



Volunteers Make A Difference with Horticultural Therapy

The "Elders on the Grow" meet on Thursday afternoons at the Hillsborough County Nursing Home. Visitors often stop in to see what project is underway and to breathe in the aromas of fresh herbs and flowers.

It all started in 2002 when a grow cart was donated to the 4th floor residents. Led by Master Gardener Maddy Perron, six or seven residents sat around a table and transplanted basil and tomatoes from her greenhouse into the grow cart; the program has been growing ever since.

Now the grow cart is a small tropical oasis in the corner of the dining room. A fountain that was donated by a resident's granddaughter sits in the center and softly trickles, providing a soothing background sound. The water feature also helps humidify the plants and surrounding environment. This lush corner was only the beginning as the residents enthusiasm to grow more herbs, vegetables and flowers became evident.

Horticultural therapy is a growing field where access to plants is used to enhance the lives of those who otherwise would not be able to experience interaction with Mother Nature on a regular basis. Horticultural Therapy is beneficial mentally, socially, and physically. Residents use ergonomically correct tools to plant and maintain gardens. These gardens are comprised of raised beds and containers, a variety of plants to hold interest, signage to help ID plants and work on cognitive and verbal skills. They become areas to socialize in with family, friends and staff.

Herbs are the focus of the program at the Hillsborough County Nursing Home. Even the residents who are completely disabled can enjoy the wonderful herbal scents that permeate the common room during the weekly gatherings. Some herbs have a calming effect, some invigorating, but all have the ability to add some interest to the every day routine. Distractions like a pile of freshly cut flowers and herbs in many colors can turn the whole day around when someone is feeling lonely or depressed. During planting, something as simple as the smell of tomato plants, marigolds, or cucumbers can bring



Nursing Home residents transplant tomatoes for their annual spring plant sale

happy memories to the surface. Activities spark conversations about different herbs and which are used with what, such as sage in turkey stuffing and oregano in spaghetti sauce. This brings on discussions about favorite meals and cooking. Even a small thing like helping to clean up after a project can turn a helpless invalid into a purposeful individual, bringing back memories of caring for a home and family.

The benefits of interacting with plant material are obvious to anyone observing the reactions of the residents as they socialize while planting. When working with tiny seedlings, Lillian once stated "Look at the legs on this one, It feels like we're taking care of little babies when the plants are this small." Nurturing was a big part of her life for many years as a mother and nurse. Tending to these small plants was rewarding as well as self-fulfilling and gave Lillian a sense of worth. The outcome may be dirty hands and clothes, but the self-satisfaction and inner calm are evident.

History of HCNH Therapeutic Horticulture Program

- 2002- Grow cart- activities aid.
- 2003- Grandchildren participated.
- 2004- Rooftop gardens with planters started/made our own herb blends.
- 2005- 4-H children join the program in the summer months.
- 2006- Made tea blends/ lemon and mint.
- 2007- Our 1st Plant sale 1/27/07 Sold 18-20 plants. Made \$200 to

help support the program.

2008- 2nd Plant Sale April 18-19 Made \$350.

2009- 3rd Plant Sale April 17-18 Made over \$700.

2010- 4th Plant Sale April 16-17 Made over \$700 again and sold out, started "Herb of the Month".

The program has been a successful venture that just keeps on growing. Started with one activities aid and 8-10 people,

now the number of people participating has grown to 12-15 with many others in the room who can't participate, but who enjoy the atmosphere. There are 5 volunteers who help out sporadically, two of them are other Master Gardeners. In 2009 Maddy Perron and an occupational therapist from the nursing home attended a workshop on the history, design and effectiveness

[continued on page 5...see Therapy](#)

Are you ready for the 54th Annual Hillsborough County Agricultural Fair?

It is time to mark your calendar for the 54th annual Hillsborough County Agricultural Fair that will be held September 9 - 11, 2011 at the 4-H Youth Center, 15 Hilldale Lane, Route 13 in New Boston.

Did you know that you could enter your favorite photograph or best tomatoes? Would you like to be a part of the King Arthur Flour Contest or Baked Mini Donuts Home Baking Contest, or the Best Apple Pie Contest? How about some of those Preserved Products you just put on your shelf to enjoy this winter?

To exhibit is easy and best of all it's free! The fair has classes for everyone to choose from offering homemade to home-grown items for children and adults.

For more information, visit the fair's website at www.HCAFair.com where you will find the fair book posted. Just choose the classes you would like to participate in. Exhibit set up is Thursday, September 8 from 2 pm - 9 pm at the 4-H Youth Center in New Boston.

Gate Admission:

Adults: \$10 one day, \$24 three day pass;
6-12 years: \$5 one day, \$12 three day pass;
Under age 6: free;
Seniors 65 and over: \$5 per day. Active Military Service persons and Veterans, \$5 per day (with ID - does not include family members). Advance Discount passes available from UNHCE. If you have any questions, please call the UNHCE Hillsborough County office in Goffstown at 603-641-6060.



We'll see you at the Fair!

What's Happening in Extension?

SAFE

Safety Awareness in the Food Environment

Date: Tuesday, July 5, 2011
Time: 3 pm - 5 pm
Location: Common Man Restaurant, Merrimack
 To register, call Alice Mullen at 603-629-9494 x150.

Date: Thursday, July 7, 2011
Time: 9 am - 11 am -- Repeat at 3 pm - 5 pm
Location: Airport Diner, Manchester, NH
 To register, call Alice Mullen at 603-629-9494 x150.

Date: Wednesday, August 3, 2011
Time: 10 am - 12 pm
Location: NH Food Bank, Manchester
 To register, call Alice Mullen at 603-629-9494 x150.

Here is a FREE Safety Awareness in the Food Environment training opportunity for you and your food service employees. This two-hour introductory program emphasizes the importance of personal hygiene, preventing cross contamination, and controlling time and temperature as food flows through your foodservice establishment. SAFE reviews critical food safety and sanitation concepts and is useful for new employees (both front-of-the-house and back-of-the-house) or as a refresher workshop for more experienced staff. Participants receive fact sheets and a certificate of attendance.

Stratham Fair

Date: Thursday, July 21 - Sunday, July 24, 2011
Location: Stratham Hill Park, Route 33, Stratham, NH in **Rockingham County**.
 For more information, visit <http://www.strathamfair.com/>

North Haverhill Fair

Date: Wednesday, July 27, 2011
Location: North Haverhill Fairgrounds, Route 10, North Haverhill, NH in **Grafton County**.

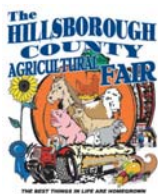
NH 4-H Sheep Clinic

Date: Friday July, 15 - 17, 2011
Location: 4-H Youth Center, 15 Hilldale Lane, New Boston, NH

A weekend-long Sheep Clinic for 4-H'ers 8-18 as of January 1, 2011 to learn skills needed for fitting and showing of sheep. 4-H'ers who attend the clinic learn animal husbandry skills and how to fit and show their sheep while meeting new people, visiting old friends and having a good time. The cost is \$20.

Hillsborough County Agricultural Fair

Animal Entry Forms due
 August 10, 2011.



Free Pressure Canner Testing

If you plan to can green beans, corn, carrots or other low acid vegetables, it's time to get your pressure canner dial gauge tested. USDA recommends testing your dial gauge every year to ensure accuracy.

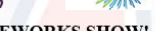
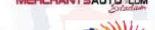
To have your gauge tested, call Alice Mullen at 603-629-9494 x150 to set up an appointment. Testing takes about 10 minutes. You can also mail your gauge with a return postage paid envelope to Alice Mullen, UNH Cooperative Extension, 200 Bedford Street, Manchester, NH 03101.

If you have questions about canning or need current canning recipes and guidelines, please contact Alice Mullen.



HELP SUPPORT THE NEW HAMPSHIRE 4H FOUNDATION!!!

Saturday, July 9, 2011
Fisher Cats vs. Portland Sea Dogs
7:05pm



\$3 from every ticket sold goes to support the New Hampshire 4H!

ATLAS FIREWORKS SHOW!

Be sure to stay after the game as the Fisher Cats will light up the night with a spectacular Atlas Fireworks Show!



Two great ways to sign up and get your tickets to support the NH 4H Foundation, via the order form below or order online via the link at the bottom of this flier!

Name _____
 Address _____
 Phone _____
 # of Tickets _____ x \$8 = _____
 Payment: Visa M/C Amex
 Exp. Date _____ / _____ Security Code: _____
 Check: Please make all checks payable to NH 4H Foundation.
 Amount _____
 Email _____

For tickets and information, contact Wendy Brock at (603) 862-2187 or via email at wendy.brock@unh.edu. Tickets can also be ordered online via <https://www.ticketreturn.com/prod2/Buy.asp?EventID=55827> and use Promo Code: "NH4H" (all caps) and **select section 102**.



Home of the 2011 Northeast Delta Dental Eastern League All-Star Game & HR Concepts Total Access All-Star Block Party.



Great Ideas Summer Conference and Trade Show

Date: Thursday, July 14, 2011
Location: Mahoney's Garden Center, Falmouth, MA
 The Massachusetts Nursery and Landscape Association and the Massachusetts Flower Growers Association will again hold a joint Summer Field Day in 2011. The day will offer horticultural education workshops by well-known researchers and educators and a trade show. For more information, visit <http://www.progrownews.com>.

NH Landscape Association Twilight: What are Wetlands?

Date: Wednesday, July 20, 2011
Time: 6:30 pm - 8:30 pm
Location: Spider Web Gardens, Tuftonboro, NH
Cost: none
 What are wetlands? How do they function and what characteristics define a wetland: soils, plants, etc? How can landscapers work with them? Come learn the answers to these questions and more. The presenter will be Dan Coons of Ilex Wetlands Consultants.

NHLA Twilight: Edibles in the Landscape

Date: Wednesday, August 3, 2011
Time: 6:30 pm to 8:30 pm
Location: Stonewall Kitchens, York, ME
Cost: None
 The presenter is Jackie Nooney, founder and lead designer of Jacquelyn Nooney Landscape, Inc. Since 1984 Jackie has worked with clients designing, building, and maintaining commercial and residential landscapes.



Take Good Care of Yourself

You need energy and stamina to be a good parent, so do your best to be healthy in every area of your life. Allow time each day for relaxation and exercise.

The following exercises take only a few minutes and will help you feel refreshed.

- 1. Lie flat on your back. Take a deep breath. Now, breathe out slowly. Repeat five times.
- 2. Lie flat with your arms at your sides. Move your

Parents Are Baby's First and Best Teachers

Your child will learn more from you than anyone else. She is continuously learning about the world around her through her senses of smell, taste, sight, hearing, and touch. You can help your child learn to use her senses



Read more...

4-H State Activities Day



Natalie Lewis receives her rosette at State Activities day from Wendy Brock, Program Leader for 4-H Youth Development. Natalie was one of the top juniors for her demonstration entitled "*How Sweet It Is*".



Sarah and Jane Koski are all smiles as they model the outfits they made for the State Fashion Revue contest. Sarah was chosen as one of the top sewists at this year's event.



Pictured are some of the 27 teens who attended an orientation at the UNHCE office in Goffstown held on June 5th and will be attending the 4-H Teen Conference at UNH on June 26 - 29th.

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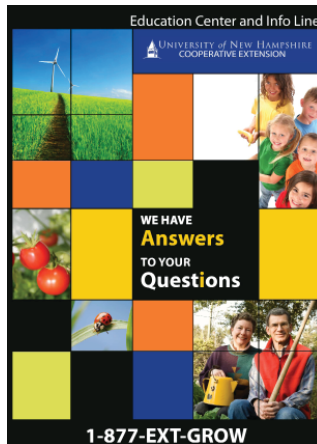
Marlene Turcotte provides support for Agricultural Resources and Forestry & Wildlife.

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UNHCE Education Center
UNHCE Family & Consumer Resources
UNHCE Hillsborough County 4-H

Mission Statement

"UNH Cooperative Extension provides New Hampshire citizens with research-based education and information, enhancing their ability to make informed decisions that strengthen youth, families and communities, sustain natural resources, and improve the economy."



ENERGY ANSWERS
1-877-EXT-GROW

Education Center
200 Bedford Street
Manchester, NH 03101
877-398-4769
Fax 603-629-9998

Energy Answers
Home Energy questions answered
Call Toll free 1-877-398-4769
or
answers@unh.edu

The New Hampshire State 4-H Market Lamb Show and Auction



Sorrell Nielsen was one of fourteen 4-H youth who have tagged lambs for the 2011 New Hampshire State 4-H Market Lamb Show and Auction.

Fourteen 4-H youth tagged twenty lambs for the NH State 4-H Market Lamb Show and Auction to be held on September 11, 2011 at 12:30 pm followed by the auction at 3pm at the Hillsborough County Agricultural Fair.

This show and auction has been held at the Fair since 1992. The auction is open to the public and offers high quality lamb raised by NH 4-H members. Livestock auctions like this were once a common occurrence.

Whether you buy an animal to support the 4-H'er or for the quality of the meat, taking part in the sale is a unique experience. The skills learned by raising an animal and successfully marketing and selling it not only includes the care

of the animal, but financial, accounting and marketing skills as well.

The lambs are about eight months old at the time of the sale. The lambs are weighed the morning of the sale, and shown in the afternoon, judged specifically for the expected quality of the meat they will yield when processed.

During the judging process, the animals are ranked and the top four overall animals are chosen. The top lambs are **Grand Champion, 2nd Reserve Champion, 3rd Highly Commended and 4th Commended.**

If you would like more information on buying a lamb for your freezer, or to buy a lamb and donate it to a soup kitchen, please call the UNHCE office at 603-641-6060.

Congratulations to Our 4-H High School Graduates!

Summer is here and we would like to recognize and congratulate twenty Hillsborough County 4-H members who have graduated from high school.

Emily Bailey, member of the Souhegan 4-H Club; Stephanie Brundige, Andrew Charbonneau, Julie Forest, Xavier Guay, Lauren Jones, Alex Silverman and Zeb Wood, members of the Plan B Robotics 4-H Club; Ashley Winslow and Liam Cashin, members of Hoofbeats 4-H Club; Alex Martineau and Victoria Dow, members of Silver Stirrups 4-H Club; Alexander Gray and Sara Madden, Alvirne High School, Mark Cook, member of Goats R Us 4-H Club; Ethan Craggy, member of Thumpers 4-H Club; Sarah Koski, member of Drop Spindles 4-H Club; Connor Humber, member of Dream Team 4-H Club; Emma Nickerson, member of Hillsborough County Shepherds 4-H Club; and Lillian Zimmermann, member of Weston 4-H Club. These young adults are off to college, horse shoeing school and work.



Best of luck to all of our Graduates!



4-H

Your First Class at the University

In 2010 the NH 4-H Program Involved:

- ☛ 4246 members in 392 organized clubs.
- ☛ 1572 members in special interest groups and day programs.
- ☛ 3364 adult and junior teen volunteers.
- ☛ 9830 youth in 4-H school enrichment programs.

4-H Stories
from the Heart



National Association of Extension 4-H Agents
Edited by DAN TABLER

The 4-H experience creates amazing tales best told by those who lived them. Enjoy this collection of stories submitted from current and former 4-H members, leaders and staff from all across the nation.

A project of the National Association of Extension 4-H Agents to benefit the establishment of an endowment for the National 4-H Hall of Fame, the book includes a wide range of stories that will make you laugh or sometimes shed a tear, but most often will cause a sigh and a smile.

New Hampshire has three submissions included in the book: My Big 4-H Family by Carrie Lougee; Life Lessons Learned in 4-H by Lynn Garland, and Today I Lived by Kendyl Sullivan.

Lynn Garland, Extension Educator Emeritus, 4-H Youth Development served on the national editorial team that was led by Dan Tabler from Maryland whose vision of this project and his dedicated leadership made a dream into a reality.

Similar to the Chicken Soup for the Soul collections, this first ever book, highlighting the impacts of Cooperative Extension's 4-H Youth Development programs, is dedicated to those who, for over 100 years, have helped "To Make the Best Better" by inspiring, teaching, and guiding millions of 4-H youth as they developed into successful, happy, caring, capable and contributing adults.

Copies of the 6" x 9" soft cover book are available for \$20 if you pick them up or if you prefer copies to be mailed add \$3 per book. In New Hampshire, the sale of books will also benefit your choice of one of these 4-H organizations: the NH Association of Extension 4-H Educators, the 4-H Foundation of New Hampshire, the Rockingham County 4-H Foundation or the Stafford County 4-H Advisory Council. For questions, contact Lynn.Garland@gmail.com. ☘

Connecting Youth Through Horses

by Katie Mitchell

Connecting youth through horses is such an easy topic to talk about because there are so many wonderful moments and partnerships created between a child, young adult or any person, for that matter, and their horse.

Through my own experiences in 4-H with a project horse, and then a horse of my own I have learned a great deal of skills and values which I hold true to this day in my early adulthood.

Skills such as good teamwork, high work-ethic, patience and so on, as well as values such as loving and caring, kindness and giving back are all traits that come to mind which I have practiced and learned through working with horses.

I joined a horse 4-H group when I was eight years old, which was the earliest age anyone can be eligible to join. From the beginning our leader urged us to become involved in activities which would help increase our knowledge of horses.

As soon as I was old enough I began trying to earn my first project horse, which meant completing so many hours of barn chores and spending time with the horses at the farm.

I would have been at the barn every day if I could have been. Something

about the smell of horses and the feeling of being in their presence is such a wonderful thing to behold.

Now that I am older, being in a barn completely relaxes me and clears my mind from everything else going on in my life, which is a pretty powerful tool.

My horse showing career was not full of blue ribbons and trophies by any means, but I had the time of my life. I knew how lucky I was to be able to ride my horse and compete against other riders and friends.

The atmosphere was wonderful, and I am still involved as often as possible with 4-H shows to this day, in part to try and recapture the feelings I had as a child, and in part to be able to give back for all of the countless hours other volunteers had put in for horse shows when I was a child.

One of my favorite parts about the horse shows was preparing the horse and equipment for the show. My 4-H leader did a wonderful job of teaching us how to be prepared for a horse show.

All of our equipment was spotless; our horses were bathed, clipped and banded, usually all in one day. However it was not only the day before that we prepared.



Preparations began once we could begin riding in the spring. This is when we would rekindle our partnerships with our horses who we had not ridden all winter.

Horses teach patience and kindness, because if you are patient and kind to a horse, they are patient and kind right back. Horses teach a person to be confident, because they most certainly can sense if a person is nervous, but they will be kind and strong to ease your worries.

Horses teach a person how to give their share in a partnership, because if a horse works hard for you, you need to work hard for your horse to make sure he or she receives the best care.

Horses can sense your moods, and can turn a sad or bad mood right around and make a person happy again. The lessons a horse can teach are unlike any other.

I know I am extremely fortunate to have had the opportunity to have horses in my life and to have had the opportunity to grow through my experiences with horses.

I only wish more children were as lucky as I had been as a child to be able to learn and grow with something as special as a horse.

Katie Mitchell

Katie Mitchell is a former Hillsborough County 4-H'er and is now a 4-H Project Leader in Goffstown with Hoofbeats 4-H Club.

Therapy... continued from page 1

of "Gardens that Heal" at the Chicago Botanic Garden. Shortly afterwards, they held a class for nursing home staff; the demand was so high that a second session had to be scheduled. In addition, Maddy was the lead for a ½ day hands-on workshop on Horticultural Therapy for a group of 12 Master Gardeners so they could begin their own programs.

The "Elders on the Grow" also have a partnership with the "Green Thumb Team", the 4-H children's gardens at Massabesic Center/Audubon. These gardens provided close to 5,000 pounds of food for the Food Bank in 2010. "Elders on the Grow" starts tomatoes and basil for them as well as flowers and grasses for their fuzzy wuzzy garden (Pennisetum, Salvia argentina, Bunny tails, Celosia, etc), and seedlings for the sticky prickly garden (Statice, Gomphrena and Strawflowers). In return, the children pick basil and flowers to enhance the "Elders" program, so it's a win/win for all involved.

During the summer months,

the 4-H children have visited the nursing home and added fun and laughter to the program. Another partnership is with UNH Manchester. Alison Paglia, a Psychology Professor, has had two of her students do a study on how gardening affects the residents at HCNH. The research, interviews and surveys from residents and staff are pretty extensive.

The goals of the study are to 1) measure the benefit to the residents so that it will be easier to secure funding and support for the program's future in the institution, 2) to determine if modifications to the "Elders on the Grow" program might enhance its efficacy, and 3) to use the study results to extend the benefits of the program by expanding it to similar institutions. A summary of the results should be ready in the near future.

Margaret Hagen



Master Gardener Maddy Perron works with a nursing home resident on planting project.



LEMON SCENTED HERBS

Maddy Perron, Master Gardener

When I think lemon flavor or scent, I think summertime. After hours of back breaking garden work, there is nothing more refreshing than a cold glass of fresh lemonade with a sprig of mint for garnish. This is why I decided to focus on lemon-scented herbs.

Lemon verbena (*Lippia citriodora*) has a very strong citrus flavor and scent. It originally hails from Argentina and Chile where it can grow 10 to 15 feet tall as a large shrub. When exploring Spaniards discovered it, they returned to Europe with their precious cargo where it was used in perfumes. In France where it is called vervain, they make a tea with it to treat indigestion.

Hardy to zone 8, lemon verbena is often treated as a potted plant and then brought indoors to winter over. A friend of mine waits till the leaves fall in autumn and puts the plant in her cellar to rest dormant for the winter. Each spring when she brings it out, it looks quite dead, but revives beautifully into a 3-4 foot potted shrub.

The leaves are great fresh or dried in herb teas, sachets, herb pillows, and potpourris. In Victorian times, that clean, fresh smell of lemons was infused and used in finger bowls.

Lemon balm (*Melissa officinalis*) is from the same family as mint, (Labiata); it can be as invasive in your garden as mint given the right conditions. It is mostly used fresh in deserts, fruit cups, jellies and salads. Chopped leaves can also be used as a garnish for fish or mushroom dishes. Lemon balm tea is said to relieve tension headaches, ease digestion, and help the memory. In aromatherapy, the oil is used to treat depression, insomnia and nervousness. It's an excellent plant for attracting pollinating bees to an



orchard, thus it's nickname, "bee balm." Lemon balm may not be a showy garden plant, but there is a variegated variety and an all gold one that can add some garden interest. These are a little less hardy though, being Zone 6 plants.

Lemon thyme, (*thymus x citriodorus*) is an excellent culinary herb, used in fish and chicken dishes. It claims to be hardy to zone 6, but here in my zone 5 garden, I have been able to keep it alive and well. It suffers some winter kill that keeps it from overstepping its bounds. Like most thymes, this one is only about 12 in. tall and 8-10 in. wide with the habit of spreading into a thick carpet as a ground cover. In a well-established bed the lemon thyme in mid summer bloom is a sea of pink blossoms alive with bees happily skimming the surface.

It might be fun to design a theme garden with solely lemon-scented plants. Just the ones that I've mentioned can make an interesting garden. You could put tall lemon verbena in the background with its shrubby appearance, and long narrow leaves; lemon balm in the middle with its 2 foot stature and frilly leaves; and lemon thymes in the foreground as a lemony carpet. You could even incorporate some lemon grass for a 2-3 foot tall grassy texture. Pop in a few lemon scented geraniums, some lemon basil and surround it all with lemon gem marigolds. There you have it, a citrus extravaganza that is not only eye appealing, but will delight the senses and please the palette.

UNHCE-Led Panel Discusses Challenges of Aging NH Workforce



Sharon Cowen, Extension Educator

New Hampshire's population isn't exactly old, but the state does have the fourth highest average age among all 50 states, at 41 years. With aging Baby Boomers and slower growth than in the past, the state's population is getting older, along with its workforce. That fact has implications for both New Hampshire employers and employees. And, neither may be ready for the changes that are happening.

At the statewide NH Businesses for Social Responsibility Spring Conference in June, Family and Consumer Resources Educator Sharon Cowen led a panel of experts to discuss the challenges facing NH employers and employees as a result of an aging labor force. Potential challenges for employees include not having enough financial resources for retirement, caregiving for an older relative or spouse, parenting a grandchild or other relative, and age-related health problems. Often the issues that employees deal with in their personal lives affect their work life, as well, creating challenges in the workplace. Likewise, employers face losing crucial talent, skills, experience and organizational knowledge when valued older workers retire.

The NHBSR panel, made up of executives from small and large businesses, presented innovative ideas that their companies are using to address employee and organizational needs, to the benefit of both sides. Many of the challenges of an aging workforce can be addressed with proactive planning and problem solving including creative workplace flexibility practices and succession management.

As an Extension Educator, Sharon provides money management and parenting education and resources to Hillsborough County citizens. For the past three years she has promoted When Work Works, a national initiative to provide information to employers about the value of workplace flexibility as a business practice. Sharon sees this initiative as an important part of her work to support families because "what happens to employees and their families affects the workplace, and what happens in the workplace affects families." She also offers programs and resources through employers at worksites. Programs include workshops on debt management, budgeting, and planning for retirement. For more information or to schedule programs, please contact Sharon at 641-6060.

Focus On Finance Career Awareness Trip

DATE:

Tuesday and Wednesday, July 12- 13, 2011

TIME:

Starting : 8:00 a.m. (Tuesday, July 12th)
WalMart Parking Lot, Concord
Ending: 4:00 p.m., approximately
WalMart Parking Lot, Concord

LOCATION:

Southern New Hampshire

OPEN TO:

Any teen, 12 and over as of July 1st

COST:

\$100.00 per person

REGISTRATION INFORMATION:

Contact: Kathleen Jablonski
Extension Educator
4-H Youth Development

UNH Cooperative Extension Grafton County
4-H Youth Development
3855 Dartmouth College Hwy., Box 5
North Haverhill, NH 03774
(603) 787-6944
Email: Kathleen.jablonski@unh.edu



What do you want to be when you grow up?

The goals of the Focus on Finance trip:

- Learn about careers in the world of finance
- Learn what you need (or don't need) for education to enter the field
- Teach you the basics of your personal finance management

extension.unh.edu

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