Rita Ussatis, Family and Community Wellness

A participant from a 2016 diabetes prevention program recently shared that she has used the tools she learned from the class on health lifestyle changes and has lost a total of 118 pounds. Due to this success, she was taken off her medications for pre-diabetes and blood pressure medicines by her physician. She states the program made the difference in her life.

The Cass County 4-H Consumer Decision Making team participated in the National Consumer Decision Making event in Denver. The team consisted of 4 youth from throughout Cass County. The 4-Her’s spent countless hours preparing for the national event, practicing giving oral reasons and working as a team on the group think portion. The team placed 5th in oral reasons, 6th in the group think process and 9th overall. The trip was funded by over 40 individual and business sponsors.

Community and city flood community meetings have been held throughout the county and Fargo. Extension has been involved in these meetings, providing research-based educational materials for before, during and after the flood. Over 400 county residents participated and were appreciative of the information received in regards to preparing for the flood. Search NDSU Extension Flood to learn about all the information available for disasters.

Mariam Said
EFNEP Nutrition Assistant

I taught Eating Smart and Being Active curriculum for adults of English language learners who have never been to a nutrition class. They learned the recommendations of dietary guidelines; i.e. eating variety of nutrient dense foods and watching portion sizes. They also learned about produce safety and the importance of staying active by walking or doing physical activity for thirty-minute everyday day for at least five days a week.

On the Move Junior 2nd graders ended. Kids enjoyed keeping track of fruits and veggies and most of them shared that they tried new fruits.
Sarah McNaughton  
4-H Youth Development

The Cass County 4-H program has been busy, hosting numerous contests and events. Our Communication Arts contest held in conjunction with our Project Expo contest was a huge success, with 36 4-H members qualifying to advance to district and state contests. These events help 4-H youth enhance their public speaking talents, and interview skills.

Our annual 4-H Carnival and raffle fund raiser was a huge success, with the county clubs raising $7,342. Each club brought a game booth for attendees, which ran in addition to cakewalk and bingo. Our annual fruit fund raiser was a success, with clubs receiving the $12,500 in profits split. These fund raisers are a success due to continued support from the Cass County community, 4-H members dedication, and volunteers who strive to see the program’s continued success.

Sharon Query  
Parenting & Family Education Coordinator

The Parenting News newsletter was sent out to over 3,000 recipients with news of upcomings parent education classes this spring.

Two Parent Education class series were held during March:

Bright Beginnings – Four 1.5 hour sessions with 5 participants

Love & Logic – Three 2 hour sessions with 20 participants

I hosted the Behavioral Health IVN for Your Family & Community with 5 participants. This was one of 19 sites across the state.

I taught Basic Beginnings for teen parents at Woodrow Wilson Alternative High School for two sessions with 5 parents in attendance.

Kyle Aasand  
Agriculture and Natural Resources

I started here in Cass county as the new ANR on February 11th. I have worked on a few impactful projects since then including hosting the Cass County Ag. Improvement meetings and presenting on identification and control of Palmer Amaranth. Palmer Amaranth can be a very difficult weed to control and was recently found in North Dakota as of last year. Even more concerning it was found in Richland County south of Cass County, so proper identification and management will be key. I also helped host private pesticide recertification trainings with Andrew Thostenson, the NDSU pesticide program specialist. At the final training I presented on Soybean Cyst Nematode an important pest in soybean. There are especially high SCN counts in Cass County so it is important for farmers to test their fields in the fall and develop a rotation to deal with it.

Staff Update

Urban Agent -- In process of interviewing candidates.

Horticulturist -- Position open -- accepting applications.

Family Nutrition Program Agent - In process of screening applicants.

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