

NDSU

Extension Service

North Dakota State University

WILLIAMS COUNTY
 205 East Broadway—PO Box 1109
 Williston, ND 58802-1109
 Phone: 701-577-4595
 Fax: 701-577-4597
 E-mail: williams@ndsnext.nodak.edu

Our Purpose is

“To create learning partnerships that help youth and adults enhance their lives and communities.”

EXTENSION BRIEFS

GREETINGS

February 2010

2009 was a year packed with pure excitement for all staff of the Williams County Extension office. Incorporation of new technology impacted all of us.

One of the highlights for all of us was development of our own web-page: www.ag.ndsu.edu/williamscountyextension. Judy Heinen, Administrative Assistant, took a special interest in this project. Because of this, we now have a new and faster way of delivering information to the public. We are also extremely proud of Judy's nomination to receive the Donald and Jo Anderson Clerical Staff Award. The annual award recognizes significant contributions to the mission of NDSU Agriculture and/or Extension work.

Satellite technology has hit the agriculture community with full force. Two years ago agriculture leaders suggested incorporating global positioning system (GPS) technology into our educational programming. We responded by offering a four hour short course involving personnel of university extension, private industry and early adapting farm producers. Producers report this technology has significantly reduced overlapping applications thus saving in time and the need for less crop protection products—(\$\$\$). Since that first meeting, we have offered information on the use of new technology which allows farmers to apply site specific practices. Interest in using this technology has peaked to the point of private industry now being able offer consulting services.

This report also includes glimpses of other efforts staff of the Williams County Extension office have made to bring new knowledge to the people. We will continue our commitment of bringing the best information to our citizens. We welcome your thoughts or ideas which might be useful to our educational programming and hence prosperity to our citizens.

Heather teaching at Ag in the Classroom



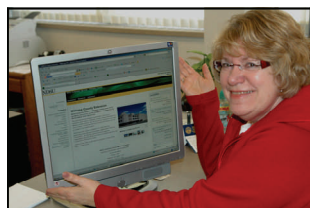
Laiken and Warren with 4-H award recipient



Marian (far left) helping with Bovine Connection Proceedings



Judy working on web page



Mary instructing food safety at BBQ Boot Camp





Beautiful Healthy Trees - According to local real estate agents, a well-landscaped yard adds 5-15 percent to the selling price of a residential home. Residential landscapes usually include 4-6 trees and numerous shrubs. Homeowners are very concerned about the health of these plantings and become very

concerned when something unusual is found. Throughout the growing season this office is called on to identify abnormalities and prescribe corrective measures.

In residential areas there is a high population of birch. These beautiful, white barked, tall trees are experiencing a gradual decline in health. Many factors, including age, winter environment, soil, and availability of plant nutrients are affecting tree vigor resulting in less leaf density and increased susceptibility to insect invasion. Besides birch, other problematic trees include spruce and pine.

Green ash accounts for nearly one half of the trees growing in Williston. In the small communities of Tioga, Ray and Grenora its ratio to other trees is even higher. With the threat of Emerald Ash Borer moving westward from Minnesota there are homeowners asking what can be done to protect their trees and for alternative recommendations. These are difficult to answer as no insecticide has been identified to give satisfactory control and there are no trees with the winter hardiness or drought tolerance offered by green ash.



4-H Members & Parents Learn Together

- During this year's Upper Missouri Valley Fair, 4-H members and parents had the opportunity to get a glimpse of their animals from another view—the inside. Through ultrasound technology the members were able to visualize the size of the rib-eye muscle, amount of intramuscular fat (marbling) and external fat over the rib-eye muscle. Through this effort the families learned how each animal would grade and yield along with developing a knowledge of market values if harvested that day. Because most 4-H members have an emotional attachment to their projects, this approach to studying the carcass (meat product) merits is far more acceptable than looking at a carcass hanging in the packing plant. This has truly been an activity where both child and parents learn together.



The Upper Missouri Valley Fair

is a big time for many people. For 4-H members, it is a time to display their work and describe what they have learned through the completion of nearly 1000 projects. All of the members are put on-stage during interview processes. Our adult volunteer leaders feel strongly that the interviews encourage members to more fully understand their efforts, develop self-worth, and promote leadership development.

This past year we were fortunate to have Laiken Aune, a former Williams County 4-H member and now a student at NDSU, employed as a summer intern.

Having a 4-H animal also means work and responsibility. Here a young member from the Corner Club of Zahl and Grenora is moving manure from his swine projects pen to the manure pit.



Ag Learning Experiences

Throughout the year this office was responsible for the development and implementation of numerous agricultural educational events. These are created in concert with advisory groups. Some of the foremost events during 2009 included:



Wheat Show

- ◆ Agriculture in a Global Economy
- ◆ Fertilizer Efficiency
- ◆ Site Specific Farming
- ◆ Wheat Market
- ◆ Global Warming
- ◆ Cover Crops
- ◆ Variety Performance
- ◆ Crop Insect Pests
- ◆ Mineral Leasing

Bovine Connection to Profit

- ◆ Soil Health and Cover Crops
- ◆ Stocking Density for Improved Forage Production
- ◆ Selecting Animals With DNA Technology
- ◆ Improving Longevity of Beef Cows
- ◆ How Wind and Cold Weather Affect Nutrient Needs
- ◆ Genetic Defects



Off-Station Crop Variety Test Plots



A Little Bit Country - Writing a weekly news column for three area newspapers is a big commitment, requiring 2-4 hours each week. The column usually features one or two timely topics which address



agriculture and home landscape issues. It almost always is a reflection of client issues. The column is also used to bring attention to coming Extension educational activities. Additionally, all local news media frequently call upon this office for news reports.

The **Wheat Show** and **Bovine Connection** requires an enormous amount of time in identifying and prioritizing issues, securing knowledgeable people in addition to money in support of needed resources. The Bovine Connection to Profit had an expenditure of over \$14,000 while the Wheat Show's annual budget is usually around \$12,000. These costs are covered with registration fees and industry sponsorships. Securing the sponsorships involves an organized effort of this office and personal contacts of the committee members. Marketing of these events is extremely important and again a major function of this office.

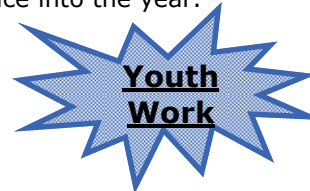
The Family Science department in Williams County covers a diverse subject area including foods and nutrition, family, youth, 4-H, and family finance and works with diverse audiences as well. Here is a glance into the year.



Red Cross Certified Babysitter Training - This has proven to be a very popular class for 11-15 year olds. We are limited to training 12 students per class and with the numbers on our waiting list, it is proving to be a challenge to schedule classes to fit student availability. This is a full day, 9 - 4:30, class.

Teens Serving Foods Safely- Each semester Mary is invited into the Williston High School Family Consumer Science classes to teach a week-long unit on food safety.

Living Ag Classroom - Each January we spend 2 days with 350+ area 4th graders talking to them about vegetables. They learn to identify various seeds and vegetables while also learning about their nutritional value. KUMV-TV is the major sponsor of this annual event.



Junior Achievement - Mary taught "Our Region" in the 5th grade at Hagan Elementary School last year. In this program students discover the natural, human, and capital resources in their home state and in regions of the United States. They learn how resources are combined to create goods and services that individuals, businesses, and organizations provide to consumers.

5th Grade Bread Fair - Close to 300 students from the area gather during the Wheat Show to learn the art of bread baking and about the local commodities that go into a loaf of bread. This event is a student-and teacher- favorite! Many hours go into preparation for this event.



Activity Days - A full day of fun and educational activities are offered for 4-H'ers one day each fall at the Minot State Fair building. This year the Corner Club (Grenora) also held their own Activity Day. Volunteers teach a variety of projects for youth to choose from.



County Contests - Williams County hosts a Communication Arts Contest, Fashion Revue, Project Expo and Consumer Choices Contest each spring. 4-H'ers compete for spots in the State Fair Fashion Revue and Project Expo. Participants in the county Communications Arts and Consumer Choices can go on to the District competition, and Consumer Choice participants can also go on to the State Fair competition.

Fund Raisers - JC Penney After School Program provides "Round Up" funds to Williams County 4-H as their chosen youth group. Four times per year customers are asked to round up their purchases at the Williston Penney Store with the change donated to our 4-H program. Annually the Williston Moose Lodge invites the Williams County 4-H to serve a meal at their dining room. The Moose provides all of the food and preparation for the meal and 4-H'ers and parents serve with all of the proceeds coming to our 4-H council.

Senior Citizens - Mary provides quarterly nutrition education programs at the Williston Heritage Center and occasional programs for residents at the Kensington. "Eating For Your Brain" was a featured program for this year.

Go Red ND - Our Williston coalition coordinated a program of grocery store tours and walking for heart health. Mary led a tour of the Wal-Mart grocery department teaching about heart healthy food choices and how to read food labels. We also scheduled weekly walks to promote the development of walking as part of a healthy lifestyle.



Parents Forever/Parent Resource Center - The Parent Resource Center coordinator resigned her position this Spring and we have been without this person. Mary is working with the Williams Co Social Services to fill this position again. Parents Forever is a program offered by Extension and the PRC to help parents through the process of making informed, child-supportive decisions during separation and divorce.

Ray Women's Health Fair - This is an annual event at the Lutheran Church in Ray. Mary presented two sessions of the program "Eating For Your Brain" during this evening event.



Let's Make Salsa Class - Home canning and gardening is becoming popular again! Participants learned about ingredients and proper preparation of fresh salsa. Each participant made a batch of fresh salsa to take home.

Annie's Project - Annie's was a six week workshop held in January and February for farm and ranch women on management and decision-making to empower them to be better business partners.

BBQ Boot Camp was a big hit this summer! Over 100 participants attended our first BBQ Boot camp on July 23rd at the WREC. Everyone who attended received tips about barbecuing and current topics in the pork, beef and lamb industry. The group of attendees was divided into five different teaching stations that they rotated through. The evening ended with a feast of BBQ'd foods. This camp was a collaborative effort of NDSU meat scientists, NDSU food science faculty, the NDSU Dept. of Animal Sciences and the Williams County Extension Service.





The Family Nutrition Program (FNP) in Williams County continues to deliver education to limited-resource audiences. FNP aims to enable participants to make appropriate food choices and offer healthful foods to their families. Two goals of the FNP program, eating well and being active, are very important for maintaining good health and optimizing overall well-being. Further, improving food choices and increasing physical activity have been associated with substantial economic benefits.

During the past spring, summer and fall, I met with most partners once a month and shared different food safety, nutrition, meal planning and/or food preparation information. The following is a small look inside my programming.



Social Services and WIC

I meet with Social Services and WIC clients in group settings and on an individual basis. The following are brief descriptions of three of the classes held during the past several months.



◆ **Fruit and Vegetable Frenzy** – Fresh? Frozen? Canned? Which is the best way to purchase and consume fruits and vegetables? Participants learned the great health benefits of eating at least five fruits and vegetables each day. We discussed the challenges of getting children to eat fruits and vegetables, and together brainstormed a list of possible ways to prepare fruits and vegetables creatively. Creativity can sometimes go a long way in persuading children to try new foods! Stretching individual's food dollar is always a good idea and we looked at how to get the most for your money when buying produce, and the nutritional similarities and differences between various forms such as fresh, frozen and canned.

◆ **Good Nutrition for Busy Families** – "It is 5 o'clock and I have nothing ready for dinner. The kids are hungry and I am tired!" I often hear this from individuals I work with, so the topic of providing good nutrition for busy families is always well received. Having a meal plan is the most important step in preparing meals quickly and economically. Then, knowing what to purchase while at the grocery store is next. With endless aisles of food products, it is important to be able to pick out foods that can speed up meal preparation time while being just as reasonably priced as non-convenience foods. Enlisting children and other family members with meal preparation, serving and clean-up is another tip to make meal times more enjoyable and run efficiently. Children as young as two years old can play a part in family meal times if they are given age appropriate tasks.

◆ **GO. SLOW. WHOA!**

– Not all foods are created equally especially in nutritional values. GO foods such as fruits, vegetables and whole grains can be eaten every day and help maintain overall health. SLOW foods such as fruit juices, vegetables with added fat and sauces, or refined flour products contain some healthy nutrients, but also added sugars or fat. They are recommended to be eaten just sometimes, or less often than GO foods. WHOA foods should be eaten only once in a while or on special occasions. Fruits canned in heavy syrup, French fries, croissants, doughnuts or sweetened breakfast cereals are examples of WHOA foods.



Elementary Schools

Both Wilkinson and Hagen Elementary Schools received the North Dakota Fresh Fruit and Vegetable grant for the 2009-2010 school year. This is a great accomplishment considering the grant provides funds to purchase fresh fruit and vegetable snacks several times a week for all students in grades K-6. FNP is teaming up with the schools and classroom teachers to create awareness of the variety of fresh produce available and nutritional benefits from regular consumption.

Kindergarten, First and Second Grades

◆ **"The Very Hungry Caterpillar"** – Starting out as a tiny egg lying on a leaf in the light of the moon, a small caterpillar grows and starts to look for some food. He is very hungry and eats his way through many healthy and unhealthy foods. After reading the book, children categorized the foods into two categories; healthy and unhealthy. As a class, we also created a bar graph illustrating which healthy foods highlighted in the book are favorites in the classroom.



◆ **"Breakfast for Mother"** – Following a very catchy rhythm, students listened to a wide variety of foods that can be prepared and served for a breakfast meal including a banana with only one spot and tea served from a hot pot. After exploring which MyPyramid food groups each breakfast food belonged to, we brainstormed other possible breakfast menus including foods from three different food groups such as an egg and cheese omelet with a glass of orange juice.

Third Grade

◆ **Banking on Strong Bones** is a five lesson series focusing on calcium consumption and maintaining overall bone health. Students watched a video demonstrating the farm to table process of dairy products and discussed safety precautions followed to ensure safe food products. They also tracked their dairy consumption for four weeks and we analyzed their diets to determine if additional dairy products needed to be added to obtain enough calcium and other important nutrients. Students collected



Cow Coins by completing various activities and were able to purchase incentive items at our Moo Market set up on the last day of the class.

Fourth, Fifth and Sixth Grades

◆ **Root Tasting Party** – Do you know which part of the plant you are eating with various fruits and vegetables? Parts of the plant such as root, stem, leaf and flower were quickly reviewed and students turned into detectives to determine which root they were tasting at our taste testing party. Four roots including carrots, radishes, sweet potatoes, and parsnips were all tested and identified as healthy vegetables to consume.

◆ **Sports Drinks: R They Needed? – C the Facts B4 U Gulp.** As 4th, 5th and 6th grade students get more involved in sporting activities; it is often confusing to know if sports drinks are really necessary while playing sports. Working in teams, students read information and then shared the most important points with their classmates. Students were really surprised to learn that unless you are active for at least 60-90 minutes each day, sports drinks are not necessary and other beverages such as water and milk are just as good for your body.

