Prematurity class visit -- Doll
Did you know a micro preemie, a baby born before 26 weeks, weighs no more than a 28 oz can of tomatoes? This was just one of the facts that I shared with students in two parenting classes at Bismarck High School. Risk factors for prematurity, brain development, folic acid, and surfactant therapy were also discussed.

4-H Vendor Show - Fisher, Miller, Doll
As a fundraiser for camp scholarships, we hosted a vendor show on November 3rd. Funds from the rental of booths will help support Burleigh County youth to attend North Dakota 4-H camp.

See what our 4-H’ers are up to this month in the latest edition of the 4-H Newsletter.
Youth Project Day: Alcohol Ink Painting – Doll, Fisher
Eight youth attended a project day to learn how to paint with alcohol ink. Youth created a set of 4 coasters and 4 coffee mugs. One of the attendees said, “This is so much fun, I want to get some of this to do more projects at home!”

Agriculture & Natural Resources

Ag & Natural Resources Contacts – Burdolski
I received 9 calls, walk-ins, etc. related to agriculture and natural resource topics, such as land rent prices, hay prices, ergot’s effect on livestock, and pesticide trainings.

BSC Ag Marketing Club – Burdolski
Kyle Olson and I started up our ag marketing club for the season. This club meets Tuesday evenings from 7-9 PM at the Bismarck Career Academy from November thru March, free of charge and open to the public. On November 27, we had ten producers from the surrounding area attend a seminar presented by Phil Coffin, from Midwest Ag Energy, on the market outlook for 2019 for various crops and livestock.

Horticulture & Forestry

Horticulture/Forestry Contacts – Burdolski
The month of November slowed down a bit with horticulture/forestry calls. I received 7 calls, walk-ins, house visits, etc. on topics like fall needle drop, mole control, the Master Gardener program, and insect/tree identification.

Stepping On – Westby
The 7-week program to learn exercises and strategies to help prevent falling concluded this month. 17 participants completed the program and ending survey comments included the following regarding behaviors that are most likely to change: “Probably an overall awareness of being mindful of how age does impact movement”; “Do more of the exercises dealing with balance and I hope you will have more of these info classes for older people”; “Observation of environment and using grab bars”; “Add more lighting in my home”; “Be much more aware of my walking – watching
ahead!"; “Add more exercise”. I will again be working with Vanessa Hoines, Morton County FCW Agent to facilitate another Stepping On Program beginning at the end of January.

**Dan’s SuperMarket Recipe Demo – Johnson, Westby**

*Apple Coleslaw* was the recipe of choice for November’s food demo at Dan’s SuperMarket South. Trying to “lighten-up” coleslaw and add some extra nutrients from the traditional version was the objective with this tasty offering.

“Coffee Time” @ St. Gabriel’s – Westby

This NDSU program discusses the origins and history of coffee as well as the health benefits and the concerns that have been scientifically studied. I felt those in attendance added to the program as they could relate to the Egg Coffee that was often associated with large church dinners. We sampled coffee and baked goods that often go well with the beverage as the discussion continued.

**Eating Smart, Being Active – Johnson**

The eight-week Eating Smart, Being Active program wrapped up at First Choice Clinic with four different lessons being delivered in November including: Build Strong Bones, Make A Change (Sugar), Feeding Without the Fuss and Celebrate! Eat Smart and Be Active. Five people “graduated” from the course and received an EFNEP cookbook and bag of goodies including a cutting mat, measuring cups, measuring spoons, refrigerator thermometer and Cook It Safe! Magnet. Some things that participants mentioned they learned in class that will help their family eat healthier include: price comparing, don’t buy more than you will actually eat, measurement conversions and plan meals first then grocery shop.

**CREATEs at Dacotah Foundation – Johnson**

CREATEs teaches the concept of healthy eating on a limited grocery budget. In November eleven people worked together to CREATE wholesome and nutritious Wraps or Sandwiches from foods already found in the pantry and fridge. A pantry that is stocked with whole foods will help you create great tasting wraps or sandwiches. Hearty Veggie Quesadillas and Back-to-school Sandwich on a Stick were the two Wraps/Sandwiches prepared during this CREATEs session.

**3rd Grade Nutrition Education – Johnson**

Three sessions of the seven-week Go Wild with Fruits & Veggies! program were done in the third grade classrooms at Moses Elementary School in November. Various animal characters (Marty Moose, Becky Bear and Derek Deer) helped the students learn about green, blue and red fruits and veggies. Along the way, students are learning facts about wildlife, local foods and going green while engaging in interactive activities. This program also provides children opportunities to taste different fruits and vegetables.
On The Move to Better Health Junior – Westby
This month marked the start of the 5–lesson curriculum designed to increase student knowledge of the foods in the MyPlate eating guidelines. This 2nd grade curriculum includes a newsletter for parents/caregivers and surveys to determine knowledge gain. In the first two presentations, I shared information on the dairy and fruit groups and students charted their intakes of foods from these groups. Seventy-two students at Northridge School and ninety-six students at Lincoln school are participating in this program and it will continue through the month of December.

Moses PTO Presentation – Johnson
Michelle Dever, Moses School Nurse and I gave a Tablet to Table presentation to the Moses Elementary PTO about the $305.00 nutrition grant which we received from the ND Nutrition Council. Two tablets, two tablet screen protectors, two tablet cases and two tablet wall mounts were purchased with the grant. The tablets serve to display health information in the food service area of the lunchroom and to increase independence in students with type 1 Diabetes.

Kindergarten Nutrition Education – Johnson
Three sessions of the Discover MyPlate program were delivered in the kindergarten classrooms at Moses Elementary in November including: Fishing for Good Nutrition/Food Model Go Fish, Eat Your Colors/ Brown Paper Bag Mystery and Sorting Out Foods in Multiple Groups and “Sometimes” Foods. Students learned the colors of fruits and vegetables are like the colors of the rainbow and how to eat a rainbow of colors. They explored fruits and vegetables through their senses and sorted sometimes foods from foods that belong in the fruit and vegetable groups.

Slow Cooker Meals – Johnson
I gave a presentation on Slow Cooker Meals to a group of people at Heartview Foundation. We discussed the benefits of using a slow cooker, knowing your slow cooker and slow cooker safety. Participants were able to sample Slow Cooker Shortcut Ravioli Lasagna which simmered in the slow cooker during the presentation. Each participant had a chance to win one of several slow cookers donated by the District 5 CattleWomen, given away at the end of the program.

Farm Business Management In-Service – Burdolski
I attended the Farm Business Management in-service for NDSU Extension personnel on November 5th. This in-service was a valuable training day that educated attendees on the basics of commodity marketing, storage costs, and farm stress.
Soil Health Summit – Burdolski
The Soil Health Summit was held on November 7 and 8 at Bismarck State College. This summit was put on by Burleigh and Morton County Soil Conservation Districts, Natural Resources Conservation Service, ND Grazing Lands Coalition, and Dakota Prairies RC&D. Almost every seat in the 416 capacity room in the National Energy Center for Excellence was filled for this two-day event; farmers, ranchers, and agricultural professionals from across the region gathered to listen and learn from an exceptional slate of speakers, including Gabe Brown of Burleigh County. Speakers touched on topics like double-cropping, infiltration, regenerative farming, and soil biology.

Public Service Announcements
PSAs go to over 100 media contacts; this month
- Turkey Basics
- It’s Turkey Time!
- Care of Wild Game Meat

KFYR Noon Show – Burdolski, Westby
Tune in Tuesdays noon to 12:30pm. This month Agents Beth Burdolski and Alice Westby covered the following topics on the weekly Extension Report:
- (11/13) Succulent Care
- (11/20) Turkey Prep/Cooking Tips
- (11/27) BSC Ag Marketing Club

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