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 four-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.

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.
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 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.