

Free Tax Preparation Assistance

Tax preparation assistance for Sullivan County residents will be provided by AARP at the following locations from February 1 to April 15, 2006. Call the numbers listed below to arrange for an appointment.

Richards Free Library 58 N. Main Street Newport, NH 03773 Telephone: 863-3430	Claremont Senior Center 5 Acer Heights Road Claremont, NH 03743 Telephone: 543-5998
--	--

Newport Senior Center 76 S. Main Street Newport, NH 03773 Telephone: 863-3177	Shedd Free Library 46 N. Main Street Washington, NH 03280 Telephone: 495-3592
--	--

Underage Drinking Town Hall Meetings

Everyone is invited to participate in a Town Hall meeting sponsored by the Substance Abuse and Mental Health Services Administration to increase understanding of the risks associated with underage drinking and to address local concerns.

Date: Tuesday, March 28
Time: 7:00 to 8:30 p.m.
Locations: Claremont - Sugar River Valley Regional Technical Center in the Community Room
Newport - Sugar River Valley Regional Technical Center in the Lou Thompson Room

Please see page 7 for details and information on how you can register.



Covered Bridge 4-H members Dolly Rose Rondeau and Aminah Orog had fun showing visitors how to make bubble paper during an action exhibit they presented at County Activities Day '05.

Come see 4-H in Action



The public is invited to see all of the wonderful projects that 4-H members are involved in at 4-H Activities Day on Saturday, April 1 from 10 a.m. until noon at the Claremont Middle School (in the multi-purpose room next to the cafeteria). The members will be doing continuous "action exhibits" at tables. The public is invited to talk to the members, taste sample foods or make sample crafts. It is always lots of fun!

Choosing a Farm Business Structure That is Right for You

I am frequently asked by farmers looking to start a business, "How do I go about forming a limited liability company?" It is often the only business structure that has been considered, yet the business structure that is best for your farm should be determined based on the several considerations:

- Who do you want to own your farm business?
- Is it your intention to transfer your farm business to another owner at some point?
- Would you like or need your farm business to continue after you are deceased?
- Are you willing to share control of management decisions and setting the direction of the farm with others?
- Will you need sources of capital to start your business and if so, how do you intend to garner these sources?
- What level of protection from liability do you and others seek?
- What are the tax implications of the various business structures you could choose from and how important are they for you?

It is strongly recommended that people use an accountant and/or a tax attorney when setting up a farm business structure, especially for the first time. The questions above will help you choose the best options when you meet with your accountant and/or attorney.

Below are some of the more popular business structure options and some associated advantages and disadvantages of each.

(see "Farm Business Structure" on page 2)

What's Inside

Forest Tent Caterpillar Defoliation on New Hampshire Forest Lands.....	2
4-H County Activities Day & Fashion Revue Evaluation Day Together Again.....	3
Step Up to Nutrition & Health.....	7
Circle Talk Scheduled for Charlestown PTO on March 7.....	7
Extension Calendar.....	8

UNH COOPERATIVE EXTENSION
24 MAIN STREET
NEWPORT, NEW HAMPSHIRE 03773

PRESORTED STANDARD
POSTAGE & FEES PAID
NEWPORT, NH
Permit No. 55

Agricultural Resources



Seth A. Wilner
Extension Educator
Agricultural Resources &
Environmental Stewardship
seth.wilner@unh.edu

“Farm Business Structure” from page 1

Sole Proprietorship is very common for farms and ranches. In this structure, the individual owner (or husband and wife) is responsible for all debts, obligations, or liabilities. As such, the owner’s personal assets are subject to business liabilities. The profits in this structure are taxed at the owner’s personal tax rate, and business losses can typically be used to offset other income on taxes. Another attribute of sole proprietorship is that the farm business is terminated upon the death of the owner, which can hinder transfer of the farm to the next generation.

Some of the primary advantages to a sole proprietorship include the ease of startup, few legal filing requirements, and control over management decisions held by the farm owner. Some disadvantages include the fact that startup or operating capital is usually limited to what is available to the owner.

Partnerships, General and Limited consists of two or more people who share the control, management and contribute assets and capital for the farm. Limited partners have formal agreements between themselves and the general partners but have no voice in management decisions as limited partners are usually considered just a source of capital. All general partners are mutually responsible for debts, obligations and liabilities. Limited partners are liable for debts only up to the amount of their investment.

Partnerships of both kinds require more paper work than sole proprietorships as they spell out up front how income, responsibilities, and other issues will be handled. Limited partnerships tend to be more expensive to form and have significant accounting and reporting requirements. Partnerships have the advantage of being able to garner capital and assets from all partners and not rely solely on those available to a single owner. Profits from partnerships are taxed at the rates of the individual partners. Business losses are taken as personal tax deductions by the partners.

A general partnership may be forced to dissolve if one partner dies or wants to leave. This is often spelled out in the partnership agreement though, and should be addressed if this business structure is being considered. A downside of the partnership is that often there is no clear leader and conflicts between partners are not uncommon.

Corporation is the most complex farm structure. It is a separate legal entity that has shareholders, a Board of Directors, and officers. It is taxed as a separate entity too, but there is flexibility to be taxed as a subchapter S or C corporation. The C corporation is taxed at corporate rates. Profits are taxed before dividends are paid out to shareholders. The shareholders then have to pay tax on the dividends they receive and thus the term “double taxation” is used to describe C corporations. The S corporation is taxed like partnerships, with each shareholder being taxed at their own individual tax rate and so no double taxation occurs in this type of structure.

Both types of corporations can enter into contracts, own assets and function as a separate legal entity. In terms of liability, no shareholder, director, or officer is liable for debts, obligations, or liabilities of the corporation unless a law was broken. One of the disadvantages of the corporate structure is the startup costs and continuing reporting obligations. Another disadvantage includes a high cost for dissolution should this arise. Additionally, management and control lay with the Board of Directors and officers, which can make farm decision-making more complex and slower. Likewise, in terms of taxes, it is difficult to use farm losses to offset other income.

(see “Farm Business Structure” on page 8)



Forest Resources

Chuck Hersey
Extension Educator
Forest Resources
chuck.hersey@unh.edu

Recommended Actions Regarding Forest Tent Caterpillar (FTC) Defoliation on NH Forest Lands

In 2005, FTC defoliation increased from 10,000 acres to 70,000 acres in Sullivan County and parts of Grafton, Merrimack, Cheshire and Hillsborough Counties. The host is mostly red oak with some sugar maple. Our surveys indicate that 2006 will be like 2005 in terms of acres defoliated – possibly more.

For this reason we’d like to share our management recommendations. These recommendations have been developed with the approval of the Forest Pest Advisory Group (FPAG) which is comprised of pest specialists representing the NH Division of Forests and Lands, US Forest Service, NH Department of Agriculture Foods and Markets, UNH Cooperative Extension, The Society For the Protection of New Hampshire’s Forests, and the

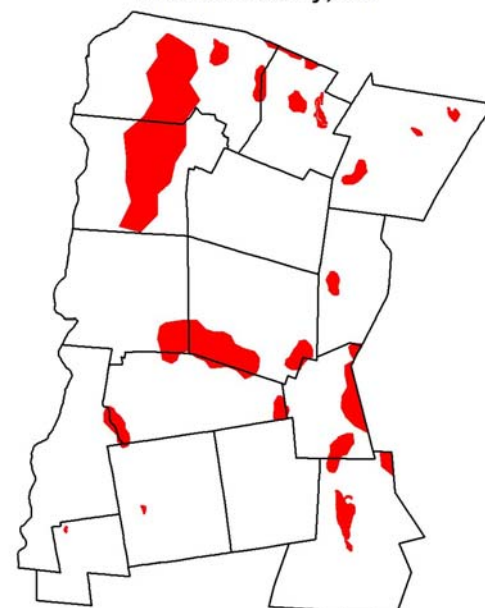
USDA Animal and Plant Health Inspection Service. These organizations are brought together by the State Forester to provide oversight in the management of major forest pest outbreaks. Please keep in mind that FTC is native to New Hampshire and its parasites, predators, and diseases have historically ended our past FTC outbreaks – usually before significant forest impacts occurred.

Recommended forest management practices in FTC defoliated forests:

We recommend that you postpone timber harvesting in forests that have been defoliated by FTC. Historically FTC only lasts a few years in any one stand and only 3-6 years statewide. Wait at least two growing seasons after the outbreak subsides to allow depleted energy reserves within the trees time to recover. Adding additional tree stresses from soil compaction, root and basal wounding, and crown breakage during timber harvesting could increase the severity of defoliation’s impact and cause increased crown dieback, reduced growth, root rots, and mortality of residual trees. This time interval also allows for trees that will die to succumb helping to discriminate between trees to harvest and residual trees. Lastly, FTC outbreaks may last longer in thinned stands because FTC’s natural enemies are more effective in closed canopy situations. Tailor your management decisions to specific site factors and landowner objectives. Sites with better soils should minimize tree stress and with one or two defoliations may allow you to enter these stands sooner after the outbreak ends.

Landowners who are practicing even-aged management through the use of clear cutting won’t be affected because the outbreak shouldn’t effect establishing early successional species.

2005 Forest Tent Caterpillar Defoliation
Sullivan County, NH



2005 Area Defoliated: 35,147 acres

Map prepared by: Chuck Hersey, Sullivan County Extension Forester
Data source: 2005 Forest Health Aerial Survey, NH Division of Forest and Lands

Recommended actions within an active sugarbush:

The Division of Forests and Lands and the FPAG support the use of aerial applications of registered insecticides in forests and sugarbushes

(see “FTC Defoliation” on page 8)

4-H and Youth



Robin R. Luther
Nancy G. Berry
Extension Educators,
4-H Youth Development
robin.luther@unh.edu
nancy.berry@unh.edu

Be ready for our 4-H Fashion Show

It's time to finish sewing your clothing for Fashion Revue. Fashion Revue Evaluation Day is planned for the morning of **Saturday, April 1** at the Claremont Middle School. Please mark your calendar and be sure your Garment Description Form is in the Extension office by **March 17**. The theme for this year's show is "**A Garden of 4-H Fashions**". Try to write your script to include this theme in some way. Scripts should have your full name in the first line. Write your script in the third person as if someone else were describing your outfit. Example: Susie Smith made this beautiful bright blue dress featuring a scoop neckline and side pockets. Susie plans to wear her festive dress to Teen Conference and church. Susie enjoys roller blading and skiing in her free time.

****Fashion Revue Evaluation will start at 8:30 a.m. so that members may also participate in Activities Day which starts at 10 a.m.**

We need adult and teen volunteers to:

1. Judge garments on April 1
2. Prepare and set up a buffet lunch for volunteers on April 1 (we provide the money!)
3. Be show commentators on April 7

If you can help with one of these tasks or know someone who could, please call Nancy at 863-9200. The more people involved, the more fun it will be!



Fashion Show

This will also be held at the Claremont Middle School on **Friday, April 7 at 7:00 p.m.** If you are a new 4-H family or club and want more information about the Fashion Revue, please give Nancy a call. Sewing supplies are given to every 4-H member who models in the show. Being in the Fashion Show is not required, but it is highly recommended. Members build self-esteem and confidence each year they go on stage!

CURRENT NEWS

County Activities Day and Fashion Revue Evaluation Day Together Again

Saturday April 1, 2006

Activities Day is the "4-H Public Presentation Event" for Sullivan County. The Public Presentation Program is one of 4-H's most beneficial and rewarding experiences. It is the event most often credited by 4-H alumni as having given them an edge above peers in both college and professional careers. Participation in this event provides youth with opportunities to gain poise and self-confidence. Youth learn to express ideas clearly, respond spontaneously to questions, and become more familiar with the subject of their presentation.



The types of oral presentation categories include the: Demonstration, Illustrated Talk, Formal Speech, and Action Exhibit. Look for poster and photography information on the leaders page of this newsletter.

Demonstration - The presenter teaches a skill by the "Show How" method (How to juggle, do basic dance steps, build a kite, make scrambled eggs, care for a pet etc). Models or illustrations are used as needed to explain information, show steps to a process, show a larger scale replica of something that is too small for the audience to see, reveal a finished product. It can be done individually or in teams. Time limits vary by age: juniors age 8-13, 3-8 minutes and seniors age 14-18, 5-10 minutes.

Illustrated Talk - The presenter uses visual aids to tell about a topic. The effective use of charts, pictures, poster, slides, Power Point slides, overheads, graphs, models etc. plays a major role in communicating the presenter's message. An illustrated talk often teaches a concept or skill that would be impractical to demonstrate in a classroom setting.

Public Speech - The presenter aims to persuade, motivate or inform the audience about a topic **without the use of visuals**. Note cards or an outline can be used by the presenter. A speech is written the presenter's own words, however, poetry, quotations, humor or imagery may be incorporated to command attention or emphasize a point.

Action Exhibit - The presenter teaches and tells about a topic over a much longer period of time (50-60 minutes). An action exhibit is brought to life when the presenter(s) utilizes a combination of motion, color, design, conversation, demonstration and illustration to explain their topic to the audience (which changes from moment to moment).

Youth and adult volunteers are needed in a variety of areas. If you can help, please give Robin a call.

Every 4-H member is encouraged to give a presentation each year. Choose the style that best fits you for your first presentation. Then challenge yourself to try other styles as you advance in 4-H.

(This article is adapted from Cornell's and California's 4-H public presentation material)

Try the Fashion Selections Program

If you are a boy or girl, age 12 or older, who likes to shop and put together outfits, try the 4-H Fashion Selections program on Saturday, April 1 at the Claremont Middle School.

Basically, you decide on a category to enter and spend no more than \$50 on an outfit. The categories are:

- Best Bargains for under \$25
- Special Occasions
- Make Overs
- Sports/Leisure Activities
- Career Fashions
- School
- Interview Outfits

Compare prices, garment features, fabrics, colors and consumer services as you check out various stores to see how good a shopper you can be and find value for your money. Only one entry can be made in the 4-H Fashion Selections program, but you can also choose to sew an outfit for Fashion Revue.

Sewers and Fashion Selections 4-H'ers will be judged / interviewed during the morning on Saturday, April 1 at Claremont Middle School. You can then model your outfit in our Fashion Show on Friday, April 7 at 7 p.m. at the Middle School.

Call our office at 863-9200 to request more information, an entry form or the 4-H project manual **Discovering Choice or Managing Choice**.

4-H MEMBERS' CORNER

Think Summer, Think Camp, Think 4-H

Whether you are looking for a small environmental camp, or a large coed camp bustling with activity, you can find it at 4-H camp. Programs range from three days to three weeks, with camp sites in Allenstown and Berlin. A 4-H camp experience promotes positive youth development emphasizing acceptance, health & fitness, communication, positive decision making abilities and social skills in a fun, informal, educational and inclusive environment. 4-H camp has programming available for youth as young as age six through age seventeen.

Bear Hill 4-H Camp is a traditional, rustic camp with it's own lake for boating and swimming. The program focus includes swimming, arts and crafts, nature, outdoor education, environmental activities, canoeing and FUN!

Barry Conservation Camp provides a close-knit community for its 35 campers and 8 staff. This camp is located in the White Mountain National Forest. It provides programming for youth who love the outdoors, and enjoy hands-on-learning focused on conservation and the environment. It is also perfect for the child that can benefit from being part of a small group setting. The camp experience includes shooting sports, environmental

exploration, hiking, fishing, canoeing, swimming, orienteering, and wildlife studies. Many of the weekly programs are led by NH Fish and Game staff. **There is a one week only - Hunter Education program open to youth twelve to sixteen. This year the hunter education program runs during session #3, July 9 - 14th. Register early; it is very popular, and fills quickly.**

Specialty Camps are designed for youth age 12 and above. There are three different week long programs: **Theatre: Imagination in Action** (includes a trip to Boston to see the Blue Man Group); **Island Adventure** (includes a two night stay on NH's Isle of Shoals, at the Marine lab run by UNH and Cornell University); **Sports Conditioning Camp** (includes a VIP tour of Boston's Fenway Park and a Red Sox game)

Membership in 4-H is not required for youth to attend so tell your friends about camp too! For more information and registration material call UNH Cooperative Extension at 863-9200 or visit the 4-H part of the following web site:

www.extension.unh.edu



In 2004, Sullivan County sent this large group of teens to 4-H Teen Conference. The teens had a great time getting to know each other. You can be part of the 2006 Sullivan County delegation!

Have fun at the 28th Annual 4-H Teen Conference

Mark **June 28 - July 1**, on your calendar and plan to attend NH 4-H Teen Conference on the UNH campus in Durham. This is the 28th annual Teen Conference planned by teens for teens! The conference is open to all teens completing the 8th grade (or age 14 by June 28, 2006) up through 12th grade.

The theme is "Just say hi." You can expect dynamic speakers, fun workshops, a banquet and semi-formal dance and lots of fun making new 4-H friends from around New Hampshire. Some of the all day workshops planned include a Ropes Course, Canoeing, Ballroom Dancing, Rock Climbing, a Whale Watch, Shooting Sports, Self Defense, Forestry, and Trips to the Museum of Science and the New England Aquarium in Boston. Lots more fun workshops are planned as half-day sessions.

Sullivan County teens who have attended past Teen Conferences have had a wonderful time. It is also a great time to see our state university and to experience dorm life.

Your cost for meals, lodging, workshops and a t-shirt will only be **\$75**. (The total cost is \$175, but our 4-H Foundation generously gives each Sullivan County 4-H teen a \$100 scholarship after completion of a personal interview in April.)

Call 863-9200 for a registration brochure for this year's Teen Conference. Registrations are due in our office **March 31**, but early registration is suggested.

Teens Headed to Wisconsin

There is still room for any 4-H teen who would like to go to Sauk County, Wisconsin July 22-29 with our Teen 4-H Club. You must be 13 years or older to travel. The group will fly to Wisconsin and then teens stay with a hosting teen and live with their host family for the week. Teens have several get-togethers or trips planned during the week. The rest of the time the teens spend time with their host family. There are many water parks located in the Wisconsin Dells area of the state where the 4-H teens live.

Sullivan County 4-H teens are now busy earning money to pay for their plane tickets to Wisconsin. They are currently selling pizza kits and cookie dough so you can call one of them if you would like to buy these high quality products. Lindsay Adams, Chloe Fleming, Kristen McKane, Shelby Pillsbury, Kelsey Monahan, Kayla King, Caroline Mailhot, Rebecca Mailhot, Isaiah St. Pierre and Jed St. Pierre have already registered to go on the trip. If you would like to take part in the fun, call Nancy Berry or Sandy Rumrill at 863-9200 to request a Teen Exchange application.

Chaperones for this year's trip are Diane Callum, Bill McKane and Theresa Mailhot.



Life Smarts Team members Megan McKone and Rebecca Mailhot are practicing for the state contest on March 20.

Last Call for 4-H T-Shirts

All clubs should have received their terrific new green 4-H t-shirts by now. Please plan to wear your shirt to upcoming 4-H events such as 4-H Activities Day, Camp, Cornish Fair and Teen Conference. We want the world to see that 4-H is active and visible in Sullivan County and New Hampshire!

If you have any extra t-shirts, please return them to our office so that we can give them to other club members. If leaders would like to order one for themselves now that you have seen how nice they are, you can order one for \$5 by calling Sandy Rumrill at 863-9200. We will put in one last order on March 15. Club member shirts are free. The shirts come in Youth sizes Small, Medium and Large and in Adult sizes Small, Medium, Large, Extra Large, 2X and 3X. Checks need to be made payable to the Sullivan County 4-H Foundation.

4-H LEADERS' UPDATE

Get R.E.A.L. Workshops

Saturday, March 4

8:30 am to noon

Charlestown Middle School
Call 863-9200 for last minute registration information!

Project Support Websites to check out

Sewing: Simple patterns from Penn State Extension

<http://pa4h.cas.psu.edu/Projects/TextileAct.html>

Digital Photography: New Mexico Extension

<http://cahe.nmsu.edu/4h/photography/index.html>

Foods & Nutrition: Kansas State Extension

<http://www.kidsacookin.ksu.edu/>

Parliamentary Procedure:

<http://www.urbanext.uiuc.edu/who/inside.html>

4-H Poster and Photography Contest

Entries are due March 10th



Take a Better Picture

Whether you're using a "point and shoot" or an adjustable focus lens camera, these photography hints will help you capture the moment and make it a cherished memory. Get in close! Fill the frame! Beginning photographers are often timid about getting close up. Don't be shy; step in close to your subject and it will look much better although with some "point and shoot" cameras you need to stay at least three feet from your subject. Be sure your subject is the dominant item. Watch the features of the background to see if they are too distracting. Analyze your background to avoid power lines and features like trees or flowers that may appear as if they're growing out of someone's head. Try different angles and heights. Use interesting items in the fore or background to frame your subject.

2006 Photography Themes are:

1. New Hampshire at its Best
2. 4-H at its Best/4-H Promotion
3. Open category (for juniors and seniors)



Rules:

- Photographs must have been taken since June 5, 2005.
- Only 2 photo entries per member
- Prints must not exceed 9"x12"

Design a Better Poster

A poster should have one concept or idea. Sketch your ideas on paper before transferring them onto poster board. Know the rules. Using poster board too large or too small can disqualify even the best poster. **Posters must be submitted on 14"x22" poster board.** Plan your lettering. Be neat. Lightly draw pencil guidelines and remember to erase them. Lettering should be in a color that is easy to see and size that can be seen from a distance. Filling in stencil letters makes them easier to read. Space words to use the entire poster board. One large picture is more effective than many tiny ones.

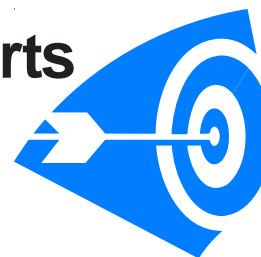
2006 Poster Themes

1. Make the 4-H Connection
2. 4-H The Power of Youth
3. Persuasion to Action (Seniors only, age 14 and above)
4. Open category

Photos & posters submitted by youth 12 & up will be considered for entry in the state contest. (Only three can be entered in each contest) **All photo and poster entries should be labeled on the back.** Please include your full name, age, address, county and the theme area you have chosen. Photographs also should identify the type of equipment used (type of camera ie. point & shoot/adjustable; flash, filters etc.) Also indicate the type of photo processing used and if any enhancements were made. Digital photos are welcomed.

New Hampshire 4-H Shooting Sports VOLUNTEER TRAINING

May 20-21



The 4-H shooting sports project is proving to be very popular in New Hampshire. If you'd like to get involved, then save the weekend of May 20. This is when the New Hampshire 4-H Shooting Sports Program will host a workshop to certify volunteer leaders at the Barry Conservation Camp in Berlin. This training is designed for current 4-H volunteers as well as those who wish to become involved in the 4-H program. Shooting experience is not essential, but a willingness to learn about how to work effectively with youth is. Teen leaders 16 and older are welcome. Certified teen leaders must work under the direct supervision of a certified adult instructor. Folks from out-of-state are welcome.

The shooting sports project is a little bit different than most other 4-H projects because leaders must be officially certified before they can teach youth. During this weekend workshop leaders will be trained to teach in one discipline. Choose from archery, black powder, pistol, rifle, shotgun, advanced shotgun, or wildlife & hunting. Once enrolled as 4-H leaders, adults will be certified to

teach their discipline to youth participating in a formal 4-H shooting sports program. All NH 4-H leaders must complete an orientation before being officially enrolled and it is highly recommended that volunteers enroll with their local county office of UNHCE before attending this training.

All sessions will be conducted in the 4-H way - "learn by doing." There will be approximately 12 hours of discipline-specific instruction and 6 hours focusing on youth development and how to work effectively with children. The registration fee is \$35 and this includes food, lodging, and materials. We have received generous support for this training from the 4-H Foundation of New Hampshire, the NH Wild Turkey Federation, and Federal Cartridge. Additional scholarships may be available from county 4-H foundations. Contact either Larry Barker in Coös at (603) 788-4961 or Robin Luther or Nancy Berry at (603) 863-9200 for additional information or for a brochure and registration form. Registrations must be received by May 5. Please note that deposits are not refundable if cancellation is made after May 5th.

4-H Takes Giant Steps for Healthier NH Kids

UNH Cooperative Extension's 4-H Youth Development program is inviting all youth, their families and communities to participate in **4-H Get Up and Go: putting your best foot forward for WalkNH.** **4-H Get Up and Go**, is attempting to promote healthier lifestyles and better nutrition by fostering adult partnerships with youth through parent or community mentoring. Youth are encouraged to welcome adults to participate and adults are encouraged to provide positive role models for healthy lifestyle choices for youth. The **4-H Get Up and Go** project for **Walk NH** is challenging youth and adults to walk 70 miles, the width of New Hampshire, by June 1st 2006.

4-H Get Up and Go participants will receive a **WalkNH** log book to record their miles and a special **4-H Get Up and Go Footprint Banner Kit.** These banners from all over the state will be sewn together and presented to Governor and Dr. Lynch at a special celebration in June as a pledge of each participating groups commitment to the immediate project and lifelong better health. Adults and youth who reach their goal will receive an "I Walked NH" certificate from Gov. John Lynch and will be invited to participate in the Governor's June Celebration. For more information contact Jay Martin at jaymart22@aol.com.

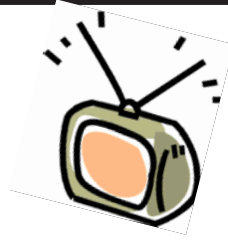
GENERAL 4-H NEWS AND INFORMATION

Small Steps

Take Small Steps Today to Better Fitness

Whether you're a child or an adult, here are some easy ways to move toward better health and a more satisfying and energetic life. Choose a few small steps that work for you. You'll be glad you did!

1. Walk to school or work.
2. Do sit-ups in front of the TV.
3. Walk during lunch hour.
4. Take a family walk after dinner.
5. Rollerblade to school or work.
6. Mow lawn with a push mower.
7. Get a dog and walk it or walk a neighbor's dog.
8. Join an exercise group.
9. Do yard work.
10. Work around the house.
11. Bicycle to the store.
12. Go for a half-hour walk instead of watching TV.
13. Wash the car by hand.
14. Pace the sidelines at athletic games.
15. Choose an activity that fits into your daily life.
16. Ask a friend to exercise with you.
17. Make time in your day for physical activity.
18. Exercise with a video if the weather is bad.
19. If you find it difficult to be active after school, try it before school.
20. Perform gardening or home repair activities.
21. Take small trips on foot to get your body moving.
22. Play with younger kids 30 minutes a day.
23. Dance to music.
24. Keep a pair of comfortable walking or running shoes in your backpack or car.
25. Make a Saturday morning walk a group habit.
26. Walk briskly in the mall.
27. Choose activities you enjoy and you'll be more likely to stick with them.
28. Stretch before bed to give you more energy when you wake.
29. Take the long way to the water cooler.
30. Explore new physical activities.
31. Vary your activities, for interest and to broaden the range of benefits.
32. Reward and acknowledge your efforts.
33. Go up and down stairs more than once.
34. Stay active in winter. Play with younger kids.
35. Walk instead of sitting around.
36. Take your dog on longer walks.
37. Walk the beach instead of sunbathing.
38. Walk to a friend's house instead of emailing or calling them.
39. Carry your groceries instead of pushing a cart.
40. Use a snow shovel instead of a snow blower or build a snow fort.
41. When walking, go up the hills instead of around them.
42. Buy a set of hand weights and play a round of Simon Says with younger kids - you do it with the weights, they do without.
43. Swim



INTERNATIONAL FOODS DAY FESTIVAL A SUCCESS



This event is by far a favorite among Sullivan County 4-H clubs judging by the number of families who participate each year. Adult volunteers, parents and teens enjoy experimenting with new and different foods and flavors. But even younger members tried at least one new food. It is always a pleasure to have the help of our 4-H members as commentators. This year Amy Barriger of the Golden Clovers and Rebecca Mailhot of the Acworth Hill Climbers helped introduce and thank clubs as they shared their presentations about the country their club selected.

Sixteen 4-H clubs came together to share foods and facts from the country of their choice. The parts of the world represented were as diverse as Madagascar, S. Africa, Bolivia and Pakistan. This year a lot of our 4-H'ers tested their physical fitness at five different stations examining strength, balance, flexibility and endurance. A big thanks to the Horse Hugger teens that volunteered to explain what youth needed to do at each station. This activity served as an introduction to the NH 4-H challenge to participate in a state wide program called "Get Up and Go". For more information contact Nancy or Robin at 863-9200.

CLUB HIGHLIGHTS

Hemlock Hi-Toppers

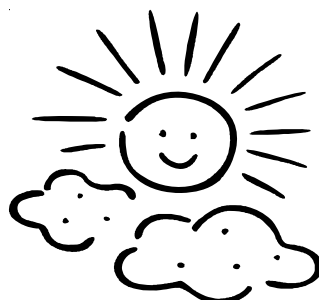
November 14, 2005: Our club gave \$5.00 to the American Lung Association. In December we a Holiday bazaar. We hung door decorations at the Sullivan County Home and we went Christmas Caroling.

December 12, 2005: Our club gave \$10.00 to Claremont Soup Kitchen and NH 4-H Foundation. We made 130 holiday ornaments for area shut-ins to go in the Charlestown area Christmas fund baskets. We chose Ireland for International Foods Day.



Clever Cardinals

December 8, 2005: We spoke about International Foods Day. We chose England and we spoke about what each person would research. After we spoke about our scrapbook. Lizzy will be putting a few things in our Clever Cardinals scrapbook about her trip to the Big E.



At 4-H International Foods Day Aminah and Rayhan Atta shared a special doll from Pakistan and they each dressed in traditional clothing from the region.



Sandy J. Trybulski
Program Associate
Nutrition Connections
sandy.trybulski@unh.edu

Inside the New MyPyramid: Grains

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

Grains are divided into two subgroups, whole grains and refined grains. Whole grains contain the entire grain kernel—the bran, germ, and endosperm. Examples include: whole wheat flour, bulger (cracked wheat), oatmeal, whole cornmeal and brown rice.

Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many

B vitamins. Some examples of refined grain products are: white flour, degermed cornmeal, white bread and white rice.

Most refined grains are *enriched*. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back in after processing. Fiber is not added back to enriched grains. Check the ingredients list on refined grain products to make sure that the word “enriched” is included in the grain name. Some food products are made from mixtures of whole grain and refined grains. Don’t be deceived – labels that say “multigrain”, “stone-ground”, “100% wheat”, “7-grain”, or “bran” may not have whole grains. The brown color of bread may be from the addition of molasses or caramel coloring, not whole grains. Check the ingredient list for the words “whole grain” or “whole wheat” to decide if they are made from a whole grain. On the nutrition facts label, look for 3 grams of fiber.

MyPyramid recommends “make half your grains whole.” If the pyramid suggests you eat 6 ounces from the grain group each day, 3 ounces should be whole grain products. For more pyramid information, visit www.mypyramid.gov.



Source: USDA

Step Up to Nutrition & Health

Source: American Dietetic Association

March is National Nutrition Month®. The 2006 key messages are based on the Dietary Guidelines for Americans 2005 recommendations. More information about the Dietary Guidelines and the MyPyramid food guidance system is available online at www.healthier.us.gov/dietaryguidelines and <http://mypyramid.gov/>.

- The food and physical activity choices made today - and everyday - affect your health and how you feel today and in the future. Eating right and being physically active are keys to a healthy lifestyle.
- Make smart choices from every food group. Give your body the balanced nutrition it needs by eating a variety of nutrient-packed foods every day. Just be sure to stay within your daily calorie needs.
- Get the most nutrition out of your calories. Choose the most nutritionally rich foods you can from each food group each day - those packed with vitamins, minerals, fiber and other nutrients but lower in calories.

(see “Nutrition & Health “ on page 8)

Family Development

Gail P. Kennedy
Extension Educator
Family & Consumer Resources
gail.kennedy@unh.edu



Circle Talk Scheduled for Charlestown PTO on March 7

A Circle Talk will be held at Charlestown Middle School on March 7 from 7:00 to 8:30 p.m.



Circle Talks bring together adults interested in making sure children stay healthy and safe through the teen years, to discuss their hopes and concerns and to empower them with information and ideas for action to make a difference in the lives of their children, youth and peers.

Sponsored by UNH Cooperative Extension, Circle Talks have been held around our county since September, 2005. Circle Talks take place in neighborhood homes, PTO meetings, work sites or community centers. If you would like to host a Circle Talk in your home, office or community, please contact Nancy Berry or Gail Kennedy at telephone 863-9200.

Underage Drinking Town Hall Meetings on March 28 in Newport and Claremont

Alcohol use among our nation’s youth is a significant public health hazard. In an effort to curb this problem, the Substance Abuse and Mental Health Services Administration is sponsoring a nationwide series of Town Hall meetings to take place on March 28. The Town Halls are intended to increase understanding of the risks associated with underage drinking, as well as to encourage communities, families and individuals to address the problem at the local level. In NH, nineteen Town Hall meetings have been scheduled across the state. Here is some information about the two Town Hall meetings scheduled for Sullivan County:

Date: Tuesday, March 28
Time: 7:00 to 8:30 p.m.
Locations: Claremont - Sugar River Valley Regional Technical Center Community Room
Newport - Sugar River Valley Regional Technical Center Lou Thompson Room

Everyone interested in reducing underage drinking and other youth risky behaviors, including local and state government representatives, faith leaders, coalition members, parents, youth, educators etc., should attend.

New Hampshire has a statewide strategy to reduce underage drinking. Our Town Halls will be geared towards making this strategy “live.” The format for each meeting will include:

- 1) An overview of the Institute of Medicine’s most recent findings relating to the issue of underage drinking nationwide.

- 2) An introduction to New Hampshire’s Strategy to Reduce Underage Drinking Problems.
- 3) A look at how each of the suggested strategies from the statewide Strategy can be applied to our communities in the most effective way possible.

In mid-April, representatives from each of the Town Hall meetings being held throughout the state will convene with state officials to discuss the outcomes generated at their Town Halls, and how to turn those outcomes into action.

For more information, please contact UNH Cooperative Extension at telephone 863-9200.

UNH Cooperative Extension & the Claremont 21C Parent Series is offering

“The Developing Relationship: Parenting the Adolescent Child”

When: Tuesday evenings
March 14, 21, 28 & April 4, 2006
6:00 - 7:30 p.m.

Where: Claremont Middle School Library
107 South Street, Claremont

Presenter: Gail Kennedy
Family & Consumer Resources
Extension Educator

The workshop is *free* and light refreshments will be provided. Please call Brian Kirby at 543-4217 for more information.

“FTC Defoliation”

from page 2

and recommend it for FTC control when: 1) the trees have already been severely defoliated two years in a row; and 2) winter egg mass counts predict a third severe defoliation the next year.

Although the Division of Forests and Lands cannot organize and coordinate a spray program, **we are available to help sugarbush operators assess damage to their forest and predict how much defoliation can be expected in 2006.** This information could help determine if conservatively tapping in some areas or not tapping at all within a particular site on the property may be an effective management strategy.

Effectively controlling FTC defoliation with insecticides is logistically difficult to accomplish.

The preferred material for application is the bacterium *Bacillus thuringiensis* var. *kurstaki* (Btk) and it's most effective on young caterpillars. FTC egg mass populations hatch at separate times within a 2-3 week window on trees and in forest stands. This creates a wide variety of caterpillar sizes within a forest block making the timing of spray difficult. Also, weather during an ideal spray window, in mid to late May, is often poor and postpones application. Be prepared to accept that a spray application may not achieve control worthy of the project's cost.

By: **Kyle Lombard**
New Hampshire Division of Forests and Lands
Forest Health Section

“Farm Business Structure”

from page 2

Limited Liability Company (LLC) is a very popular and common business structure for farms. It combines the limited liability of a corporation with the tax benefits of a partnership. In limited liability companies, the members are not held personally liable for debts, liabilities, and obligations of the farm beyond the amount of the individual's investment, thus protecting personal assets from creditors. Profits from the LLC are taxed at the individual's tax rate. LLC owners may also be able to claim tax losses in excess of their investments in certain situations.

LLCs can have an unlimited number of partners, or can have only a single person, depending on state law. New Hampshire state law also allows for the formation of one-owner LLCs, which qualify for treatment as sole proprietorships for federal tax purposes. LLCs generally dissolve upon the death of an owner, yet this can be addressed when forming an LLC.

To form an LLC in New Hampshire, one or more people need to file a certificate of formation, *Form LLC-1*, with the secretary of state. This form has a filing fee of \$50. In addition to the initial filing fee, an LLC formed in NH needs to file annual reports and pay an annual filing fee of \$100 each year.

If you are interested in forming an LLC, again it is highly recommended that you do so through an attorney, accountant, or someone well versed in agriculture and business structures. The State of NH Economic Development web site has forms and facts if you are interested. Their url is <http://www.nheconomy.com/nheconomy/dredweb/main/index.php>

“Nutrition & Health”

from page 7

- Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness plus it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.
- Play it safe with foods. Prepare, handle and store food properly to keep you and your family safe.

Extension Calendar

March

- 4 **Get R.E.A.L. Leadership Training for 4-H Leaders and Older Youth**, 8:30 a.m. to noon, Charlestown Middle School.
- 6 **2006 Spring Crop Meeting**, 10:00 a.m. to 12:30 p.m., Blue Seal Feed Mill in Bow, NH. Call John Porter at 796-2151 or Carl Majewski at 352-4550 for more information.
- 7 **Circle Talk for Charlestown PTO**, 7:00-8:30 p.m., Charlestown Middle School. See page 7 for details.
- 8 **Managing Forage Quality and Minimizing Risk**, 9:30 a.m. to 2:30 p.m., Best Western Hotel, Keene, NH. Call Mike Lunak at 787-6944 or Carl Majewski at 352-4550 for more information.
- 10 **Organic and Sustainable Growing, Marketing and Managing Risks**, 9:15 a.m. to 2:30 p.m., Howe Library in Hanover, NH. Call Vickie Smith at 271-3685, Tom Buob at 787-6944 or Seth Wilner at 863-9200 for more information.
- 17 **4-H Leaders' Banquet**, 6:30-9:00 p.m., Teal Lantern Room, Sugar River Tech Center, Claremont.
- 14, 21, 28 & 4/4 **The Developing Relationship: Parenting the Adolescent Child**, 6:00 - 7:30 p.m., Claremont Middle School Library. See page 7 for details.
- 15 **4-H Teen Club and Leaders' Association Meetings**, 6:30-8:30 p.m., Extension Office, Newport.

March (cont'd.)

- 22 **Current Use Workshop**, 7:00 p.m., Community Room at the Library Municipal Building, Charlestown. Sponsored by Town of Charlestown, UNH Cooperative Extension & NH Dept. of Revenue Admin. Contact Chuck Hersey at 863-9200 for more info.
- 28 **Underage Drinking Town Hall Meetings**, 7:00-8:30 p.m., Sugar River Tech Centers in Claremont & Newport. See page 7 for more info.

April

- 1 **4-H Approval Forms Due for Horses Going to ESE.**
- 1 **4-H Activities Day & Fashion Revue Evaluation Day**, Claremont Middle School, Claremont. See page 3 for details.
- 7 **4-H Fashion Show**, 7:00 p.m., Claremont Middle School, Claremont.
- 8 **4-H Spaces Conference**, 8:30 a.m. to 4:30 p.m., Cooperative Middle School, Stratham, NH. Call 1-800-248-6672 to register.
- 19 **4-H Teen Club and Leaders' Association Meetings**, 6:30-8:30 p.m., Goodwin Community Center, Claremont.
- 22 **Sullivan County Chapter of NH Timberland Owners Association Annual Meeting & Potluck Supper**, 5:00-9:00 p.m., Ahearn Building, Sullivan County Farm, Unity. There will be a potluck supper, bring your favorite dish. Contact Chuck Hersey at 863-9200 for more info.



UNIVERSITY of NEW HAMPSHIRE
COOPERATIVE EXTENSION

SULLIVAN COUNTY
24 Main Street
Newport, NH 03773
(603) 863-9200
FAX 863-4730
sullivan@ceunh.unh.edu

Support Staff
Karna Williams, *Layout*
Sandy Rumrill, *Layout*
Laura Trow

Professional Staff

Nancy G. Berry
Extension Educator, 4-H & Youth Development

Gail P. Kennedy, Co-Office Administrator
Extension Educator, Family & Consumer Resources

Robin R. Luther
Extension Educator, 4-H & Youth Development

Sandra J. Trybulski
Program Associate, Nutrition Connections

Seth A. Wilner, Co-Office Administrator
Extension Educator, Agricultural Resources & Environmental Stewardship

Charles Hersey
Extension Educator, Forest Resources

Advisory Council

Art Bastian, Claremont
Rachel Shklar, Newport
Sue Foulks, Cornish
Sandy Hodskins, Lempster
Jane Hunter, Claremont
Stan McCumber, Unity
Amy Barriger, Claremont
Richard Scheuer, Cornish
Pauline Bailey, Sunapee
Brenda Vigneault, Claremont
Judith Kaufman, Cornish
Bard Flanders, Goshen
Kassie Helie, Newport
Harry Gale, Jr., Delegation Rep.
Commissioner Ben Nelson