

## Methamphetamines in New Hampshire

Methamphetamine use is rising across the country. It impacts both urban and very rural areas of the country. In the past year and a half there have been 12 meth lab busts in New Hampshire. Several methamphetamine labs have been discovered just to our north in Grafton County this past year. Rural communities with lightly traveled roads and farm and forested land make an ideal spot for criminal activity.



Methamphetamine use has had a large impact already in western states as local, state and national agencies were forced to divert manpower to deal with the many financial and social issues created.

Meth can impact farm and forest lands, impact water quality, create long term health issues for those manufacturing methamphetamines, and impact those children living in a manufacturing environment.

We encourage everyone to learn as much as they can about methamphetamines and to talk to their children about the dangers.

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## Learn About 4-H

If you would like to know more about 4-H in Sullivan County, bring your family to the 4-H Rally and Awards Night on Friday, October 20 at 7:00 p.m. at the Claremont Middle School. See decorated pumpkins on display, watch clubs do cheers, and see 4-H members and leaders receive awards and prizes for their 4-H involvement during the past year. Rally is a great place to meet new people and see how active 4-H is in Sullivan County! New members are always welcome in 4-H!



Most Sullivan County clubs will be participating at 4-H Rally on October 20. Come join the fun!

## Save on Holiday Spending

Start now to control spending for the holidays. Your chances of not overspending improve greatly, and you may be better able to control the temptation to spend too much as an expression of love. Here are some ideas to keep holiday spending in line:

- Plan your holiday budget based on what you can realistically afford. Place a dollar amount by the name of each person on your gift list.
- Allow for other holiday expenses such as decorating, entertaining, gift-wrapping and postage.
- Pay with cash. Charging often leads to impulse buying. If credit is more convenient, use only one credit card and keep a running tally of your expenditures.
- Much of holiday shopping is impulsive. Always shop with your list and, if time permits, separate "shopping" trips from "spending" trips. Use shopping trips to get ideas, make a list of alternatives, check prices, and comparison shop.

- When selecting gifts, think not only of the initial cost of the item, but also the cost of maintenance and repair over its useful life.
- Creative ways to give during the holidays can save you money. Try giving the gift of service. Offer to babysit, run errands, shovel snow, iron, tutor or do housekeeping.
- There are many ways to celebrate the holidays that cost nothing. Plan some.
- Consider name exchanges or anonymous gifts in office or other group situations.

The holiday season is a time to share, enjoy family and friends, and give more of ourselves. By planning ahead, you can be creative and thoughtful, yet stay within your budget.

View the following publication online, "How to Cut Your Holiday Bills in Half Without Feeling Like Scrooge" at [http://www.myvesta.org/pubs/html/cut\\_holiday\\_bills.htm](http://www.myvesta.org/pubs/html/cut_holiday_bills.htm).

Source: Colorado State University Cooperative Extension and Myvesta.org.

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



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## Use Variety to Master Weight Loss

All too often, weight-loss diets deliberately limit foods and flavors so that people will become bored, eat less, and lose weight. Unfortunately, that's also why people usually give up the diets and regain the weight lost. Here's a way to balance food satisfaction and still reach a healthy weight.

Look for variety in the textures, colors and tastes of plain, unflavored foods (such as plain chicken pieces in a green salad.) All of these factors may influence satisfaction and how much you eat.

"The trick is to put enough variety in your meals that you don't give up on healthy eating but, at the same time, you aren't tempted to fill your plate with so much variety that you overeat," says AICR Nutrition Advisor Karen Collins. A moderate amount of variety can help you eat a weight-loss diet you can also enjoy.

- Start by eating fewer foods high in calories (such as fatty meats) and choose more low-calorie and fewer commercially prepared and processed foods, such as fresh vegetables and fruits, whole grains and beans.
- After choosing a variety of vegetables (for example carrots, bell peppers, chopped onion, fresh spinach and sweet potato or winter squash), combine them in a variety of dishes. Prepare them in salads, soups or stir-fries. Flavor them with healthful herbs, spices or lowfat flavors like tomato sauce or lemon juice. Prepare them with a moderate amount of healthy fat, such as olive or canola oil.
- If you don't have much time to cook meals, prepare a recipe on the weekend that has several servings, and freeze or refrigerate individual portions for the week to come.
- Pick up more fresh fruits and pre-cut vegetables from the salad bar to supplement low-calorie meals you have cooked or even purchased frozen.
- Treat yourself to a wide variety of deeply colored vegetables and fruits.

### Aim for Movement Every Day

Note that experts talk about "physical activity" rather than "exercise." Exercise (such as calisthenics) implies activity done for health's sake, while physical activity (cleaning the house for example) suggests activity done for other reasons.



Enough of both types of movement contribute to good health. Your physical activity program may involve a weight-lifting class or riding a stationary bicycle. It may also involve doing chores you need to do anyway and eliminating some of the labor-saving devices—maybe using a pushed lawnmower instead of a riding mower, for example, or walking short distances instead of driving. Combine moderate physical activity and strenuous physical activity. Moderate activity can be as simple and unstructured as a brisk morning or evening walk. (Slow dancing, vacuuming, and gardening are other examples.) Start by doing 15 minutes and gradually extending the time.

Strenuous activity could be aerobics, fast dancing, swimming, running, or playing tennis. These activities can be structured, involving a class or trip to the gym. But mowing the lawn or raking leaves could count as well.

"Before beginning any physical activity program, talk to your physician. Then pick an activity you like and gradually increase the time you give to it. And stick to it. The benefits range from fighting cancer and losing a few pounds to just feeling better about yourself," advises AICR Senior Vice President Kathy Ward.

American Institute for Cancer Research NEWSLETTER, Fall 2006 Issue 93

## Family & Consumer Resources

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## Teens and Meth

Methamphetamine is a substance that is derived from amphetamine, and is a stimulant that strongly affects the central nervous system. Meth can be smoked, snorted, injected, or ingested orally. It is available in many forms such as powder, ice and tablets with a variety of street names including ice, crystal meth, chalk, sketch, yellow powder, poor man's cocaine, speed, go-fast, and glass. Methamphetamine use typically starts during the teen years. Parents have a critical role in communicating with their teen about the use of meth.

If they do not have a good understanding of boundaries, teens may think it is okay to experiment with drugs such as meth, not fully realizing the potential hazardous effects. Meth use among teens typically starts with casual use. It is possible to get addicted to meth with the *first* use.

### Parents can make a difference!

The likelihood of substance use by teens is significantly lower when parents learn the facts and risks

about drugs and have frequent conversations with their teen about them. *Remember*, the most successful conversations between parent and teen should focus on information that is most important to the teen.

### Meth appeals to teens:

- Teens who are concerned about their weight may use meth because they have heard it can help control their weight.
- Teens who are involved in physical activities may use meth because they have heard that it can increase their endurance.
- Teens who are sexually active may use meth because they have heard that it can heighten their sexual desire or activity.

### What's a parent to do?

- Monitor - Be involved with your teen's activities, friends, and other important adults in their lives.
- Set Expectations - Teens need expectations. When parents consistently follow through with rules and consequences for behavior, teens will learn that they are accountable for their choices.
- Discuss - Discuss with teens what is happening in their world.
- Educate - Combine the realities of her world with the information you have to help guide relevant and useful conversations. If you don't know the answer to her question help your teen find the answer.
- Model - Model the values and behaviors that you hold important for your family.

### Where you can go for more information:

- Parents. TheAnti-Drug [www.theantidrug.com](http://www.theantidrug.com)
- National Institute on Drug Abuse & National Institutes of Health [www.nida.nih.gov/drugpages/methamphetamine.html](http://www.nida.nih.gov/drugpages/methamphetamine.html)
- U.S. Department of Health & Human Services and SAMHSA's National Clearinghouse for Alcohol and Drug Information <http://store.health.org/catalog/facts.aspx?topic=6>

Source: "Teens & Meth", University of Minnesota Cooperative Extension, 2006

## Taking Charge of Your Finances

This four-part workshop series is designed for people wanting to achieve financial goals (retirement, vacation, college education, etc.) by gaining financial management skills that reduce debt and increase savings. The workshop series covers reducing debt, increasing savings, communicating about finances within your household, understanding your insurance coverage and setting up and following a spending/savings plan. Call 863-9200 to register.

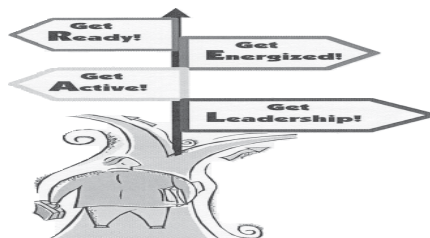
**Dates:** Nov. 20, 27 & Dec. 4, 11, 2006  
**Time:** 5:00 - 7:00 p.m.  
**Where:** UNH Cooperative Extension Office  
24 Main Street, Newport, NH  
**Cost:** \$20.00/person or \$25.00/couple

## 4-H and Youth



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## CURRENT NEWS



## January 27 is International Foods Day

Put January 27 on your calendar and begin talking about which country your club would like to explore and share as part of International Foods Day. Next, choose recipes and plan a menu. Club members then work together to plan and practice sharing information of interest about the country selected. Keep presentations simple and short. They can take the form of a dance, song or skit; just let your imagination go wild. Please encourage members to use our microphone during the event. We all like to learn from information being shared but need to be able to hear what's being said.

## Attention Club Officers, Teens and Leaders

On November 4 there is a Saturday morning workshop just for you! Get R.E.A.L. stands for "Get Ready! Get Energized! Get Active! Get Leadership!" Workshops will be held from 9 a.m. - noon at the Charlestown Middle School on Main Street (Rt. 12) in Charlestown.

First session workshops include "Making Project Meetings More Fun", "4-H Resumes" and "Club Officer Training." If you are a club officer, you should be sure to attend this one!

Session two and three workshops will include "Scrapbooking", "ATV Safety", "Digital Photography", "Demonstrations and Action Exhibits", "Animal Science" and much more!

All workshops are free and open to leaders, teens, and club officers from Cheshire and Sullivan Counties. Refreshments will be available at 8:30 a.m. Watch your mail for the registration brochure or call 863-9200.

## Don't miss Rally & Awards Night: Friday, October 20 Claremont Middle School

This is an exciting evening when all 4-H members and leaders in our county gather at the **Claremont Middle School at 7 p.m.** to celebrate member and leader accomplishments.

Wear a crazy hat or costume if you wish and bring the whole family. We'll have a Costume Parade in the middle of the awards program! Bring your club banner and sit together so you can shout out your club cheer. Your spirit could earn special recognition!

### Other highlights of the evening:

- 4-H Record Award given to each member who submitted a complete County Record for 2005 - 2006
- County Medals
- Pumpkin decorating contest and prizes
- Club officer installation
- Cornish Fair premium checks
- Ivan E. Head Outstanding 4-H'er Award

### Pumpkin Contest: 4-H'ers may decorate in 3 theme areas.

- 1) Pumpkins that "Go" (Trains, Planes, Cars, etc.)
- 2) Western Pumpkin
- 3) Animal

**Food Raising Raffle:** Bring a non-perishable food item to be shared with area emergency food shelves and be eligible to win a prize. Ideas: cereal, dried milk, pasta, canned or dried fruit, applesauce, rice or noodle mixes, canned meat, fish or soups.



## 4-H...A Gift That Gives

The upcoming holiday season finds neighbors and friends looking for gifts for their children. Perhaps 4-H membership could be the perfect "package" for their family this year. Why not make a gift suggestion since the 4-H program contains many ingredients young people look for in a gift?

**Fun to Use:** 4-H membership gives kids a chance to have fun, make things, meet new friends, attend camp, travel, explore new interests, raise animals, develop confidence, and much more.

**Attractive and Useful:** Kids from Kindergarten through grade 12 tailor their 4-H experiences to their interests or needs. Members can accomplish personal goals, and/or teach and help others through youth leadership.

**Can Be Shared with Others:** Parents (and non-parent adults) and kids talk and do things together in 4-H. Some projects are completed and exhibited at the county fair. Other efforts simply provide friendships between adults and youth.

**Contents Unknown Until Opened:** 4-H is a personal experience. Each member and family decides how much time and effort to put into using the gift. Enjoyment and benefits from 4-H grow with use.

**Durable:** "Learning by Doing" has remained constant in 4-H for over 100 years. Rural and urban families spend time together doing 4-H at home and in their neighborhoods. Positive time spent together strengthens the bonds within families and between friends.

## Leaders Can Take Trips Too

Attention 4-H volunteers! If you like to travel and you also enjoy teens you might be interested in chaperoning a 4-H trip to Washington, DC, Atlanta, GA or Madison, WI. You need to fill out a chaperone application. You could choose to chaperone NH teens to National 4-H Congress in Atlanta in late November or to National Conference in Washington in the spring. Other national trip opportunities including Dairy Conferences in Wisconsin are also available. Call or email Nancy for details if you're interested.



## 4-H MEMBERS' CORNER

### 4-H Youth Venture

Have you ever dreamed about starting your own club at school? Or maybe...for the longest time you've been batting about an idea for a service that would make a positive difference in your community? Well, now you can do it with the help of NH 4-H Youth Venture.

NH 4-H and Youth Venture have teamed up to create this exciting new program. Its goal is simple – empower young 4-H changemakers. Who are these young changemakers? Changemakers are teams of 4-H members, aged 12-18, who have a desire to create, manage, and sustain their own social ventures. 4-H adults also play a vital role. Each 4-H Youth Venture team must have at least one adult partner who will serve as an advisor, but not play a direct role in managing the venture.

A powerful indication of how committed this program is to empowering young changemakers is the fact that each qualifying 4-H Youth Venture team will receive up to \$1,000 in start-up money to fund approved ventures.

A qualifying 4-H Youth Venture:

- Is a new initiative started by young people called Venturers, ages 12-18
- Is led, created, and managed by a strong, energetic team of Venturers who are committed to long-term success
- Has clear, attainable goals, a credible plan and budget
- Has an adult partner willing to support, but not control the venture
- Leaves a lasting benefit to the community

For information on how to make your NH 4-H Youth Venture dream a reality, or to become an adult partner, please call 603-862-2198 or visit [www.extension.unh.edu/4H/4H.htm](http://www.extension.unh.edu/4H/4H.htm) or [www.youthventure.org](http://www.youthventure.org).

### Highlights from State Horse Show

We are pleased to report that Sullivan County youth were recognized in a variety of ways at the conclusion of the State 4-H Horse Show. This year the Sullivan County team was recognized for having the highest average exhibitor score among all the teams competing and brought home the "Peacemaker Trophy"! In the area of stable management, Sullivan County was awarded a blue ribbon and they were part of a 3-way tie for first. However, the tie breaking component of the overall score put them in third. **Hannah Wiest** of the Oak Hill Riders placed fourth among the riders selected to attend Eastern States (although she is ineligible to attend having competed at Eastern States for the past two years). **Nichole Mitchell** of the Horse Huggers was awarded the Marion Lindabury Trophy recognizing her as the top scoring Jr. Participant. **Ella Littlefield** will attend Eastern States as one of three stable managers; **Naomi O'Day** is an alternate.

### Join Teen 4-H Club

If you would like to meet other teens from around the county, why not join the Sullivan County 4-H Teen Club? The group meets on the third Wednesday evening of each month. One month the meeting will be at the Extension office in Newport and the next month it is held at the Goodwin Community Center in Claremont. You don't have to come to every meeting. To make it easier to find a ride, the 4-H Leaders' Association meets the same night at the same place, so just ask your leader or parent to give you a ride. They are welcome to meet other leaders at the Leaders' Association.

The next Teen Club meeting will take place on **Wednesday, October 18 from 6:30 to 8:30 p.m.** at the Goodwin Community Center on Broad Street in Claremont (next to the post office). Members will be electing officers and planning the calendar of events and activities for the year. Members will also be offering face painting and games Saturday, Oct. 7 at the Claremont Fall Festival on Pleasant Street.

Anyone age 12 or older is invited to join the Teen Club. New members are always welcome. Bring along a friend if you want. You might also want to host a Teen 4-H Exchange visitor next summer as part of our 4-H Teen Exchange program. Call Nancy Berry at 863-9200 or email [nancy.berry@unh.edu](mailto:nancy.berry@unh.edu) for more information.



(L-R) Justin Bennett, Katelyn Mitchell, Katherine Stockwell, Aminah Orog, Abbie Bennett, Cass Young, Maryam Orog, Sarah Wilder, Dominique Rondeau, Emily Buskey, and Heather Stockwell.

### Cooperative Games

Recreation is more than just "Fun and Games!" 4-H members do not need more competition. They need more cooperation. Good recreation can help pull a group together. Poorly planned recreation can simply be another "put-down."

- Look for games where everyone wins and no one loses.
- Look for games that encourage cooperation and creative thinking.
- Don't let kids "choose up sides." The recreation leader should divide the group without singling out individuals.

### Travel Opportunities for 4-H Teens

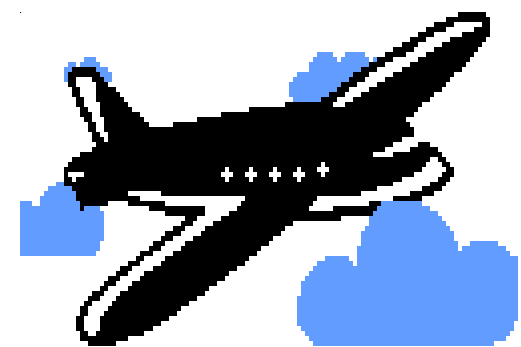
Are you a 4-H teen? If so, read on to learn more about three existing opportunities for travel and leadership development.

**National 4-H Conference** takes place at the National 4-H Center, just outside of Washington, D.C. in March. The conference program is designed to build capacity among, and provide rich and meaningful professional development opportunities for, conference delegates. Delegates attend workshops and engage in round table discussions. Information from these discussions result in recommendations to guide the 4-H Youth Development Program nationally and in local communities.

**National 4-H Youth Congress** is the flagship event of the 4-H program. The Congress provides a quality, educational and cross cultural experience that exceeds what any state individually provides. This event happens in November and most recently has been held in Atlanta, Georgia.

**National 4-H Dairy Conference** is an event designed to assist 4-H youth in learning more about the dairy industry. Youth explore dairy careers, debate contemporary issues facing the dairy industry, share ideas, interests and concerns with peers nationwide. This event takes place in September at the same time as the World Dairy Expo in Madison Wisconsin.

Submitting a 4-H resume and story is the first step toward being selected to attend the trips described above. **Senior level 4-H member with an interest in applying should contact Robin Luther or Nancy Berry for help getting started.** Resumes are due in the county Extension office by November 27<sup>th</sup>. (Earlier would be even better!)



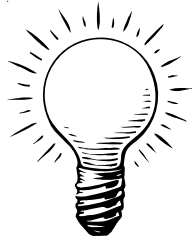
- Play games where everyone is involved, not just the best athletes.
- Make recreation a planned part of your club meeting, not just an afterthought. Well planned recreation can help your club members get ready for maximum learning.

Ask your 4-H Educators for recreation ideas. We have many reference books like "New Games", "More New Games", "Great Games for 4<sup>th</sup> - 6<sup>th</sup> Graders", "Clouds on the Clothesline", "Of Play and Playfulness", and "Energizers and Icebreakers".

## 4-H LEADERS' UPDATE

### It Starts With an Idea and a Plan

It's the beginning of the program year. Got ideas for what your group might do in the coming months? Are there new things you'd like to try? Changes you'd like to see happen? Goals you'd like to achieve? Whether you're a club member, a teen leader, or an adult volunteer, this is the time to do a little dreaming.... some planning.



generating energy. Do some brainstorming with your club members, officers, and leaders. List the possibilities for what would make your 4-H year great, be it a new learning experience, a fun trip, getting more involved in community service projects, or adding a little spice to your club meetings.

Good programs don't just happen. They're born through planning and commitment (mostly commitment, but that should follow if the group really has passion for their project). I often hear ideas about what could be and should be happening in various clubs or county 4-H events. Make a plan. Do it! Once you know what you want to accomplish, make the decision to make it happen. Map out the steps, make the arrangements, set the people in place, and watch what happens. Once you have an idea of where you want to go, knowing what resources you need to get there follows. An idea, committed people and a plan. These three ingredients can make anything possible.

One of the most important things to happen in a club is thinking about and sharing what members and leaders would really like to do in the coming year; what would be fun, what would we like to spend more time with, what would excite us. It's hard sometimes when a group does things the same way for many years to think beyond the groove they've fallen into. After all, the "tried and true" are adopted for a reason: they've got a track record of success. But creating the space for new ideas is important in

(Article by Marianne Bird, 4-H Youth Development - UC Davis)

### Welcoming New Families to 4-H

Think back to a time when you were new to a group. You were probably excited about experiencing something different and meeting new people. But, you may have also been a bit nervous and worried because you didn't completely understand what was going on during the meeting. Here are some ways your club can welcome new members and their families by getting acquainted and sharing information about how 4-H works.

Here are some ideas that need to be presented for a club to create a welcoming environment:

- Understand that everyone has a role in welcoming new members and families.
- Conduct get-acquainted activities and games with new members and families
- Understand the different 4-H information new participants need.
- Share ideas about 4-H events and activities that will help new participants to get involved.

When we do get-acquainted activities, we discover how we're alike and different. The information gained gives us a starting point for initiating future conversations.

## 4-H CALENDAR 2006-2007

### OCTOBER

- 1 -7 National 4-H Week
- 20 4-H Rally & Awards Night, 7 p.m. at Claremont Middle School
- 18 Leaders Association & Teen Club Meeting 6:30 - 8:30 p.m. Goodwin Community Center and Claremont Savings Bank
- 23-26 NE Regional Leader Forum in New Jersey
- 28 Make A Difference Day

### NOVEMBER

- 4 Get R.E.A.L. Leadership training for 4-H leaders and older youth, 8:30 - noon, Charlestown Middle School
- 4 Statewide Sewing Skills Workshop for Leaders and Teens, Plymouth area
- 6 New Leader Training 6:30 - 8:30 p.m., Extension office, Newport
- 15 Leaders Association & Teen Club 6:30 - 8:30 p.m., Extension office, Newport
- 27 Resumes for National Conference, Congress and Dairy Conference due to county office

### DECEMBER

- 20 Teen Club meeting or activity, 6:30 - 8:30 p.m., Goodwin Community Center, Claremont

### JANUARY

- 13 National Conference, Congress and Dairy Conference Interviews
- 17 Leaders Assoc. & Teen Club 6:30 - 8:30, Newport
- 27 4-H International Foods Day, Newport High School

### FEBRUARY

- 1 Approval form deadline for beef going to Eastern States Expo
- 2-3 Farm & Forest Expo Center of NH - Manchester
- 10 Dairy & Horse Quiz Bowls
- 21 Leaders Assoc. & Teen Club 6:30 - 8:30, Claremont

### MARCH

- 2 4-H Leader Banquet (Tentative)
- 3 4-H Teen & Leader Training, (Tentative)
- 14 Horse Judging/Hippology Contests, Durham
- 17 4-H County Activities Day
- 21 Leaders Association & Teen Club, Newport

### APRIL

- 1 Approval forms due for horses going to ESE
- 7 Fashion Revue Evaluation Day, Claremont Middle School
- 13 4-H Fashion Show, Claremont Middle School, 7 p.m.
- 18 Leaders Association & Teen Club, Goodwin Community Center, Claremont

### MAY

- 1 Approval forms due for dogs, working steer, yearling, sheep, beef, dairy cattle, and horses.
- 16 Leaders Association & Teen Club, Newport

### JUNE

- 2 State 4-H Activities Day, Durham
- 20 Orientation for Teen Exchange hosts
- 24-27 State 4-H Teen Conference, Durham
- 29 4-H Records due in Extension office

### AUGUST

- 17-19 Cornish Fair

## GENERAL 4-H NEWS AND INFORMATION

### 4-H Rosette Winners at Cornish Fair

Over 150 Sullivan County 4-H members exhibited their 4-H project work at the 57<sup>th</sup> annual Cornish Fair.



**Amy Barriger** of Golden Clovers won the very competitive Angela L. Smith Memorial Rosette for her outstanding Homemaker exhibit with a Noah's Ark theme. Her well-coordinated display consisted of a 3-piece baby outfit with animals on the fabric, an embroidered Noah's Ark crib quilt, a baby scrapbook, Two jars of strawberry rhubarb jam, and chocolate eclairs.

**Dylan Adams** of Country Kids won the prestigious James Reavis Memorial 4-H Handymaker Award. His Display included a snow-machine shaped wooden key holder, a photograph, a ceramic figurine, a seashell lamp with a decorated shade and a large entomology display.

The 2006 Jack Harding Natural Resource Award of Excellence went to the **Sugar River Naturalists 4-H Club** of Newport for their educational display about the Marshall Pond nature trail in Unity.

**Megan McPherson** of Fun 4-H won the Frank and Mabel LaVanture Award for her advanced arts and crafts project, a hand-painted stool with a fairy on it. Eight year old **Kayla Putnam** of Jim Dandies also won a rosette for her diorama called "My Dad at Putnam Farms." Her exhibit featured very detailed clay figures of farm animals. **Lindsay Adams** of Fun 4-H was recognized for her outstanding food preservation entries while **Chloe Fleming** of Acorn Kids and **Abby St. Pierre** of Fun 4-H won rosettes for their clothing entries.

Garden rosette winners from the Jim Dandies 4-H club in Charlestown were **Jeremy Rumrill**

and **Giselle Barton** for their flower arrangements. **Abby St. Pierre** of Fun 4-H won a rosette for her broccoli.

Photography winners for 4-H were **Megan McPherson** of Fun 4-H, **Amanda Jones**, **Katherine Stockwell**, and **Sarah Wilder** of Horse Huggers and **Dominic** and **Monica Stout** of Clever Cardinals. Poster winners were **Chloe Fleming** of Acorn Kids, **Allie Burns** of Fun 4-H, and **Alyssa Adams** of Country Kids. Younger members **Nate** and **Seth Lyndes** and **Abby St. Pierre**, all from Fun 4-H were also recognized with rosettes for their poster entries.



(L-R) Amanda Towne, Daniel Chute, Morgan Ferland and Gregory Surgenor

### 4-H Livestock and Small Animal Show Winners at the Fair

**A big thanks to all volunteers, 4-H members and families that work together to help showcase NH Agriculture during Cornish Fair.** Sullivan County 4-H hosts 4-H Beef, Dairy, Dairy Goat, Horse, Sheep and Rabbit Shows throughout the three day event. There is a lot of behind-the-scene work shared by many volunteers so the barns are ready for the arrival of the 4-H member project animals. Each show has a volunteer superintendent who plays a key role in welcoming 4-H families to our county fair. Superintendents assist in judge selection, become familiar with fair board and 4-H policies and procedures, organize show entries, assign exhibitor space and recruit additional help to assist with setup, take down and many other details related to facilitating the show and education of fair attendees. **This year our 4-H show superintendents were: Tom & Candy Carter/Beef; Marcia Clark/Dairy; Barbara & Larry Gaskell/Dairy Goat; Alison Patten/Horse; Jane Parant & Jamie Towne/Sheep and Sandy Hodskins/Rabbit.** THANK YOU.... for making these lifeskill building opportunities available to 4-H youth.

#### 4-H Beef Show

In the Fit and Show competition **Ari** and **Sarah Carter** were the Novice and Junior Champions. Both girls participate in the Upper Valley Livestock Club in Sullivan County, but are Grafton county members. This year a Breed champion rosette was awarded to Upper Valley 4-H Livestock club members **Wylie Wood** - Angus and **Sarah Carter** - Hereford. The Supreme Champion banner was awarded to **Sarah Carter's** Hereford and the Champion Market Banner went to the Angus Steer belonging to **Wylie Wood** from Plainfield.

#### 4-H Dairy Show

In the Intermediate level Fit and Show competition **Brooke Clark** of Cornish was recognized as the top show person. The top senior competitor in the Sullivan County Showmanship competition was **Victoria LaBelle**. In the junior division

**Brooke Clark** placed first, followed by **Erin Woodman** of Claremont. In the breed classes the following Sullivan County members were recognized: The Ayrshire reserved Sr. and reserved grand champion were exhibited by **Erin Woodman**. In the Brown Swiss division **Brooke Clark's** winter calf was the Jr. Champion. Her three year old was recognized as both the Senior and Grand Champion. For Milking Shorthorn **Brooke Clark** exhibited the Junior, Senior and Grand Champion as well as the Reserve Senior and Reserve Grand Champion. **Brooke's** three year old cow was also recognized as the Best Bred & Owned among Sullivan County 4-H exhibitors.

#### 4-H Horse Show

During Friday's 4-H show the following top scoring youth were recognized as champion or reserve champion; Sr. English Champion, **Victoria LaBelle** and Reserve Champion **Ella Littlefield** (both Oak Hill Riders); Jr. English Champion **Emily Buskey** (Horse Huggers) and a tie for Reserve Champion **Angelique Watts** (Sugar River Naturalists) and **Sara Wilder** (Horse Huggers). Reserve Sr. Western Champion, **Dominique Rondeau** (Horse Huggers); Reserve Jr. Western Champion was **Sarah Godkin** (Sugar River Naturalists); Oak Hill Rider members **Alicia Barry** and **Charles Barry** were the Beginner English and Beginner Western Champion. **Aminah Orog** (Horse Huggers) was the Reserve Western Champion.

#### Sheep Success at Cornish

There were 15 4-H sheep exhibitors participating and quite a few were trying out their sheep showing skills for the first time. In the Novice Fit and Show competition **Daniel Chute** was the top showperson. Preparing a sheep for the show ring is no easy task. Animals must be washed, clipped and blocked to look their best. We had two new Sullivan County Sheep project members **Gregory Surgenor** of Meriden and **Jordan Ferland** of

Charlestown try their hand at blocking and trimming a sheep. They worked with several more experienced project members to begin fine tuning their skills

On Saturday evening, 4-H alumnus Julie Chute and Marnie Rondeau served as the leadline judges. Participants are evaluated in two areas during leadline. Exhibitors model a garment made from woolen fabric while leading their best fitted sheep. The scores from the sheep and clothing judge are added together to determine the top scoring participant in each member age division. This year **Amanda Towne** from Lempster was recognized as the Novice Champion.

#### 4-H Rabbit Show

In its second year back at the fair, the enthusiasm and participation in the 4-H Rabbit show is growing. In the Fitting and Showmanship competition, **Matthew Bascom** of Acworth received a rosette as the top Junior and **Daniel Chute** of Lempster was the top Novice. Rosettes were awarded to the following 4-H'ers: **Daniel Chute** - Jr. Fancy; **Matthew Bascom** - Sr. Meat; **Amanda Towne** - Sr. Angora. The Bunny Hopping contest was great fun for exhibitors as well as spectators. Each member entered their best jumper into the contest. Rabbit placing was a combination of fastest time and the number of jumps each rabbit successfully cleared. **Amanda Towne's** rabbit placed first for the second year straight! Contact the Extension Office if you would like to find out more about becoming a member of the Bunny Bunch 4-H Club.



Ari Carter of Upper Valley Livestock was thrilled to win the Novice Fitting & Showmanship competition.

## Agricultural Resources



**Seth A. Wilner**  
Extension Educator  
Agricultural Resources &  
Environmental Stewardship  
[seth.wilner@unh.edu](mailto:seth.wilner@unh.edu)

### 4th Annual Sullivan County Farm Bureau & UNH Cooperative Extension Agricultural Issues Forum

On Thursday, August 31, 2006, Ben and Becky Nelson graciously hosted the 4<sup>th</sup> Annual Sullivan County Agricultural Issues Forum at their Beaver Pond Farm in Newport. Beaver Pond Farm has been in Becky Nelson's family since the 1780's. It is the oldest continuous family farm in operation here in Sullivan County.

The evening began with an informal barbeque of locally grown produce and beef from Bob and Cindy Porter's Hill Top Farm in Claremont, NH. Bob and Cindy were recently recognized with the county Conservation Farmers of the Year Award and, from the great flavor of their beef, one could tell they put a great deal of heart and soul into their farming.

The event was well attended by Sullivan County State Representatives and Senator Odell, all three Sullivan County Commissioners, candidates running for state office, members of the Sullivan County Farm Bureau's Board of Directors, State Farm Bureau Executive Director Robb Johnson, NH Farm Bureau President Wayne Mann, and Sullivan County UNH Cooperative Extension Educator Seth Wilner. Many of the guests above were accompanied by their husbands and wives making this a family oriented evening.

The Agricultural Issues Forum is a perfect venue for county legislators to be informed of the pressing issues facing the Sullivan County agricultural community. It is a unique opportunity for those making county decisions to hear from Steve Taylor, the Commissioner of Agriculture, and Gail Jellie, Director of the Division of Agricultural Development, state Farm

Bureau staff, in addition to local Farm Bureau representatives and the University of New Hampshire Cooperative Extension.

Legislators were educated about topics the agricultural community is focusing on. Steve Taylor discussed the issue of Eastern Equine Encephalitis (EEE). The NH Department of Agriculture, Markets and Food is required to issue permits permitting the spraying of mosquitoes to control EEE here in New Hampshire. Spraying insecticides to control EEE is controversial however, and the NH Department of Agriculture, Markets and Food has issued permits to control the situation since seven mosquito pools were found that tested positive for EEE.

Another area of focus the legislators had the opportunity to share in was the problem of low milk prices being paid to dairy farmers. Sullivan County

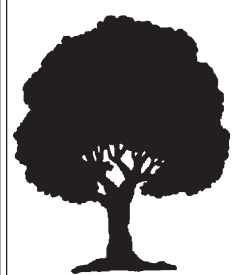
Farm Bureau President Jeff Holmes is a Langdon dairy farmer who shares in the plight of dairy farms struggling due to rising energy and fertilizer costs coupled with diminishing milk prices. Currently, the price of milk received by dairy farmers is below the cost of production in most cases.

In recent months there has been a campaign to promote buying locally grown produce, meat and other products. Seth Wilner from the University of New Hampshire Cooperative Ex-

(see "Issues Forum" on page 8)



Attendees enjoying conversation and dinner at the 4th Annual Agricultural Issues Forum at Beaver Pond Farm in Newport.



## Forest Resources

**Chuck Hersey**  
Extension Educator  
Forest Resources  
[chuck.hersey@unh.edu](mailto:chuck.hersey@unh.edu)

### Introduction to Invasive Plant Ecology and Control in the Connecticut River Valley



This workshop will provide background on invasive plant ecology and control. Learn how to identify invasive plants in the field, assess impacts on natural resource values and develop strategies that will keep invasive plants in check and allow native plants to thrive. Half of the workshop will be outdoors so please be prepared for the weather.

*Pre-registration is required and must be received by October 12, 2006. Call Sandy Rumrill at 863-9200 to register.*

**Date:** October 13, 2006  
**Time:** 12:00 noon - 4:30 p.m.  
**Where:** Sullivan County Farm, Ahern Building  
County Farm Road, Unity, NH  
**Cost:** \$10.00

### Heating with BioFuels: Emerging Opportunities for NH Homeowners, Communities & Businesses

With fuel oil, propane, and natural gas prices reaching all time highs, many homeowners, municipal and school officials, and business owners are looking for less expensive and more environmentally friendly heating alternatives. High energy costs have "fueled" tremendous growth in diversity and availability of alternative biomass-based fuels, such as wood chips, wood pellets, corn, etc. Our speakers will discuss trends in new heating technology, fuels, and the costs and benefits of heating with alternative renewable fuels. Attendees will have the chance to tour the Harris Center's wood pellet heating system and learn more about the economics and operation of a functioning "bio-fueled" heating plant. Whether you're a homeowner, municipal or school official, or you own a business and you're tired of sending your fuel dollars overseas, this program promises to be highly informative, with plenty of time for questions and answers. For more information contact the Harris Center at 525-3394. Pre-registration is not required. (NH Licensed Forester 1.5 CEU's)

**Date:** November 4, 2006  
**Time:** 10:00 a.m. - 12:00 noon  
**Where:** Harris Center for Conservation Education, 83 King's Highway  
Hancock, NH

### Understanding NH Forest Soils: Their Characteristics, Mapping and Site Quality Indicators

October 3, 2006  
Coos County Extension  
Lancaster, NH

October 5, 2006  
Sullivan County Complex  
County Farm Road  
Unity, NH

October 6, 2006  
Merrimack County Extension  
Boscawen, NH

8:30 a.m. - 3:00 p.m.  
\$15.00 per person

- Learn about the latest online soil mapping from NRCS and how to incorporate online soils maps into forest management plans.
- Learn about soil characteristics and how they relate to forestry from NRCS Soil Scientist Joe Homer.
- Learn what herbs, shrubs and trees tell you about the site and the quality of the soils from Silviculturist, Bill Leak.
- View several different soils common on the landscape in the field.

**To register, contact Debbie Anderson at 862-1028 or [debra.anderson@unh.edu](mailto:debra.anderson@unh.edu).**

## “Issues Forum”

from page 7

tension (UNHCE) worked hard to raise \$10,000 in grants to fund an advertising campaign for this purpose. UNHCE seized the opportunity to educate the county delegates on the hard work being done by the Sullivan County Ag Supporters to promote this campaign. Six radio advertisements were developed and recorded by Allan Reetz and are airing on local radio stations. The Farmers' Markets in Claremont, Cornish and Newport have been surveyed this season to determine the effectiveness of this campaign; the results are being compiled currently.

Robb Johnson and Wayne Mann shared success stories that NH Farm Bureau was able to facilitate through the state legislature and some local towns as well. NH Farm Bureau's success has helped make life easier and more profitable for farmers around the state.

Both Sullivan County UNH Cooperative Extension and NH and Sullivan County Farm Bureau appreciate the time taken from the busy schedules of the many legislators that attended the forum to listen and learn about the issues facing the agricultural community.

## Advisory Council Members Needed

If you would like to be a member of the Sullivan County Extension Advisory Council, we have several vacancies for two year terms starting in January.

This Council advises Extension Educators on programming needs throughout the county, hires new staff and oversees the Extension budget and helps market Extension. If you have an interest, contact Seth Wilner at 863-9200.

## Meth, You & Your Community

What about you as a community member? Think it doesn't affect you? Think again.

The property on which methamphetamine is produced and where wastes are disposed typically requires assessment and cleanup. The average cost of a cleanup is about \$5,000 but can cost up to \$150,000. Who should pay for these costs? The renter? The owner? The town? A federal agency? What happens when those resources are exhausted?

The State of New Hampshire Government Leaders Methamphetamine Task Force has developed a Statewide Strategy in response to the discovery of an increasing number of methamphetamine laboratories in New Hampshire. It recognizes the significant challenges for local, state and federal agencies. It also necessitates the development of new state, county and municipal government policies and procedures to ensure that the health and welfare of New Hampshire citizens, as well as the state's natural resources, are protected.

This is an issue that affects every one of us and we need to be as informed as possible. Talk to your local law enforcement officials to learn what you can do to keep New Hampshire free from this drug. Most importantly, be sure to talk to your children and grandchildren. (See page 2.)

## Extension Calendar

### October

- 10/2-11/13** **Charlestown Strengthening Families Program 10-14**, 5:30-8:00 p.m., North Charlestown Community School. Call Marti Pacini at 542-1848 x105 to register.
- 10/3-11/14** **Sunapee Strengthening Families Program 10-14**, 5:30-8:00 p.m., Sunapee Middle High School. Call UNH Cooperative Extension at 863-9200 to register.
- 10/5-11/16** **Claremont Strengthening Families Program 10-14**, 5:30-8:00 p.m., Diana Love Center, 169 Main Street. Call Gillian Bemis at 542-5453 x3121 to register.
- 5** **Understanding NH Forest Soils: Their Characteristics, Mapping & Site Quality Indicators**, 8:30 a.m. - 3:00 p.m., Sullivan County Complex, Unity, NH. See page 7 for details.
- 13** **Introduction to Invasive Plant Ecology & Control in the Connecticut River Valley**, 12:00-4:30 p.m., Sullivan County Farm, Ahern Building, Unity, NH. See page 7 for details.
- 14** **Take 10 Community Walk - Arrowhead Ski Area** (2 miles - moderate), 10:00 a.m., meet at Arrowhead parking area. Call 863-9200 for more info.
- 21** **Pasture Management Workshop**, 10:00 a.m. - 2:00 p.m., Cold Pond Community Farm, Acworth, NH. A free lunch will be provided. Call 863-9200 to RSVP or for more information.

### November

- 1** **Credit Check-up**, 5:00-6:30 p.m., Claremont Savings Bank, 145 Broad Street, Claremont. Call 863-9200 to register.
- 4** **Heating with BioFuels: Emerging Opportunities for NH Homeowners, Communities & Businesses**, 10:00 a.m. - 12:00 p.m., Harris Center for Conservation Education, Hancock, NH. See page 7 for details.
- 11** **Take 10 Community Walk - Newport Historic Route** (1 mile - easy), 10:00 a.m., meet at Newport Library. Call 863-9200 for more info.
- 20,27,12/4,12/11** **Taking Charge of Your Finances**, 5:00-7:00 p.m., UNH Cooperative Extension, 24 Main Street, Newport. See page 2 for details.
- 29,12/6,12/13,12/20,1/3/07** **Making Money Work For You**, 5:30-7:30 p.m., Claremont Savings Bank, 145 Broad Street, Claremont. Call 863-9200 to register.

### December

- 9** **Take 10 Community Walk - Claremont Historic Route** (1 mile - easy), 10:00 a.m., meet at Opera House Square. Call 863-9200 for more info.



## UNIVERSITY of NEW HAMPSHIRE COOPERATIVE EXTENSION

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 Extension Educator, Family & Consumer Resources

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

**Sandra J. Trybulski**  
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**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  
 Amy Barriger, Claremont  
 Richard Scheuer, Cornish  
 Pauline Bailey, Sunapee  
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