Lifestyle Coach Training
In February, Trisha Jessen recruited attendees and organized a 16-hour Lifestyle Coach Training for individuals to become certified to deliver the National Diabetes Prevention Program. Six certified participants are now able to teach the year-long program that educates and supports adults at risk for developing Type-2 Diabetes.

Adult Nutrition Education
Trisha presented nutrition education and strategies to save money on food to adults at several locations in Minot. Participants at each site are eligible for assistance programs such as SNAP, WIC, or Headstart. She visits each site on a monthly basis - North Central Human Service Center Treatment Center, Second Story, Harmony Center, and Milton Young Towers. Participants receive research-based, interactive lessons that include food demonstrations, recipes to try at home, and incentives to practice new skills.

School Nutrition Education
Trisha delivered a five-lesson Go Wild curriculum to fourth grade classrooms. This program encourages students to eat more fruits and vegetables and to become more physically active. The curriculum incorporates an animal character to educate students about area wildlife. Lessons include games, music and dance, parent education and tasting opportunities.

This quarter, Trisha completed three sessions of a six-lesson Strong Bodies curriculum to fourth grade classrooms. This curriculum provides hands-on activities to increase knowledge and change behavior related to nutrition and fitness topics, with an emphasis on building strong bones and muscles. Families receive weekly newsletters and students track one of the following each week – calcium, protein, beverages, fruit/veggie intake and physical education.

In January, Trisha visited the Magic City Campus Independent Living group to cover wellness topics. This group is comprised of teenage students with a developmental disability and focuses on gaining necessary skills to live more independently.

Sunnyside Elementary School requested Trisha and Holly Arnold to present at their Health and Safety Fair in March for students kindergarten through fifth grade. Trisha focused on food safety and nutrition and Holly focused on child sleep health and recommendations.

Trisha also completed a Smarter Lunchroom Scorecard at Sunnyside Elementary School. The scorecard contains 60 strategies that lunchrooms can use to increase participation, improve consumption of healthy food, and reduce waste. She has assisted the school with multiple wellness strategies and plans to post assess in May.

Ellen Bjelland began the year with service on the National Extension Association of Family & Consumer Sciences (NEAFCS) Board at the mid-winter meeting. This is her last year on the Board in the role of Central Region Director. In February, Ellen co-led the association meetings at the Joint Council of Extension Professionals in San Antonio, TX.

On The Move
Winter is the time of the year when Ellen is in the schools with the On the Move curriculum for second and fifth grades. Ellen taught the five-week sessions at Berthold, Burlington, and Nedrose schools. Ellen also recruited two volunteers to teach On the Move in Minot and Towner through a pilot program of NDSU Food and Nutrition.

Real Colors©
On the community development front, Ellen led a Real Colors© workshop for the Women’s Leadership Program participants. She also coordinated the annual Behavioral Health Interactive Video Network (IVN) in cooperation with First District Health Unit.

Stepping On©
Finally, Ellen and Mercer County Family & Community Wellness Agent Dena Kemmet co-led a training for new Stepping On© leaders in Minot. Ellen and Dena are master trainers for the program. Eleven people from western ND completed the training.

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Parent Support
Holly facilitated seven on-site parent support groups at New Hope, a residential addiction treatment center. Nine parents (unduplicated number—all numbers in remaining report are unduplicated) benefited from the programming.

Parent Education
Holly taught Parents Forever (for divorcing, separating, or never married parents) (one session, four parents); Parenting Children with Strong Emotions-Anger (one series, three sessions, 12 parents); Understanding Adverse Childhood Experiences (ACES) (one session, 41 foster parents) and Positive Parenting and Parenting Styles (one session, 35 parents). A contracted Parent and Family Resource Center (PFRC) facilitator taught Conscious Discipline (one series, five sessions, five parents); Basic Beginnings (one series, five sessions, five parents); and Active Parenting the First 5 Years (one series, three sessions, 12 parents).

Holly submitted a grant to the St. Joseph’s Community Health Foundation and received the funds to offer a full-day workshop for regional child and family professionals to be held in April 2019. An additional evening session will be held targeting parents and other caregivers.

Holly is participating in a multi-state opioid prevention grant which involves some coordination of programming, presenting, and training. In February, she presented the program “It’s Not About Drugs” to 41 high school students.

Ward County Ag Improvement Association
Paige Brummund 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 resistant weed management, grain marketing, and climate changes. Increase seed growers were selected to produce the newly released NDSU variety of flax known as ND Hammond. This new variety will be available for general use by farmers in 2020.

Youth for the Quality Care of Animals (YQCA)
Paige and Emily Goff taught the YQCA program to Ward County youth who will be exhibiting at the State Fair. YQCA helps our youth and their parents better understand what they can do to take the best care of their animals to produce the safest food possible.

Youth 4-H Judging Teams
Youth 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 coached the senior horse judging team to a 12th place finish at the National Western 4-H Roundup in Denver. Paige organized the Northwest Hippology Contest in Stanley and officiated the State FFA Livestock Judging Contest in Minot.

In January, Emily helped coach the horse contests including, Horse Judging, Hippology, and Quiz Bowl. State contests were held in March. The teams proved to be very successful, winning Junior Horse Judging, Intermediate Hippology and Junior Horse Quiz Bowl. The Junior Hippology team placed third, with multiple individual awards received. Also, the youth participated in Horse Speech, Demonstration, Team Demonstration and Illustrated Talk. Ward County members won the contest, as well as placing in the top 10 for each category.

Beef Cattle Programming
A corn silage production meeting was held in January. As hay prices increase, growing corn for silage has become a more economical and high quality feed choice. However, there are special considerations and challenges to growing and handling corn silage feed. Corn production, economics, handling, nutrition, ration balancing, storage, and safety topics were covered at the meeting.

The drought conditions of 2017-2018 have led to continued land and livestock management concerns.
Climate forecasts predict droughts to become more frequent and more severe in the future. A drought planning workshop was held in February to assist producers in making decisions on their operations that will help them better handle and recover from drought.

**Crop Programming**
During the winter season, Paige facilitates, teaches, participates in, and organizes a variety of crop production meetings geared towards producers. Some of the programs this year included: ND Crop Scout School, Pea and Lentil Conference, Brine Spill Management, Best of the Best in Wheat Production, Crop Advisor Update, Crop Marketing Club, Grain Bin Safety, State Crop Improvement Meetings, Soil Testing Workshop, Cover Crop Grazing, and the KMOT Ag Expo. Paige also represented the ND Association of Agriculture Extension Agents (NDAAEA) at the Joint Council of Extension Professionals (JCEP) national conference in February.

**Pesticide Certification**
Ward County certified approximately 150 farmers and ranchers to use restricted pesticides on their operations. Producers wishing to purchase restricted use pesticides must attend these meetings every three years to keep their license current. Topics, such as handling pesticides safely, regulatory issues, preventing pesticide drift, weed resistance management and new pesticide use recommendations were taught by Paige, North Dakota Department of Agriculture staff, and NDSU specialists at each meeting. In addition, to the private pesticide applicators certification, Paige also facilitates the training for approximately 200 commercial pesticide certifications in the North Central and Northwest regions of the state.

**Horticulture Programming**
Paige taught above nuisance pest control for the statewide Master Gardener course. Paige and Ken hosted the NDSU Spring Fever Garden Forums for horticulturists 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. Horticulture programming continues to be a large portion of the utilization of the Extension office during the growing season months.

**Coding and Computers**
Emily went to the Minot Public Library and 4-H club meetings several times with lessons about Coding and Computers throughout February and March.

**Leadership Awareness Weekend (LAW)**
Emily was on the LAW committee and attended the February conference February in Bismarck. Youth from all over the state were able to learn about leadership, interview actual politicians and sit with legislators during a session at the state capitol.

**After-School Program**
Emily and Ellen helped with the after-school program at Nedrose Elementary.

**Ag in the Classroom**
Emily worked with Paige at Edison Elementary for Ag in the Classroom.

**Generations**
Emily and Holly went to Mohall and Minot classrooms to share information about generations, how they are different and what they have in common.
On The Move
Ellen Bjelland finished the On the Move classes by the end of the school year. This year she went to Berthold, Burlington, and Nedrose schools; she was in nine classrooms of 2nd and 5th graders. In addition, Renae Beeter, Ward County Advisory Council Member, volunteered to teach four 2nd grade classrooms at Lewis and Clark Elementary in Minot, reaching 79 youth.

Stepping On
A seven-week class of Stepping On was held this spring at Zion Lutheran Church. Ten people completed the course. The class was led by five different leaders, including Ellen.

Community
Ellen taught several community sessions this spring, including Edgewood Vista, Lund Homemakers, Minot Child Support, and Milton Young Towers. She also started a series on financial management for clients of Hope’s House. Finally, she had a booth on sun safety at the Verendrye Electric Annual Meeting.

As part of the Ward County Extension office, Ellen was in charge of concessions for the week of 4-H Achievement Days.

Emily Goff was able to squeeze in some other programs and trainings prior to delving into preparation for Achievement Days. Trainings included a 4-H training session in Bismarck and she attended and presented at the National Extension Conference on Volunteerism (NECV) in Billings, Montana.

Youth for the Quality Care of Animals (YQCA)
Emily and Paige Brummund finished up the YQCA certification for 4-H members. It is mandatory for youth to become certified before showing their animals at the North Dakota State Fair. In May, horse and livestock exhibitors got the chance to practice and polish their showmanship skills at the Minot Trail Riders arena. Paige and several Extension specialists were in attendance assisting with the demonstrations and lessons.

Generations in the Workplace
Emily, along with State Specialist Rachelle Vettern, presented on Generations in the Workplace. Emily also presented with Holly Arnold twice at the Minot Air Force Base later in May.

4-H
April started with the last 4-H Council Meeting prior to Achievement Days. April to June revolved around preparing for Achievement Days.

With June came the Ward County 4-H Achievement Days. There were approximately 240 youth in attendance with well over 1000 exhibits brought in for display. Many thanks to all of the Extension staff who devoted numerous hours in preparation and work during Achievement Days.

Communication Arts
Communication Arts was wrapped up this quarter. The Ward County contest was in April and the District contest was hosted in Towner, in May. Youth from Ward County did well at districts and the majority qualified for the state communication arts contest, to be held in July at the Ward County Administration Building.

On the Move Strong Bodies for 4th Graders
Trisha Jessen taught the final three lessons of the six-lesson Strong Bodies series to several 4th grade classrooms in April and May. This curriculum provides hands-on activities to increase knowledge and change behavior related to nutrition and fitness topics, with an emphasis on building strong bones and muscles through healthful food choices and physical activity. Families receive weekly newsletters and each week students track one of the following: calcium, protein, water, fruit/vegetable intake and physical activity.
Sunnyside School Smarter Lunchroom
Beginning in January, Trisha has worked with Sunnyside Elementary School to complete a Smarter Lunchroom assessment. This is a nationwide movement based on proven strategies for providing nutritious options in the school lunchroom and nudging students to eat the healthy options. After strategies were implemented, a post assessment was given in May. Scores increased from a bronze level of 23 to a silver level of 29.

On the Move to Better Health Kids Cooking School
On the Move to Better Health Cooking School is a curriculum to teach children about nutrition and health as they explore hands-on food preparation. Trisha is teaching this at two schools this summer, Perkett and Washington Elementary. At the first visit, Trisha taught 4th and 5th grade youth about MyPlate and how to read recipes. They practiced measuring skills and made blueberry muffins from scratch. At the second visit, they focused on food safety skills and learned about various kitchen tools and equipment. The students practiced knife skills and made ants on a log. They also prepared grilled peanut butter and jelly sandwiches. Each school will receive three more lessons this summer.

Walk Minot
As Minot Area Team Wellness members, Trisha and Ellen helped organize and facilitate Walk Minot. This is a series of family friendly walks held on Wednesday evenings. They are held at a variety of locations and have an education component. The spring/summer locations include: Oak Park, Minot State University, Scandinavian Park, Leach Park, Roosevelt Park, Woodland Trail, YMCA and Roosevelt Park Zoo. Wellness education is distributed to all participants.

Food Pantry Visits
Trisha held a booth at two area food pantries, Our Lady of Grace (4/25) and The Lord’s Cupboard (5/20). She promoted healthy, economical meals using MyPlate. She also provided a reference booklet that gives the information of programs to help feed families in the Minot area.

Parent Support
Holly Arnold facilitated three on-site parent support groups at New Hope, a residential addiction treatment center. One parent (unduplicated number-all numbers in remaining report are unduplicated) attended programming as the facility transitioned from serving mothers and their children to providing services to adults only (no minors may accompany those in treatment).

Parent Education
Holly taught Parenting the Love and Logic Way (1 series, 6 sessions, 20 parents). A contracted PFRC facilitator taught Conscious Discipline (1 series, 6 sessions, 25 parents), and Signing (1 series, 8 sessions, 6 parents). Childcare providers attended Conscious Discipline and Love and Logic and received training hours that are required for licensing.

Other
Holly submitted a grant proposal to the St. Joseph’s Community Health Foundation in January. The grant was approved and funds were received to offer a full day workshop, Childhood Stress: How a Relational Perspective
Empowers Our Understanding and Promotes Well-being for regional child and family professionals on April 11. A free evening session, Understanding My Child’s Behavior: What’s Going On? and How Can I Help? was offered for parents and other caregivers. The daytime program had 68 attendees and the evening program had 19. The programs coincided with Prevent Child Abuse Month. Other activities, displays, interviews, etc. were offered throughout April to promote positive parenting.

**Holly** is participating in a multi-state Opioid prevention grant which involves some coordination of programming, presenting and training. In June, she presented the program “The Opioid Public Health Crisis” for 30 adults. Numerous professionals attended the program and received continuing education credits.

**Holly** assisted the 4-H program by judging the Communication Arts contest and static exhibits at the Ward County Achievement Days.

**Horticulture, Lawns, and Tree Programs**
**Paige Brummund** and **Ken Eraas** hosted the NDSU Spring Fever Garden Forums for horticulturists 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. Additional April and May workshops focusing on tree care, common plant diseases and pests, pruning, and perennial plant selection were well attended.

The NDSU Master Gardeners in Ward County are maintaining a pollinator garden as part of the City of Minot Adopt-A-Lot program. The garden is used to educate the public on the importance of pollinating insects and is a featured stop at various summer garden tours. The Master Gardeners have also volunteered their time planning and developing sensory and raised bed gardens at area assisted living centers. The group also provides their expertise with their “Let’s Talk Plants” booth at area farmer’s markets and garden shows.

Horticulture programming continues to be a significant portion of the utilization of the Extension office in the growing season months. Workshops and individual consultation are provided by **Ken** and **Paige**.

**Field Surveys**
**Paige** collaborates with producers across the county to conduct a number of field surveys during the growing season. Some of the data collected includes swede midge, wheat midge, wheat establishment, soybean yield, corn emergence, soil salinity, and sunflower disease and pest data. Paige also works with livestock producers on forage sampling, grazing utilization, compost management, water quality, and silage production.

**Drought Concerns and Assistance**
**Paige** spent much of the spring focused on drought remediation education for livestock and crop producers. Ward County is experiencing its third consecutive year of drought conditions. The absence of May moisture set back many early seeded crops and has reduced the forage availability. Rangelands rely on early spring moisture to produce high yields and grass production is below average across the county. Water quality concerns are also becoming more widespread as summer temperatures rise. Extension resources are shared to manage risks and offer assistance for planning for the future.
ND 4-H Camps
Paige taught at the state 4-H Horsemanship camp 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.

Extension Featured at Inaugural ND Horse Expo
In June, Paige presented at the ND Horse Expo, held in Minot. Over 1500 people visited the expo. Paige shared Extension resources on drought management, pasture care, ration balancing, composting animal manures, and emergency first aid for livestock. Horse owners make up a significant part of the livestock producers in the county and requests for programming remain high.
Yoga Minot
Following a successful Walk Minot season that was held May through July, Minot Area Team Wellness members, Trisha Jessen and Ellen Bjelland, continued the weekly community fitness by hosting Yoga Minot. This was held each Thursday evening in August at various parks in Minot. The sessions were free to the public and led by a yoga instructor. Wellness education was distributed to the participants at each session.

Create Better Health
This quarter Trisha began teaching the Create Better Health series to several adults at centers for people with disabilities (Harmony Center and Second Story) and at public housing sites (Milton Young Towers and Henry Towers). The goal is to teach participants the knowledge and cooking skills necessary to lead an active and healthy life on limited resources. Henry Towers also requested a session on incorporating fitness into their day. Trisha introduced the use of stretch bands into their weekly fitness program.

Food Pantry Education
Trisha visited two area food pantries, Our Lady of Grace and The Lord’s Cupboard, that provide food to hundreds of Ward County residents on either a weekly or monthly basis. Trisha set up a booth on four occasions to visit with the families. She discussed programs to assist families and provided strategies to stretch their food budget while providing nutritious food.

North Dakota State Fair
Many of the Extension agents helped out at the North Dakota State Fair. Paige Brummund was heavily involved with the state 4-H Horse Shows. Paige and Emily Goff were involved with the state 4-H Goat Shows and Ellen co-chaired the Clothing Revue. Holly Arnold coordinated the state NDSU Extension booth for the annual NDSF Family Day. Approximately 350 adults and children visited and participated in the hands-on activity. Emily and Ellen helped managed the state Communication Arts contest which was held at the Ward County Administration Building.

4-H and Youth
July was filled with 4-H activities, including local and state Clothing Revues, Project Expo and Consumer Decision Making contests.

Emily conducted 4-H Cloverbud Adventure camps with a total of 34 youth from Ward County in attendance. Camps were held in Minot, Minot Air Force Base, and Surrey.

Ellen taught lessons at the You’re the Chef 4-H summer camp and also served as a judge at McLean, Mercer and Mountrail counties.

In August, Ellen conducted a three-day Kids Cooking School. Lessons covered vegetable cookery, baking, and preparing proteins.

The new 4-H year began on September 1st. Emily went to South Prairie, Sunnyside, and Roosevelt Elementary schools to promote 4-H to potential new members. Shirrell Ott also helped recruit members at Bell Elementary. Ward County has 20 new families registered for 4-H this year since enrollment has begun.

The Schauer archery shoot was held near Carpio with 57 youth in attendance. Emily has also started scheduling schools for the 2019 National Youth Science Day project. The first school she went to was a 5th grade class in Kenmare. Emily is looking forward to using this lesson more often in the next coming months.

Parent Support
Holly began providing two parent education classes at Hope’s House, a co-ed residential addiction treatment center in September.

Parent Education
Holly taught Parenting the Love and Logic Way (one series, six sessions, 19 parents) and Active Parenting the First Five Years (one series, three sessions/six parents). Holly taught three sessions of The Importance of Sleep and Routines for 29 Sunnyside School parents (unduplicated numbers-participants counted once).

Smarter Lunchrooms
In early August, Ellen taught a lesson on Smarter Lunchrooms for area school lunch providers. The focus was on how to increase consumption of fruits and vegetables.

Personal Finance Lessons
Ellen continues to deliver personal finance lessons to residents of Hope’s House every two weeks. Topics have ranged from developing a spending plan to improving your credit score to setting financial goals.
On the Move to Better Health
Ellen met with Minot State University nursing students to orient them to the On the Move to Better Health program for 5th-grade students. The nursing students will present the program at Sunnyside Elementary in October. If all goes well, next semester’s students will teach the lessons at another Minot elementary school.

Field Visits, Tours, and Crop Surveys
Paige conducted farmer field visits, tours, and sampling of a variety of crops for research surveys. Some of these included forage and water sampling, the National Sunflower Survey, the Wheat Midge Survey, the Soybean Cyst Nematode Program, Pulse Crop Survey, and yield surveys. Paige works with area crop and livestock producers to collect the samples and provide education on the topics once the results of the samples are analyzed.

Drought Management Assistance
For three consecutive growing seasons, the Ward County area has been experiencing a significant drought. The County was consistently in a mild-severe drought from 2017 through August of 2019. Paige assisted producers with developing drought management strategies to reduce the effects of drought on their operations. Some of the programs and services provided to crop and livestock producers included pasture management tours, water quality assessments, nitrate testing of annual forage crops, nutrient analysis of available feeds, and alternative feeds used in ration development. Additionally, crop inputs were analyzed for potential economic returns. Crop prices are low, and producers were relying on high yields in order to generate revenue. Conversely, Ward County is now experiencing the wettest fall on record and Paige is providing information on managing through the excessive moisture during harvest.

Horticulture Programming
Ken Eraas once again joined the Ward County office for the summer months to assist with horticulture programming and related service requests. Ken made well over 1000 direct contacts with stakeholders and had thousands of indirect contacts through his regular presence in the media with news columns and social media posts.

Paige and Ken collaborated with area Master Gardeners to provide a pollinator demonstration garden tour, develop a sensory and therapeutic gardening program at Edgewood Vista, an assisted living center, and provided educational booths at area farmer’s markets throughout the season.

Dinner on the Prairie
Paige collaborated with various agriculture groups to represent Extension on the planning committee for the inaugural Dinner on the Prairie event. The public’s disconnect with agriculture and how food is produced has diminished with less than 2% of the population involved in production agriculture as compared to 40% a century ago. Extension provides education about modern agriculture production and related food and nutrition safety concerns. This event provided an atmosphere where people making and influencing food purchasing decisions can connect with the farmers and ranchers who grow the food we consume. Crop plots were on display next to the many food products featuring ND grown products. A meal largely sourced from local ingredients was served to the participants.

Other
Holly received a Prevent Child Abuse ND stipend to attend a two-day training addressing Adverse Childhood Experiences (ACES). Due to a registration waiver, she also attended a Nurturing Parenting Program training.

Holly is participating in a multi-state Opioid prevention grant, which involves some coordination of programming, presenting, and training. She presented a mini version of the program to the Kiwanis in August.

Ellen met twice with a local entrepreneur in July to do an analysis of her food product for sale to the public. She tested the pH level of the food and forwarded the information on to experts in Fargo for further consultation.
2nd Grade Nutrition Education
Trisha Jessen taught the On the Move Junior program to six second grade classrooms. This is a five-week curriculum based on MyPlate and includes children’s story books and hands-on activities. The curriculum aims to improve the variety of healthy foods that children consume, especially the amount of fruits and vegetables. It also aims to improve fitness habits. Students track weekly nutrition and parents receive newsletters and other family-based activities.

Adult Nutrition Education
Trisha taught the Create Better Health series to several adults in the Minot area. Monthly classes were held at the public housing site, Milton Young Towers; disability centers, Second Story and Harmony Center; and at North Central Human Service Center’s addictions unit. Participants learn necessary nutrition and cooking skills to lead a healthy life on limited resources.

Prevent Type 2 Diabetes
Trisha and Ellen Bjelland began the year-long program, Prevent T2. It is designed for people with prediabetes and also those at high risk for Type 2 Diabetes. This evidence based, Center for Disease Control National Diabetes prevention program has been shown to reduce participant weight on average by 6 percent and reduce diabetes risk by 58 percent. Participants focus on tracking food intake and physical activity as well as setting action plans. They meet weekly for 16 weeks, followed by an 8-month period of monthly meetings.

Food Preservation
Ellen taught lessons on pickling and other food preservation topics at the Nueta Hidatsa Sahnish Community College at New Town and at Edgewood Vista.

Stepping On
Ellen held a Stepping On class at First District Health Unit this fall. Ten individuals completed the seven-week fall prevention class. Partners in the program included First District Health Unit, Lutheran Social Services, North Dakota Department of Aging, and the Minot Commission on Aging.

4-H Youth Development
The new 4-H year began in September, meaning the 4-H office was busy recruiting new members and helping current members re-enroll. Emily Goff and Shirrell Ott visited several schools in the Minot area to promote 4-H. This year we have had 34 new families join 4-H in Ward County.

Three 4-H youth participated in range judging practices and competed at the State Range Judging Contest at New Salem.

Throughout September, October, and November, Emily presented National Youth Science Day lessons at several elementary schools in Ward County. In total, Emily reached over 350 youth, primarily in fourth and fifth grades.

4-H Multi-County Activity Day was held in November at the North Dakota State Fairgrounds. Youth were able to choose from 23 different activities. There were a total of 178 youth in attendance with 51 from Ward County.

Generations in the Workplace
Emily and State Volunteer Specialist, Rachelle Vettern, presented a webinar on Generations in the Workplace. The audience consisted of 41 Kansas Extension agents. Emily and Rachelle also presented during a Brown Bag Webinar hosted by Minnesota Extension. They reached an audience of 105 people from 14 states and two Canadian provinces.

Parent Education (all numbers are unduplicated-each participant counted once)
Holly Arnold taught parent education at Hope's House (a residential treatment center) twice a week; 16 people attended Crossroads of Parenting and Divorce - 5 Steps to Prevent Divorce Abuse; and 19 attended Active Parenting of Teens.

Holly taught Circle of Security, a new parent education option for Region 2, (one series, six sessions, two
participants (others were enrolled, but did not attend); Parenting Children with Strong Emotions (one series, four sessions, five participants); and Parenting the Love and Logic Way in Burlington as part of a parent engagement in the schools grant (one series, six sessions, 15 participants).

Holly also showed the documentary, Paper Tigers, to two groups and facilitated post-viewing discussion with 29 participants.

Holly presented Navigating Romantic Teen Relationships at Magic City Campus for a Family and Consumer Science class (one series, five sessions, 10 students, three adults). Also at MCC, she presented one session on Healthy Pregnancy for a child development class (12 students, two adults).

Facilitators contracted by Parent and Family Resource Center (PFRC) taught Active Parenting for Stepfamilies (one series, six sessions, four participants); Nurtured Heart (one series, six sessions, five participants); and Active Parenting the First 5 Years (one series, four sessions, 19 participants).

**Crop Programming**

Paige Brummund worked closely with the Farm Service Agency office to provide timely information on the changes to the Farm Bill. Producers will be making decisions on enrolling their farms in the programs in the upcoming 2020 signup period.

Paige conducted a variety of surveys and field samples across the county; such as the wheat midge survey, sunflower survey, silage survey, hay survey, and mycotoxin survey. Continued low commodity prices have been a major concern of farmers. Paige provided crop budgeting information and other farm business management tools to assist in getting by in times of tight margins and planning for the next growing season.

**Poor Harvest Conditions**

Ward County endured a third consecutive summer of drought and the entire state experienced the wettest fall on record. Many of the Extension education programs traditionally held in the late fall were postponed until after the new year to allow producers to finish harvesting. Paige worked to collect data on the progress and condition of the crops being harvested in the county. Information from these surveys and reports were used to seek a federal disaster declaration for agriculture producers.

**Livestock Programming**

Feed quality and quantity shortages are a concern for ranchers this year. The drought drastically impacted yields and the wet fall did not allow for enough quality feed to be obtained. Paige provided ration balancing assistance to help stretch feed supplies while providing adequate nutrients to the livestock. Additional presentations given at meetings and conferences included feeding sprouted wheat, grazing standing wheat and other unharvested crops, and weaning management. With the vacancy of a Livestock Specialist at the North Central Research Extension Center, Paige had an increase in requests for livestock assistance.

**Women In Agriculture Program**

Women make up around 30% of the farmers in Ward County; however, participation by women at traditional agriculture programs is less than 10%. To encourage involvement, Extension partnered with a local bank to provide a six week Women In Ag course to provide education on risk management in agriculture. Topics included crop marketing, farm insurance, ag financial statements, advocating for agriculture, communicating on the farm, managing stress on the farm, and succession planning.

**Other**

Ellen taught lessons at Magic City Campus and Milton Young Towers. She also continued bi-weekly finance lessons at Hope’s House during the quarter. Holly had a booth/display at Our Lady of Grace as part of their health fair.