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 Brummund and Ellen Bjelland collaborated with Lori Scharmer and Loayne Voight to teach the Design Your Succession Plan workshop in Minot and Mohall. 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.

Ward County Ag Improvement Association (WCAIA) - Paige collaborates with WCAIA to provide educational events to the area farmers regarding current and applicable agricultural topics. The annual meeting was held in February with programming on marketing techniques. Joppa Durum and Genesis Barley were made available to area growers for general use in 2016 planting.

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. Some of the events included the KMOT Ag Expo, Crop and Pest School, Ag Improvement Meetings, Pulse Crop Meetings, and Wheat Meetings.

Cow Calf Management School - A day long workshop on feeding, grazing, and forages was taught for area cattlemen. Paige taught about the feed value, production practices, and economics of corn silage. Area Extension Specialists covered cow nutrition, grazing, and forage topics.

Calving Workshop - Ward County Extension collaborated with specialists and a local veterinary clinic to teach a workshop on calving. Knowing how to recognize calving difficulties and learning how to assist a cow with troubles are key skills for a livestock producer. Additional topics included caring for the new calf, preventing and treating illness in the calf, and preferred animal husbandry techniques.

Pesticide Certification - This year approximately 150 Ward County farmers and agriculturists renewed their private pesticide applicators licenses. Producers wishing to purchase restricted use pesticides must attend this training every three 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.

Youth Judging Teams - Crops Judging, Livestock Judging, Horse Judging, Hippology, and Quiz Bowl 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.

Ag In The Classroom - All of the agents taught at this event during the KMOT Ag Expo. Area 4th and 5th graders participated and learned about careers in agriculture from Extension Agents in Ward and the surrounding counties.

Family and Consumer Sciences - Youth Programming - Ellen taught a lesson for the area’s Marketplace for Kids and a beginning sewing lesson for a county 4-H club. She also taught two classes of food safety for FCS classes at Magic City Campus.

Add Flavor with Spices - Ellen developed and taught a lesson on using herbs and spices to add flavor without salt to everyday meals and snacks. She delivered the program four times for various audiences.
On the Move to Better Health - Ellen was in nine 5th grade classrooms (158 students) this quarter teaching the On the Move to Better Health program. She added Bell school this year to the list of rural schools. Evaluations continue to show the development of new health habits as a result of the program.

Behavioral Health 101 - Ellen coordinated a local Interactive Video Network program called Behavioral Health 101. The program’s focus was on suicide prevention, substance abuse, and behavior disorders. Twenty-two people participated; primarily social workers and local clergy.

4-H Archery - The March 5th Northwest District Archery Shoot hosted by Ward County 4-H Extension in Minot saw an increase in attendance from 57 participants to 121 participants in 2016. 4-H’s approach to inspire “clearer thinking” is learned through this hands-on experience that teaches responsibility, self-discipline, ethical behavior, and self-esteem.

"Are You Ready" - Holly and Mike facilitated 2 college prep course sessions of "Are You Ready" to 117 seniors at Magic City High School. Ellen and Holly presented the same program in Glenburn for 15 parents/juniors/seniors. This program is designed to assist area youth develop practical steps in preparing for secondary education. Topics include time management, decision making, educational resources, and healthy living.

Parent Support - Holly facilitated 11 on-site parent support groups at New Hope, a residential addiction treatment center and nine on-site parent support groups at Quentin Burdick Job Corps. 50 parents (unduplicated number) benefited from the programming.

Parent Education - Holly facilitated three sessions of 1,2,3,4 Parents for 5 parents; five sessions of Parenting the Love and Logic Way for 25 parents; one session of Period of Purple Crying for 6 parents; and presented two parent ed sessions at Minot Head Start for 39 parents. Parent Resource Center facilitator Audrey facilitated two sessions of Happiest Baby on the Blocks for 8 parents; and six sessions of Basic Beginnings for 12 parents.

Parent Resource Center - Other Programming - Holly provided 9 sessions of Navigating Romantic Teen Relationships at Minot High School. 33 students attended the program. Holly also provided Parent Resource Center information to 11 NC Human Service personnel. Holly was interviewed by Minot Daily News and KXMC about Period of Purple Crying.

Banking on Strong Bones - Trisha offered the Banking on Strong Bones curriculum 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. Students journal calcium intake and physical activity daily for one month. Newsletters including recipes are provided weekly to families. The program is very well received with teachers asking to have the four-lesson program each year.

Cooking 101 Series – Ellen and Trisha continued with the Cooking 101 12-month series at the public housing facility, Milton Young Towers. January focused on how to prepare healthy meals in less than 30 minutes and a potato egg scramble was demonstrated. In February, participants learned how to put a healthy spin on prepackaged favorites and a cheesy garlic chicken and shells recipe was featured. Cooking in small spaces and using the microwave was the March topic and participants sampled sweet potatoes. Thanks to a special grant, participants receive ingredients to prepare these recipes at home.

Creates - Trisha started the Creates curriculum at Second Story, a center for people with mild developmental disabilities. Creates teaches the concept of healthy eating on a limited grocery budget. In January participants learned how to create a casserole, February focused on creating soup and March was stir fry. Participants earn kitchen incentive items and enjoy sampling the recipes.
Spring Garden/Horticulture Programs  
Over 150 attendees participated in the Spring Fever Gardening Program offered every Monday evening in April. Participants learned about a variety of horticulture topics each night and were able to participate in hands-on activities including starting seeds indoors, trialing new potato and gladiolus cultivars, and growing microgreens.

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. Paige Brummund, Trisha Jessen, and Ellen Bjelland partnered with the Minot Area Team Wellness group and the Minot Air Force Base to provide the program to the public. Diane Thorne of First District Health Unit and Ellen taught the section on health benefits of gardening while Paige led the sections on actual gardening for five sessions this spring.

Paige assisted the Master Gardener’s in the area to secure a grant to plant a pollinator garden at the Rainbow Community Garden. Educational classes for the public will be held to teach about the importance of protecting bees and providing habitat for other plant pollinators.

Plant ID and Diagnostics  
Spring time brings about many questions involving trees, lawns, crops, and gardens. Particularly insects, disease, and other detrimental factors concern home gardeners and agriculturalists. Paige offers diagnostic assistance to stakeholders throughout the season to offer treatment and prevention suggestions.

Livestock Production Programs and Judges Certification  
Paige collaborated with the NDSU Nutrient Management Specialist to provide education to area livestock and horse producers. A program was offered in Minot to address production issues including proper manure and livestock mortality management, pasture and grazing management, vaccinations and spring health care, and reproductive management techniques. Paige organized and taught the statewide 4-H Judges Certification Training in Minot in May. Over 25 participants traveled to the area to become certified 4-H judges.

4-H Camps and Judging Contests  
Paige chaired two statewide 4-H camps this summer in Washburn. Youth from across the state came to the camps 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. Along with the statewide program, Paige taught livestock and horse stockmanship programs locally for youth and adults in Ward County.

Ward County had three judging teams compete at the state Meat Judging Contest in Fargo in June earning two state championships. The youth learn consumer skills related to identifying meat products, analyzing cooking methods, and placing meat products from beef, pork, lamb carcasses, and retail cuts. They also had over a dozen youth travel to Fargo for the State Horse Project Contests to compete in Hippology, Horse Judging, Quiz Bowl, and Speech and Demonstration contests. The teams practice with Paige weekly throughout the spring and received many team and individual awards. Ellen has been working with three 4-H youth to prepare for the State Fair Consumer Choices contest.

Garden to Table Project  
Through the Garden to Table project Ward County youth have learned about gardening and in turn developed meaningful relationships with other youth and adults.

Fruitful mentorship has been a positive light in this project with youth and adults growing in attitude and discipline. The produce from this garden will be used for youth cooking classes and leftovers will be donated to local food shelters. This project is led by 4-H and Ward County Juvenile Court.

Environmental Education  
Earlier in May Mike took part in the North Dakota State Envirathon competition at Crystal Springs Bible Camp. The state Envirathon competition included youth from all over the state with exceptional teams competing from Minot. The competition tested their knowledge of natural resources management topics. Following this event Mike was able to sit down with local science educators in Minot and devise a plan to increase science related academic afterschool programs for the 2016 school year.

Young people of Ward County have latched on to the recent opportunities of getting closer to mother nature through this summer’s service events and academic competitions. In late May more than thirty 4H youth and adults from Minot’s Kohls store took part in a tree planting with Minot Park District to plant dozens of large trees. Through this community service event Minot Park
District was awarded Tree City USA from the Arbor Day Foundation and North Dakota Forest Service. Ward County 4H was awarded $1500 from Kohls Go Green for this community service.

Air Force and 4H join forces
In June Mike took part in a program planning meeting with North Dakota Military installations including Minot Air Force Base in hopes to establish intertwined programming on and off Minot Air Force Base. In partnership with the MAFB youth center, Ward County 4H will install a deeper mentorship and diverse set of activities to educate youth in the areas of STEM related academic disciplines.

Communication Arts District Contest
This year Ward County 4H hosted the district level Communication Arts contest. The contest was held at Jim Hill Middle School and included more than thirty youth from a five county surrounding area. The youth honed their presentation skills and competed at chances to go to the state contest.

Achievement Days
The 84th Annual Ward County Achievement Days flew by with great success! An astounding 225 Ward County 4H youth participated in various events including small animal exhibits, livestock showing, and static exhibit projects. Mike Slotten lead the event this year with assistance from Shirrell Ott. Paige, Ellen, Trisha Jessen, Holly Arnold, Laura Morelli, and Micki Mertz from the extension office got involved as judges, helpers, and organizers and were assisted by more than 100 adult volunteers.

Ellen headed up the 4-H Concession booth during 4-H Achievement Days, purchasing food and working with 4-H clubs to prepare and serve food for 4-H families. Ellen also chairs the BBQ the last night of Achievement Days.

Food Pantry Visits
Trisha held a booth at Our Lady of Grace Food Pantry twice this quarter. In April participants discussed ways to shape up for spring and tried out stretch bands. They sampled fruit and cheese kabobs and were given calendars that include several nutritious, low-cost recipes. In June (National Dairy Month) participants discussed ways to use dry milk and add more calcium to their diets. They sampled a variety of cheeses and whole grain crackers.

Creates at Milton Young Towers
Trisha and Ellen began the Creates curriculum at Milton Young Towers. Each month residents come to the cooking demo and learn how to prepare recipes. In May we demonstrated making a casserole and June was quesadillas. A grant written by the public housing site allows participants to take home ingredients after each class to duplicate the recipes.

Walk at Work Day and Fruit Sales
May 19th was National Walk at Work Day. Ward County Wellness members, Trisha and Ellen, encouraged Ward County employees to fit in time for physical activity to earn an incentive and wellness points. Employees were encouraged to participate in the Sanford Health employee wellness program. Employees have also been enjoying the fresh fruit that is for sale at the 2nd floor break room. Trish and Ellen take turns purchasing the produce, giving employees a healthy snack option.

Oak Park Summer Food Program
Many families find it a financial struggle to feed their children in the months they are not in school, especially those that rely on the free and reduced rate meals. Fortunately, children 18 and under can eat for free at Oak Park. Trisha is visiting families at the feeding site four times this summer. In June, families were encouraged to think about their beverage choices. She discussed the amount of sugar in drinks and compared the different types of milk. Participants were encouraged to increase water consumption and were given reusable water bottles. In July families talked about ways to increase physical activity and reduce sitting. Youth were given kick balls after answering fitness trivia questions.

Summer School Nutrition Education
Trisha visited Sunnyside Elementary School summer program twice in June. Students learned about the benefits of fruits and vegetables and participated in a Scotty Snacker skit. Trisha made Magic Fruit Salad using...
Ward County Quarterly Program Highlights for April, May, and June 2016
Extension Agents: Paige Brummund, Ellen Bjelland, Michael Slotten, Holly Arnold, Trisha Jessen

On the Move
Ellen finished up the last of the seven schools’ On the Move program for 5th grade students. She added Bell School this year to the list of rural schools. She taught the lessons to 13 classrooms and 226 students.

Public Presentations
1) The Minot Area Retired Teachers Association invited Ellen to present to their group in April. They requested the Nourish Your Muscles lesson. Perhaps because they are educators, many questions were asked! 2) The women’s fellowship group at St. John the Apostle Catholic Church asked Ellen to present Nourish Your Brain at their monthly meeting in May. 3) Ellen had a booth at the Annual Salute to Seniors promoting gardening and sun safety. She also had a booth promoting the “Nourish” lessons at the AARP Healthy Aging Lunch ‘N learn. 4) Ellen taught a lesson on using herbs and spices to enhance the flavor of food (and reduce sodium) to Lund Homemakers in June. 5) At the request of Farm Bureau, Ellen taught a short lesson on how to prepare and use pulse crops for the Food, Land, and People class.

Lead Local
Ward County NDSU Extension Service hosted a Lead Local event in April. The program serves as training for aspiring, elected, and appointed leaders serving on boards, councils, and committees. Holly coordinated the event with Lynette Flage and NDSU to facilitate the program in Ward County. Ellen taught the Real Colors lesson as part of Lead Local. The aim of Real Colors is to understand yourself as well as how to relate to others who are different from us. Community Vitality staff Lynette and Jodi Bruns led the remainder of the program.

Parent Support
Holly facilitated 7 on-site parent support groups at New Hope, a residential addiction treatment center and 9 on-site parent support groups at Quentin Burdick Job Corps. 30 parents (unduplicated number—all numbers in remaining report at unduplicated) benefited from the programming.

Parent Education
Holly facilitated/taught 3 sessions of 1,2,3,4 Parents; 4 sessions of Parenting the Love and Logic Way in Berthold; 1 session of Parents Forever: The Divorce Transition; and provided 2 Parent Resource Center informational sessions. Parent Resource Center facilitator Audrey Williamson facilitated 1 session of Happiest Baby on the Blocks; 6 sessions of Nurtured Heart; and 6 sessions of Basic Beginnings at Minot Head Start. 51 parents attended the sessions.

Other
April was Child Abuse Prevention Month and Region 2 Parent Resource Center participated by distributing incentives, providing information, programming, and displays.

Region 2 PRC sponsored the Dr. David Walsh 21st Century Child and Youth Development: The Science and Art of Helping Kids Thrive Conference on April 28 for professionals and parents. A daytime and an evening session were held and 122 people attended.

Holly participated in the Legislative/Commissioner Update Session and facilitated the NDSU Extension Service Booth at the Verendrye Annual Meeting.

Holly provided interviews to KXMC for Prevent Child Abuse Month, the Dr. David Walsh Conference, and Lead Local.

Williamson facilitated 1 session of Happiest Baby on the Blocks; 6 sessions of Nurtured Heart; and 6 sessions of Basic Beginnings at Minot Head Start. 51 parents attended the sessions.
Bug Hunt
Ward County 4-H and the North Central Research Extension Center joined forces to offer an entomology bug discovery event at Upper Souris National Wildlife Refuge in August. This event brought extension Crop Protection Specialist Travis Prochaska to work with Mike Slotten to develop program materials for a Ward County Entomology Club to start in the spring of 2017.

Creates
Trisha Jessen and Ellen Bjelland completed the Creates curriculum at Milton Young Towers. Each month residents came to a cooking demo and learned how to prepare nutritious recipes using whole foods. In July they created a fruit and vegetable salad and in August a fruity dessert. A grant written by the public housing site allowed participants to take home ingredients after each class to duplicate the recipes.

Cooking 101
Trisha started the Cooking 101 curriculum at Harmony Center, a support center for adults with mental disabilities. Ellen lead the curriculum at Milton Young Towers. In the first 3 lessons, participants learned how to set up their kitchen, food safety basics, and grocery shopping made easy. This program will continue for the next several months.

Food Preservation & Food Safety
Ellen taught four food preservation classes in August and September, including three hands-on salsa making sessions. She prepared and taught a class on food safety for older adults in September for the Parker Center and taught a class on food safety for three Minot High School classes.

Stepping On
The fall prevention class, Stepping On, began mid-month. Ellen will teach the seven-week class at Zion Lutheran Church, a great location!

Parent Support
Holly Arnold facilitated 10 on-site parent support groups at New Hope, a residential addiction treatment center and 13 on-site parent support groups at Quentin Burdick Job Corps. Thirty four parents (unduplicated number—all numbers in remaining report at unduplicated) benefited from the programming.

Parent Education
Holly taught 3 sessions of 1,2,3,4 Parents; 1 session of Parents Forever: The Divorce Transition. Seven parents attended the sessions. The Nurtured Heart Approach, Signing with Young Children and Active Parenting of Teens all began this quarter and will be completed in October. Holly also gave a presentation to 24 Ward County Social Services employees about the Region 2 Parent Resource Center program.

Conferences
Ellen attended the annual conference of the National Extension Association of Family & Consumer Science in Big Sky, MT, where she received the Continued Excellence award.

Summer School Nutrition Education
Trisha visited Sunnyside Elementary School summer program several times this summer. In July, students learned about the many forms of fruits and vegetables. Students tasted peaches 4 ways: dried, fresh, canned and frozen and voted on favorites. At a second July visit, students learned how to understand the food label and also how to read a recipe. They helped prepare and sampled black bean salsa. In August we concluded the program with discussing where our food comes from. They enjoyed a dairy skit and making butter.

Oak Park Summer Food Program
Trisha continued visiting families at the Oak Park summer meal site. Families talked about ways to increase physical activity and reduce sitting. Youth were given hackey sacks. In August families learned about smart snack options, both at home and school. Students received fruit and vegetable erasers and the adults received the new NDSU Extension Eat Smart Play Hard magazines.

Design Your Succession Plan
Paige Brummund is involved in the program planning of the Design Your Succession Plan program. Paige and Ellen taught the curriculum to extension agents around the state so they will be able to teach the program in their own counties.
Ward County 4-H participated in National 4-H week by presenting the Drone Discovery educational activity to over 386 youth throughout schools in Ward County. **Mike** attended seven separate schools throughout Ward County to make these presentations which positively promoted 4-H.

### North Dakota State Fair and Surrounding Counties
The month of July was filled with 4-H activities including consumer choices workouts, the county 4-H Project Expo, and the county Clothing Revue. **Holly** represented Ward County Extension Service at National Night Out where 129 kids enjoyed the paint and glitter activity. **Ellen** and **Holly** assisted with the NDSU Extension Service booth for Family Day at the ND State Fair and **Paige** assisted with many of the horse and livestock shows. **Ellen** also co-chaired the state Clothing Revue with Morton County FCS Agent Vanessa Hoines due to the illness of the current chair.

### 2nd Story Clean-Up
4-H Ward County Junior Ambassadors joined with 2nd Story Club in Minot to clean up downtown. This event fostered relationships between the 4-H Ward County Junior Ambassador program and community members that participate with the 2nd Story Club.

### Pollinator Garden
**Paige** collaborated with area Master Gardeners to plant a demonstration Pollinator Garden in Ward County. The goal for this pollinator garden is to reverse the downward trend seen in honeybees throughout the nation. The garden was used as a teaching tool to inform the public about the importance of pollinators for the success of food production and to educate them on how to enhance pollinator habitat in their landscapes.

### Field Visits, Crop Surveys, and Crop Tours.
**Paige** participated in sampling a variety of crops for a multitude of surveys. Some of these programs included the National Sunflower Survey, the ND 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. **Paige** both attended and assisted with the organization of crop tours this summer.
Parent Support

Holly Arnold facilitated 6 on-site parent support groups at New Hope, a residential addiction treatment center and 4 on-site parent support groups at Quentin Burdick Job Corps. 31 parents (unduplicated number—all numbers in remaining report are unduplicated) benefited from the programming.

Parent Education

Holly facilitated 1 session of Parenting the First Five Years and 4 sessions of Active Parenting of Teens. Contracted PRC facilitators taught 6 sessions of The Nurtured Heart Approach, 8 sessions of Signing with Young Children and 2 sessions of Happiest Baby on the Block. A total of 42 parents attended the classes.

Other

Holly and Micki Mertz assisted with 4H Activity Day.

Conferences/Training

Holly and Ellen Bjelland attended the National Council on Family Relations Annual Conference in Minneapolis in November. Holly attended the annual NDSU Extension Service and REC Conference which was held in Fargo during October.

Holly attended a 2 day training in Fargo and became certified as a facilitator for Powerful Tools for Caregivers and Powerful Tools for Caregivers of Children with Special Needs.

Family & Consumer Sciences

This quarter was busy with classes, professional development, 4-H youth, and snowstorms! Ellen coordinated another Stepping On (fall prevention) class in cooperation with Minot Commission on Aging, North Shore Health Care, and Zion Lutheran Church. Thirteen people completed the seven-week class.

Ellen got in one 2nd grade and two 5th grade On the Move sessions before the end of the year. These are five-week health and wellness programs geared toward the development of healthy habits.

Ellen serves on the coordination committee of the area’s $MRTZ program which teaches financial literacy to area high school seniors. She also taught a lesson on spending plans during the program.

4H & Youth Development

After Mike Slotten’s resignation, Shirrell Ott and Ellen took the lead for the annual Drift Prairie Day (outdoor education at Lake Darling) and the Multi-County 4-H Activity Day. Eleven youth participated in Drift Prairie Day and 183 from nine Northwest ND counties attended Multi-County 4-H Activity Day.

Paige Brummund, Ellen and Shirrell participated in the interviews for a new 4-H Youth Development Agent. Happily, Emily Goff said yes and starts in the Ward County office on March 1.

3rd Grade Nutrition Education

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

Milton Young Towers “Eat Smart, Live Strong”

Trisha offered the Eat Smart, Live Strong curriculum to low-income adults and seniors living at Milton Young Towers. Four interactive lessons promoted two key behaviors to improve health and quality of life: 1) Eating at least 1 ½ cups of fruits and 2 cups of vegetables every day. 2) Participate in at least 30 minutes of physical activity most days of the week. Sessions focused on setting weekly goals and tracking progress. Each session started with participants learning four exercises. They were given handouts to reference at home, resulting in 16 physical activity sheets. Challenges to meeting the healthy goals were discussed and solutions were shared. Each week a fruit or vegetable recipe was demonstrated and participants enjoyed the healthy samples. Milton Young Towers provided attendees the ingredients to prepare the nutritious recipe at home.
Ward County Quarterly Program Highlights for October, November, and December, 2016

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

2nd Grade Nutrition Education
Trisha taught the On the Move Junior program to 3 classrooms at Sunnyside Elementary School. This is a five-week school-based curriculum for second grade students. It is based on MyPlate, the current icon for nutrition and includes children’s story books and hands-on activities. The curriculum aims to improve the variety of healthful foods that children consume, especially the amount of fruits and vegetables they consume. It also aims to improve fitness habits. Parents receive newsletters and participate in goal setting and other family-based activities.

Master Gardener Program
Paige teaches and coordinates the Master Gardener Program in Minot. The program develops community volunteers with an interest in horticulture. In 2016, Ward County Master Gardener volunteers donated more than 372 hours to community service projects at a value of over $9,389! In addition, Master Gardeners residing in surrounding counties participated in Extension Master Gardening volunteer projects around Minot and donated an additional 717 hours for a total additional impact of over $18,109 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. Local feed costs and the Veterinary Feed Directive were also discussed at the workshop.

Silage Sampling Program
Paige sampled silage for producers across the county. The samples will be evaluated to determine factors contributing to and variation in quality of corn silage harvested. Paige works with producers to develop rations for livestock producers and will use the results of the samples from individual producers to assist with livestock husbandry and winter management of their cow herds.

Additional Activities:
Additional Extension programs that were held in the county in collaboration with partnering agencies included the Ag Lender Outlook Conference, the International Durum Forum, the North Dakota Crop Improvement Association Meeting, and Public Perceptions and Today’s Livestock Industry Meeting.