

**Green Up! What Can I Do?
2008 Best of Souhegan Expo
Thursday, October 23, Hampshire Hills, Milford**

Breakout Session Schedule

Making Good Choices (Or, The Negative, Sometimes Life-Changing, Consequences of Poor Choices) 1:00 repeating at 1:30

Your life and the lives of those around you can be changed by decisions you make in your late adolescent and early adult years. Hear how best to approach decision-making so that you live a good life and steer clear of unlawful, risky or even dangerous behaviors. Did you know certain criminal convictions eliminate your opportunity to qualify for federal financial aid?

Presented by Merrimack Police Chief Michael Milligan, Merrimack, NH

Getting Ready for the Job Interview: Putting Your Best Self Forward 1:00 repeating at 1:30

Employers want to know your work and life experience stories that reflect key skills that will make you effective in their organization. Come learn in 30 minutes about how to prepare yourself for the interview that will land you the job, internship or volunteer position!

Presented by Jim Kimberly, President, Sapphire Consulting, Amherst, NH

Establishing Sound Banking and Borrowing Practices 1:00 to 1:30

Young people starting out with their first bank accounts, savings or checking, applying for and acquiring credit, and learning how to budget their paychecks or income can establish solid, safe money-management practices. The steps to getting your first car loan. How to avoid identity theft.

Presented by Stephanie Kruey, Assistant Vice President, Market Mgr., Ocean Bank, Milford, NH

Our Greening Job Market: the Purpose, the Opportunity, the Reward 1:30 to 2:00

Explore how today's job market grows greener by the day rapidly changing the way we do business and the way we live. More and more workers skilled and educated in areas pertaining to business, bioengineering, sustainability, and architecture will be required. The world of work going forward provides exciting opportunities to better our world and be financially rewarded at the same time Presented by Jane Fluhr, School to Career Director, Wilton-Lyndeborough Cooperative Middle/High School, Wilton.

Saving Money & Energy in Your School and Municipal Buildings — from Assessment and Benchmarking to Implementing Cost-Effective, Long-Term Solutions 4:00 to 5:00

We can't control the price of oil and other fossil fuels – but we CAN control how much of them we need to use.. Join Kirk Stone as he discusses the Institute's work with public and private building owners to find, finance, and implement energy solutions that are efficient, cost-effective, environmentally friendly, and energy smart. Presented by Kirk Stone, The Jordan Institute, Concord

Renewable Energy Systems in New Hampshire 3:00 to 4:00

Discuss the integration of solar electric, solar hot water and wind energy systems in homes and business in New Hampshire. We will discuss Renewable Energy basics, production expectations, costs, NH incentives and tax credits. Presented by Mark Weissflog, KW Management, Inc., Nashua

Promoting Sustainability at Home & at the Office 6:00 to 7:00

The workshop offers specific suggestions about how citizens can improve energy efficiency to save money and to help solve the climate crisis. He points out numerous cost saving methods for reducing our carbon footprints and simplifying our lives without sacrificing our lifestyles. Presented by Kurt Olson, Assistant Professor of Law at the MA School of Law at Andover.

Energy-Efficient Lighting 5:00 to 6:00

PSNH provides small business customers with financial incentives to incorporate energy-efficient measures in the workplace. Energy-efficient lighting is one of the most common measures installed — it lowers your energy costs while upgrading the performance of your building. Specific lighting examples will be featured in this discussion.

Presented by Anne Karczmarczyk, Energy Efficiency Services, PSNH

Making Cents Out of Chaos: Investing in Tumultuous Times 6:00 to 7:00

Come hear how to plan for your retirement with safety and sound parameters. Solid advice for dealing with the uncertainty of the current market.

Presented by Donna Shoop, CFP, VP, Wealth Management, Ocean Bank

Generational Marketing: Unlearn What You've Learned 3:00 to 4:00

Join bestselling author Tim McMahon in a discussion of the "new marketing" and learn why a new generation of workers is rapidly changing marketing, sales, and advertising (and what you need to be doing to reach them). To succeed we may have to be willing to unlearn what we have learned and rethink traditional approaches that may not be working anymore. Tim will also look at some of the technologies that are reshaping marketing for even the smallest business.

Presented by Tim McMahon, Catalyst Performance Learning, Merrimack.

Waldorf Education: An Answer for the Future? 3:00 to 4:00

What makes the Waldorf journey from Kindergarten to 12th grade unique? What does it mean to have a curriculum that is "based on the developmental needs of the student"? Find out why Waldorf education is the fastest growing form of independent education in the world today—with more than 700 Waldorf schools in 83 countries—over 200 independently run elementary schools and 40 high schools in North America alone! Founded in 1942, High Mowing School is the oldest Waldorf high school in North America and the only Waldorf boarding school in the U.S. Pine Hill Waldorf School is its neighboring elementary "sister" school. Both are located on Abbot Hill in Wilton, NH.

Presented by Robert Sim, Ph.D., Academic Dean, High Mowing School, Wilton

Feeding Your Family Locally and In Season (Cooking demonstration focusing on locally-harvested foods) 4:30 to 5:30

Knowing where our food comes from and how it is grown allows us to build a healthy relationship with our farming communities. Learning ways to take advantage of the harvest from our local farm stands is the best way to support a sustainable lifestyle for our families. Join Liz as she discusses local harvests and the many ways in which we may use local ingredients to enrich our diets. Liz will use local ingredients like squash, corn, tomatoes, heirloom potatoes, and a few surprise ingredients to create two delicious recipes: Roasted Butternut Soup and Fall Vegetable Saute. Included are a knife demonstration and a variety of cooking techniques.

Presented by Liz Barbour, Liz Barbour's Creative Feast, Hollis

Introducing a New Way to Pay Your Healthcare Costs. 5:30 to 6:30

There are tax-favorable programs such as Health Savings Accounts and Health Reimbursement Accounts that employers and employees alike find difficult to access and administrate. The TRIHEALIX System solves these issues and will be described in detail at this presentation.

Presented by David McBee, Granite Bay Financial Services.

UNH's Carbon Challenge: A Win-Win: Simple Actions You Can Take In Your Home That Will Reduce Your Energy Consumption, Costs, As Well As Protect New Hampshire's Changing Climate 4:00 to 5:00

Interested in taking action to reduce household carbon emissions? With gasoline and home heating oil hovering at \$4.00 a gallon, now is a great time to reduce your home's energy consumption. Hear an overview of New Hampshire's changing climate and understand projections for this century. Learn simple steps residents can take to reduce their environmental impact and save money in the process. New Hampshire households that have taken the Carbon Challenge (<http://nhcarbonchallenge.org>) have reduced their energy consumption by an average of 17% and are saving \$850 a year. Think there's nothing you can do to slow climate change? Join us and learn the many ways you can be a part of the solution!

Presented by Marcy Stanton, UNHCE Master Gardener Coordinator, Goffstown