, Asperger's syndrome, clinical depression, obsessive compulsive disorder, autism, cerebral palsy, epilepsy, post-traumatic stress disorder, oppositional defiant disorder, language delays, osteogenesis imperfecta, and diabetes.
- Collaboration with UNH Institute on Disabilities staff, including help with staff training and on-site supervision throughout the camping season.

The reputation of NH 4-H Camps as an inclusive and accommodating environment contributed to the significant growth of referrals and support received from special education departments and school districts statewide.

Fourteen youth attended camp this summer with 1:1 aides. These fourteen youth represented 55 camper weeks. Four campers attended overnight camp with their aides and 11 campers attended day camp with their aides. One camper attended both day and overnight camp. This reveals an increase from six campers with 1:1 aides in 2002.

Twelve campers attended 4-H camp through extended school year (ESY) funding, with additional support provided by Riverbend Mental Health Services and Community Bridges. This shows an increase from four campers who received ESY support in 2002.

The increase in the diversity of youth served at NH 4-H Camps increased as a result of these partnerships with New Hampshire school districts, UNH Institute on Disabilities and statewide human service agencies.

For information about UNH Cooperative Extension's 4-H Camps, contact:

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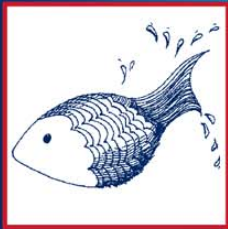
Assessing and addressing teen issues in New Hampshire



Situation:

Youth face many challenges as they grow and develop. While most adolescents manage the transition from the world of childhood to adulthood successfully, some youth need help and additional support negotiating these changes.

There is a growing movement for community collaboration when addressing adolescent issues and promoting the positive development of youth within an ecological framework.



UNH Cooperative Extension's Response:

The Teen Assessment Project (TAP) strives to support youth, strengthen families and build strong communities.

The first phase of the project involves building a youth-focused coalition. This group develops and administers a survey to youth in grades 7-12 about teen concerns, attitudes and behaviors, both positive and problematic.

Community education includes a parent newsletter series containing local data, a comprehensive statistical report and abstract, community forums, youth and family programs and education through media outlets.

Communities strategically plan, carry out initiatives, collaborate to support positive youth development and address youth issues needing attention.



How We Make A Difference:

To date, 23 different school districts/regions representing 96 New Hampshire communities took part in TAP surveys, representing 25,006 youth.

In 2003, the three school districts of Pemi-Baker, Linwood and Newfound surveyed 1,372 students. Related programs reached 1,425 youth and 20,325 adults.

TAP provides youth data to help communities secure funding for local initiatives. To date, grants and awards totaling over \$10.5 million will help complete TAP in communities throughout the state and to initiate and enhance programs.

In 2003 alone, \$1,319,183 in funding provided additional support to programs throughout the state.



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Specific program examples include:

Raymond - Peer mediation training as requested by students in the middle school. Sexual assault support service workshops held at the elementary and high schools.

Nashua - A task force formed to examine high school drop-out rates. An Interfaith Youth Council meets to learn about different faiths.

Merrimack - Project Safeguard (a strengthening families program for youth and parents) took place and plans are underway for a teen center.

Plymouth/Lincoln/Bristol - Activities include a health fair, third annual Prevention Summit and parenting classes. Two coalitions continue and the Newfound Prevention Coalition formed.

Keene/Hinsdale/Winchester - Parent articles featured in news-letter editions and community-wide newspaper.

Conway - Gay/Straight Alliance formed following the 2001 TAP survey. They meet weekly.

Other examples are:

- Statewide-online youth community coalition connections newsletter,
- A comprehensive report based on gender analysis from TAP data,
- An AmeriCorps Vista position to focus on community youth development,
- TAP efforts in four school districts,
- Bullying education in Conway,
- Gorham tobacco prevention efforts,
- Merrimack middle school after-school program resulting in improved academic performance and enhanced self esteem,
- Raymond strategic planning and implementation efforts with youth focused coalition, and
- A teen center for Claremont.

For information about UNH Cooperative Extension's work with adolescents, contact:

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Helping New Hampshire farmers improve their pest management



Agricultural producers face significant challenges in handling problems caused by weeds, pathogens, insects and other pests. These pests cause major reductions in crop yield and/or quality. Regular reliance on chemical pesticides offers a quick fix for pest problems, but other problems may result.



For growers who retail produce, customer concerns about pesticide use are especially important. Growers get caught in the middle between customer demands for blemish-free, pest-free products, and customer expectations that pesticides, especially chemicals, aren't necessary.

UNH Cooperative Extension's Response:



UNH Cooperative Extension helps commercial agriculture practitioners (orchardists, greenhouse managers, farmers, etc) improve the way they manage pest problems.



Extension's agricultural resources educators help farmers reduce dependence on chemical pesticides, maintain or improve crop quality and yield, and save money.

The Integrated Pest Management (IPM) program helps growers with this difficult balancing act, to help them manage pest problems appropriately, while minimizing costs, risks, and crop injury. In most cases, pesticide use is reduced from "conventional" patterns. By reducing their reliance on chemical controls, growers become better stewards of the land, and farms often become more sustainable.



The IPM program targeted commercial apple and greenhouse growers this past year.

Web and hard copy newsletters, revised fact sheets and revised regional New England pest management guides (apples, small fruit) helped growers make pest management decisions.

Growers also learned more about pest management through weekly fruit pest update phone messages, available 24 hours a day from April 1 through mid-September.

Crop quality was evaluated at 25 orchards and work continued on spreading two biological control agents: a parasite of European apple sawfly, and a mite that eats leaf-attacking mites.

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How We Make A Difference:

Apple acreage continued to decline in 2003, but crop volume was up 30 percent from last year, to 810,000 bushels. Despite rainy weather that created problems controlling curculio and "summer diseases," growers reduced spraying (compared to pre-IPM records) by \$100 an acre, for a \$250,000 savings statewide .

Fruit quality was high, with only 4.23 percent of apples showing pest injury at harvest. Compared to pre-IPM figures of 10 percent injury, this represents a reduction in injured fruit of 46,000 bushels statewide.

A parasite was successfully introduced to one Concord orchard. This is the first record of this European wasp in the United States. With more work over the next several years, the insect will spread and start controlling the sawfly. A predator mite from New York also was introduced to another New Hampshire orchard, bringing the total to eight New Hampshire sites.

In Cheshire County, insect pests of alfalfa and silage corn were monitored. One producer saved \$500-600 by avoiding unnecessary insecticide treatment for rootworms.

Approximately 100 producers improved their understanding and management of weed problems.

Some aspects of this work extend to neighboring states. Examples are the New England Pest Management Guides for apples and other crops, the tri-state (VT-NH-ME) pocket greenhouse guide, joint workshops and grower meetings such as the tri-state greenhouse IPM workshops, and the New England Vegetable, Berry and Fruit meetings.

For information about UNH Cooperative Extension's Integrated Pest Management work, contact:

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Increasing your financial security now and in later life



Situation:

Americans in 2002 saved less than four cents of every dollar while 16-21 cents of every dollar goes toward debt. Households saved less and spent more, putting their financial security at risk.

Research shows low savings rates, high credit debt, inadequate financial preparation for retirement, increased costs of health care and other factors put Americans at risk of not achieving financial security now and in later life.



Spending habits start early. In 2002, U.S. teens spent \$170 billion. The Jump\$tart Coalition for Personal Financial Literacy 2002 survey found 12th graders' personal finance knowledge level to be 50.2 percent, a failing grade based on the typical grade scale. Many young people could establish bad financial management habits, and stumble through their lives, learning by trial and error.

Financial security is the ability to meet future needs while keeping pace with day-to-day obligations. Achieving financial security now and in later life means preparing for retirement and potential long-term care costs, which takes planning, saving and debt control.



UNH Cooperative Extension's Response:

UNH Cooperative Extension increased the financial literacy of those participating in its educational programs by helping them establish financial goals, reorganize their spending to start or increase saving, decrease their debt load, and follow a spending plan that will lead toward achieving financial security now and in later life.

Using UNH Cooperative Extension resources, family resource management education is taught in every New Hampshire county through face-to-face education, learn-at-home publications and the media. Audiences include those on public assistance to Individual Development Account participants, teachers, adults, youth and Medicare beneficiaries.



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How We Make A Difference:

This past year, 256,965 people were reached with family resource management education (5,549 adults and 6,028 youth through face-to-face education, 9,488 through learn-at-home publications and 235,400 through print and nonprint media).

Throughout New Hampshire, UNH Cooperative Extension sponsored 38 workshop series for 344 adults within the Financial Security in Later Life national initiative with either the curricula "Taking Charge of Your Finances" or "Making Money Work For You."

These series include pre/post/follow-up evaluation tools. As a result of this education, 59 percent of participants decreased debt and paid-off bills, 63 percent are saving and 34 percent plan to start, 71 percent now follow a spending plan, and 67 percent reported they felt more confident making money decisions.

Furthermore, fewer participants said they were paying bills late at the end of the workshop. The most dramatic decrease was for those reporting they "often" paid their bills late. From beginning to end of the series, 39 participants saved \$11,948 and reduced their debt by \$8,705.

To increase the number of students gaining from the High School Financial Planning Program (HSFPP), UNH Cooperative Extension partnered with NH Jump\$tart Coalition. As a result of the training efforts, 6,028 students were reached.

In total, 23,822 New Hampshire students gained financial skills by taking the High School Financial Planning Program.

In its first year, the NH Saves awareness campaign enrolled 41 savers committed to saving or reducing debt at a rate of \$5,509 a month or \$66,108 the first year. Savers are setting aside money to build their first home, build emergency funds, afford education, plan for retirement and business development.

For information about UNH Cooperative Extension's work in family financial management, contact:

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Making a successful transition from welfare to work

Situation:

Contemporary problems for America's children and families exist at historically unprecedented levels. The best predictor of whether a child will experience problems is poverty.

Most recipients of Temporary Aid to Needy Families (TANF) are required by federal law to prepare for and find paid employment. Many find they need help mastering basic lifeskills to make a successful transition to paid work.

Some people have difficulty managing time, conflict, anger and stress. They may fear change or rejection. Some need help building support networks for themselves. Many people don't have successful role models for balancing paid work and family life. Some have family difficulties that undermine their ability to seek and find a job.

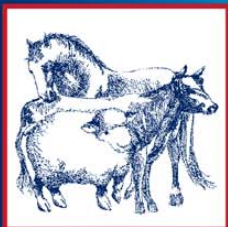
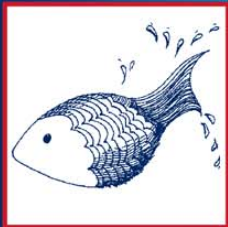
Others need help with parenting skills and understanding the developmental needs of children. Often, parents worry about finding childcare or interacting with childcare providers. In addition, they need help developing a spending plan or preparing nutritious meals within their budget and time constraints.

UNH Cooperative Extension's Response:

UNH Cooperative Extension designed and implemented the Family Lifeskills Program to provide personal and family skills, increase self-esteem and social support skills for dealing successfully with individual and family issues related to the transition from public assistance to employment. This job-readiness program exists within the NH Employment Program.

The Lifeskills for Employment, Achievement and Purpose (LEAP) curriculum is multi-generational, culturally sensitive and reaches a diverse audience.

Woven into the curriculum is a teaching model that focuses on workplace expectations of attendance and punctuality and a continual reinforcement of the participant's ability to be successful. The curriculum also is conducted in Spanish.



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How We Make A Difference:

The Family Lifeskills Program has educated over 1,800 individuals. Test results show that overall scores on food and nutrition, money management and balancing work and family, as well as individual indicators, increased significantly.

The self-esteem of participants increased significantly as well by the end of LEAP. This program helps change people dramatically and increases their family and personal skills, self-esteem, social support and self-efficacy, resulting in a more successful transition from public assistance to work.

As one participated noted, "LEAP helped me better manage my time, make back-up plans, better manage conflict and my anger. I learned problem-solving techniques. LEAP has helped me set aside a lot of my fears about me going back to work, fears that my kids won't be well taken care of and what would they do without me. I have found that my family isn't going to fall apart just because I am gone eight hours a day."

For information about UNH Cooperative Extension's Family Lifeskills Program, contact:

Suzann Knight

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Social marketing a tool for reaching food stamp recipients

Situation:

More than 46,000 people receive food stamps in New Hampshire. These families, and others below the poverty level (for a family of four, about \$18,400,) critically need essential information and education to give them have a better chance for good health through appropriate choices and use of foods.

UNH Cooperative Extension's Nutrition Connections Program works with low-income New Hampshire residents to help them improve their diets through several interventions: one-to-one, small group and home study. Fewer clients, however, have time to participate in traditional Extension programming.

UNH Cooperative Extension's Response:

To provide nutrition information to all food stamp participants in New Hampshire, UNH Cooperative Extension's Nutrition Connections program embarked on a social marketing campaign .

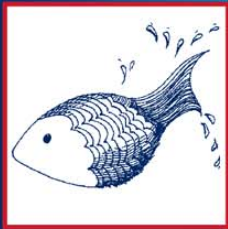
Social marketing focuses on behavior change. Changing a participant's eating behavior often comes from effective nutrition education. Social marketing doesn't focus on public service announcements, posters, pamphlets or promotions. Social marketing instead incorporates programs aimed at changing the behaviors of a well-understood target audience that may include those tools.

Social marketing can't provide the same educational opportunities as traditional educational techniques, so mechanisms were built into the campaign, allowing consumers to refer themselves to Cooperative Extension staff.

Unlike other forms of intervention, social marketing allows Nutrition Connections to provide important information to a larger number of clients than ever before.

To understand the needs of the target audience, a series of telephone surveys were conducted. Each survey contacted approximately 400 food stamp recipients in New Hampshire.

The survey questions gauged nutritional and general health, knowledge of healthy dietary habits, attitudes toward living a healthy lifestyle, what food stamp recipients want to learn about nutrition, and their readiness to change. Surveys conducted after the campaign assess the campaign's progress.



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Based on the surveys, Nutrition Connections designed the first intervention, a series of five newsletters entitled Smart Choices, designed specifically for food stamp recipients. The newsletters focused on a low-cost, healthy diet, with special emphasis on consumption of fruits and vegetables.

Over 18 months, each newsletter reached over 19,000 food stamp households in New Hampshire. Newsletters were extremely well received by food stamp recipients.

In the second year, the second intervention ran concurrently with the newsletter and consisted of three 30-second television commercials. The commercials focused on increasing the consumption of fruits and vegetables.

How We Make A Difference:

A phone survey showed the social marketing campaign makes a positive impact on food stamp recipient's behavior.

Among food stamp recipients who received a copy of Smart Choices, 65 percent reported they read the information contained in the newsletter. Among recipients who read the newsletter, 93 percent found the information useful. *"There is always something helpful to me in the newsletter." "It helped me chose better food." "I saved so much because of reading this newsletter."*

The written evaluation surveys yielded over 1,600 responses, and 400 self-referrals from clients who wanted more traditional one-to-one, small group, or home study interventions.

Twenty-six percent of food stamp recipients reported that they have seen at least one television commercial featuring Miss Smarty. Among those who watched a Miss Smarty commercial, 84 percent found the commercial's information useful. The results also show these commercials had a significant impact in moving recipients from considering dietary changes to preparing for and making those changes.

The initial results of this social marketing campaign reveal success in reaching a large audience of food stamp recipients with information tailored to meet their needs. Throughout the campaign, food stamp recipients contacted Extension staff for more information, and to participate in traditional one-to-one or small group classes.

For information about UNH Cooperative Extension's social marketing efforts, contact:

Valerie long
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E-mail: valerine.long@unh.edu



Volunteers help extend educational efforts to meet needs of NH

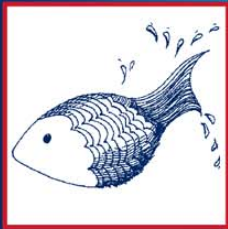


Situation:

Volunteers are an incredible and vital resource for extending UNH Cooperative Extension's program efforts. They help develop and implement programs to meet the needs of New Hampshire people and make a difference in their communities.

Trained volunteers extend the "arms" of UNH Cooperative Extension. As unpaid Cooperative Extension representatives, they provide time, talent, spirit and resources to deliver programs to New Hampshire residents.

The Cooperative Extension mission would diminish without the expertise of the 3,745 volunteers educated and supported by UNH Cooperative Extension in 2003.



UNH Cooperative Extension's Response:

Volunteer programs consist of:

The 443 active volunteers of NH's Lakes Lay Monitoring Program (LLMP) donate more than 2,433 and conduct research at more than 300 lake sites and 370 tributary and outlet sites.

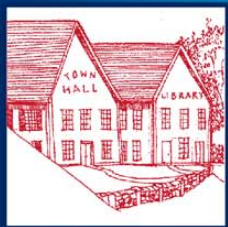
The Coverts Project's 205 volunteers serve 116 communities to promote wildlife and habitat conservation and forest stewardship in New Hampshire.

One hundred seventy marine docents and 98 Great Bay Coast Watch volunteers provide a lens through which students, educators and the public view and explore the coastal environment. Participants represent 185 communities.

Another 434 Master Gardeners share their knowledge of gardening by serving 12,000 hours as volunteer educators in their communities or at Cooperative Extension's Family, Home & Garden Education Center in Manchester.

The 4-H youth development program's 2,159 volunteers help 22,500 youth acquire knowledge, develop life skills and form attitudes become self-directing, productive and contributing members of society.

Eighty-five Community Tree Stewards volunteer over 4,782 hours in 58 New Hampshire communities to strengthen communities, promote social change, and enhance urban ecosystems through practices of urban forestry.



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How We Make A Difference:

LLMP volunteers, students and staff monitored the effectiveness of diversion ditches and culverts installed by the NH Dept. of Transportation to reduce nutrient and sediment pollutant load into Chocorua Lake. The collected data shows a significant reduction of pollutants in the ditches and culverts flowing into Chocorua Lake, helping preserve this state icon for future generations.

NH Coverts volunteers manage more than 30,000 acres of land in New Hampshire. Coverts volunteers used their experience and training to serve as local decision-makers on conservation issues in their communities. Over 65 percent of Coverts volunteers are active on conservation commission, planning boards, or in local conservation groups.

Personal workforce development skills are enhanced by volunteers in the 4-H youth development program. Skills noted include supervision of staff of all ages, more tolerance of differences and the ability to organize work assignments and be an effective team member and communicator in the work place.

Marine Docents established two endowment funds to support the SeaTrek program and training. They served with over 15,000 individuals. As a result, 10 schools adopted Cooperative Extension's floating lab as part of their regular curriculum.

In the Carroll County Veggie Volunteer program, Master Gardeners organized other volunteers to pick vegetables for food pantries and non-profit kitchens. Meal programs saved \$430 each week for a total of \$5,771.

Seventeen Tree Stewards volunteered 1,733 hours toward land conservation projects in Rockingham, Hillsborough and Strafford counties. This past year, New Hampshire communities appropriated \$36 million in land protection efforts at town meetings.

One hundred fifty Health Insurance Counseling Education Assistance Service (HICEAS) volunteers reached 3,889 individuals about confidential Medicare issues, resulting in a collective savings of \$48,490 for them.

Using the Independent Sector dollar value for volunteer time of \$16.54, with a minimum of close to 83,000 hours tallied for the past year, the equivalent value to UNH Cooperative Extension is \$2 million.

For information about UNH Cooperative Extension's volunteer efforts, contact:

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Teaching teen mothers about healthy choices for their babies

Situation:

Teenage pregnancy statistics are alarming. Babies born to very young women often have physical and mental birth defects. The high rate of teenagers having babies is a national health and social problem that demands attention.

Four out of 10 girls become pregnant before they are 20. About 500,000 teenagers give birth each year. Almost 13 percent of all U.S. births are to teenage girls.

Babies born to young teen mothers have a high risk of serious health problems. These babies are more than twice as likely to die than babies born to women in their 20s.

Health risks associated with teen pregnancy include complications such as premature or prolonged labor, toxemia and anemia; and an increased death rate from pregnancy complications, especially to teens under age 15.

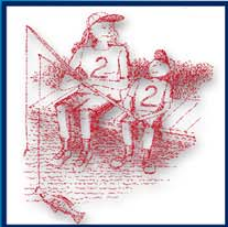
Babies born to teenage mothers are 40 times more likely to die in their first month of life than normal weight babies. Low birth weight babies cost the nation \$3.2 to 7.5 billion each year.

UNH Cooperative Extension's Response:

UNH Cooperative Extension developed "The Great Beginnings Nutrition Curriculum for Pregnant and Parenting Teens" program. Participants realize the important role they play in shaping their health and the baby's health and development.

The curriculum consists of presentations, discussions and hands-on activities. Topics include healthy food choices, appropriate weight gain, breast versus bottle feeding, infant and toddler feeding, skillful shopping, and the role of snack and fast foods. It's designed for teen parent groups, health education classes or wherever pregnant teens receive care.

In the short-term, the program provides practical nutrition and wellness information to adolescent mothers, since underweight infants are at greater risk for health implications. In the long-term, the program creates healthier moms giving birth to healthier babies.



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How We Make A Difference:

UNH Cooperative Extension reached more than 565 pregnant and parenting teens with "Great Beginnings." Eighty-five percent learned more about nutrition specific to issues of pregnant and parenting teens and 87 percent planned on changing one or more healthy behaviors.

This program, funded by USDA Food and Nutrition Service and the NH Food Stamp Program, has continued over the past 12 years, in collaboration with UNH faculty, USDA Economic Research Service, WIC, Community Action Programs, middle and high schools, Visiting Nurses Associations, shelters, prenatal clinics and other agencies.

Extension's Nutrition Connections program recently completed a study linking a nutrition education curriculum for pregnant teens - "Great Beginnings" - to the birth outcomes of pregnant teens. The study revealed this nutrition intervention reduced risks of adolescent pregnancy. Low income, pregnant teenagers who completed "Great Beginnings" met or surpassed national standards for healthy childbearing.

The five-year study of 136 expectant teens in New Hampshire demonstrated statistically significant increases in nutrition knowledge and diet quality, and statistically significant reductions in the incidence of low birth weight among teens that completed the six week session "Great Beginnings" curriculum.

"Great Beginnings" participants achieved a mean weight gain of 35.6 pounds, had a lower Cesarean rate (13.2 % compared to a New Hampshire rate for all births of 20.2% during the study period), met the American Academy of Pediatrics threshold for normal birthweight of seven pounds (mean birthweight was 7.4 pounds), and dropped low birthweight to 6.6% (compared to a New Hampshire rate for all adolescents of 7.4% and a national rate for all adolescents of 9.3%). The low birth weight rate of 6.6% for the New Hampshire subjects was significantly lower than that of the control group at 12.3%.

A study, based on the evaluation of the "Great Beginnings" curriculum, calculated the cost effectiveness of this intervention with pregnant teens based on the reduction of low birthweight babies and the associated costs during the first 15 years of life. Costs included health care, childcare and education costs.

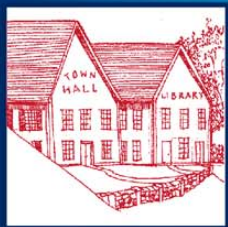
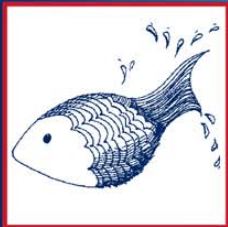
The savings were calculated at \$39,909 per low birthweight. The computed cost effectiveness ratio is \$5.42 saved for each incremental dollar spent on the "Great Beginnings" intervention.

For information about UNH Cooperative Extension's Great Beginning program, contact:

Valerie Long

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Expanding nutritional awareness in low-income populations

Situation:

Changing employment opportunities, eroding buying power, fluctuating income, and limited resource management skills threaten the well-being of families. The number of working poor, those individuals who work hard but are close to the bottom of the economic ladder, continues to be a problem.

Research shows poverty is the number one indicator for hunger. Persistent hunger and resultant under-nutrition have serious and complex effects. This is especially devastating for nutritionally vulnerable groups, including infants and children, pregnant women, and the elderly.

Under-nutrition in children may begin with the mother. Numerous studies show pre-pregnancy weight and weight gained during pregnancy are positively correlated with the infant's birth weight. The pregnant mother can only support optimal growth of her fetus if her own nutritional status is adequate. Results of low birth weight and prematurity often include abnormal physical and intellectual development and learning disabilities.

Currently, more than 42,000 people receive food stamps in New Hampshire. These families and other families who drop below the poverty level (for a family of four, about \$18,000,) have a critical need to receive essential information and education to help them have a better chance for good health through their choice and use of foods.

UNH Cooperative Extension's Response:

UNH Cooperative Extension Nutrition Connections Program addresses these needs. Nutrition Connections comprises two programs designed specifically for at risk audiences: The Expanded Food and Nutrition Education Program (EFNEP) and the Food Stamp Nutrition Education Program (FSNEP). EFNEP was created following a comprehensive USDA nutrition study in 1965. It showed the diets of low income Americans were very low in nutrients such as calcium and iron, and eating habits in general were poor.

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As a result of successful programs conducted around the country by Extension in 1968, Congress funded a national Extension nutrition education program for low income people.

EFNEP's goal is to improve the health and nutritional status of families and individuals. It works to achieve lasting improvements for families while promoting immediate changes in food habits. The target audience for EFNEP is low-income New Hampshire residents below 185 percent of the poverty level.

EFNEP's strength is the high quality nutrition education it provides to families and youth at risk. Legislators continue to say they fund EFNEP due to the quality of education provided. The key factor to success is the EFNEP staff member in the field.

FSNEP targets food stamp participants and residents eligible for food stamps. It enhances food stamp allotments with nutrition education and financial management education to help families make the most of their food dollars.

Food stamp participants are reached in a variety of ways: direct teaching to food stamp families, educational newsletters, a 800-FOODLINE for simple questions or self referrals, summer family and youth garden projects, and other effective programs.

Nutrition Connections families and individuals learn from one to one home visits, small group learning experiences, or other innovative learning methods by Food and Nutrition Program Associates and Educational Program Coordinators.

How We Make A Difference:

This year, Nutrition Connections Program associates in all 10 counties worked with 730 program families, representing 1,679 people. The majority graduated from the Nutrition Connections program within five months. Seventy percent of these families had incomes below the poverty level.

Also, 280 families increased their ability to manage food budgets by participating in "Planning Ahead, Staying Ahead," a supplemental family resource management program.

Over 374 volunteers contributed 4,466 hours to extend the Nutrition Connections' resources by \$53,592. With agency collaboration, Nutrition Connections staff graduated 3,126 youth at risk who were taught a nutrition education curriculum.

Three hundred sixty-seven children participated in youth garden projects and learned the basics of food production as well as nutrition. Emphasis this year was placed on recruitment of high-risk youth, working with those youth in an established series of lessons.

For information about UNH Cooperative Extension's Nutrition Connections' programs, contact:

Valerie Long
603-225-5505

E-mail: valerie.long@unh.edu

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Building strong families through effective parenting programs



Situation:

Families are the cornerstone of our nation. Strong families raise children to become responsible, productive and caring adults. Yet, many parents lack the knowledge and skills to promote healthy development of their children and protect them from becoming involved in risky behaviors.



Poor parental functioning is associated with child abuse and neglect, juvenile delinquency, early sexual activity, youth substance abuse, and other youth related emotional, social, and behavioral problems.



Parents need support to build strong families and to promote the healthy development of their infants and toddlers, preschoolers, school-age children and teens. They need help in preventing children and teens from becoming involved in negative, risky behaviors. They also need help when youth are already involved in these behaviors.



Through effective parenting education programs, parents improve family communication and problem solving, understanding of child development, use of appropriate ways to deal with children's behavioral problems, and stress management skills.



They also increase displays of warmth, affection, and nurturance toward their children. Parent education was ranked by community leaders in New Hampshire as one of the top five solutions to combat problems facing youth.

UNH Cooperative Extension's Response:

UNH Cooperative Extension helps parents by delivering parenting education programs throughout the state. Parents of all ages, income, and educational levels participate, including those incarcerated, transitioning from welfare to work, or referred by the courts.

Extension has the capacity to reach large numbers of parents, and to deliver programs in communities where parenting education is often lacking.

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Extension reaches parents through monthly newsletters, Cradle Crier and Toddler Tales, available to parents of infants and toddlers through the mail or on-line. Extension staff also train professionals at their work sites or communities, presenting parenting programs on radio and television, including parenting information on Extension's web site, and distributing videos and publications through county Extension offices.

How We Make A Difference:

UNH Cooperative Extension reached 2,200 parents through face-to-face parenting programs (532 one-on-one/home visitors; 985 seminars/one time workshops; 683 workshop series).

An age-paced newsletter Cradle Crier, for families with infants up to 12 months, went to 4,813 families. Another 3,994 families with toddlers 13-24 months of age received the age-paced newsletter, Toddler Tales.

Over 10,000 factsheets containing educational information on issues ranging from bullying to the impact of divorce on children reached families throughout the state.

Approximately 250,000 people were reached per episode through 20 episodes of "Positive Parenting" - aired biweekly on WMUR, New Hampshire's statewide television station. In addition, approximately 180,000 parents learned more about parenting and family issues through statewide news articles.

Eighty professionals and parenting educators attended an Extension-sponsored conference, "Meeting the Needs of Children, Youth and Families in a Media Age."

Two programs delivering parenting education to vulnerable population groups are essential components of Extension's Family Development program.

Family Connections offers parenting education at the NH Department of Corrections Lakes Region Facility for medium and minimum security inmates. The program provided parenting education to 234 incarcerated individuals last year; of these, 180 completed the series. These individuals parent 297 children of ages birth through adolescence.

One-on-one visitation privileges make the program the only one of its kind in the nation. Most corrections facilities don't include family members. Research shows the program must focus on the unit to break the cycle of incarceration.

For information about UNH Cooperative Extension's parenting programs, contact:

Charlene Baxter
603-862-2485
E-mail: charlene.baxter@unh.edu



Enhancing New Hampshire's wildlife habitat



Situation

New Hampshire is home to more than 10,000 species of wildlife including mammals, birds, reptiles, amphibians, fish, insects and other invertebrates. This rich biological diversity depends on New Hampshire's forest, field and wetland habitats for survival.

New Hampshire's population nearly doubled in the last 30 years. This growth and associated development places increasing pressures on the landscape.

Studies estimate New Hampshire loses approximately 13,000 acres of habitat to development each year.

In addition to the direct loss of habitat, continued land development leads to greater fragmentation of natural habitats with resulting adverse impacts to fish and wildlife populations. The protection and enhancement of essential habitats is central to sustaining New Hampshire's fish and wildlife populations.



UNH Cooperative Extension's Response:

With a majority of the state's land in private ownership, the collective decisions of private landowners and community decision-makers have a major impact on wildlife and their habitats.

Since 1985, NH Fish and Game and UNH Cooperative Extension have worked together to provide a Wildlife Habitat Conservation Program.

Extension staff provide technical help to landowners, natural resource professionals, community leaders, land use planners, and conservation groups to help them identify, manage and protect critical and significant fish and wildlife habitats.



How We're Making A Difference:

This year, Extension's Wildlife Specialist provided on-the-ground habitat management recommendations for 16 properties totaling nearly 32,000 acres.

By providing education to landowners and others who influence land use decisions, this program helps participants make more informed decisions regarding protecting and maintaining wildlife habitat and increases the amount of land managed with good stewardship practices.



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During 2003, 600 natural resource professionals participated in Extension wildlife-related workshops. Workshop topics included managing early successional habitat, beaver and habitat management, forest fragmentation, identifying and protecting significant wildlife habitats, and mapping wildlife habitat using GIS data.

The Wildlife Specialist presented training on identifying and protecting significant wildlife habitats and mapping wildlife habitats and using New Hampshire GIS data to town conservation commission members, local and regional planners and conservation group members.

Over 4,000 natural resource professionals, teachers, landowners, volunteers and others receive UNH Cooperative Extension's Habitats newsletter. Wildlife habitat information is also presented to landowners through numerous workshops, tours and slide programs.

The NH Coverts Cooperator Volunteer Program is a collaborative effort that helps New Hampshire landowners and community leaders become good stewards of the land and ambassadors of good stewardship.

In addition to Cooperative Extension resources, the Coverts volunteer program receives support from the NH Fish and Game Department, the Ruffed Grouse Society, the NH Division of Forests and Lands, and the USDA Forest Service.

Every September, a new group of 25 Coverts volunteers participate in a three-day training session. They receive materials, classroom instruction and field experience in wildlife, forest stewardship and land conservation.

Now numbering 210 people, Coverts volunteers reach thousands of New Hampshire citizens each year through woodland tours, articles and educational programs.

The Extension Wildlife Specialist currently works with the NH Fish and Game Department and other partners to develop a state-wide Comprehensive Wildlife Conservation Plan. The plan will inform land trusts, communities and agencies on the location of New Hampshire's most critical wildlife habitats and strategies for their conservation.

For information about UNH Cooperative Extension's wildlife programs, contact:

Darrel Covell

603-862-3594

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UNIVERSITY of NEW HAMPSHIRE
COOPERATIVE EXTENSION

Forest Stewardship impacts New Hampshire's way of life



Situation

Forests are critical to sustaining New Hampshire's \$1.7 billion dollar forest products industry, tourism industry, wildlife habitat and water supplies.

Private forest lands influence every drop of drinking water in the state. Wildlife is depends on privately-owned habitat.

Increasing population and fragmentation of the forest resource base effects the ability of the state's forests to meet the diverse human demands. With these increasing demands and pressures on the forests, comprehensive planning and management for the future are critical to maintain the resource base so it may provides benefits.

Seventy-two percent of the Granite State is owned by approximately 84,000 private forest landowners. These privately owned lands, with community owned properties, are the principal targets of the New Hampshire Forest Stewardship Program.

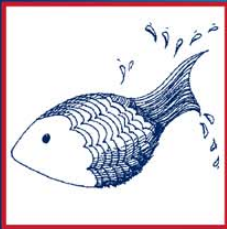
UNH Cooperative Extension's Response:

Since 1925, the UNH Cooperative Extension Forestry and Wildlife Program, with the NH Division of Forests and Lands, has cared for New Hampshire's forests.

The program mission is to educate New Hampshire's citizens about rural and urban forest environments, enhancing their ability to make informed natural resource decisions.

Ten Forest Resources Extension Educators, three statewide Extension Specialists (Forestry, Forest Industry and Wildlife), a Land and Water Conservation Educator, and a Community Forestry Volunteer Coordinator provide technical expertise and information about managing forest and community resources to people in each county across the state.

Target audiences include forest landowners, natural resource professionals, communities, volunteers, NH forest-based industries, and the public. Extension provides technical and educational assistance to these audiences through site visits, publications, workshops and seminars.



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toll free at 1-877-398-4769

How We're Making A Difference:

Extension provided on-site assistance to over 1,700 forest landowners influencing approximately 110,000 acres this past year.

Over 2,200 forest stewardship plans were written for New Hampshire landowners by public and private sector foresters since 1990. These plans cover over 570,000 acres or approximately 15 percent of the private forestland in the state.

Extension Educators encouraged over 350 landowners (owning approximately 35,600 acres) to continue or expand their management using the help of a private licensed forester in 2003.

Extension provided over 340 natural resource related seminars, workshops, and programs throughout the state –*the equivalent of nearly one program every day of the year* – reaching over 12,000 participants. Over 60 of these programs were offered to natural resource professionals reaching approximately 2,300 people.

Extension worked with landowners to help them explore the option of protecting their lands using conservation easements. Increasingly, Extension has worked with conservation groups to help them identify important open space resources and to work with landowners to protect those resources.

Extension's forestry and wildlife web pages, at <http://ceinfo.unh.edu>, were accessed over 60,000 times this past year.

Extension's Habitats newsletter reached over 4,500 natural resource professionals, landowners, volunteers and educators.

Over 150 communities received further help with community forestry projects such as tree planting, pruning and maintenance.

For information about UNH Cooperative Extension's forest stewardship programs, contact:

Karen Bennett

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New Hampshire's Forest Industry: sustaining rural communities

Situation

For over three centuries, the manufacturing of wood products has been important for many New Hampshire communities. The state's forest industry represents a \$1.7 billion dollar industry and when combined with forest-based recreation and tourism, the figure exceeds \$2 billion.

In a state that is 84% forested, the forest is critically important not only to the forest industry, but to rural communities as well. A working forest, one that provides an economic return to its owner, more likely remains a forest as the green backdrop that contributes to the state's quality of life.

UNH Cooperative Extension's Response:

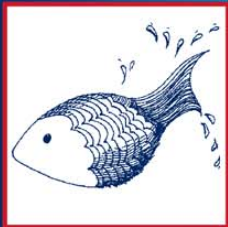
UNH Cooperative Extension provides education to many sectors of the forest industry. This assistance is delivered through business visits, workshops, individual requests, and dissemination of educational information.

Using the multiple resources at UNH, the land grant college system, USDA, and industry publications, the Extension forest specialist contributes a balance of information and clarification of issues with which individuals and companies can make informed decisions.

In addition, because the forest industry is complex, the Extension specialist works closely with economic development specialists throughout the state to understand the needs of the industry, species mix and fluctuating lumber markets.

Loggers have a direct impact on New Hampshire's forests, and in recent years worked hard to improve their professionalism. UNH Cooperative Extension traditionally provides educational opportunities for the logging community.

The NH Timber Harvesting Council, with its partners at UNH and NHTOA, designed a series of workshops – The Professional Loggers Program – which provides a certificate of completion to participants. Over 700 New Hampshire loggers have completed the program and participate in on-going continuing education programs. Workshops include First Aid/CPR, Safe Felling, Fundamentals of Forestry, and Timber Harvesting Law.



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How We're Making A Difference:

Today, New Hampshire has far fewer sawmills than 40 years ago. Despite this decrease, New Hampshire's mills produce more lumber through increased efficiency. As these sawmills raise efficiency, they reduce the amount of wood or logs consumed.

While much of this improvement is due to technology, including computerization, more efficiencies can be accomplished through information dissemination and education of the workforce.

UNH Cooperative Extension's forest industry specialist identifies key educational opportunities and provides educational information.

Recently, New Hampshire's loggers expressed an interest in learning how to scientifically measure trees and stands of trees. Estimating timber volume is critical in determining whether a timber sale is economically feasible or not.

UNH Cooperative Extension designed a workshop titled, "Tree Measurement," to satisfy this need. Loggers learned to use forestry tools such as the Biltmore Stick, used to determine the board foot volume in a tree; a clinometer to determine tree height; and how to apply a sampling technique for estimating the total volume in a stand of trees.

The workshop assigns continuing education credits loggers use toward maintaining their NH Professional Logger's certificate.

A number of southern NH sawmills have a diverse workforce including recent immigrants from Cambodia. These workers don't always understand English, yet the sawmill is responsible for their health and safety.

UNH Cooperative Extension's forest industry specialist helped the mills develop safety materials translated into the Khmer language including a machine "Lock-Out, Tag-Out" video for machine operators.

For information about UNH Cooperative Extension's forest industry programs, contact:

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E-mail: sarah.smith@unh.edu



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Conserving the biodiversity of the Granite State

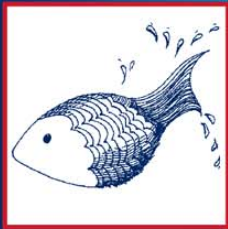


Situation:

New Hampshire is the fastest growing state in New England. The impacts of this growth galvanized New Hampshire residents, communities and the state legislature to support new land conservation programs and funding.

In 2003, New Hampshire communities approved \$35.5 million for land conservation measures.

A recent survey of the state's land conservation community identified as one of the greatest needs better guidance on determining which lands were most important for biodiversity and wildlife habitat.



UNH Cooperative Extension's Response:

The NH Living Legacy Project (NH LLP), a public-private partnership working with land trusts, communities, landowners, researchers, agencies and organizations, guides the protection of critical wildlife habitats, outstanding natural plant communities, lakes and ponds, rare plants and animals, and other ecologically significant lands and waters.

The program integrates ecological values into land and water conservation, land use planning, and resource management decisions at the state, regional and community level.

UNH faculty also contribute New Hampshire-based research, critical thinking skills, and scientific rigor to the NH Living Legacy Project.



How We're Making A Difference:

A proposal, "A Comprehensive Conservation Plan for Wildlife, Plants and Ecological Systems in New Hampshire," was developed and includes a detailed framework and budget estimates for identifying ecologically significant areas, determining what lands are protected, and what lands remain vulnerable.

In 2003, project partners including the Audubon Society of New Hampshire, NH Fish and Game Department, and UNH Cooperative Extension officially launched the NH Important Bird Area (IBA) Program.



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The program's goals are to identify and conserve areas critical to one or more bird species for breeding, feeding and migrating, we well as to avert population declines of common and uncommon birds. Pondicherry and Umbagog Wildlife Refuges were officially recognized as IBA's in 2003.

UNH Cooperative Extension is working on a grant project with the Piscataquog Watershed Association and the Ammonoosuc Conservation Trust to identify and map ecologically significant areas in these watersheds. Once key features are identified and mapped, a conservation plan for each of watersheds will be developed.

Extension reached over 750 foresters, natural resource scientists, landowners, natural resource volunteers, conservation commissions, garden clubs, land trusts and the general public with biodiversity programs in 2003.

Additional people received information through the NHLLP website, electronic newsletters and publications.



Food safety - a shared responsibility



Situation:

Food safety is a shared responsibility of all sectors of the food system – from production and processing to retail food service and the preparation of food at home.

UNH Cooperative Extension works collaboratively with local and regional partners to provide food safety and sanitation programs to each sector of the food system.

Each year, foodborne diseases cause approximately 76 million illnesses, 325,000 hospitalizations, and 5,000 deaths in the U.S. Of the more than 200 known diseases transmitted by food, viruses cause 67 percent, bacteria, 30 percent, and parasites, three percent.

Increasing numbers of foodborne illness outbreaks attributable to fresh fruits and vegetables pose a threat to New England's fruit and vegetable growers. As a region, much of the produce grown locally is marketed directly to consumers through farmer's markets and farm stands.

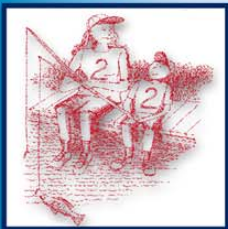
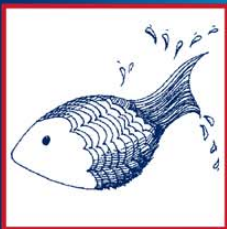
The safety of fresh fruits and vegetables produced regionally is critical for this vital sector of the food system. New England's small, family-owned farms are an icon of sustainable, local agriculture.

UNH Cooperative Extension's Response:

To address this regional issue, Cooperative Extension Food Safety Specialists from all six New England states collaborate on a three-year, USDA/CSREES funded project (\$472,926) to enhance the safety of locally grown fruits and vegetables.

The project include developing and testing three educational approaches to disseminate food safety Good Agricultural Practices (GAP) recommendations to growers. To date, GAP accomplishments include:

- 296 New England fruit and vegetables growers completed a survey to assess awareness of GAP recommendations and current food safety practices.
- A consumer survey was administered to assess fresh produce food safety concerns.



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• Produce samples were collected throughout New England and analyzed to establish baseline levels of three pathogens.

• Development and implementation of GAP educational programs continues in all six states.

Safety Awareness in the Food Environment (SAFE)

As consumers increasingly rely on others to prepare their food, the importance of a knowledgeable and skilled work force for all food outlets such as restaurants, grocery stores, schools, hospitals and nursing homes is critical in preventing foodborne illnesses. The SAFE program, a two-hour workshop, focuses on personal hygiene, cross contamination and basic food handling principles. In 2002, 32 programs were conducted reaching 544 food workers.

The New Hampshire Safe Food Alliance

This unique, statewide alliance, founded in 1997, assesses and addresses food safety needs in New Hampshire. Comprised of food-related industry representatives, local and state regulators, state agencies, and Cooperative Extension, the alliance mission is to ensure the safest food possible for the residents of New Hampshire.

The group received two grants from the U.S. Food and Drug Administration to fund yearly statewide meetings. The alliance planned and implemented two highly successful statewide food safety meetings. The alliance has co-sponsored legislation with the NH Grocers' Association and the NH Lodging and Restaurant Association promoting food safety and sanitation training for food managers throughout the state.

How We're Making A Difference:

In 2002, the SAFE program conducted 32 programs reaching 544 food workers.

For information about UNH Cooperative Extension's food safety programs, contact:

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603-862-2496

E-mail: catherine.violette@unh.edu



Risk management tools promote viability of New Hampshire farms



Situation:

Nature, weather conditions, market changes, legislation, legal challenges and personnel issues impact the viability of New Hampshire and Northeast farms.

These factors pose considerable risk of economic loss and damage to the farm and family. Adverse impacts can be reduced and minimized using risk management tools and techniques.



UNH Cooperative Extension's Response:

Risk management programs center on five themes.

- Production risk examines the variability associated with yield or output.
- Marketing risk deals with price fluctuations and targets market sales.
- Financial risk addresses securing business equity while meeting cash flow needs.
- Human resource risk focuses on the role of family members and employees in the firm.
- Legal risk considers business agreements and environmental issues.

Farm record keeping and information systems provide the basis for assessing risk management strategies.



How We're Making A Difference:

From the fall of 2002 to the fall of 2003, the risk management program incorporated numerous farmer workshops and seminars, intensive training programs for agricultural professionals, publication and distribution of supporting educational materials, and participation in industry trade shows.

In New Hampshire, four farmer seminars and one agricultural professional workshop focused on assessing farm risks, improving farm record systems, and identifying strategies for reducing production and financial risks.

New England workshops were conducted on estate planning (Transferring the Farm) at locations in five different states.

Northeast workshops included a New England workshop on



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agricultural labor management held in Massachusetts and five, two-day risk management training workshops (Farm Management and Business Challenges for the Future) for agricultural professionals. Efforts included publication and distribution of crop insurance fact sheets, a labor law publication and seminar workbooks.

As a result of these efforts:

- 46 New Hampshire agricultural industry professionals improved their understanding on the use of record keeping systems to assess and manage on farm risks
- 16 New Hampshire forage producers improved farm record keeping skills and better understood forage production risk management strategies.
- 88 New Hampshire fruit and vegetable growers reviewed farm records, improving their assessment of risk and identifying risk reduction strategies.
- 300 New Hampshire fruit and vegetable growers learned about revenue and crop insurance options.
- 228 New England farmers learned techniques to minimize farm business succession risks.
- 16 New England farmers improved employee management skills.
- 154 Northeast agricultural professionals improved their understanding of production, marketing and human resource risk management strategies for farmers.

For information about UNH Cooperative Extension's risk management programs, contact:

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NH communities value geospatial technology education



Situation:

New Hampshire organizations, communities and residents need access to geospatial technologies to expand their capacity to address issues and concerns facing the state.

A Geographic Information System (GIS) a computer-based technology helps manage, manipulate, analyze and display spatial (mapped) data.

Global positioning systems (GPS) use a constellation of satellites to provide locational information. GPS can determine locations of roads, trails, historic structures or any other feature found on the landscape.



UNH Cooperative Extension's Response:

UNH Cooperative Extension is among the largest and most affordable geospatial technology training providers in the state.

Currently, Extension offers both introductory workshops and extensive courses emphasizing the use of GIS/GPS for natural resources applications.

Additionally, GPS workshops and a GPS loan program provides mapping quality GPS units for community and school projects.

In an effort to expand educational opportunities for geospatial technologies, Extension also collaborates in an effort to develop a geospatial technology training and resources center. The mission of this center is to *“enhance and expand access to geospatial technologies, for the benefit of citizens of NH and the larger region.”*



How We're Making A Difference:

These programs impact a diverse clientele including state and municipal employees and volunteers, educators, natural resources professionals, and university faculty and students.

A sampling of impacts reported as a result of GIS programs include:

- At least five University of New Hampshire faculty used GIS with students and/or in their research.



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- A Gorham High School teacher reported teaching a nine-week GIS course for 11th and 12th graders. Students mapped community infrastructure including hydrants, manhole covers and participated in an animal habitat study along the Androscoggin River. One student mapped ice damage and regeneration in the Town Forest. The students also participating in a two-day GPS geocaching project on top of Mt. Washington. The teacher reported she “would have been hard pressed to teach this course successfully” if she hadn’t taken the Community Mapping course.
- An Antioch graduate student used GIS for her master thesis mapping social infrastructure.
- A Bangor, Maine high school geography teacher decided to make technology and GIS mapping the focus of her Masters degree work.
- A Brookline high school teacher developed an Environmental Science curriculum incorporating GIS.

These projects were supported with GPS education and loan program:

- Dover tree inventory
- Hampton Public Works stormwater update
- Culvert mapping for Mont Vernon Conservation Commission and Highway Dept. to create a road maintenance plan and determine seasonal water for the Conservation Commission
- Stormwater drain pipe locations in Kittery, Maine
- Trail and excavation pit mapping for the Greenfield Trails Association
- City of Somersworth GIS data enhancement
- Wonalancet Outdoor Club trail mapping
- Original schoolhouses' mapping in Barnstead
- Gilmanton conservation lands' trail mapping
- Canterbury conservation and recreation features including trails, town forests, conservation land locations and important natural resources
- Greenfield trail designation
- Great Bay National Estuarine Research Reserve Habitat mapping
- New England College students collected environmental impact assessment data, and conservation land boundaries for Henniker and Warner.

For information about UNH Cooperative Extension’s geospatial technology programs, contact:

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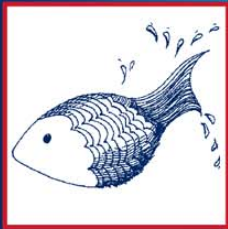
Education center responds to New Hampshire residents



Situation:

New Hampshire's population now exceeds 1.2 million people. As the population grows, UNH Cooperative Extension receives more and more requests from residents thirsting for information and education on a wide range of topics.

Residents want to know more about home gardening, the wildlife in their backyard, the safety of their water, the household pests that invade their home, food safety, urban forestry and many others.



UNH Cooperative Extension's Response:

Through the Family, Home and Garden Education Center, volunteers expand the resources of UNH Cooperative Extension.

Each contact with the general public, homeowners, gardeners and municipalities provides the opportunity to teach people how to make changes to their surroundings for safety and protection of the environment.



How We're Making A Difference:

In 2003, 100 new volunteer Master Gardeners received 60-78 hours of training.

- Over 400 active Master Gardeners contributed 12,000 hours to Cooperative Extension programs in 100 communities.
- On a toll-free information line at the Family, Home and Garden Education Center, Master Gardeners responded to over 7,000 requests. In the 10 counties, Extension Educators responded to another 5,000 requests.
- Ten Master Gardener volunteers taught 17 workshops for the general public from the Family, Home and Garden Education Center. Master Gardeners and county Extension Educators delivered another 130 workshops around the state.
- 650 people received identification or diagnosis of an insect, disease or plant sample.
- 52 "Grow It Green" spots aired on Channel 9 (WMUR) on Saturday morning and Tuesday noon news shows.



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· A garden calendar, the North Country Calendar, was written and published in partnership with Maine and Vermont

· A book, The Best Landscape Plants for NH Gardens and Landscapes, was written and published in partnership with the NH Plant Growers Association. More than 3,000 copies have been sold.

· Active Master Gardeners worked on projects with schools, communities and prisons, conducted workshops and wrote articles, worked with the elderly and with garden clubs to teach new skills that were applied for economic and aesthetic benefits.

More than 5,000 citizens gained skills that improved self-esteem, enabled them to grow and preserve crops, apply pesticides responsibly and/or protect their environment.

For example, the Veggie Volunteer Program in Carroll County used volunteers to pick vegetables for local food pantries and non-profit kitchens.

Volunteers had the opportunity to learn from a working farm and local food pantries and meal programs saved an average of \$430 dollars each week for a total of \$5,771.

For information about UNH Cooperative Extension's Family, Home and Garden Education Center, contact:

Margaret Hagen
603-629-9494

E-mail: margaret.hagen@unh.edu



Finding ways to preserve the heritage of New Hampshire

Situation:

The state of New Hampshire has over 20,000 old barns. These icons of our agricultural heritage help create the rural atmosphere that state residents enjoy and tourists travel to see, yet they have begun disappearing at an alarming rate.

One of the keys to old barn preservation is to increase public awareness of these unique structures, motivating owners to repair and maintain them for future generations. Unfortunately, most old barns have outlived their usefulness as agricultural structures and are often used for storage.

The lack of income-generating options from these old structures makes it hard for owners to justify the high cost of maintenance, so the barns fall into disrepair. Owners have also feared increases in insurance premiums and property taxes that would result from revitalizing a historic barn.

UNH Cooperative Extension's Response:

In collaboration with the NH Division of Historical Resources and the NH Preservation Alliance, UNH Cooperative Extension worked to raise the public awareness of the value of old barns to the State of New Hampshire. Our efforts include:

- Publication of the book, *Preserving Old Barns* by John C. Porter, UNH Extension Professor and Dairy Specialist, and Francis Gilman, UNH Extension Agricultural Engineer Emeritus.
- Extensive work with historical societies around the state to encourage them to conduct barn surveys in their towns that document the number of old barns and their architectural features.
- Making presentations about barn preservation to civic organizations, historical societies and preservation groups to elevate their appreciation for barns.
- Supplying information about barns to artists, photographers and newspaper writers.

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- Serving as a resource to state and local decision makers working to enact legislation and take other actions that help preserve old barns.

How We've made a Difference:

Since passage of the Historic Agricultural Structures Act in 1999 by the New Hampshire legislature, awareness of the value of preserving old barns has grown in the state. Barn owners have begun thinking twice before tearing down an old barn, seeking professional help to explore the prospects for preserving it, rather than letting it disappear from the landscape.

Towns have become more open to the idea of preserving barns for the public good. Even in tight economic times, New Hampshire legislators passed legislation to provide tax easements for barn owners.

UNH Cooperative Extension joined with other historical groups in the state to provide outreach to the citizens of the state, an effort sited as one of the more effective historic preservation collaborations in the country. As a result of these efforts:

- More than 4,000 people bought copies of *Preserving Old Barns*. Porter and Gilman have begun revising the book for a second edition.
- Porter and Gilman have given historic barn talks in more than 20 communities around the state, reaching 1,085 people in 2003.
- As a result of these presentations, more than a dozen communities have already developed barn surveys to quantify the number and type of old barns present in their town.
- The nine New Hampshire contractors who specialize in historic preservation credit *Preserving Old Barns* and Porter's and Gilman's talks for keeping them booked a year ahead and for creating a need more builders.
- Many artists, photographers and newswriters published calendars, displayed artwork and written feature articles that promote barn appreciation.
- John Porter published an opinion piece in the *Concord Monitor* just prior to a hearing in Concord, which helped sway public opinion to save a historic barn already sold to a broker who intended to disassemble it for reassembly in another state.
- The NH legislature enacted a new law (RSA79-D), enabling towns to offer tax easements to landowners who renovate old barns, and thus promoting preservation.
- John Porter has handled more than 50 requests for advice from barn owners planning to restore or maintain their old barns as a result of his book.

For more information about preserving old barns, contact:
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