John Kringler, Chair & Cropping Systems

- Ag Alert articles addressed: Scab in Hard Red Spring Wheat and Barley and use of fungicides for control; Soybean aphids—the economic threshold for control measures using an insecticide; weed control strategies for combating resistant weeds in soybean.
- The first harvest of Barley was July 24. Indications are above average yields and most samples are malting quality. Hard Red Spring Wheat crop also looks good as harvest nears. Scattered storms provided varying moisture amounts and hail was reported in isolated areas.
- Sugarbeet plot tours were held. Tile drainage and crop rotation were the topics at the Casselton site. Disease control issues were discussed at the Hickson plot site.

Maxine J. Nordick, 4-H Youth Development

- 4-H members exhibited 1,422 static exhibits at the Red River Valley Fair. Exhibits are interview judged which gives 4-H members an opportunity to share with a judge what they learned and receive feedback on what they did well and what could be improved.
- Cass County 4-H Members at the State Fair competed in the State Communication Arts Contest, the Project Expo Contest and the Clothing Show with several receiving an Award of Excellence.
- Outdoor Skills Committee met to plan youth shooting sports classes for the fall and winter. The committee accepted a $2,000 grant donation from DuPont Pioneer Giving Program to fund additional equipment needs.

Kelcey Hoffmann, Agriculture

- Cass County Achievement Days were held July 13th-20th at the Red River Valley Fairgrounds. 39 horse contestants participated in the stall decorating contest, horse clinic, and completed in a horse show on Wednesday, July 15th. 4-H members partaking in the small animal activities for the week were able to bring 33 small animals into the barn to exhibit on Friday night, took in interview judging, cage decorating contest, and hands-on learning activities on Saturday. The Sheep, Swine, and Goat barn filled up with over 70 large animals for the weekend and these animals were exhibited on Saturday morning. The 4-H members participating in Achievement Days were able to get active in farmer olympics, learn about livestock quality assurance, and bring their animals through the sale ring on Monday morning for the premium auction. It was great to see the 4-H members interact with each other and learn over the week! These members left Achievement Days excited for the rest of the 4-H year.

Sue Quamme, Parenting Resources

- The Parent Resource Center offered 2 luncheon classes in July. Love and Logic was taught by Laura Sokolofsky twice a week for 3 weeks. This new format was welcomed by the participants. Parents loved the examples and practical tips that could be applied immediately with children of all ages. Sarah Evans, NDSU Human Development and Family Science intern, began teaching a 4 week session of How Much is Too Much. Sarah’s enthusiasm for the content was spurred by meeting the author, Jean Illsley Clarke, earlier this summer.
- Presentations were made at Job Service and Centre Inc. I attended a Department of Human Services conference in Bismarck and learned more about the Nurtured Heart Approach as well as implementing and helping others use the new Basic Beginnings curriculum from NDSU.
Michelle Strang,
EFNEP/FNP Adult Nutrition Program

• Dr. Abby Gold and I presented a poster session on the Go Wild with Fruits and Vegetables curriculum at the Society of Nutrition Education and Behavior conference. We conducted the pilot study evaluation 4 years ago, but the curriculum is currently being used for youth extension programming throughout North Dakota.

Monique Snelgrove
4-H Youth After School Program

• Hands-on outdoor cooking activities teach 4-H’ers self-responsibility and healthy living habits. Through selection and preparation of a healthy meal, youth learn about knife safety, proper food handling, and safe cooking techniques. And then they enjoyed the results of their labors—peach cobbler, chili, and cornbread. This summer more than 450 youth attended residential North Dakota 4-H Camp, and 43 were Cass County youth!

Rita Ussatis,
Food and Nutrition

• The past two years the Diabetes Prevention Program has had the following results: Participants - 48 finished the 16 weeks with 37 of those individuals completing the 1 year program with the remaining 11 in the post-core segment at the present time and a new class with 18 participants started on June 4. With a total of 707 pounds lost for an average of 14.7# per person. Other success: - blood glucose and A1C dropped back into normal ranges, - so no longer considered pre-diabetic; elimination of blood pressure and cholesterol medications.

• The Junior Consumer Choices team placed first and the senior team placed 5th at the state contest. The 4-H members represented several communities from throughout the county.

Nikki Johnson
EFNEP/FNP Youth Nutrition Program

• During the month of July I began working with a couple Summer Food Programming sites. Here I helped children stay active and talked to them about the importance of eating healthy. In addition, I taught lessons to elementary students at Lewis and Clark. The program at Lewis and Clark was meant to provide hands-on learning, so lessons included things like a Glo-Germ experiment, interactive germ games, and cooking. Finally, I wrapped up programming with Upward Bound students. Over the span of six weeks, students participated in nutrition lessons that focused around taking control of their own healthy eating habits. One student commented, “my favorite part of the class was making foods that are healthy, quick, and I could use in college.”

Todd Weinmann,
Horticulture

• I was recognized at the National Association of County Agricultural Agent’s annual meeting and professional improvement conference in Sioux Falls, SD for accomplishments and quality of programming. Awards received: Communications Award for a feature story(state winner); Landscape Horticulture Search for Excellence Award (state winner); Excellence in 4-H and Youth Program award(state winner); Search for Excellence: Sustainable Agriculture Award (national winner from the North Central Region)