Design Your Succession Plan
Farm and ranch succession planning is emerging as a critical need for North Dakota producers. The average age of a farmer/rancher is 57, so many are looking toward retirement and transitioning their business. Paige Brummund and Ellen Bjelland collaborated with Lori Scharmer and Loayne Voight to teach the Design Your Succession Plan workshop in Minot. This program is designed to assist farm and ranch families get started on their succession plan and help them shape the future ownership of their business.

Youth 4-H Livestock Judging, Horse Judging, Hippology, and Quiz Bowl Teams
Livestock and horse judging contests require youth to organize their thoughts, think clearly on their feet, and speak from memory, while maintaining poise and confidence in front of a judge. Paige teaches the practice workshops, assists in organizing local contests, and coaches the teams at statewide competitions to represent Ward County. This year, the state champion senior horse judging team was the Ward County team. They competed at the Western 4-H Roundup in Denver in January earning a 5th place finish in the nation. The junior horse teams earned 2nd place and 4th place at the state contest. The Livestock judging team earned 8th place at state.

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 soybean production. Carpio Durum was made available to area growers for general use planting in 2015. Seed growers were selected to increase the quantity of newly released NDSU varieties known as Joppa Durum and Genesis Barley. These new varieties will be available for general use in 2016.

4-H Horsemanship Clinics
Paige organized and taught bimonthly winter Horsemanship clinics for youth in 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.

Pesticide Certification
This year, Ward County had approximately 150 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 safely, regulatory issues, preventing pesticide drift, and new pesticide use recommendations were taught by Paige and NDSU specialists at each meeting.

Crop Production Meetings
Paige organizes, facilitates, and presents at various crop production meetings throughout the winter months. This is an ideal time for area ag producers to continue their education and learn about new techniques and research that may benefit their operations.

Nourish Your Body Series
Trisha and Ellen continue to teach the Nourishing Boomers and Beyond curriculum at 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. January’s education focused on Nourish Your Muscles. February, National Heart Month, we taught how to Nourish Your Heart. March, National Nutrition Month, we focused on Nourish Your Mind with reliable nutrition information.

Banking on Strong Bones
Trisha offered Banking on Strong Bones to four 4th grade classrooms in Ward County. The program encourages increased dairy food intake and stresses the importance of calcium and exercise to build strong bones. The program is very well received with teachers asking to have the four-lesson program each year.
March National Nutrition Month
Trisha taught several nutrition classes focusing on portion control at multiple locations in Ward County including Minot High School, NDCPD, MSU and area treatment homes. She also set up community displays promoting National Nutrition Month. She was asked to present at an assembly at Job Corps for their 200 students. She focused on eating more whole foods (rather than processed) and to balance how much we eat with how active we are. Trisha also distributed several hundred Eat Smart Play Hard NDSU magazines to area schools and agencies as well as kindergarten MyPlate curriculum to area classrooms.

On The Move To Better Health
The 5th Grade On the Move to Better Health program was presented in Berthold, Burlington, South Prairie and Sawyer this winter. This is one of Ellen’s favorite programs to teach and the outcomes are always positive.

Marketplace For Kids
Marketplace for Kids was held in February with students from area elementary schools in attendance. Ellen and McHenry County Extension Agent Callie Johnson co-taught the session on appearance and manners to 108 students.

In the past three months, Ellen has also taught Real Colors© to members of the Minot Area Women’s Leadership program.

Ellen serves, along with Trisha, on the Minot Area Team Wellness and the Ward County Worksite Wellness teams. Both groups are planning events for the next few months that promote activity and other wellness topics.

Living Online for Caring Adult and Living Online for Middle School Students
Holly Arnold and Micky presented Living Online: Using Technology Wisely to Bell Elementary in two capacities: the first session was for caring adults, the second session was presented to all 3rd through 6th graders. The curriculum engages adults and youth on wise decisions regarding social media and technology.

Are You Ready
Holly and Micky presented Are You Ready? The College Transition to 150 Minot High seniors. The curriculum, adopted by the University of Wisconsin, is geared to graduating seniors by providing them information regarding their future academic, financial, relationship, and health choices.

Citizenship in Action
Micky and Patrick Stormer, the 4-H Youth Coordinator at Minot Air Force Base, took 10 youth to Bismarck to participate in Citizenship in Action. Around 70 youth from across the state participated in this two day event learning how the state legislative process works, showcasing their county 4-H programs, and sharing ideas on how they can have a greater impact in their community. On day two, the youth got to speak with District 5 Senator Randall Burckhard while touring the State Capitol.

Working with 4-H Clubs
Ward County 4-H Clubs, Peppers and Des Lacs Star Beef, hosted their annual club activity day at the Berthold Sportman’s Club. Micky helped activity coordinator, Amy Schauer, with registrations. The youth had the opportunity to choose from making Lefse, glass blowing, making marshmallow shooters, making rope halters, knitting, scrapbooking, and learning about rabbits. Around 71 youth from the two clubs participated in an afternoon of learning while doing.

Sunshiners club from Carpio and Dakota Stars from Des Lacs invited Micky to come do last year’s 4-H Science Day project, Rockets to the Rescue. The youth really enjoyed building and launching their rockets.

Parent Education
The Region 2 Parent Resource Center (facilitator Holly) offered 6 parent education opportunities (Active Parenting of Teens; Basic Beginnings; Cooperative Parenting and Divorce; Nurtured Heart Approach; Head Start-Home Safety; and Parents Forever-Divorce Transition) for a total of 17 sessions. 37 people (unduplicated number) attended the programming.

Parent Support
Holly facilitated 7 on-site parent support groups at New Hope, a residential addiction treatment center, and Quentin Burdick Job Corps. 8 (unduplicated number) parents benefited from the programming.
Summer Intern Works In Extension Office
Amanda Donarski joined the Ward County Extension Service office as a summer intern. Amanda works with Paige Brummund on the Agriculture programs in the county and has also been assisting with many of the summer 4-H activities.

Spring Horticulture Programs
Paige held the NDSU Spring Fever Garden Forums for gardeners in Ward County. Agents and researchers shared information to help participants learn about timely issues on trees, shrubs, flowers, vegetables, fruits, and lawns. Question-and-answer opportunities followed each presentation. Paige also collaborated with the Master Gardener group to work on various projects in the county. Master Gardener interns provided volunteer hours towards projects that include renovating public flower beds, planting trees in parks, assisting with teaching lessons for Junior Master Gardeners, teaching pruning clinics, and much more. Horticulture troubleshooting assistance continues to be a large portion of the utilization of the Extension office in the growing season months.

Square Foot and Container Gardening
The Extension Service collaborated with Team Wellness to provide Square Foot and Container Gardening classes. Demand for the program remained strong and 8 classes 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 input. Paige taught the horticulture part of the class while Ellen Bjelland and Trisha Jessen provided education on the health benefits of gardening and eating fresh produce. Ellen met with Kalix staff to discuss the possibility of starting a second community garden. It was decided to not pursue this time, but to implement raised bed gardens for the clientele.

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

Ward County Shootout
On June 27, Ward County held its first all species point show called Ward County Shootout. Approximately 95% of the Ward County 4-H Livestock exhibitors stayed to participate. Youth were able to show swine, sheep, goats, and beef.

Spring Equine Care Meeting
Paige hosted and taught a program with Mary Berg, Extension Specialist, assisting area equine owners to comply with guidelines for manure management, biosecurity, parasite control, and core vaccinations. Horse owners make up a significant part of the livestock producers in the area and requests for programming continue to increase.

ND 4-H Camps
Paige organized and taught the state 4-H Horsemanship camps 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 week-long camp.

83rd Annual 4-H Achievement Days
June 22-26 was the 83rd annual Ward County Achievement Days, led by Micky Zurcher. The week began with the all-day horse show. Ward County offers out-of-county 4-H’ers an opportunity to qualify for the state fair and this year two exhibitors showed. There are 14 classes in the horse show. In the Junior Division, ages 8 to 11, Ward County had 11 exhibitors. In the Intermediate Division, ages 12 to 14, Ward County had nine exhibitors. In the Senior Division, ages 15 to 18, Ward County had three exhibitors. In addition, Cloverbuds, ages 5 to 7, have an opportunity to show their horse in horsemanship, showmanship, and barrels. This year, Ward County had five Cloverbuds. Tuesday began with the Dog obedience and showmanship shows. There were 11 exhibitors for both shows. Following the dog show was the cat show where six competitors competed. The small animal show rounded off with four ponies. The afternoon was open for exhibitors to prepare for the evening static judging event. There were 959 static exhibits judged, including Cloverbud projects, by 23 volunteers. On Wednesday, the livestock show began with...
swine followed by sheep, goats, and beef. The swine show consisted of 40 pigs where 11 were junior exhibitors, three intermediate exhibitors, and five senior exhibitors. The sheep show consisted of 11 sheep where five were junior exhibitors and two were intermediate exhibitors. The goat show had 29 goats where 14 were junior exhibitors, five were intermediate exhibitors, and one senior exhibitor. The livestock show rounded off with the beef show. There were 34 beef exhibited with 11 junior exhibitors, 11 intermediate exhibitors, and six senior exhibitors. On Thursday, the rabbit show took place. There were 74 rabbits shown at Achievement Days. Seven exhibitors were juniors, seven exhibitors were intermediate and two were senior exhibitors. Poultry were not part of Achievement Days this year. The day concluded with round robin showmanship, Ag Olympics, BBQ, awards ceremony, and livestock premium sale.

**Take A Stand**
In May, Micky taught the Take A Stand curriculum to Bell Elementary 5th & 6th graders. Take A Stand is a curriculum written by Texas A & M Extension which provides activities that discuss bullying and cyberbullying. Micky reached 35 students in both grades.

**Are You Ready**
Micky and Holly Arnold presented Are You Ready? The College Transition to 20 Berthold High School seniors. The curriculum, developed by the University of Wisconsin, provides seniors with information regarding their future academic, financial, relationship, and health choices.

**Navigating Romantic Teen Relationships**
Holly presented 2 series, 4 sessions each of Navigating Romantic Teen Relationships to 30 Minot High School students. The program was developed by the NDSU Extension Service and provides students with information about healthy vs. unhealthy relationships; understanding the progression of relationships; using the Pillars of Character as guidelines for relationship; and identifying qualities and characteristics desired in a relationship.

**Parent Education**
The Region 2 Parent Resource Center (facilitator Holly) completed 5 parent education opportunities during the quarter: Bright Beginnings; How Much is Enough?; Advanced Signing Class; Parenting the Love and Logic Way; The Nurtured Heart Approach; for a total of 25 sessions. 32 adults and 5 children (unduplicated numbers) attended the classes. Holly facilitated 6 on-site parent support groups at New Hope, a residential addiction treatment center. 7 (unduplicated number) parents benefited from the programming.

**Prevent Child Abuse Month**
Holly applied for and received a mini-grant from ND Prevent Child Abuse to support programming during April which is National Child Abuse Prevention Month. “Welcome Baby” baskets were given to parents of newborns; baskets with prevention resources and items were left at businesses for their clientele; Prevent Child Abuse displays were in several places; blue ribbons were tied on 2 trees; yard placards were distributed; and people attending PRC programming during the month received PCA materials. Holly was also on the KMOT Noon Show and participated in an interview for the KMOT evening news to increase awareness about child abuse prevention.

**Summer Olympics**
Trisha held a wellness booth at the first annual St. Alexius Summer Olympics held at Minot State University on May 9th. She visited with families about ways to be active and eat healthy. Families received Eat Smart Play Hard magazines and either a Frisbee or youth MyPlate.

**Nourishing Boomers**
Trisha and Ellen continue to teach Nourishing Boomers and Beyond 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 disease. April’s education focused on Nourish Your Eyes. In May participants learned how to Nourish Skin and received keychain rings that indicate the level of harmful UV rays by changing color. June’s topic was Nourish Your Bones and Joints. Participants take part in hands-on activities, food demos, and discussions. They receive printed material, healthful recipes, and incentives.

**Think Your Drink**
Think Your Drink is a popular lesson because it covers the amount of sugar in drinks. It compares the different types of milk and advantages of each. Participants learn how to find 100% juice and increase water consumption. Trisha taught this at several locations including the Regional Child Support office, treatment homes, and disability centers.

**Youth Nutrition Education**
Each Tuesday Trisha visits summer school community learning sites. At Sunnyside and Washington Elementary sites youth learned about MyPlate, played food bingo, made trail mix, and played a variety of active games.

**Stepping On**
A third class of Stepping On, a fall prevention program for older adults, was held at the Parker Senior Center. There were 15 enrolled. The class was jointly taught by Ellen and Merry Green. A booster session is slated for August.

**In the Community**
Holly participated in the Minot Public School’s Title 1 Fair and was interviewed by KMOT about poison prevention during March-National Poison Prevention Month.

Ellen was asked to serve as a judge at the State Envirothon in May. The contest focuses on forestry, aquatics, wildlife, soils, and environmental topics. Ellen would love to work with Ward county 4-H’ers to have a local team!

Ellen had a booth at the Salute to Seniors on preventing sun damage to skin. She also presented this lesson to the Junior Master Gardeners in May.
State Fair Livestock
Programs & Summer
Crop Tours
Paige Brummund both attended and assisted with the organization of crop tours this summer. Paige also assisted with many of the horse and livestock shows at the 2015 state fair.

Field Visits and Crop Surveys
Paige participated in sampling a variety of crops for a multitude of surveys. Some of these programs were the National Sunflower Survey, the Wheat Midge Survey, the Soybean Cyst Nematode Program, the Ditch Hay Sampling Program, and Nutrient Management/Compost sampling programs. Paige works with the area crop and livestock producers to collect the samples and provide education on the topics once the results of the samples are analyzed.

Design Your Succession Plan
Paige is involved in the program planning of the Design Your Succession Plan program. Paige taught the curriculum to agents around the state so they will be able to teach the program in their own counties. Paige presented the progress and importance of the program to the State Board of Ag Research and Education in July.

Junior Master Gardener
Micky Zurcher worked with The 2015 Junior Master Gardener (JMG) program, which concluded its season on September 16. The 4-H program collaborated with the Ward County Juvenile Court. On Wednesdays this last summer, 4-7 youth along with 2-3 Master Gardeners, met at Rainbow Gardens to tend to the garden. The youth participated in the planting, weeding, general care, and harvest of the garden. In addition, youth learned to can beets and green beans and make fresh garden salsa with Ellen Bjelland and Amanda Donarski.

Fall Archery Shoot
Micky hosted the first Ward County Fall Archery Shoot on September 12th at the North Dakota State Fair Center, Magic Place. Youth participation came from across the state, specifically Ward, Mountrail, Rolette, Ramsey, Morton, Lamoure, Pierce, and McLean counties. Five different relays took place involving 52 participants in three different age groups: beginner (26), junior (18), and senior (8). Youth had the option of shooting freestyle or barebow. A freestyle bow is one where the youth have a release and/or sight and a barebow has neither a sight nor release. Area businesses that helped sponsor awards included Archer's Elite, Scheel's All Sports, and the Berthold Sportsman's Club. Top shooters from Ward County were Ethan Myers and Kaden Korgel in junior freestyle and Connor Rudland and Mark Schauer in beginner freestyle. The next Ward County Archery Shoot will take place this spring, March 5, 2016, in the FFA Hall of the North Dakota State Fair Center.

4-H
4-H work dominates the summer for most Extension staff. Although Micky takes the lead, other staff also do youth development work. For example, Ellen coordinated the county Project Expo and Clothing Revue events; they were held at the Brentmoor Assisted Living Center. Residents as well as parents and friends, attended the events. Ellen also worked with three junior 4-Hers to prepare for the county Consumer Choices contests; two were able to compete at the state contest held during the State Fair. Finally, Ellen served as a judge for 4-H Achievement Days held in both Mountrail and McHenry counties as well as at the State Fair.

Food Preservation
Ellen taught three classes on preserving this quarter – a hands-on session for Junior Master Gardeners, one for Master Gardeners, and one for personnel at the Minot Air Force Base. All were well received and confidence in skills was increased!
Eating For Competition
Ellen was asked to present on eating for competition by Lyndsi Engstrom at Minot State. The audience were coaches. She prepared a lesson plan based on information from Colorado and Iowa Cooperative Extension as well as WebMD. The main point of the lesson was how to meet the energy needs of athletes.

Food Safety
Merry Green from the Minot Commission on Aging asked Ellen to present a food safety refresher to individuals who prepare food for the Senior Sites around the region. The audience was very attentive and asked good questions! Ellen also taught food safety to Minot High School students along with Senior Scams at Henry Towers in September.

Nourishing Boomers
Trisha Jessen and Ellen continue to teach Nourishing Boomers and Beyond 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 disease. July’s education focused on Nourish Your Digestive System. Participants take part in hands-on activities, food demos and discussions. They receive printed material, healthful recipes, and incentives.

Summer Feeding Site at Oak Park
This summer, Trisha participated in a group to offer free summer meals to youth up to age 18 at Oak Park. She provided education to participants on programs to help feed families and low-cost nutritious recipes. Youth received MyPlates to promote nutrition and Frisbees to promote physical activity.

Youth Education
Each Tuesday this summer Trisha visited school community learning sites. Youth learned about the importance of choosing milk and other dairy foods, played a skeleton relay race, and made mini yogurt parfaits.

National Night Out
Paige, Trisha, and Amanda Donarski held a booth at the National Night Out on August 4th at the Minot Soccer Complex. Youth and their parents learned about MyPlate while constructing colorful bracelets.

Teacher’s Conference Booth
Trisha held a vendor booth at the Mid-Dakota Education Cooperative’s Fall Conference at Central Campus on September 28th. She visited with area elementary educators about ways to keep their classrooms active and promote nutrition. Educators received NDSU Eat Smart Play Hard magazines and calendars.
Master Gardener Program
Paige Brummund teaches and coordinates the Master Gardener Program in Minot. The program develops community volunteers with an interest in horticulture. In 2015, Ward County Master Gardener volunteers donated more than 303 hours to community service projects at a value of over $6,990! In addition, Master Gardeners residing in surrounding counties, but coming to Minot to participate in Extension Master Gardening volunteer projects, donated an additional 756 hours for a total impact of over $24,420 to the area.

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.

Beef Background Program
Paige met with area beef producers to discuss production goals and profitable options for backgrounding beef calves. Producers were able to have one-on-one assistance with building a low cost ration that will meet the calves nutritional requirements and daily gain goals using the software program CowBytes.

Design Your Succession Plan
Farm and ranch succession planning is emerging as a critical need for North Dakota producers. The average age of a farmer/rancher is 57. As a result, many are looking toward retirement and transitioning their business. Paige and Ellen Bjelland collaborated with Lori Scharmer and Loayne Voight to teach the Design Your Succession Plan workshop in Minot. This program is designed to assist farm and ranch families get started on their succession plan and help them shape the future ownership of their business. Paige is part of the statewide planning committee for Succession Planning.

Crop Marketing Decision Meetings
Paige collaborates with other Extension offices in the northwest region of the state to provide an annual program for farmers and ag industry professionals. This year’s program focused on marketing topics to assist producers with staying profitable in times of low commodity prices and high input costs.

Additional Activities:
Paige teaches area livestock producers how to properly dispose of their dead livestock using composting as a preferred method. Paige participated in the inaugural Heartland Ag Show to talk about succession planning and new crop varieties available for producers in 2016. Ward County producers participated in a statewide study to determine the nutritional variations in ditch hay. Paige collected the samples and formulated rations for producers participating in the study.

4-H Fall Honors Program
Ward County 4-H hosted a year end fall honors program to honor the 2014-2015 4-H year. The program was held at the North Central Extension Research Center on October 4th. Over 60 parents, youth, and grandparents attended the event which honored 1st, 3rd, 5th, and 10th year pin members, I Dig It award winners, and the year’s Outstanding Teen and Pre-teen. The entertainment for the event was watching the 2015 Communication Arts participants give their presentations.

Schauer Shoot
The Schauer Archery shoot took place on October 18th at the Schauer farm. Over 70 youth participated in the 3-D archery competition. Micky Zurcher provided a lesson on how to use GPS devices and set up a geocache activity around the Schauer farm; youth worked in groups to find the hidden geocaches. The day concluded with a BBQ and prizes for each of the shooters.

National 4-H Week
National 4-H week was October 5th-9th. Micky went into area schools to teach this year’s National Science Day experiment called Motion Commotion. Motion Commotion is an experiment where youth learned about distracted driving and reaction time. Micky taught 325 sixth grade students, 75 seventh grade students, and 76 eighth grade students at Burlington, Bishop Ryan, Erik Ramstad, and Surrey school. Micky also went to Prairie Ryders 4-H club to teach the science day experiment.
Drift Prairie Day
The 2nd annual Drift Prairie Day was held on a beautiful fall day in October. Micky, Paige, and Ellen Bjelland all helped to make the day a success. Ellen taught the youth how to make their own hobo lunch. Paige taught the youth how to make compass parachute bracelets. Micky helped with the GPS and geocache activity. In addition, Jim Mertz assisted Micky with this activity and helped to lead the afternoon fishing activity. Upper Souris National Wildlife staff gave a presentation on the history of the National Wildlife Refuge system as well as gave the youth a tour of the Lake Darling Dam. Of the 18 youth, half are current 4-H youth. Of the 18 youth, five attended the 1st Drift Prairie Day in 2014.

Multi-County Activity Day
Bottineau, McHenry, Mountrail, Renville, and Ward county agents and volunteers taught at the Multi-County Activity Day held at the North Dakota State Fair Center on November 14th. Over 160 youth from the northwest region participated in a number of project sessions. Micky was the overall event coordinator. Paige taught the youth how to make Barbed Wire Creations. Ellen taught a variety of sewing projects including Christmas stockings, scented sachets, and tooth fairy pillows. Laura Morelli and Shirell Ott helped with event registration. Over the lunch hour, 25 youth had their registrations reimbursed in a random drawing sponsored by SRT. Additional projects taught at this year’s Activity Day included archery, firearm safety, wood arts, Christmas ornaments, parachute bracelets, lefse, cupcake bake off, canvas painting, rabbits, slow cooking, Christmas tree cages, Thanksgiving pretzels, container gardening, cookie decorating, pallet wood painting, busy bags with felt, and fall rope creations.

3rd Grade Goes Wild with Fruits and Veggies
Go Wild with Fruits and 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 program to five classrooms at Sunnyside, Roosevelt and McKinley elementary schools. This curriculum is organized by fruit and vegetable colors. An animal character is associated with each lesson to educate students about area wildlife. Lessons include games, music, dance, and tasting opportunities.

Cooking 101 Series
Ellen and Trisha continue to teach the Cooking 101 series to participants at Milton Young Towers. October focused on food safety, November: healthy eating on the run, and December: grocery shopping made easy. Demonstrated recipes included chicken noodle soup, chicken stir fry, Mexican egg scramble, and pasta with garden vegetables. Thanks to a special grant, participants also received ingredients to prepare these recipes at home.

Programing for Seniors
The Minot Commission on Aging asked Ellen to present three programs for their seniors this quarter: Nourish Your Immune System, Mindful Eating, and Who Gets Grandma’s Yellow Pie Plate. The programs are quite well attended with a regular 6-8 in attendance and a few new faces each month.

Programing for Students
Ellen started the rounds of schools with the 5th Grade On the Move program at Surrey in November-December. She also taught Nourish Your Brain to high school FACS students at Magic City Campus. She also taught a lesson on how to have a successful Clothing Revue for the Area 4-H Leaders’ Forum.

Parent Education
Holly Arnold facilitated a 6 session series of Parenting the Love and Logic Way for 11 parents. 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 (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.

Parent Resource Center - Other Programming
Holly taught 4 sessions of Navigating Romantic Teen Relationship for 17 students at Minot High School. Micky, Ellen, and Holly presented a new program developed by NDSU, Teens On-line: A Guide for Caring Adults, to 40 school personnel. Holly also did a live radio interview with KCJB about PRC parent education opportunities.

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