During this quarter I delivered a total of 54 live, face-to-face educational programs, wrote 21 weekly news columns and other news releases, and worked with a variety of other projects and groups.

### Nutrition, Food Safety and Health

- Taught a series of five **On the Move** lessons in three sixth grade classrooms
- Taught monthly literacy-based nutrition/wellness lessons for children at **HeadStart**
- Taught **Nourish Your Immune System** to an adult audience at Mobility Plus in Gwinner
- Operated a **Family Meal Times** booth at parent-teacher conferences in Milnor and Gwinner
- Taught **Dairy Food Super Heroes** in grades K-2 at Sundale Colony, and K-1 at Milnor and Forman
- Taught a series of five **Banking on Strong Bones** lessons in three fourth grade classrooms
- Taught **Sun Safety** at Pesticide Training; included sun meter cards and SunScope/DermaScan as interactive/hands-on opportunities for the attendees
- Met with **Healthy Sargent County Coalition** – focus on decreasing obesity rates in Sargent County
- Coordinated “**Take the Stairs Challenge**” as a wellness activity for SC courthouse employees
- Wrote eight weekly news columns/website/Facebook posts on topics related to this program area

### 4-H Youth Development

- Provided **4-H Leader Training** on the topic of Parliamentary Procedure
- Collaboratively planning a 2016 camping session at **ND 4-H Camp**
- Provided training at **Communication Arts Clinic**
- Participated in **Spring 4-H Council**
- Wrote five news releases on youth participation in 4-H events

### Family Economics

- Taught one of the five modules at the multi-county **Design Your Succession Plan workshop**
- Accepted the invitation to become part of the **Design Your Succession Plan (DYSP)** team.
- Taught two **Consumer Decision Making** lessons to grade 5 students in two schools
- Wrote two weekly news columns/website/Facebook posts on topics related to this programming area
- Wrote three news releases and ads to promote the DYSP workshop

### Human Development and Family Science

- Taught the six-week parent education course, **Love & Logic**, for Region VI – Dickey County
- Taught **Manage Stress for Better Health** at Ransom County Expo
- Taught **R U Ready** to high school seniors at Sargent Central in Forman (transition to college/life)
- Taught one parent education session at **Gearing Up for Kindergarten** (school readiness)
- Participated in calls with **Human Development and Family Science Program Planning Team**
- Wrote three weekly news columns/website/Facebook posts on HDFS topics

### Other Activities

- **Continued working with state specialist** to revise the Advisory Council manual
- Development of presentation for **North Central Leadership Conference** in Minneapolis
- Met with state specialists to develop teaching strategies for ANR agents to use at Pesticide Trainings

### Professional Development

- Participated in weekly training calls for the Design Your Succession Plan (DYSP) program