Ward County Ag Improvement Association
Paige collaborates with the Ward County Ag Improvement Association (WCAIA) to provide educational events to the area farmers regarding current and applicable agricultural topics. The annual meeting was held in January with programming on the Farm Bill, crop insurance, marketing crops, climate influences in agriculture and more timely agriculture related topics. Elgin-ND Hard Red Spring Wheat will be made available to farmers through the association’s seed growers. Ward County produced around 18,000 bushels of seed quality Elgin-ND HRSW last year.

Youth 4-H Livestock Judging, Horse Judging, Hippology, and Quiz Bowl Teams
Livestock and horse judging is the process of evaluating, selecting, placing and learning about the various livestock species, such as beef, horses, sheep, swine and goats. In each of these contests, the youth are required to organize their thoughts, think clearly on their feet, and speak from memory, while maintaining poise and confidence. Paige teaches the practice workshops, assists in organizing local contests, and coaches the teams at statewide competitions to represent Ward County. This year, the senior horse judging team earned first place at the state contest which qualifies the team to compete at the National Western 4-H Roundup in Denver in January of 2015.

Ag In The Classroom
Paige organized the Ag In the Classroom booth at the KMOT Ag Expo in January. Nearly 700 4th graders participated in the event and learned about careers in agriculture from Extension Agents in Ward and the surrounding counties.

Pesticide Certification
This year, Ward County had approximately 130 farmers and agriculturists renew their private pesticide applicators licenses. Producers wishing to purchase restricted use pesticide must attend these meetings every 3 years to keep their license current. Topics such as handling pesticides safety, regulatory issues, preventing pesticide drift, and new pesticide use recommendations were highlighted at each meeting.

4-H Horsemanship Clinics
Paige organized and taught bimonthly winter Horsemanship clinics for youth in both Ward and other counties in northwest ND. Youth learned how to behave safety around animals, how to properly communicate with their horses and improved their coordination, balance and confidence with their animals.

Farm Business Management Programs
Paige works with the Crop Marketing Club to provide monthly for farmers wishing to be updated with the current grain markets and wanting to learn ways to best manage their commodities to increase the profitability of the business while decreasing the risks associated with the volatile prices. Local commodity representatives were asked to give price updates, extension resources were highlighted, and statewide specialists present information via videoconference. In addition, the Crop Marketing Club hosted an open forum discussion on the changes of the new Farm Bill.
Ellen Bjelland – Family & Consumer Science
Ellen spent considerable time this quarter teaching the last six schools’ five-week 5th Grade On the Move program. The program teaches the development of healthy habits such as eating more fruits and vegetables, drinking more water, getting more physical activity and lowering the hours one spends on “screen time”. Students set goals for themselves and over half (by show of hands) were able to report they reached their goals.

Ellen, in cooperation with Merry Green of the Minot Commission on Aging and Cheryl Coyle from ManorCare, completed plans for the Stepping On program to be held in April-May. The falls prevention program is designed for older adults who want to strengthen their legs and gain confidence in preventing falls.

Nourishing Boomers
Trisha Jessen and Ellen Bjelland are providing the Nourishing Boomers and Beyond curriculum at several public housing and senior sites. The program is designed to provide rural North Dakotans age 50 and older with information and strategies to reduce their risk of developing chronic diseases. The classes focus on a different topic each month. January’s education was about maintaining muscles, February was about heart health, and in March participants learned how to seek reliable nutrition information. Participants take part in hands-on activities and discussions and they receive printed material, healthful recipes and incentives. There is additional electronic education included with this program. By visiting the program’s website at www.ndsu.edu/boomers, participants can sign up for a monthly newsletter and also learn via Facebook posts.

Trisha Jessen – Family Nutrition Program
Banking on Strong Bones
Research has shown many children are falling short of their calcium needs and are choosing too many sweetened beverages. Trisha Jessen taught Banking on Strong Bones at several 4th grade classrooms. This is a 4-lesson interactive curriculum designed to increase knowledge of nutrition and fitness topics with an emphasis on maintaining bone health.

Holly Arnold – Parent Resource Center
Parent Education
Parent education opportunities that were offered during the quarter were: Building Strong Families with Children’s Group (4 sessions); Nurtured Heart (5 sessions); 1,2,3,4 Parents (3 sessions); Nurturing Military Families (3 sessions); Love and Logic for the Young Child (5 sessions); and Parents Forever (1 session). 73 (unduplicated number) people attended the classes.

Parent Education/Support
9 (unduplicated number) parents have benefited from weekly on-site Parent Resource Center programming at New Hope, a residential treatment center. Two parent sessions are held each week at Job Corps. 18 single parents participated in the groups.

Other Programming
Holly and Lori Scharmer presented Are You Ready? The College Transition to 25 seniors at Mohall Public School. Holly presented a 5 hour training in Bottineau for local childcare providers and a 1 hour Poisons and Other Hazards training for the Minot Childcare Association.

Micky Zurcher – 4-H
Go Green/Arbor Day’s
4-H clubs have been asked to participate with Kohl’s in a partnership combined with the City of Minot to do a community service Go Green project on April 26. The day will help rebuild the Green Valley Park located along the Mouse River south of the State Fair Grounds in Minot. Kohl’s associates as well as 4-H youth will help plant Oak, Buckeye, Maple, Lance Leaf Poplar, and Mrs. Strain Redbud trees.
Ward County Quarterly Program Highlights for April, May, and June 2014

Extension Agents: Paige Brummund, Micky Zurcher, Holly Arnold, Trisha Jessen, and Ellen Bjelland

Paige Brummund – Ward County Extension Agent
Agriculture & Natural Sciences

Square Foot and Container Gardening
Popularity for the square foot gardening program remained strong and many classes and planting demonstrations were held throughout the spring. Square Foot Gardening is particularly useful in small urban spaces or for those not able to keep up with the maintenance of a large garden. The home grown produce provides great yields in small spaces with minimal labor and inputs. Container gardening is a new method of raising fresh produce for apartment dwellers and others who do not have the capabilities for a traditional garden space.

Horticulture, Lawns, and Tree Programs

Paige taught a tree pruning clinic in partnership with the ND Forest Service. Participants were able to get some hands on experience pruning various types of trees. Paige also collaborated with the Master Gardeners to teach spring classes to assist homeowners in caring for their landscapes. Solutions for trees, grass, soils, gardens, weed control, and various horticultural problems were made available during these programs. Horticulture troubleshooting assistance continues to be a large portion of the utilization of the Extension office in the growing season months.

Junior Master Gardener Programs
Paige, Ellen, and Micky organized a Junior Master Gardener project that involved planting a Hunger Free garden at the Research Center. The youth are learning how to successfully tend to a garden and will donate the resulting produce to area food pantries as it becomes ready for harvest. Variety Trials on suitable varieties of vegetables is also being conducted as part of the project.

ND 4-H Camps
Paige organized and taught the 4-H Horsemanship camps to over 60 youth in June. Youth from across the state came to the camp to enhance their showmanship and horsemanship skills. Along with learning new techniques with their horses, they were able to make new friends and enhance their leadership skills at the weeklong camp.
In addition to the statewide program, Paige taught horsemanship and livestock showmanship programs locally for youth and adults in Ward County.

Farm and Home Visits
Spring time brings about many questions involving trees, lawns, and gardens. Particularly insects, disease, and other detrimental factors concern home gardeners and agriculturalists. Paige schedules farm visits throughout the season to offer treatment and prevention suggestions for those people unable to bring a sample of their damaged specimens into the office.

Horse Judging, Hippology, Quiz Bowl and Meat Judging
Paige continued to coach the youth horse kids throughout the winter months and they competed at the State Contest in April. The senior team earned 1st, 2nd and 3rd place in various contests and were awarded a trip to Denver to compete at the national level next January. Paige also coached the Ward County Meat Judging Team. The purpose of this contest is for youth to become better informed as consumers and develop an appreciation for red meats as a protein source. The youth gain knowledge on the process of food production from farm to table. They learn how to recognize various cuts and quality grades of meat, how to shop wisely, and how to cook meats appropriately. Furthermore, it provided an opportunity to develop reasoning, decision-making, and teamwork skills. The team earned a 1st place finish at the State Meat Contest in June.

Business of Ranching Workshop
Paige collaborated with local Farm Business Management instructors, the Dept. of Agriculture and area livestock specialists to bring the Business of Ranching Workshop to Minot in June. Due in part to sponsorships from the Corn Council, Farm Credit Services and The NDSU Extension Service, we were able to bring in keynote speaker Burke Tiebert to provide strategic analysis and planning to allow area and statewide beef producers to improve their ranching businesses. ND ranching benchmark and targets were highlighted along with learning about the costs of owning cattle and equipment. Discussions were held on managing finances and debt, how to develop more livestock business interests in ND and how to market cattle profitably.

Trisha Jessen – Ext Agent to Ward & Renville Counties Family Nutrition Program

Sunnyside School Students Prepare for a Healthy Summer
In May, Trisha Jessen visited 15 classrooms at Sunnyside Elementary School to teach students how to make healthy summer choices. The students focused on the importance of eating a nutritious breakfast and learned activities that are fun and move their bodies. The following week, Trish taught sessions at their school health fair, focusing on the theme “Eat Smart, Play Hard”. Students played an interactive bingo game and were able to incorporate movement.

Nourish Your Body Series
Trisha Jessen and Ellen Bjelland continue teaching the Nourishing Boomers and Beyond curriculum at public housing sites, county worksites and senior sites. The program is designed to provide North Dakotans age 50 and older with information and strategies to reduce their risk of developing chronic diseases. April’s education focused on Nourish Your Eyes and covered how to reduce the risk of macular degeneration and other eye disorders. May’s lesson was Nourish Your Skin, including skin cancer prevention strategies and warning signs. In June participants learned how to Nourish Bones and Joints. Participants take part in hands-on activities, food demos and discussions. They receive printed material, healthy recipes, and incentives.
Parent Education
Parent education opportunities that were offered during the quarter by the Region 2 Parent Resource Center were: Signing with Jolene (10 sessions); Common Sense Parenting (6 sessions); 1-2-3 Magic (3 sessions); Nurtured Heart Approach (5 sessions); Raising an Emotionally Intelligent Child (1 session); and Parents Forever (1 session). Seven youth and 50 adults (unduplicated numbers) attended the classes.

Parent Education/Support
Eight (unduplicated number) parents benefited from weekly on-site Parent Resource Center programming at New Hope, a residential addiction treatment center. Two parent sessions are held each week at Job Corps. 31 single parents (unduplicated number) participated in the groups.

Other Programming
Are You Ready? The College Transition (2 sessions); and Navigating Romantic Teen Relationships (5 sessions) were presented to 161 youth (unduplicated number).

Ellen Bjelland – Ward County Extension Agent
Family & Consumer Sciences
Ellen, in cooperation with Merry Green of the Minot Commission on Aging and Cheryl Coyle from ManorCare, led the seven week Stepping On program at the Henry Towers. Ten women participated in this program designed to strengthen their legs and gain confidence in preventing falls. Each week the participants practiced a low-impact exercise program and learned about various safety elements they could implement to prevent falls.

Ellen taught the three Nourishing Boomers lessons (Eyes, and Bones & Joints) to varying older adult audiences in the county, including worksite wellness groups. The lessons are well received and Ellen has been asked to provide them to new audiences in the next quarter.

Ellen served as a judge for the MPU Communication Arts contest in May. She also judged at the Ward County 4-H Achievement Days.

At the request of Dee Ballantine of First Western Bank and Trust, Ellen taught a lesson on Avoiding Senior Scams for their 50 Plus Club. About 120 older adults were in attendance and lots of discussion was generated!

Extension Family & Consumer Science Intern Louise Tegtmeier arrived June 23 to work with Ellen and other staff as she learns the ropes of Extension programming. Her last day will be July 31.
State Fair Activities
Livestock producers from across the state flocked to Minot to exhibit at the various shows during the State Fair. Paige Brummund assisted with the management of the equine activities throughout the fair.

Master Gardener
Paige taught and facilitated a ten course program for adults interested in horticulture and gardening. Participants were educated in the basics of plant and soil science, perennial and annual flower selection, plant pathology, entomology, and weed control. Participants also received information on woody and herbaceous plants, aspects of fruit and vegetable production, square foot gardening and landscape design, plus tree selection and care. To complete the certification to become Master Gardeners, the program attendees will complete a total of 48 volunteer hours working to improve their community landscapes.

Agricultural Field Days
Various field days were held for agriculture producers throughout the growing season. Agronomy specialists talked about field scouting, what and where to look for problems, and what to look for when evaluating and selecting hybrids that are adapted to our environment. The events also included a crop and pest diagnostic clinic and a soil quality screening service.

Farm and Home Visits
The summer growing season brings about many questions involving trees, lawns, and gardens. Particularly insects, disease, and other detrimental factors concern home gardeners and agriculturalists. Paige schedules farm visits throughout the season to offer treatment and prevention suggestions for those people unable to bring a sample of their affected specimens into the office.

4-H Programs
Ellen Bjelland and Micky Zurcher hosted the county 4-H Project Expo and Clothing Revue in early July. Ellen worked with three 4-Hers to prepare for the state Consumer Choices contest. Along with Callie Johnson, Ellen coordinated the annual Family Day during the State Fair. Ellen also judged 4-H Fiber Arts as well as Open Class Food Preservation during the Fair.

Other Programming
August and September were spent planning for fall programming. Ellen met with partners to prepare for Stepping On, Dining with Diabetes, On the Move to Better Health and $MRTZ. Ellen also co-presented sessions on Memory Loss and fiber arts (4-H FCS programming) at the Fall Extension Conference.

Parenting Classes
Holly Arnold started a six session Love and Logic series in September that will end in October. Basic Beginnings, a program for new or expecting parents which focuses on the important foundations of childcare and parenting during infancy, was offered for the first time in September with 13 parents enrolled. The series will complete in October. Region 2 Parent Resource Center staff applied for and received a grant that funded the curriculum development. They developed/wrote the curriculum and NDSU specialists refined and packaged the program. Region 2 PRC is one of several sites in the state that are piloting the program. The curriculum will be available for purchase.
Holly works with ten parents who benefit from weekly on-site Parent Resource Center programming at New Hope, a residential addiction treatment center, in addition to two parent sessions that are held each week at Job Corps. Twenty single parents participated in the groups. Parents Forever, a program for separating and/or divorcing parents, was held in July and 8 people attended. Holly participated in the NDSF Family Day, National Night Out, and a Barnes and Noble Book Fair. Holly was also interviewed by KMOT about spanking alternatives.

**Kids Can Be Top Chef!**
Trisha Jessen offered Kids Can Be Top Chef at two summer school sites, visiting once a week for a total of four times. Trisha taught thirty 3rd - 5th grade students and focused on MyPlate, Safe Kids in the Kitchen, and Cooking Basics. Upon completion of the above three lessons, children were able to team up and participate in a Top Chef competition. Kids Can Be Top Chef allowed them to practice food preparation skills with nutrient rich foods. Beginners often prepare recipes with very little nutritional content, such as cookies and cakes. This program gave access to a variety of nutrient rich choices in a supervised environment. School staff and Trish sampled and scored each creation based on taste, presentation, nutrition and creativity. Each child received The Everything Kids’ Cookbook by Sandra Nissenberg, allowing them to practice learned skills as well as reference cooking terms and equipment at home. The two top scoring teams from each school also received cooking equipment.

**Nourish Your Body Series**
Trisha and Ellen continue teaching the Nourishing Boomers and Beyond curriculum at public housing sites, county worksites, and senior centers. The program is designed to provide North Dakotans age 50 and older with information and strategies to reduce their risk of developing chronic diseases. July’s education focused on Nourish Your Brain and covered how to reduce the risk of dementia.

August’s lesson was Nourish Your Digestive System and included ideas to increase fiber consumption. September participants learned how to Manage Stress for Better Health and received stretch bands for strength training. Participants take part in hands-on activities, food demos, and discussions. They receive printed material, healthful recipes, and incentives.

<table>
<thead>
<tr>
<th>School Name</th>
<th>Students</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Burlington Elementary</td>
<td>180</td>
<td>4-8</td>
</tr>
<tr>
<td>Erik Ramstad Middle School</td>
<td>105</td>
<td>6</td>
</tr>
<tr>
<td>Sawyer Public School</td>
<td>17</td>
<td>4-6</td>
</tr>
<tr>
<td>Bell School</td>
<td>52</td>
<td>4-6</td>
</tr>
<tr>
<td>Bishop Ryan Catholic School</td>
<td>76</td>
<td>6-8</td>
</tr>
<tr>
<td>Washington Elementary</td>
<td>88</td>
<td>5-6</td>
</tr>
<tr>
<td>Dakota Elementary (MAFB)</td>
<td>44</td>
<td>5</td>
</tr>
<tr>
<td>Nedrose Elementary School</td>
<td>20</td>
<td>5</td>
</tr>
<tr>
<td>Berthold Public School</td>
<td>48</td>
<td>5-6</td>
</tr>
<tr>
<td>Prairie Ryder’s 4-H Club</td>
<td>13</td>
<td></td>
</tr>
</tbody>
</table>

Around 600 students participated. Several of the area teachers are looking to build STEM (Science, Technology, Engineering, and Math) into their curriculums and agree this was a great exercise.

Rockets to the Rescue!
This year the 4-H National Youth Science Day did an experiment titled Rockets to the Rescue. Micky lead a presentation in which students across the county had an opportunity to build and launch a rocket safe to the island of “Ceres”. Ceres was just destroyed by a natural disaster. It was up to these young scientists to engineer a rocket carrying four raisins to the island safely. The table below shows the schools who participated in the science project and how many youth were reached. As part of national 4-H week, Micky took this opportunity to also talk about 4-H in hopes to recruit more youth members in the county.
Master Gardener Program

Paige Brummund offered the Master Gardener Program in Minot during a 10 week period in the fall. The program develops community volunteers with an interest in horticulture. Each student donates 48 hours towards a horticulture improvement project before obtaining their Master Gardener credentials. In 2014, Master Gardener volunteers donated more than 516 hours to community service projects at a value of over $12,000!

Wheat Midge Soil Sampling

Ward County is a hot spot for the wheat midge, an insect pest that can substantially impact quality wheat production and yields. Paige conducts soil samples across the county to be analyzed for economically significant levels of wheat midge. Farmers in areas of high wheat midge populations may need to consider treatment for this insect next growing season.

Crop Opportunities 2014 Meetings

Paige collaborates with other Extension offices in the NW region of the state to provide an annual program for farmer and ag industry professionals. This year’s program touched on timely topics important for 2014 ag planning. Paige kicked off the program with a local update on the Farm Bill. The meeting also covered topics related to improving soil health, managing quality issues in small grain production, and a market outlook on the 2015 crop year.

Beef Background Program

Paige met with area beef producers to discuss production goals and profitable options for backgrounding beef calves.

Monitoring Corn Establishment and Yield

Corn is a fairly new crop to many Ward County farmers. To assist the producers with growing the corn, Paige has been working on monitoring corn establishment and the effect that it has on yield. The importance of planting depth, planter speed, seed spacing distance, number of seeds per spacing, and other planting factors greatly affect the yield potential of corn plants. Paige assisted in collecting the trial data and will be presenting information to farmers on the importance of calibrating their corn planters to improve their yield potential.

Farm Bill Education Meetings

Paige offered seven educational meetings, workshops, and roundtable discussions to assist over 400 area producers in better understanding the new Farm Bill Program. Meetings were held in collaboration with area FSA offices and NDSU Farm Management Specialists. Using analytical decision making tools developed at NDSU, producers were able to better understand the implications of the program enrollment options on their individual farm.

Parent Education

Holly Arnold facilitated a 6 session series of Parenting the Love and Logic Way for 11 parents. The Parent Resource Center (PRC) also offered Basic Beginnings, a program for new or expecting parents, which focuses on the important foundations of childcare and parenting during infancy, and 13 parents attended the 5 session course. Additionally, PRC offered Active Parenting Now in 3 for Stepfamilies (3 sessions, 4 participants); Signing with Jolene (9 sessions, 17 participants); Building Strong Families with Children’s Group Component (5 sessions, 12 participants).

Holly taught 2 sessions of Parents Forever, a course for separating/divorcing parents for 5 attendees and
provided a parenting presentation for Velva MOPs (Mothers Of Toddlers) (10 participants).

**Parent Support**

Holly facilitates weekly on-site parent support groups. Seven (unduplicated number) parents benefited from programming at New Hope, a residential addiction treatment center. Two parent sessions are held each week at Job Corps and 8 new single parents joined the other parents during the quarter.

**Other Programming**

Holly taught 4 sessions of **Navigating Romantic Teen Relationship** for 17 students at Minot High School.

Micky Zurcher, Ellen Bjelland and Holly presented a new program developed by NDSU-Teens On-line: A Guide for Caring Adults to 40 school personnel.

Holly and Micky helped run the **American College Application Campaign** at Magic City Campus, a pilot school for the program. North Dakota was one of six states that had not previously participated. This national initiative was set to increase the number of students pursuing a post-secondary education. Agents assisted students in navigating the online registration process and answer questions while providing support and encouragement.

Holly also did a live radio interview with KCJB about PRC parent education opportunities.

**3rd Grade Goes Wild with Fruits and Veggies!**

*Go Wild with Fruits & Veggies!* is a 7-week program that encourages students in 3rd grade to eat more fruits and vegetables and to become more physically active. Trisha Jessen taught this in November and December to three 3rd grade classrooms. This curriculum is organized by fruit and vegetable colors. An animal character is associated with each lesson to make learning more enjoyable and to educate the students about area wildlife. Lessons include games, music, dance, tasting opportunities and other activities to stimulate all five senses and keep students engaged throughout the whole lesson.

**Nourish Your Body Series**

Trisha and Ellen started teaching another 10 month **Nourishing Boomers and Beyond series** at public housing sites and senior centers. The program is designed to provide North Dakotans age 50 and older with information and strategies to reduce their risk of developing chronic diseases. November’s education focused on **Nourish Your Brain** and covered how to reduce the risk of dementia. December participants learned how to **Manage Stress for Better Health** and received stretch bands for strength training. Participants take part in hands-on activities, food demos and discussions. They receive printed material, healthful recipes, and incentives.

**Stepping On**

In cooperation with Milton Young Towers, Minot Commission on Aging, ManorCare Health, and the St. Joseph’s Community Health Foundation, a second seven-week session of **Stepping On** was held. This program, taught by Ellen, is a falls prevention program for older adults. We had 13 people sign up and 12 complete. This class was a bit more challenging than the one last spring in that we had three who were in wheel chairs, but the evaluations showed that the program helped all attendees gain strength and confidence.

**Other Programming**

Ellen held a four-week session of **Dining with Diabetes** in October-November with 15 in attendance. This program is cooperatively presented by Trinity Health, First District Health Unit and Extension.

The 5th Grade **On the Move to Better Health** program was presented in Surrey and Nedrose this fall. This is one of Ellen’s favorite programs to teach and the students respond in kind!

**315 3** was held in early October with 340 students from 19 high schools in attendance. Ellen and Lori Scharmer split responsibilities for teaching their session on developing a spending plan. Both also serve on the team that spearheads the event.

Finally, Ellen co-presented sessions on **Memory Loss and Fiber Arts** (4-H FCS programming) at the Fall Extension Conference.

**Activity Day**

The annual Multi-Activity Day was held November 15th at the North Dakota State Fair Center. Area agents and volunteers came together to showcase projects and activities to area youth. We had 153 youth participants. Project areas include Archery, Boat Safety, Cement Stepping Stones, Christmas Arrangement, Fat Quarter Cowl, Pop Tab Bracelets, Mixes in a Jar, Rabbits, Rockets, and Unusual Crops. Agents, Paige, Ellen, and Micky, as well as office assistants Micki Mertz and Laura Morelli were all a part of this day. Though numbers were smaller than previous years, those who participated had great comments and look forward to next year.

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