My work as an educator empowers our citizens to improve their lives and communities through science-based education. My position is part-time (.80 FTE). During this quarter I conducted 4 days of camp, delivered 11 educational presentations and trainings, and wrote 16 releases that are published weekly as newspaper news columns, website posts, and social media posts.

4-H Youth Development
- Sargent County Fair - July 25-29 – Recruited and oriented 19 volunteers to assist with static exhibit entry and interview judging
- Ransom County Fair – August 22 - Interview judged
- 4-H Leader Trainings – September 2, 10, 14 - Trouble-shooting with leaders, advising leaders on specific concerns and questions, training and resources for club use
- 4-H program planning in Valley City – September 14 – Agents from multi-county area met to begin developing 4-H family orientation and onboarding resources
- Sargent County 4-H Council and Livestock Committee meeting – September 6
- 1 news column and 2 news releases: Kids Cooking Camp; Best Bakers; Grand Champion Exhibits

Nutrition, Food Safety and Health Education
- Cooking Camp for Kids – July 9-12 – Held in Milnor as the third Cooking Camp of the summer. It entailed twelve hours of instruction and supervised hands-on experience for the seven youth participants, with emphasis on reading and following a recipe, measuring accurately, food safety, kitchen safety, nutrition, consumer education, food label reading and family meals. Family meals have been proven to provide multiple benefits to youth and adults: social/emotional connections, language development and academic performance, and decreased risk for delinquency and substance abuse.
- Food Preservation – Answering client calls regarding safe procedures and processes
- Adult Education – September 26 - “Nourish Your Body with Sleep” at Oakes Senior Center
- Effective Handwashing Experiments – September 27-28 - Kindergarten and first grade classrooms in all three schools
- 2 news columns: Ingredient Substitutions; Onions

Leadership and Civic Engagement
- Career education for Sargent Central grade 9 students – September 24
- Community Health Needs Assessment Focus Group – September 4
- Lefse 101 – August 7 and August 23
- Valley Senior Services Coalition – August 1

Human Development/ Family Science Education
- 8 news columns: SafeTalk Suicide Prevention; Media Apps for Kids; Personal Energy; School Year Success; Fostering Growth Mindset; Having Great Conversations with Kids; Sources of Reliable Parenting Information; Family Meals

Personal and Family Finance (PFF) and Other
- 2 PFF news columns: The Rounding Up Habit; Jar Mixes as Homemade Gifts
- Professional development:
  Completed an online course: “Mental Health and Aging”
  Started another online course: “Understanding Communities and Their Dynamics”
- Administrative:
  NDSU Extension “Snapshot” meetings with county commissioners and state legislators – September 4 and 27

Upcoming Programs and Activities
- On the Move Jr. – Healthy living lessons for second grade students; 5 lessons in each school (Milnor, NS, and SC)
- Proud to be an American – Citizenship lessons
- Financial Literacy Presentation for ND Teachers
- Extension Advisory Council
- Activate Main Street
- Adult Education at Senior Centers
- Professional Development: NDSU Extension Annual Fall Conference
- Professional Development: Real Colors Training