To: State Board of Agricultural Research and Education

“Society cannot be healthy unless its families are healthy.”

The above quote is from the textbook I used when teaching health to high school students. I also believe it is a basic premise behind the Family and Community Wellness segment of NDSU Extension programs.

Sargent County Extension Service plays a vital role in promoting healthy individuals, families and communities. The programs offered are timely in meeting our rural population’s needs. Our extension staff serves as the spark plug to begin the educational process, and they garner buy-in and develop partnerships with other agencies and organizations.

Although we can search the internet for answers to questions, the best learning takes place when there is personal interaction. People are more likely to take the steps to make changes in their lives. Because that personal interaction leads to sharing of ideas with our neighbors and friends, the value of these programs extends to our communities as well. Without our extension personnel, adults in our area would not be able to benefit from the programs Design Your Succession Plan and Turning 65.

Students in our schools are learning essential life skills because of a strong partnership with extension. They learn about the importance of physical activity and healthy food choices, food safety and effective hand-washing. The experiences youth have by participating in STEM Camp, Junior Master Gardener program, Consumer Choice judging team, and Youth Leadership Training lay the foundation for them to become employable adults who contribute to society.

Our extension service is an essential component of promoting wellness for North Dakota’s citizens and communities. To keep ND a good place to live, work and raise families, we need to give our full support to the programs and dedicated people who make them possible.

Phyllis Wyum
Family & Consumer Science / Health teacher (recently retired)
Rutland, ND

“It is easier to build strong children than to repair broken men.” Frederick Douglass
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Phyllis Wyum