**Real World Camp** was held with 205 youth from throughout Cass County participating. The youth learned about budgets, debit/credit cards, checking account and wants vs. needs. They applied what they learned in the morning breakout sessions by participating in a Real World City activity in the afternoon. Each youth was given a career, salary, and family status sheet. Then they visited 21 different community businesses to determine their monthly income/expenses. Over 60 adult volunteers assisted with this event and more than 20 businesses donated $10,000 to fund this activity. A follow-up survey showed a majority of students started to save money after attending. One student wrote, “I have saved my money. I used to have $20, now I have $110.20!”

**Don Kingler**

Horticulturist

- I’m thrilled to be the new horticulturist with Cass County Extension. I was born and raised in Lisbon, N.D., and after graduating from NDSU in horticulture, I worked with the Experiment Station and NDSU Extension Horticulture for six years. Then my wife and I operated a garden center in south Fargo for 20 years. For the past six years, I’ve been the garden columnist for Forum newspaper and host of WDAY’s Lawn and Garden Radio.

- During the past three months, I helped part-time in Cass County’s Extension office answering horticultural phone calls and emails. Despite spring weather that was largely uncooperative for gardening and yardwork, we received and answered 225 phone calls and emails. I assisted in coordination with the ongoing Urban Youth Garden Program located in North Fargo.

**Kayla Carlson**

Urban Agent

- My name is Kayla Carlson. I am the new Cass County Urban Extension Agent. I graduated North Dakota State University (NDSU) with bachelor’s degrees in Health Education and Physical Education and a Master in Public with an emphasis in Community Health Sciences. I have worked for NDSU Extension since 2015 as an agent in Richland County and Grand Forks County. Prior to joining Extension, I worked for the Fargo Public Schools serving special needs students and for several years as a gymnastics coach for the Fargo-Moorhead Acro Team at American Gold Gymnastics. I have a special interest in holistic health and assessing and addressing the influence of community factors on the health and wellbeing of the population. I look forward to working with our urban community.

**Rita Ussatis,**

Family and Community Wellness

- My name is Rita Ussatis, Family and Community Wellness. Real World Camp was held with 205 youth from throughout Cass County participating. The youth learned about budgets, debit/credit cards, checking account and wants vs. needs. They applied what they learned in the morning breakout sessions by participating in a Real World City activity in the afternoon. Each youth was given a career, salary, and family status sheet. Then they visited 21 different community businesses to determine their monthly income/expenses. Over 60 adult volunteers assisted with this event and more than 20 businesses donated $10,000 to fund this activity. A follow-up survey showed a majority of students started to save money after attending. One student wrote, “I have saved my money. I used to have $20, now I have $110.20!”

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**Sarah McNaughton**  
*4-H Youth Development*

- Recent events have included the Consumer Decision Making Contest, which teaches youth to be wise consumers and make economical choices by working through class choices and deliberating which fits the given scenario. Thirty-six youth competed in this contest, and some have formed both a Junior and Senior judging team. Twenty-one 4-H’ers competed in the Clothing Contest, which allows youth to showcase purchased, designed, or sewn garments. Fair preparations have been in full swing for 4-H members! This has included a Livestock Showmanship Clinic, during which 4-H’ers learned animal handling, show etiquette, and care. Livestock showing teaches youth diligence, patience, compassion, sportsmanship, responsibility, and ownership.

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**Kyle Aasand**  
*Agriculture and Natural Resources*

- I taught at a tractor safety school in Clifford that was put on by Cass, Traill, and Steele Counties.
- I attended a soil health tour that travelled down to South Dakota and learned about cover crops and crop rotation management practices to help farmers protect and build soil health.
- I chaperoned and taught at the 4-H Youth Extension Conference at NDSU.
- The late planting season this year due to weather and flooding set many farmers back in the fields, but the USDA has new rules for this year for any farmer that has acres in prevent plant. Farmers that planted cover crops on prevent plant acres can now hay, graze, or chop those fields on September 1 instead of November 1 and still be eligible for prevent plant reimbursement.

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**Mariam Said**  
*EFNEP Nutrition Assistant*

- I taught ELL students at the West Fargo adult education center. Participants learned how to eat variety of nutrient dense foods and how to save money while choosing healthy meals. They also learned about produce safety. Participants learned that it is important to stay active by walking or doing physical activity for thirty-minute every day for at least five days a week. One participant shared that she began freezing the leftover food to use it another day and by doing that she saved money. Another participant said that she has learned how to include fruits in her meals every day and now she reads nutrition label more often.
- I also introduced MyPlate to 56 children from kindergarten to fifth grade as a summer class. Children learned the five food groups and how to choose a healthy snack. In class we talked and practiced how to not spread germs.

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For more information contact:  
Cass County Extension  
1010 2nd Ave. South PO Box 2806  
Fargo, ND 58108-2806  
phone: (701)241-5700  
e-mail: NDSU.Cass.Extension@ndsu.edu  
www.ag.ndsu.edu/casscountyextension/