During this quarter I delivered a total of 40 live, face-to-face educational programs, wrote 13 weekly news columns and 3 other news releases, and worked with a variety of other projects and groups.

**4-H Youth Development**
Conducted Communication Arts and Consumer Choice help sessions and contests

Worked on 4-H Constitution and Bylaws with adult volunteer

Assisted with our District Communication Arts Contest

Interviewed Cloverbuds at LaMoure County 4-H Achievement Day

**Nutrition, Food Safety and Health**
Taught Literacy-inspired dairy lessons to students in K-2 at Sundale Colony, Milnor and Forman

Taught Sun safety lessons to K-6 students during Mini-Course Day at Sargent Central school

Taught Food safety lessons at Progressive Ag Safety Day

**Human Development and Family Science**
Taught Healthy Relationships lessons, Grooming and Hygiene lessons, and Dress for Success lessons in grades 7-12

Conducted Stress Busters learn-about sessions

Hosted Family Meals Matter at Soil Conservation District building

**Community Vitality**
Met with ministry site review team at GA Church in Gwinner regarding community needs

Led several Read and Reflect sessions with residents of Four Seasons Care Center

Provided a literacy-inspired “Community Helpers” lesson at HeadStart

**Other Activities**
Co-presented a workshop at the North Central Leadership Conference in Minneapolis

Co-hosted Legislative Update in Forman for District 24 and District 26 legislators

Chaired the semi-annual Sargent County Extension Advisory Council meeting