

~ SAVE THE DATE ~

**AG IN A DAY**  
**June 12**  
**Kewanee / Galva**  
**June 13**  
**Quad Cities**

The schedule is still being finalized for this fantastic opportunity for teachers! The cost to attend is \$10 per day and will include lunch and refreshments for both days. Teachers are invited to attend either course, or whatever date and location is most convenient. For more information, call the Knox County Farm Bureau office: 309-342-2036 or visit [www.knoxcfb.org](http://www.knoxcfb.org)

**KIDS FARM SAFETY DAY**  
**Sat., June 23, 2018**  
**Knox County Fairgrounds**

Kids ages 8-13 are invited to attend...it's free! Topics that will be covered include: Electricity, Fire, PTO, 911, First Aid, ATV, Animal Handling, Grain, and Poison/Chemical. Each participant will receive lunch, a T-shirt, and a goody bag. Find more information and registration forms at [www.knoxcfb.org](http://www.knoxcfb.org)



**NATIONAL AG DAY**  
**March 20, 2018**



# AGRICULTURE: Food for life.

American agriculture is the foundation of our country. It's the backbone of a healthy and prosperous nation that's made possible by the hard work of America's farms and farm families.

Illinois Farm Bureau® is proud to celebrate the nutritious and plentiful contributions of our country's farms on National Agriculture Day.



## NURSING SCHOLARSHIP APPLICATION AVAILABLE

Applications are now available for nurse practitioner scholarships through the Illinois Farm Bureau® Rural Nurse Practitioner Scholarship Program. There will be five scholarships, worth \$4,000 each, granted this year. The scholarship program, now in its twenty sixth year, helps encourage and develop the pool of rural health practitioners to help meet primary health care needs in rural Illinois. Students who receive scholarships agree to practice for two years in an approved rural area in Illinois. To be eligible for the scholarship, students must be Illinois residents

and be a Registered Nurse accepted or enrolled in an accredited Nurse Practitioner Program. Funding is provided by the Rural Illinois Medical Student Assistance Program. Applications are available at county Farm Bureaus® throughout the state, on the Rural Illinois Medical Student Assistance Program website at [RIMSAP.com](http://RIMSAP.com), or by writing Donna Gallivan, Program Manager, Illinois Farm Bureau, PO Box 2901, Bloomington, IL 61702-2901. Applications are due May 1. For additional information, contact Donna Gallivan at 309-557-2350, or via e-mail at [dgallivan@ilfb.org](mailto:dgallivan@ilfb.org).

## DEADLINE EXTENDED FOR INTERN APPLICATIONS

The application deadline has been extended to April 1, 2018! The Knox County Farm Bureau Foundation is offering an internship with the Knox County Farm Bureau for the summer of 2018. The intern will receive a \$1,500 scholarship and is encouraged to explore the possibility of using the internship to fulfill academic requirements for his/her major. This is the 26th year for the program, which continues to be very successful. The internship is open to

Knox County residents who will be a sophomore, junior, senior, or full-time graduate student at a college or university during the fall 2018 semester. Preference is given to applicants who have a farm background and/or are studying an agricultural-related field. For more information and/or an application, please contact the Knox County Farm Bureau office at 309/342-2036; e-mail: [knoxcfb@knoxcfb.org](mailto:knoxcfb@knoxcfb.org); or visit our website: [www.knoxcfb.org](http://www.knoxcfb.org).

## ALL MEMBERS ARE INVITED!

Do you want to be more involved in Knox County Farm Bureau programs and events? All members are invited to attend the first planning meeting on March 15th at 6:00 p.m. at the Knox Agri-Center. Dinner will be pro-

vided so contact the office if you'll be attending. We'd love to see you there! Task Forces are Education and Outreach, Farm Business, Government & Policy, and Member Relations.

### WELCOME NEW MEMBERS

*The Knox County Farm Bureau would like to welcome the following to our organization:*

- Dawn & David Buchanan
- Amy Burford
- Kelly Campbell & Chris Hames
- Pat Davison
- Corey Frantz
- Vicki & Danny Gabriel
- Morgan & Steve Glasgow
- Eleanor & Richard Hahn
- Linda Harman
- Michael Jordan
- Patricia Lewis
- Joyce Mehaffy
- Caleb Olson
- Ricky Robbins
- Kathleen Saiz
- Heidi & Timothy Silberer
- Wayne Swanson
- Kasi Terpening
- Christa & Derek Van Unnik

### CALENDAR OF EVENTS

- March**
- 14-15 Gov. Affairs Leadership Conf.
  - 15 KCFB Board Mtg, 6 PM Dinner & Task Force Mtgs, 7 PM Mtg, KAC
  - 16 Women in Ag Conf.
  - 19 Farm Safety Day Mtg, 12 PM, KAC
  - 19 Centennial Celebration Mtg, TBD
  - 20 PrimeTimers, 12 PM, KCFB Board Room
  - 21 Marketing Club, 12:30 PM, Pizza Ranch
  - 29 Spring Clean-Up, 9 AM, KAC
  - 30 KCFB Closed
- April**
- 19 KCFB Board Mtg, 7 PM Dinner, 8 PM Mtg, KAC
  - 24 Teresa Sanford-Shippett Retirement Party, 4-6:30 PM, KAC



Members are always welcome at Knox County Farm Bureau's Board of Director meetings. They are held the third Thursday of each month. Please call for times.



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Published Monthly

**KNOX COUNTY FARM BUREAU, Inc.**  
cooperating with the  
**ILLINOIS AGRICULTURAL ASSOCIATION**  
and the  
**AMERICAN FARM BUREAU FEDERATION**

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**Telephone:**  
**309-342-2036**

#### Office Hours

Monday thru Friday  
8:00 a.m. to 4:30 p.m.

We reserve the right to reject any or all news material or advertisements offered to this paper.

**PLEASE REPORT ANY CHANGES IN YOUR ADDRESS TO OUR OFFICE.**

**Thank You**  
**KNOX COUNTY FARM BUREAU**



### Label lingo complicates food purchases

The label on the can of green beans steamed me before I steamed the contents. A well-positioned emblem demanded my attention with the phrase non-GMO. I agreed. They are non-GMO. Just like every other can of green beans in the store or the Blue Lake variety in my summer garden. There's no such thing as a GMO green bean. But if you didn't know, you would think that of the competitor on the shelf.

## Knox County AGRICULTURE in the Classroom<sup>SM</sup>

### AITC Update

February has been a very busy month but a sweet one! Many of the schools had presentations on chocolate. It didn't take much to keep their attention on this subject. When asked, "Where does chocolate comes from?" There were a wide variety of answers from brown cows, to factories, to rivers and Willy Wonka's Chocolate Factory! I even had one child who thought it came from our hair....I guess that depends on how much chocolate you eat! The Cocoa trees grow in the rainforests and were first discovered in South America. Most of our chocolate comes from Africa. We discussed the tropical rainforest and where they are. We also discovered why we cannot grow one of those chocolate trees in our own back yard. I'm sure the best part of the lesson was having some chocolate to eat!

Some of the Kindergarteners Other Kindergarten classes included a math lesson with chocolate chip cookies (the cereal kind). They listened to a story about sharing cookies with friends and then had to divide their "cookies" so everyone had an equal share. Some of the classes made chocolate chip hats to wear just like Ms Aggie!

Pre K classes or Head Start classes heard a story about "The Chocolate Chippo Hippo"

Mark Twain receives credit for having said, "It's easier to fool people than to convince them that they have been fooled." Believe it or not, there's no gluten in a bottle of orange juice, no genetic modification in popcorn nor antibiotics in milk or meat at the grocery store.

Sustainable. All-natural. Conventional. Organic. High-fructose corn syrup. Locally grown. Antibiotic-free. Genetic engineering. Enhanced with water. Responsibly raised. The marketing behind catchphrases such as these irritate some farmers like a leaky rubber boot. Those of us who know the truth behind the label lingo fear that when marketers use these words as persuasive ploys, they leave too many consumers reaching for products with what seems the "best" label.

When did food get so complicated? The Illinois Farm Families web site WatchUsGrow.org addresses common food questions with some fun quick-hit videos, short testimonials and on-target literature. The site presents educational material in a grab-and-go format, a friendly gesture to most us who seem perpetually short on

time. It's worth a look, even if you think you know the content already. If nothing else, consumers and farmers can learn how to frame the food conversation with fellow bleacher buds at the basketball game or room moms at the next holiday party.

My farm family has chatted on more than one occasion about the increasing fog of information and opinions that makes the truth hard to find. Sometimes, I sigh deeply, go to bed and hope I can sleep off the world's nonsense (far more than labeling issues, of course). The strategy never works, but I feel more prepared for the next day's dilemmas with seven hours of slumber.

Our family has a history of growing both GMO and non-GMO corn and soybeans on our farm, so I'm fine with either choice. Rather my irritation lies with the stereotypes and the arrogance of opinion. In the end, people believe what they want to believe, fooled or not by the cans they grab for that dish of green bean casserole.

About the author: Joanie Stiers manages records for her family's third-generation farm that grows corn, soybeans and hay and raises beef cattle in West-Central Illinois.



and his love for chocolate chip cookies. They also learned about where chocolate comes from and made hot chocolate with marshmallows! Other classes sorted M & M's by color and made patterns with them. There were also classes that designed their own cookies but they couldn't eat them as they were made from paper, too bad.

Knox and our surrounding counties are now busy working on the Summer Ag Institute for teachers with two great days of tours and educational features planned for teachers on June 12th and 13th. We will spend the first day in the Kewanee area and the next day closer to the Quad Cities.

February also found the Knox County AITC Coordinators in Bloomington at a statewide meeting learning more about topics we can use in our respective classrooms. There was an update on Dr Seuss activities and "If You Give a Kindergartener a Cookie". Coordinators received 2018-2019 Grant information and resources for the up-coming Illinois Bicentennial. Escape Boxes that may be used in the classroom setting were discussed. We learned about Leaf and STEM activities for the classroom. STEM stands for science, technology, engineering, and math...the new buzz word! Leaf is: Learning and Engaging in Agriculture First.

## Knox County SWCD Spring Sales

Promote environmental stewardship and support your local Soil and Water Conservation District at the same time! All proceeds benefit conservation education programs offered by the District.

We offer bare-root tree seedling species, available in different packages or by individual tree, Plantskydd, and tree guards available for pre-order until Wednesday, March 14, 2018. Orders will be ready for pick-up on Friday, April 20, 2018 from 9 a.m. - 4 p.m. at the office, 233 S Soangetaha Rd.

Need to re-stock your pond? The District

offers nine different fish species for pre-order until Friday, April 6, 2018 for grass carp orders and Friday, April 13, 2018 for all other species. Order pick-up will be Tuesday, April 24, 2018 beginning at 10 a.m. at the office.

The District offers 12 varieties of native prairie plant plugs and a selection of 4 grass plugs. All are sold for \$2.25 per plug. Pre-orders are due by Wednesday, May 30, 2018. Orders will be ready for pick-up on Thursday, June 14, 2018 from 9 a.m. - 3 p.m. at the office.

Back by popular demand.... The District

is again offering rain barrels. Two sizes are available; 50 gallon or 60 gallon, with various side attachments. Orders will be submitted as received year-round and direct shipped to your address.

All order forms are available

- in the January SWCD newsletter,
- at the District office 233 S. Soangetaha Rd. Galesburg, IL or
- online at <http://knoxcountyswcd.tripod.com>

For more information, please call (309) 342-5138 ext. 3 or email to [nicole.miller@il.nacdn.net](mailto:nicole.miller@il.nacdn.net)



The Knox County Young Farmers had 16 members attend the Illinois Farm Bureau Young Leader Conference at the Embassy Suites in East Peoria on January 20, 2018. Pictured from left to right: Katie & Jeff Grady, Adrienne & Drew DeSutter, Krista & Brett Swanson, Abby Newell, Maggie Mason, Makaela Rounds, and Amy Newell.

Not pictured: Kim & Randy Noe, Brian Nelson, Jennifer & Jaysen Delpierre and KCFB Manager Hailey Weyhrich.




Knox County Farm Bureau and Warren-Henderson Farm Bureau sponsored an On-the-Road Trucking program in February. Kevin Rund, Senior Director of Local Government from Illinois Farm Bureau, explained trucking laws, both new and old, specifically to the 20 farming members representing both counties.



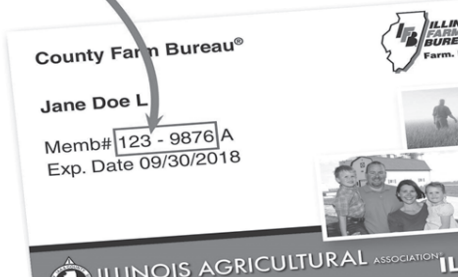
# These area businesses are proud to be a part of our 2018 Discount Program for members of the Knox County Farm Bureau®

The Knox County Farm Bureau does not intend the Membership Discount Program as an endorsement of any business or products/services on which discounts have been obtained, and assume no liability for any service rendered under the Membership Discount Program. Benefits may change without notice and some restrictions may apply.

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 <b>BRESLIN'S FLOOR COVERING</b> 63 N. Seminary St. Galesburg, IL 61401 (309) 342-9197 10% Discount on Non-sale Carpet!	<b>HARSCO METALS &amp; MINERALS</b> Paul Rider Territory Sales Manager North America Harsco Minerals offers fill sand to Farm Bureau members for FREE when member provides trucking. Call Paul Rider at 219-207-0288 or 1-563-506-0634 Visit us at: <a href="http://www.harscometals.com">www.harscometals.com</a>	 <b>Gailey Eye Clinic</b> 834 N. Seminary St., Suites 103 & 105 Galesburg, IL 61401 \$1,000 off iLASIK & 20% off of glasses! Discount not in use with insurance. Other restrictions may apply. They're the only eyes you'll ever have, trust Gailey to make sure they last a lifetime. Your Trusted Vision Care Provider For: LASIK Laser Cataract Surgery Glaucoma Treatment Retina & Macula Care Cornea Disease Routine Eye Exams <a href="http://GaileyEyeClinic.com">GaileyEyeClinic.com</a>   309.343.6000
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 <b>Pizza Ranch</b> Any Large Pizza \$10.00 Pickup/Carryout only 2590 N. Seminary St. 309-351-7860 10% at Grainger FREE shipping on internet orders. 1-866-217-3435 Your IFB #853007128 <a href="http://www.grainger.com">www.grainger.com</a>	 <b>QualSight</b> Savings up to 45% off overall national average price for LASIK Call QualSight LASIK at 1-866-977-3012 for a location near you! visit <a href="http://www.ilfb.org">www.ilfb.org</a>	<b>TRI-LUTIONS</b> COMPUTER & INTERNET CENTER 750 N. Henderson St. 309-342-7177 \$15 off any repairs or installations. Limit one use per customer.

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# AGENT SPOTLIGHT



John Ryner

**Name:** John Ryner  
**Years with COUNTRY:** 19 years  
**Office Address:** 180 S Soangetaha Rd, Ste 103, Galesburg, IL 61401 Galesburg Hours: Monday-Friday 8:00-4:30 (Evenings and Saturday by appointment). 407 N Monroe St, Ste 8, Abingdon, IL 61410 Abingdon Hours: Monday 12:00-4:30 pm; Thursday 9:00 am-12:30 pm (or by appointment)  
**Phone:** Galesburg Office: 309-342-1607, Abingdon Office: 309-462-2317, Cell Phone: 309-335-7893  
**eMail Address:** john.ryner@countryfinancial.com  
**Family:** Wife, Cathy; Sons, Jordan, Joshua, Rodell, Jonas, and Jannus  
**Education:** 1987 Bachelor of Science in Agri-Business from Truman State University, Kirksville, MO

**Designations:** Investment Solutions Representative  
**Awards:** Four-time All American and Eight-time All Star Representative; Honor Roll recipient  
**Mission Statement:** While adhering to the Golden Rule, I promise to give the most appropriate insurance recommendations suitable to my clients' needs and provide the best personal service every client deserves.

## Women More Likely To Need Long Term Care

For years, women have been the family caretakers. Studies show women are more likely than men to handle childcare, tend to aging parents and prepare for the family's future.

Long term care, as a concern for a family's future and aging parents, has become part of these women's care-taking responsibilities. Long term care is designed to help people with chronic needs, especially those in nursing or assisted-living homes.

Women should pay attention to long term care issues not only because they are more likely to be the one choosing it for family members, but also because they are more likely to need long term care themselves.

### Women are more at risk physically

On average, women live seven years longer than men. It's no surprise that, according to the Social Security Administration, 68 percent of the 62-and-older crowd are women. In turn, more than two-thirds of nursing home residents are female, according to the Agency for Healthcare Research and Quality.

Long-term medical assistance may be needed for anything from physical therapy after a stroke or fall to developing a mental disability, such as Alzheimer's. Because women live longer, they stand more of a chance of developing these needs.

### Women are more at risk financially

Since women are more likely to need long term care for longer periods of time, it is likely they will incur higher long term care costs than men. Women should plan and save for such an event, but unfortunately, that is not usually the case.

Women traditionally earn less than men and are more likely to have interrupted their careers to raise their families. As a

result, their personal savings, pensions and Social Security benefits may all be lower. At the end of 2010, women's average monthly retirement benefit was \$972, while men's average monthly benefit was \$1,284, according to the Social Security Administration.

According to the 2008 U.S. Census (the latest data available), men age 65 and older make about \$26,000 annually, while women in the same age group are worse off, with an annual income of \$12,000.

As you can imagine, long term care is not cheap. According to the latest survey by one of the most comprehensive and respected surveys in the industry, in 2010 the average annual cost for a semiprivate room in a nursing home is \$67,525 and \$75,190 for a private room<sup>1</sup>. Those costs translate to an average of \$185 per day for a semiprivate room and \$206 per day for a private room. As the family-care experts, more women are learning that depending on Medicare and Medicaid is not an option.

According to the American Society on Aging (ASA), 46 percent of those who currently have health insurance believe it would cover most of the costs related to long term care. In reality, long term care is rarely covered by health insurance plans.

In addition, an ASA Roper study showed nearly a third of insured people are unaware that, while Medicaid does cover long term care, it is only available to those who have depleted nearly all of their own financial resources.

### What women should know

All hope is not lost. Most insurers now offer private plans for long term care insurance, though not all long term care policies are alike. Some cover the cost of



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## Feel good about the future

Preparing for the possibility of long term care helps you feel secure about tomorrow. Ask your COUNTRY Financial representative about adding long term care to a new whole life insurance policy.

- JOHN RYNER**  
309-342-1607
- MICHAEL WHITE**  
309-342-3177
- PATRICK YOUNG**  
309-342-5316
- JASON LUMBERRY**  
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- ED JOHNSON**  
309-342-1646
- JOE YOUNGMAN**  
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309-686-7050

Policies issued by COUNTRY Life Insurance Company<sup>®</sup>, Bloomington, IL. Long term care benefit on whole life: in OR, CCAB(OR13), WPLIB(OR13), RLIB(OR13); in TN, LTCAB(TN03/06); in ID, LTCAB(ID03/06); in OK, LTCAB(OK03/06); in TN/ID/OK, RLIB(03/06), WPLIB(03/06). This is a solicitation of insurance and a financial representative may contact you. Availability may vary by state. If you would like more information on long term care from your state's senior insurance counseling program, see your financial representative for the program's contact information. Financial representatives are licensed insurance producers.  
Auto, home and business insurance policies issued by COUNTRY Mutual Insurance Company<sup>®</sup>, COUNTRY Preferred Insurance Company<sup>®</sup> and COUNTRY Casualty Insurance Company<sup>®</sup>. Life insurance policies issued by COUNTRY Life Insurance Company<sup>®</sup> and COUNTRY Investors Life Assurance Company<sup>®</sup>, Bloomington, IL.

0415-570HC-07727-2/15/2018

only nursing home care; others cover both nursing home and in-home care. Some offer tax-free benefits; others provide premium discounts if policies are purchased for both a husband and wife. Good policies offer all of these options and more.

Good policies should also come from a financially secure insurance company. Due to the necessary long-range financial commitment, the company should also have a history of keeping long term care premiums stable.

People approaching age 50 should especially consider obtaining a long term care insurance policy. But it's best to obtain a policy as early as possible (you can get a policy as young as age 18) because the annual premium payments are lower, and it's easier to qualify for a policy. If a person

ends up needing daily living assistance and suddenly realizes there is no money to pay for it, it's too late.

As proactive caregivers for themselves and family, women can benefit by investigating the benefits of long term care insurance. Contact a COUNTRY Financial representative to discuss which long term care policy<sup>2</sup> is right for you.

<sup>1</sup>National Clearinghouse for Long Term Care Information, 2010

<sup>2</sup>Policies underwritten by COUNTRY Life Insurance Company, Bloomington, Illinois. Coverage varies by state. Policies include LTC-500, LTC-520 and LTC-540. LTCAB and WL (OK12/04).

## BOARD HIGHLIGHTS

### The regular meeting of the Board of Directors of the Knox County Farm Bureau was held on February 15, 2018

#### Education & Outreach – Lori Engel

Information regarding the Ag Safety Awareness Week Campaign was distributed to all FFA Advisors and 4-H leaders.

#### Farm Business Taskforce – Jarid Cain

Some 2016 Knox Co. Plat Books are still available. 2018 Knox Co. Commemorative Plat Books are available. Peoria County plat books are for sale in our office now.

#### Government and Policy Taskforce – Joe Webel

Sign up for FB Act text alerts by texting the word FARM to 52886.

#### Member Relations – Matt Hennenfent

The Knox County Farm Bureau History Video interviews are all available on DVD in the office for \$10.

The Centennial Committee met on February 13 to continue finalizing plans for the summer celebration event. The next meeting is March 19th at 6PM. Location TBD.

#### Foundation – Hailey Weyhrich

The next Foundation meeting will be February 27 at 6:30 PM.

#### PrimeTimers – Hailey Weyhrich

The PT met on January 16 for a catered meal to plan their yearly Program of Work. The February meeting will have Stacey Rucker from Carl Sandburg College presenting on activities the College offers.

#### Young Farmer's – Jeff Grady

The YF's met on January 25 and finalized their yearly Program of Work.

FFA Acquaintance Night was held on January 31 at 6PM at Northgate Lanes in Galesburg. Over 50 people total were in attendance. FFA Students and their advisors from ROWVA, Galesburg, Williamsfield, Knoxville, and Abingdon-Avon enjoyed pizza and bowling thanks to West Central FS.

#### KAC – Terry Boydston

The next KAC meeting will be February 27 at 7:30 PM.

#### IFF – Lori Engel

Like the Knox Warren-Henderson Illinois Farm Families page on Facebook! Send

farming pictures to Tara Bohnert Yoder to use with educational posts.

#### OLD BUSINESS

Viewpoint survey responses from the KCFB Annual Meeting were discussed. 2019 KCFB Annual Meeting details were discussed.

Jeff Grady thanked the Board for sponsoring the Young Farmers to attend the Young Leaders Conference. Grady also reported that the conference provided great educational sessions.

#### NEW BUSINESS

The Legislative Luncheon sponsored by Mercer CFB and KCFB is on March 2nd at The Packinghouse starting at 11:30am.

There are two new director trainings with IFB. One is August 20th in Macomb and August 21st in Bloomington.

A new program called Symphony on the Farm was discussed.

The Centennial Celebration will be the evening of July 28th at the Merchants Building at the Knox County Fairgrounds. All KCFB Voting Members are invited to attend.

Board Meeting Attendance			
NAME	Dec	Jan	Feb
Beard, Jennifer	–	–	P
Bewley, Beau	–	P	P
Bohnert Yoder, Tara	–	–	P
Boydston, Terry	P	P	P
Cain, Jarid	P	P	P
DeSutter, Drew	–	–	P
DeSutter, Jim	P	A	–
Engel, Lori	P	P	P
Erickson, David S	P	A	P
Goedeke, Phil	A	P	P
Grady, Jeff	–	P	P
Hennenfent, Matt	P	P	P
Hoben, Tom	P	P	–
Hulsizer, Matt	P	P	P
King, Becky	A	P	P
Link, Jeff	P	P	P
Link, Nathan	P	P	P
Main, Tim	P	P	–
O'Connor, Tom	P	P	P
Seiboldt, Pat	P	P	–
Stevens, Monica	P	A	P
Strom, Grant	P	P	P
Swanson, Brett	P	P	P
Swanson, Krista	P	–	–
Webel, Joe	P	P	P
West, Todd	P	P	P



## IFB Board Sets 2018 Action Priorities

At its January meeting, the Illinois Farm Bureau (IFB) board of directors approved action priorities for 2018. They address issues both internal to the organization and, importantly, issues that impact farmers' profitability and livelihood.

The board's first priority is to increase farm income opportunities.

Congress is expected to begin writing the next farm bill soon. Of major importance to IFB will be advocating for a farm bill that is consistent with IFB policy. That includes protecting crop insurance. Farm Bureau will also advocate for maintaining and expanding trade agreements. Given the importance to farmers of roads, railways and waterways, IFB will advocate for infrastructure investments. Other priorities include the enactment of immigration reform that protects ag labor; protecting property rights related to solar and other energy projects; and maintaining Illinois' Livestock Management Facilities Act.

Delegates at the IFB annual meeting in December directed the organization to explore health insurance options for IFB members. The request stems from rapidly increasing healthcare costs and from farmers' struggle to afford health insurance, especially if a spouse or other family member doesn't have coverage through off-farm employment. A healthcare summit in March will kick off the effort.

The second priority is to lead on environmental stewardship.

Action items include promoting practices to meet the goals of Illinois' Nutrient Loss Reduction Strategy, as well as promoting responsible pesticide use. IFB supports a Waters of the U.S. (WOTUS) rewrite that is acceptable to agriculture, reform of the Endangered Species Act, and a common-sense approach to pollinator protection.

The third priority has IFB building trust with consumers and other influencers.

The board supports maximizing resources available through Illinois Farm Families® - of which IFB is a member - and expanding the geographic scope of county Farm Bureau consumer communications.

The board also prioritized serving as the leading farm organization in Illinois.

IFB will focus in 2018 on providing value to grow membership and increase member involvement; increasing political engagement including FB ACT and ACTIVATOR; maintaining our financial strength; strengthening and growing IAA and CFB foundations; and building consensus with county Farm Bureaus and commodity groups.

Understanding the importance of a good climate for attracting people and jobs to the state, IFB will seek to influence state and federal governments to create a positive fiscal and business climate and will work to influence the passage of a fiscally responsible state budget.

## Lawn Mower & Tractor Safety School

The Knox County Farm Bureau Young Farmers invite all 4-H and FFA members to attend the Lawn Mower & Tractor Safety School on Thursday, March 15 at AC McCartney's in Wataga. Registration will begin at 5:30 pm and the class will start promptly at 6:00 pm.

This program is for all youth who may operate lawn mowers or tractors and is a prerequisite for the Lawn Mower and Tractor

Driving Contests that are held at the 4-H Fair in July.

All participants are encouraged to bring a parent, grandparent, or guardian. SMV emblems and other farm machinery areas will be discussed.

Pre-registration is not required. For more information, please contact the Knox County Farm Bureau office at 309-342-2036.

## Hailey's Update

Happy Ag month! Last month I said that I felt like the month flew by, but I think February flew by even faster! On February 16, we celebrated the 100th year since the founding of the Knox County Farm Bureau. While no specific event happened, pictures were shared all day long on the Knox County Farm Bureau Facebook page of past events and people- it was a hit! These pictures and more will be available at the summer celebration event on July 28.

On March 8, I will visit the Illinois EPA and IDNR offices in Springfield with the Illinois Farm Bureau CNR SWAT. This is the Strength With Advisory Conservation and Natural Resource Team. I am excited for this opportunity to witness this great meeting and be part of this growing relationship Illinois Farm Bureau has with the organizations. On March 14 and 15, I will be in Springfield again with other Knox County members at the Governmental Affairs Leadership Conference. This will be my first time



attending and I look forward to hearing more about "Powered by Farmers."

One last thing...keep March 29 open on your calendar for the Spring Clean Up Day at the office!

## Lyle Nelson honored by Pork Producers

Lyle Nelson was the recipient of the Pork Hall of Fame award at the Knox County Pork Producers Association 61st Annual Meeting on January 26, 2018 where 75 members and guests attended. This award has been given for the last 20 years to a producer or associate of the Knox County pork industry for their service and support of our events and in our communities.

Lyle has been a lifetime resident of the Abingdon area and attended Abingdon schools. He raises pigs and cattle on his family's farm. Lyle has been working in the feed business since 1962 serving livestock producers in many facets such as hauling feed ingredients, making feed, delivering feed and selling feed. He started in the feed business at Abingdon Milling and was there for 26 years before working at FS for over 20 years. Lyle is currently working at the Alpha Feed Mill.

Lyle has been active in our communities as a dedicated supporter of many 4-H livestock projects over the years, a Trustee for Cedar Township, Director of District 1 for Spoon River Electric and an alternate Director for Prairie Power. He is a Knox County Farm Bureau member and an active member of

Knox County Pork Producers Association.

We were thrilled to present Lyle with the Pork Hall of Fame award for his 55 years of service to the livestock producers of Knox County.

We would like to thank everyone who came to the meeting and to our sponsors that help furnish the meal for the evening. Please thank the following businesses for their support.

- Anderson State Bank
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- Wiechman Pig Co.
- United Animal Health – Wilbert Johnston
- Alpha Feed Mill – Lyle Nelson
- Tyson Fresh Meats, Inc. – John Stiles
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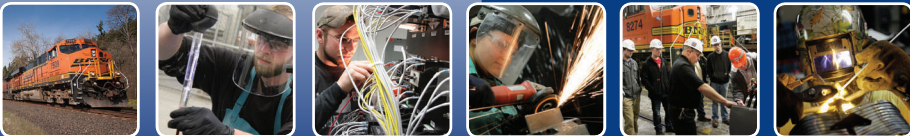
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# Health on the Farm

By the Knox County Health Department



## COLON CANCER SCREENING KITS BEING PROVIDED

The Knox County Health Department is offering an easier way to screen for colorectal cancer. We are offering a take-home fecal immunochemical tests (FIT) that are available for individuals who are 50 years and older and have not had a colonoscopy in the last 10 years.

Colorectal cancer is the third most prevalent type of cancer and second leading cause of cancer death in the United States. A person's lifetime risk of developing colorectal cancer is 1 in 20. Although colorectal cancer is one of the deadliest forms of cancer it can be cured if caught early or prevented all together. Regular screenings, such as a colonoscopy, can often find colorectal cancer early, when it is most likely to be curable, or prevented. Some polyps, or growths, can be found and removed before they have a chance to turn into cancer. The greatest risk factor of colorectal cancer is the failure to be screened. For many reasons people are resistant to the idea of having a colonoscopy. Many physicians report talking to their patients about the benefits of a colonoscopy only to hear that the patient will NOT have one. A Fecal Immunochemical Test (FIT) may be a good

option for people aged 50 to 75 who are resistant to getting a colonoscopy.

According to the American Cancer Society website, "Regular colorectal cancer screening is one of the most powerful weapons against colorectal cancer. When colorectal cancer is found at an early stage before it has spread, the 5-year relative survival rate is about 90%." Regular colonoscopies, can often find colorectal cancer early, when it is most likely to be curable, or prevent it altogether.

Although the FIT is not meant to take the place of a colonoscopy, it is an option for people looking for a comfortable way to screen for colon cancer. FIT screening is a yearly test that is done with no preparation and in the privacy of a person's own home.

The goal of the Knox County Health Department is to make the process more accommodating by offering these kits to individuals. For more information or to purchase a FIT screening kit please stop by the Knox County Health Department Monday through Friday 8:00 a.m. to 4:30 p.m. or contact Tammy Nelson at 309-344-2224.

## TRUE or FALSE?

Colorectal cancer is the 2nd leading cancer killer. ☒ TRUE ☐ FALSE

Both men and women get colorectal cancer. ☒ TRUE ☐ FALSE

Colorectal cancer often starts with no symptoms. ☒ TRUE ☐ FALSE

Screening helps prevent colorectal cancer. ☒ TRUE ☐ FALSE



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## MEMBERSHIP RECRUITER OF THE MEMBERSHIP DRIVE



The Knox County Farm Bureau would like to recognize COUNTRY Financial Representative Jason Lumberry as top membership recruiter in February. Jason signed 6 new associate members.

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Jason Lumberry

## PRIMETIMERS NEWS

The PrimeTimers committee met February 20th, enjoyed a potluck lunch, and program by Stacey Rucker, Carl Sandburg College Director of Corporate & Leisure

College. The next meeting is March 20th in the KCFB Board Room and the potluck lunch will start at 12 pm. PrimeTimers invite all members 55+ to attend.

## DON TEEL SCHOLARSHIP

The Don Teel Scholarship is a product of many who were privileged to experience the contribution Don made to agriculture. Members of Knox County agricultural organizations and individuals have joined together in hopes of helping provide an opportunity for young people to pursue higher education in an agricultural or related field.

Each year applicants will be considered for one \$500 scholarship. Applicants must

have a home address within Knox County and be a past or present 4-H member. They must be enrolled as a full-time student in a university or community college with a declared agriculture or related course of study.

Applications are available at the Knox County Farm Bureau. Completed applications must be submitted no later than June 1, 2018 to the Knox County Farm Bureau.

## ~ CLASSIFIED ADS ~

**To place ads in the Bulletin or on the website, you must be a Knox County Farm Bureau member. Call 309-342-2036 or e-mail us at jreedy@knoxcfb.org by the last Friday of each month to place the ad.**

**FOR SALE:** 9 small Norman Rockwell plates. Best offer. Call 309-342-5796 3/18

**FOR SALE:** 35 wooden picture frames, different sizes. Call 309-344-3806. 3/18

**FOR SALE:** 1 "FieldCraft" Topgrafter tool from "Hummert International", "Parafilm M" grafting film, "Bucket Boss Pro" and bucket, Nut Tree grafting video, numerous grafting style articles, and much more to start grafting trees. Call and leave a message 309-344-2358. 3/18

**WANTED:** Incubator for chicken eggs. Round metal or wooden cabinet style. Working or not working. Leave message on machine. Call 309-344-2358 3/18

**WANTED:** Henderson Women's Club Cookbooks, 1940s-1950s era. Call 309-335-1919 3/18

**FOR SALE:** 2011 Krause Gladiator ST-PRO S/R Strip-Till Bar, 12r-30", model 1200-1230, spring reset upper link assembly upgrade, makes beautiful strips, rear hitch for NH3, low acres, can be set up for liquid, dry, and/or NH3, kept inside, well-maintained, Galesburg, IL, \$29,900 OBO, call Brian 309-337-1600. 2/18

**If you sell your items, please contact the Knox County Farm Bureau office at 309-342-2036 or email jreedy@knoxcfb.org, so we can provide our readers with up-to-date information.**

**FOR SALE:** 1985 Chevrolet C70 grain truck with 37,400 miles, 7.4 gas, 16' box w/Shur-lok roll tarp, 4x2. Price \$7,500. Call 309-289-5227 2/18

**FOR SALE:** Grass or alfalfa hay, both round and square bales available. All hay sold is good quality and stored inside. Call Kevin 309-208-5539. 2/18

**FOR SALE:** Two 20 month old calving ease Angus bulls, Impression and Full Power genetics, EPD's available. Call Lori 3009-368-6641 2/18

**FOR SALE:** 2012 John Deere HX15 Batwing Mower, independent wing control, new blades & bolts, stump jumpers, 8 laminated, puncture-proof tires, dual wing wheels, tight driveline, good PTO shields, safety chains, 1000 RPM w/good CV Joint, Galesburg, IL, \$9,800 OBO. Call Brian 309-337-1600. 1/18

**FOR SALE:** Large quantities of galvanized guard rail for sale that is good and straight. Prices are: 13.5 ft sections at \$2.25/ft and 26 ft sections at \$2.50/ft. Will discount \$0.10/ft off entire purchase if you buy over 1,000 ft and \$0.25/ft if you buy over 2,500 ft. Call or text 309-368-8386 for any inquiries. 1/18



C. M. Hunter

*"As its first president, I have seen it conceived, born and grow through childhood, adolescence and mature.*

*An organization of farmers that survived the trying times of the twenties and depressing prices of the late twenties and early thirties surely must be founded on sound principles and administered by right thinking, otherwise, it would have ceased to exist long ago; may it always continue to have the right guidance.*

*I have always considered the Knox County Farm Bureau as a medium through which we as individual farmers could express our opinions and exchange ideas, these opinions and ideas after careful and unbiased consideration by the organization to be formulated into certain specific recommendations on farmers in other counties and states. This is a large country with a wide variety of farming conditions and, we, as individuals, in order to get the most out of farming must consider the other fellow."*

*-C. M. Hunter, quote taken from the KCFB 25th Anniversary Booklet published in 1943.*

## RECIPE OF THE MONTH

### Instant Pot Chicken Tortilla Soup

#### Ingredients

- 4 1/2 cup – chicken broth, low-sodium
- 14.5 ounce – diced tomatoes, canned
- 1 cup, chopped – onion
- 3 cloves – garlic
- 2 teaspoon – chili powder
- 2 teaspoon – cumin, ground
- 3/4 teaspoon – paprika
- 1 1/2 lb – chicken breast
- 1 can – black beans, canned
- 1 1/2 cup – corn, frozen
- 1 tablespoon – lime juice

#### Instructions

1. Add chicken broth, tomatoes, diced onion, minced garlic, chili powder, cumin, and paprika to your Instant pot.
2. Salt and pepper your chicken

breasts and add to the top of your pot.

3. Place the lid on, lock it, and cook the mixture on manual high pressure for 5 minutes.

4. Let the pressure release naturally for about 10 minutes (do not use the quick lever for 10 minutes). Then quick release the rest, using the release lever.

5. When the pot has depressurized, remove the chicken and shred it with two forks.

6. Return the chicken to the pot and set to saute mode. Add black beans and frozen corn and let cook until heated.

7. Turn Instant pot off and add lime juice and cilantro for additional flavor.

8. Garnish with: Plain Greek yogurt, diced avocado, diced red onion, pico de gallo, shredded cheese, cilantro

*Recipe taken from superhealthkids.com*

**If you would like to submit a family-favorite recipe, please provide the recipe with a picture to the KCFB office.**

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