



Team Bladen

December 2019



2019 Employee Luncheon

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NC Kids Digital Library: Available with a Bladen County Public Library Card



Here's how it works: A collection of eBooks, audiobooks and streaming videos specifically for children from Pre-K through 4th grade are available on a custom website, <https://nckids.overdrive.com/> or through the Libby app.

- At least 300 titles are available with simultaneous access, available anytime with no wait lists
- Read-a-long titles are also available
- All titles can be accessed via the app on all major computers and devices, including iOS®, Android™, Chromebook™ and Kindle® (U.S. only).
- Easy, secure access. All that's needed to get started is a Bladen County library card

NC Kids Digital Library is sponsored by NCPLDA and the NC General Assembly with assistance from the State Library of NC, a division of the Dept. of Natural & Cultural Resources. It is available through all public libraries in North Carolina.

Holiday Challenge Underway

This holiday season, the only thing that should be “stuffed” is the turkey. Many Americans gain between 1 and 5 pounds each holiday season. While it might not sound like much, most people never manage to lose those extra pounds. You are invited to join the 13th annual *Eat Smart, Move More, Maintain, don't gain! Holiday Challenge*.

Rather than focusing on trying to lose weight, this **FREE** seven-week challenge provides you with strategies and resources to help *maintain* your weight throughout the holiday season.

All Holiday Challenge features will be sent directly to your email inbox when the program begins.

Holiday Challenge features include the following:

- Weekly Newsletters and Challenges
- Daily Tips
 - Survive a holiday party
 - Manage holiday stress
 - Stay active during the winter
- Healthy holiday recipes on [Pinterest](#)
- Support through social media
 - Share progress in private [Facebook Community](#)
 - Tips and updates on [Twitter](#) and [Instagram](#)



The challenge begins November 18th and goes through Dec. 31 so register today: <https://esmmweighless.com/holidaychallenge/>

Ag'em Up Days

Ag'em Up Days, a two day Agricultural Field Day Adventure for Bladen County 3rd graders, was held on October 2th and 3rd, 2019 at the Bladen County Parks and Recreation field and picnic area located on HWY 701 in Elizabethtown, NC. Bladen County Cooperative Extension, Bladen County Farm Bureau, Cape Fear Farm Credit, Bladen County Livestock Association, Four County Electric, Bladen Soil and Water Conservation District, Farm Service Agency, Prestage Farms, Representative William and Brenda Brisson, NC Blueberry Council, Inc., Southeast Farm Equipment, Smithfield Hog Production, West Bladen High School FFA, East Bladen High School FFA and the Bladen County Board of Education worked together to create this annual opportunity to bring the School to the Farm, demonstrating the importance of agriculture to the students.

More than 400 third grade students, their teachers and parents took a closer look and experienced first-hand Agriculture - the number one industry in Bladen County. Bladen County has a diverse agricultural economy with the farm value of all commodities exceeding \$367 million. Bladen County is ranked 6th in the state in total value of all agriculture and 6th in the state for value of livestock, dairy and poultry.

Eight specialized stations, manned by over 70 volunteers, comprise this farm field day event. The content of each station focused primarily on agriculture in the county, but one experience emphasized the importance of a healthy lifestyle. Among the topics and experiences, the 3rd graders learned about field crops, swine, beef, goats and poultry, horticulture, beekeeping, soils and the environment, tractors and technology, and the nutrition of our food. Hands-on activities engaged the students to make the learning experience rich and fun.

More specifically, at the agricultural stations, students learned about corn, cotton, peanuts, and soybeans. Students identified the parts of a plant and how each one is important in producing the food we eat. The students learned how pigs, poultry, goats, sheep, and cattle are raised, the products that make up their feed, where they live, and who keeps them healthy. The students participated in an experiment that taught them the importance of the soil that grows their food. At the nutrition station, students learned about the importance of eating healthy foods and what eating too much fat can do to

their bodies. They also enjoyed a healthy snack and learned about the importance of physical activity. The students learned about plant growth and the different plant parts at the horticulture station along with the importance of blueberries to Bladen County's economy. At the beekeeping station, the students were introduced to the importance of bees to making our fruits and vegetables grow and they saw the equipment it takes to become a beekeeper. At the tractor station, students learned how important technology is to farming and got to sit on a tractor.

Ag'em Up Days occurs annually in Bladen County during October, which happens to be National Farm to School Month.





Field days like Ag ‘em Up help our youth recognize and experience how closely each of our lives is touched by farming and agriculture. It is not just a part of our history in Bladen County – it is critical today that we celebrate these connections to local food sources.

Bladen County Public Library Halloween Fun



If you have any submissions for the next edition of *Team Bladen*, please submit them to kedwards@bladenco.org. The next edition will be released at the beginning of March 2020. All submissions are due by February 15, 2020.