## KNOX COUNTY FARM BUREAU®

# Promoting the understanding of agriculture in our community to improve the profitability of farmers and enrich the quality of life in Knox County

VOL. XCVI USPS 297-360 March 2019 No. 3

## 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 Tuesday, March 26 at Martin Sullivan, 1910 Knox Rd 560 E, Galesburg. 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 participates 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.

## CALENDAR OF EVENTS

#### <u>March</u>

- 6 Marketing Club, 12:30, Pizza Ranch
- 10 Daylight Savings Time Begins
- 2 Ag Day Breakfast with the Chamber of Commerce, 7 AM, Lake Storey Pavilion
- 13 FFA Acquaintance Night/ YF Mtg, 6 PM, Northgate Lanes
- 14 National Ag Day
- 14 Women in Ag Conference, Jumer's Hotel & Casino, Rock Island
- 14 4-H Foundation Picture Night, KAC
- 19 PrimeTimers, Noon, KAC20 Marketing Club, 12:30,
- Pizza Ranch
- 21 Education & Outreach Task Force Mtg, 5 PM, KAC
- 21 Task Force Planning Meeting & Dinner, 6 PM, KAC
- 21 Knox County Farm Bureau Board of Directors Mtg, 7 PM, KAC
- 26 Knox Agri-Center Spring Clean-Up, 9 AM, KAC
- 26 Lawn Mover & Tractor Safety School, 6 PM, Martin Sullivan

## WELCOME NEW MEMBERS

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

Emily & Harry Erickson Janeen & Jay Harding Blake Hennenfent Justin Hoben Megan Ingle Karla & Davin Johnson Carly Kurtz Cyle LaFollett Colton Miyler Brian Palmer Lorie Runvon Nathan Unger Shane Warner Kristen Williams Mary Joan German Rvoc Living Trust

Patty & Becky Burgin

# EDUCATION & OUTREACH TASK FORCE MEETING

The Education and Outreach Task Force will meet at 5 pm on Thursday, March 21st at the Knox Agri-Center for a committee meeting. Dinner will be provided during the 2019 task force planning meeting which starts at 6 pm at the Knox Agri-Center.

## ALL MEMBERS 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 21st at 6:00 p.m. at the Knox Agri-Center. Dinner will be provided so contact

the office at 309.342.2036 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.



ung Farmers COVER CROP PROGRAM

Through the Illinois Farm Bureau Nutrient
Stewardship Grant, the Knox County Farm Bureau
Young Farmers will be hosting an Experimental
Cover Crop Program for Knox County Farm Bureau
Members. The objective of this project is to introduce
members to the practice of cover crops for their
personal and/or business needs.

Twenty farmers from twenty townships (one farmer from each township) will complete an application based on their needs for cover crops. West Central FS will choose an appropriate cover crop seed mix for each resource goal. Application will be performed by the nearest West Central FS location. Applicants will be selected on a first come, first served basis.

**Townships (20):** Rio, Ontario, Walnut Grove, Lynn, Henderson, Sparta, Copley, Victoria, Galesburg, Knox, Persifer, Truro, Cedar, Orange, Haw Creek, Elba, Indian Point, Chestnut, Maquon, Salem

Cover Crop Categories (4): Nutrient Reduction/ Water Retention, Erosion Control/ Stability of Soil, Grazing (cattle), Reduction of Soil Compaction

**Pre-Requisites:** Harvest data from 2018, 2019, and 2020 or three to five year average will be required. Must be brand new to using cover crops. Farm Bureau Membership must be paid and active. Do not have to be a current West Central FS customer to participate.

Soil samples will be collected during the process. Samples will be collected in five-acre grids with four samples per twenty-acre plot with mapping and data points.

### Illinois Farm Bureau Policy:

Illinois Farm Bureau supports cover crops through different avenues. IFB supports research on soil health, including cover crops. IFB also supports the Nutrient Loss Reduction Strategy as a voluntary strategy for meeting water quality goals, of which cover crops are one example. In 2016, three Nutrient Stewardship Grants were awarded for projects dealing with cover crops. In 2018, two counties were awarded grants and in 2019, six projects, including Knox County's, were awarded a Nutrient Stewardship Grant to allow farmers the chance learn more about cover crops

Applications are due April 12.

## application

Name:	
Farm Name:	
Farm Bureau ID#:	
Home Address:	
City:	
Email:	
Phone Number:	

## Please circle the Township you would be interested in hosting a 20-acre plot:

Rio	Ontario	Walnut Grove	Lynn
Henderson	Sparta	Copley	Victoria
Galesburg	Knox	Persifer	Truro
Cedar	Orange	Haw Creek	Elba
Indian Point	Chestnut	Maquon	Salem

Based on that 20-acre plot, which situation are you most interested in using cover crops for?

(please circle all that apply):

- 1. Nutrient Reduction/Water Retention
- 2. Erosion Control/Stability of Soil
- 3. Grazing (for cattle)
- 4. Reduce Soil Compaction

Please explain the situation: \_

Please mail your application to: Knox County Farm Bureau, 180 S Soangetaha Rd, Suite 101, Galesburg, IL 61401-5585

Brought to you by several partners:







Page 2 • KCFB Bulletin • March 2019

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.



March 2019

No. 3

**Published Monthly** 

KNOX COUNTY FARM BUREAU, Inc.

cooperating with the

**ILLINOIS AGRICULTURAL ASSOCIATION** 

and the

**AMERICAN FARM BUREAU FEDERATION** 

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#### **BOARD OF DIRECTORS**

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Jeff Grady Young Farmers Representative

#### Farm Bureau Staff

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

Jim McNelly - West Central FS

#### 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



### Modern moms, manure and monarchs

Mainstream, unusual mix on the farm

You could call me a modern, mainstream mom at times: I use grocery pickup services. The touch of a smartphone app locates my 13-year-old's missing cell phone. And homedelivery subscriptions supply our household's toilet paper and laundry detergent.

Almost equally, abnormality fills my day. For instance, my fitness tracker auto-logged my physical activity to scoop manure from the hen house as "outdoor biking." A few days later, a skunk sprayed near an airintake pipe, releasing the signature stench through every furnace duct of our home. And my minivan has more off-road cred than most American SUVs. Routinely, I thumb-rub the back-up camera, removing residue from our sloppy gravel road throughout the thaw

But soon, the furnace will stop running. My Fitbit will track hand-hoeing in the garden as time on an elliptical, and I'll deal with more dust than mud on the minivan doors. About that time, the monarch butterflies will make their comeback, too. It seems an unlikely thought that farmers would ever respect a plant with "weed" in its name. Yet, mainstream, monarch-supporting farmers now welcome milkweed. At our farm, you'll find the traditional weed with its namesake milky sap in cattle pastures, fence lines and grassy knolls.

The last few years, Midwestern farmers collectively have allowed milkweed to proliferate. They join a concerted conservation effort to preserve and plant this crucial food source for the monarch to keep the pollinator off the endangered species list. Mainstream farmers mow around more milkweed. They sometimes intentionally

plant it and let the blossoms seed out, a cringing thought in yesteryear farming.

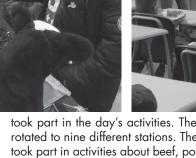
Consequently, the kids and I more easily find monarch caterpillars munching milkweed in the pasture. Grandma sees more orange-and-black-winged beauties in her flower gardens. A sunflower farmer texted me a photo of hundreds of monarchs attracted to his farmstead. By late last summer, the kids spotted several of them on a single flowering plant in a road ditch near

Mexico - the unofficial monarch authority – has noticed, too. Experts report a 144 percent increase in the population of monarch butterflies wintering in central Mexico compared to last year, according to the Associated Press. The land area that monarchs covered in 2018-19 ranked the largest in more than a decade.

Evidently, butterfly nets would make a good addition to my kids' Easter basket idea list, a digital list accessible from my

About the author: Joanie Stiers, a wife and mother of two farm kids, writes from westcentral Illinois, where her family grows corn, soybeans and hay and raises beef cattle.





took part in the day's activities. The children rotated to nine different stations. The students took part in activities about beef, pork, dairy, corn, soybeans, soil and water, pollinators, careers and enjoyed a petting zoo. Each student and teacher went home with a bag of ag handouts. Thanks to the Knox County

Cattlemen, Knox County Pork Producers, Tara Bohnert Yoder, Knox County Corn Growers, Julie Blunier, Knox County Soil and Water, Teresa Sanford Shipplett, and the local FFA chapters it was a very educational day for Knox County Fourth Graders.

## Getting To Know Your Farm Bureau Policy

Between the winter storms and school

closings Ag Day For Kids happened at Carl

Sandburg College on February 8. There

were 531 students and their teachers who

How well do you know Farm Bureau policy? In order to better understand it, KCFB will run monthly excerpts from the 2019 policy book. Interested in learning more about how our policy system works? It all starts with you! For more info contact the office!

#### 19. ATMOSPHERIC QUALITY We support:

Mary Beth Bowman

1. Policies that keep agriculture viable and address the costs and benefits of those programs using sound, economic analysis.

2. Alternative energy sources which will

minimize atmospheric pollution.

- 3. Providing incentives to industries seeking to become more energy efficient or to reduce emissions of identifiable atmospheric pollutants.
- 4. Cooperation of organizations and governments, foreign and domestic, to develop better understanding and research on the implications of atmospheric pollution and the means of preventing it.
- 5. Providing incentives to individuals seeking to reforest fragile lands that are currently in agricultural production.
- 6. The development of engines that utilize affordable technology to reduce pollution.
- 7. Requiring the Illinois Environmental

Protection Agency to use science-based methods when identifying violations for atmospheric pollution.

- 8. Passage of a Congressional resolution which strips the Environmental Protection Agency of its authority to regulate greenhouse
- 9. Research on greenhouse gases.

#### We oppose:

- 1. Restrictions on existing equipment emissions.
- 2. Any changes in the Corporate Average Fuel Economy (CAFE) standards that reduce the availability of trucks.

## RIMSAP & Rural Nurse Practitioner Scholarship Program

#### Rural Illinois Medical Student Assistance Program (RIMSAP)

In 1948, the Illinois State Medical Society (ISMS) and Illinois Farm Bureau (IFB) formed a partnership with a goal of providing doctors in rural communities in Illinois. Since then, RIMSAP has assisted more than 800 students

recommendation for acceptance and/or loan assistance.

The RIMSAP Board can recommend candidates annually for acceptance to the University of Illinois, College of Medicine. In return for program assistance, applicants must agree to practice medicine in an approved rural Illinois community for 5 years, and specialize in family practice or another primary health care field.

Applications are due to the Illinois Farm Bureau Program Manager by November 1.

**Rural Nurse Practioner Scholarship Program** Quality health care is a growing need in rural communities and they are not just looking for doctors! This program, which started in 1992, is an effort to encourage and develop

a pool of rural health practitioners to help meet the needs of primary care in rural Illinois. Based upon selection by the Scholarship Committee, a grant award of \$4,000 shall be paid directly to the recipient's

educational institution offering the approved nurse practitioner curriculum. Payment shall be made in two installments, the first in September and the second in January of the academic year. Upon each installment, the student agrees to sign a promissory note. Grants are contributed by the Rural Illinois Medical Student Assistance Program (RIMSAP).

Applications are due to the Illinois Farm Bureau Program Manager by May 1.

To learn more about the RIMSAP & Rural Nurse Practitioner Scholarship Programs, visit the RIMSAP website or contact Donna Gallivan at 309-557-2350.

## **Knox County SWCD Spring Sales**

We offer 14 different bare-root tree seedling species, available individually, in bundles, or packages, soil testing kits, Plantskydd, tree guards, and fertilizer tabs available for preorder until Friday, March 15, 2019. Orders will be ready for pick-up on Friday, April 26, 2019 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 Monday, April 8, 2019 for grass carp orders and Monday, April 15, 2019 for all other species Order pick-up will be Tuesday

April 23, 2013 beginning at 10 a.m. at the

The District offers 12 varieties of native prairie plant plugs and a selection of 4 grass plugs. All are sold for \$2.75 per plug. Pre-orders are due by Monday, April 1, 2019. Orders will be ready for pick-up on Tuesday, June 11, 2019 from 9 a.m. -3 p.m. at the office.

All order forms are available:

- in the SWCD Winter/Spring 2019 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@

## AG IN A DAY

June 11- Galesburg June 12- Alexis

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-

## These area businesses are proud to be a part of our 2019 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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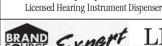
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ILLINOIS AGRICULTURAL ASSOCIATION ILE **TRAVEL HEALTH** SPORTING EVENTS









## **NEWS FROM COUNTRY FINANCIAL**



## AGENT SPOTLIC



**Ed Johnson** 

Name: Ed Johnson Years with COUNTRY: 13 years

Office Address: 635 N. Seminary St., Galesburg, IL 61401

Phone: 309-342-1646

eMail Address: ed.johnson@countryfinancial.com Family: Carie - wife; Daughters - Cora and Ellie

Education: Bachelor of Science - Agriculture Business, Western

<u>Designations</u>: Investment Solutions Representative

Awards: All American, Executive Club, Million Dollar Round Table Mission Statement: To deliver honest, straightforward answers to

everyone; turning clients from being customers into being lifetime friends.

## It's Important To Keep Your **Insurance Up To Date**

Disaster can strike at any time. Without warning you could lose your home, your possessions and even your life in a fire, tornado or other disaster. It's important to protect yourself and your family by having adequate insurance coverage.

It's best to review your insurance policies with an insurance representative every year or two to make sure you have adequate coverage for your home, auto or life.

To help review property, periodically inventory your personal property so the insurance amounts are adequate. Being underinsured may result in a claim payment less than the loss sustained.

Documentation is of the utmost importance, so it's essential to have a complete inventory of valuable items you own. This will help you in filing a claim. Inventories and the resulting insurance amount should be reviewed especially whenever significant changes are made.

If you suffer a major loss, such as a dwelling fire, an insurance company is going to ask you for a complete list of your lost personal property. It's better to be prepared by completing a list now, rather than having to construct a list after the loss.

The most preferable way to inventory your personal property is by completing a written inventory. Photographs and videotapes of each room in your home may also help to establish an inventory.

High value items such as antiques, jewelry, furs and collectibles should be appraised. Then discuss with your financial representative the merits of specifically insuring those items in your policy.

It makes sense to review your insurance to see if you have adequate coverage. It also doesn't hurt to look at ways to make your premium dollars work more efficiently. You can save money by increasing your deductibles and assuming more of the initial part of the loss.

You should also review your life, health and disability income insurance policies to ensure that the futures of you, your spouse and your family are protected in case of an emergency.

Read your policies carefully. If you don't understand something, talk with an insurance representative and have the representative reevaluate your coverage.

By investing a little time and effort, you can save yourself time, money and a lot of

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## No one wants to file a claim

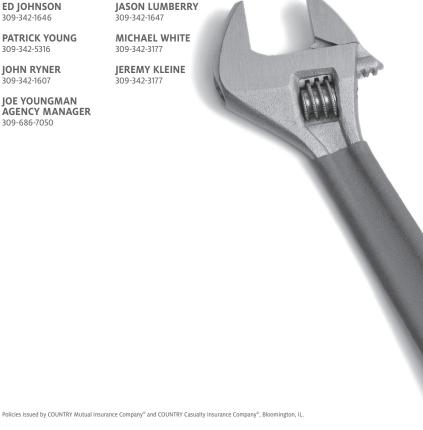
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**ED JOHNSON** 

PATRICK YOUNG

**IOHN RYNER** 

**IOE YOUNGMAN** AGENCY MANAGER



0415-531HC-16907-1/19/2018

## **BOARD HIGHLIGHTS**

#### The regular meeting of the Board of Directors of the Knox County Farm Bureau was held on February 21, 2019.

#### Education & Outreach – Hailey Weyhrich

On March 12, the Ag Day Breakfast will be held with the Chamber of Commerce at the Lake Storey Pavilion. IFB has awarded the event \$750 for the Consumer Engagement Grant.

#### Farm Business – Jarid Cain

The 2018 Plat Book is available and is \$30 for members and \$35 for non-members. We now have Peoria County Plat Books available in the office for purchase

#### Government and Policy – Joe Webel

Governmental Affairs Conference had several KCFB representatives

#### Member Relations – Matt Hennenfent

KCFB members are kindly asked to pay their dues as the Membership Year starts

#### Foundation – Hailey Weyhrich

Scholarship and Internship applications will be reviewed at the February meeting.

#### PrimeTimers - Hailey Weyhrich

NAME

Beard, Jennifer

Boydstun, Terry

DeSutter, Drew

Goedeke, Phil

Grady, Jeff Hennenfent, Matt

Bewley, Beau

Cain, Jarid

The February meeting was held at the Knox Agri-Center and 18 committee members attended. Sally McClure spoke about The Emiquon Preserve and Ellie Repp spoke about production at Sharp Mountain Hops. Also, the 2019 programs and hosts were arranged after a catered lunch. The March

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P P

meeting is set for Tuesday, March 19th.

#### Young Farmers - Jeff Grady

The Young Farmers have been awarded \$5,000 for their cover crop introduction program through the Illinois Farm Bureau Nutrient Stewardship Grant. The FFA Acquaintance Night has been reschedule for March 13 at 6PM. West Central FS will once again be sponsoring the event.

#### **KAC - Terry Boydstun**

The solar building light system will be installed the end of February.

#### **OLD BUSINESS**

The 2019 KCFB Annual Meeting viewpoint survey results were reviewed. A tire/oil collection event was discussed. Cedar Creek Hall worked well and has been reserved for

The Governmental Affairs conference was discussed, and the keynote speaker had

#### **NEW BUSINESS**

The 2019 4-H Show trophy sponsorships

Р

#### will be the same as 2018. The Legislative Breakfast/Luncheon event planning is underway. Director training is available in Bloomington on August 7th. A health fair event was discussed. **Board Meeting Attendance** NAME Jan Feb Hulsizer, Matt King, Becky Α A P Bohnert Yoder, Tara Р Р Р Link, Jeff A P Р Link, Nathan P P P P Р O'Connor, Tom Р Р Р Stevens, Monica Engel, Lori Erickson, David S

Strom, Grant

West, Todd

Swanson, Brett



This is a courtesy reminder about your membership dues. Whether you're an agribusiness professional or someone who loves to eat, you're part of farming! Your membership supports the work of Farm Bureau at county, state, and national levels. Members receive exclusive savings on vehicles, prescriptions, hotels, and much more.

## Hailey's Manager Update

March is such a great month! We get to celebrate National Ag Day on the 14, Spring is a little closer, and planting is approaching which means things will start growing! Not only will the grass and plants be growing, but so will our programs after our Program of Work Board Meeting this month. Our volunteers never cease to amaze me with all the ideas they come up with to promote agriculture and provide benefits to our members. I know our Task Forces and Young Farmers are working on some great ideas for this new year and are

excited to share them with you all. Of course, we will be doing the same Farm Bureau programs you love, like events at the County



Fair and the Steve Johnson seminar. If you ever have ideas of programs we should host or benefits we should add, feel free to stop by the office and let Jackie or me know!

## **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

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 May 31, 2019 to the Knox County Farm Bureau.

## MAKE YOUR VOICE HEARD.





## CLEAR RULES

The Environmental Protection Agency (EPA) and Army Corps announced the new Clean Water Rule. The new rule would end years of uncertainty over where federal jurisdiction begins and ends.



Voice your support of common-sense water rules.

## Text WATERS to 52886



#CleanWaterClearRules

Contact your local county Farm Bureau for more information.



- CRP / CREP Prairie Grass and Tree Planting Field Maintenance.
- Township ROW clearing and chemical application.
- Pasture ground and field borders reclamation.
- Pond treatment.
- Removal and follow up chemical treatment of large stands of Honeysuckle, Autumn and Russian Olive, Locust, and Multiflora-rose.
- Tree spade, grapple and tilling service.

Herbaceous invasive plants can be mechanically removed and treated any time of the year. Follow-up chemical maintenance is required to bring your land back to its original state.

Mike McKim

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## Max and Frances Sanford Memorial Scholarship 2019

Offered By: The Knox County Soil & Water Conservation District

### **Applications Due: April 1st, 2019**

The scholarship is offered to a Knox County resident who is pursuing a career in Agriculture or an Environmental related field. Applicants must have a GPA of 3.0 or higher, submit an application with current transcripts (REQUIRED) and write an essay on "What Conservation means to you and how do you plan to incorporate Conservation into your Future Plans?"



Scholarship applications can be found at the District office 233 S. Soangetaha Rd. Galesburg, or online at http://knoxcountyswcd.tripod.com. For questions contact the district office at (309) 342-5138 ext. 3

## Knox County Soil & Water Conservation District Max and Frances Sanford Memorial Scholarship

Scholarship must be received in office by Monday April 1, 2019. The scholarship is offered to a Knox County resident who is pursuing a career in Agriculture or an Environmental related field. Applicants must have a GPA of 3.0 or higher, submit an application with current transcripts (REQUIRED) and write an essay on "What

Conservation means to you and how do you plan to incorporate Conservation into your Future Plans?" Scholarship applications can be found at the District office 233 S. Soangetaha Rd. Galesburg, or online at http://knoxcountyswcd.tripod.com. For questions contact the district office at (309) 342-5138 ext. 3



Knox Agri-Center Condominium Board President Pat Hennenfent, right, awarded the late Bruce Johnson with the 2018 Meritorious Service to Agriculture Award. Bruce's wife Andrea and Bruce's father Howard accepted the award at the 2019 KCFB Annual Meeting. Bruce spent his whole life advocating for agriculture, Farm Bureau and Knox County until his passing from glioblastoma in December 2018.



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## Health on the Farm



By the Knox County Health Department

## **March is Poisoning Prevention Month**

March is Poisoning Prevention Month, and this year the Knox County Health Department is shining a light on Lead Poisoning Prevention! Lead poisoning is always dangerous, and entirely preventable. Learn what you can do to stop you or your children from coming into contact with lead. Lead is toxic because it tricks the body into thinking that it is calcium, which is important to help your body function. While lead is unsafe for everyone, it is especially dangerous to pregnant women and children under the age of 6. Pregnant women can pass lead to the baby or cause serious pregnancy issues, while children's brains and pregnancy issues, while children's brains and nervous systems are very sensitive to the damaging effects of lead. Growing bones absorb more lead than an adult, and children often put their hands and other objects in their mouths that are leadcontaminated.

contaminated.

Lead poisoning can cause many health problems, including weight loss, vomiting, dizziness, irritability, behavioral disorders, poor bone, and muscle growth, tiredness, headaches, difficulty concentrating, damage to the nervous system, kidneys, and/or hearing, speech problems, learning disorders, and developmental delays. Extremely high lead levels can cause seizures, unconsciousness, and death.

Knox County is high risk for lead poisoning

Knox County is high risk for lead poisoning because 81% of homes were built before lead-based paint was banned in 1978 and banned for use in water lines in 1986. 14.4% of children in Knox County showed high levels during lead screening according to the 2015 Lead Surveillance Report by the Illinois Department of Public Health,

which is 6 times higher than the state average.
Illinois recently changed the lead intervention level from 10 µg/dL to 5 µg/dL. Children who test at or above 5 µg/dL will receive a home visit from a public health nurse to learn ways to lower the blood lead level and reduce lead exposure, and environmental health will conduct a home visit to find the source(s) of the child's lead exposure. If a home has lead, the owner with receive a notice, and they will have to remove the lead from their home as quickly as possible, with a follow-up inspection from the health department to make sure that the lead was removed entirely.

Illinois law requires that all children be screened for lead when entering kindergarten or a licensed child-care facility. Children on Medicaid, ALL Kids, or WIC are also required to be tested at 12 months and 24 months. Illinois has one of the highest testing rates in the country, however many children here, and nationwide, are still falling through the cracks and remaining untested. Some doctors don't order the tests or are unaware of the rules; children miss appointments or parents don't follow up, and Medicaid and health departments can do very little to enforce blood lead testing requirements.

If your home was built before 1978 and you think that your house has lead-based paint; regularly check for chipping paint and carefully clean paint chips up right away with a damp paper towel, discard them in the trash, then wipe the surface clean with a new wet paper towel. Wipe down flat surfaces (walls, doors, stairs, and window sills) weekly with a damp paper towel, and mop floors using a wet mop to control lead dust being introduced into the air. Check the exterior of your home, including porches and fences, for flaking or deteriorating lead-based paint that may contaminate soil in your yard or be tracked into your house, and clean or remove your shoes before entering your home to keep out lead from dirt or

If you have kids, wash your hands and your children's hands often, especially before they eat, before nap time and before bedtime. Wash bottles, pacifiers, toys, and stuffed animals regularly. Keep children from chewing window sills, or other painted things, or eating soil. Another way to protect your kids is to make sure they eat meals high in iron, and calcium, so their bodies absorb

If you are concerned about lead in your water lines: Hot water picks up more lead from the pipes, so use only cold water for drinking, cooking and making baby formula. If you haven't used your water in the last 6 hours, flush the pipes by running the tap for 2 minutes, or taking a shower, doing laundry, etc. Regularly clean your faucet's screen (also known as an aerator), and if you use a filter, don't forget to change it.

Other items that may lead to lead poisoning are painted toys, furniture, and jewelry that are from overseas, from an antique store or are heirlooms, as well as lead crystal or lead-glazed pottery or porcelain. Cosmetics and home remedies (since they aren't heavily regulated for safety and have tested positive for lead in the past), and imported food, spices, and candies from countries with fewer lead restrictions may also be a risk.

People who work with lead (such as in battery

recycling, construction, and renovation, radiator repair, making pottery or stained glass, etc.) may bring lead into the home on their clothes or in their cars, and should wash their work clothes separate from everything else. Avoiding handling food or touching your mouth or face while working with lead materials and washing hands before eating or drinking is also very important. People refinishing older furniture, using lead fishing sinkers, or having contact with ammunition should also take

For more information please contact the Knox County Health Department at 309.344.2224.

## **PRESCRIPTION**

## **DRUG TAKE BACK**

**MONDAY-FRIDAY** 8:00 AM - 6:00 PM **KNOX COUNTY** HEALTH DEPARTMENT

**Drop Off Unused/Expired** 

**Prescriptions Inhalers Sharps** 



**Thermometers** 

\*\*All prescriptions, inhalers & thermometers must be in Ziploc bags

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for more information: (309) 344-2224

.........................

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#### MEMBERSHIP RECRUITER OF THE MONTH



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

Call your COUNTRY Representative for all your insurance and financial needs.

Jason Lumberry

#### PRIMETIMERS NEWS

The February meeting was held at the Knox Agri-Center and 18 committee members attended. Sally McClure spoke about The Emiquon Preserve and Ellie Repp spoke about production at Sharp Mountain Hops. Also, the 2019 programs and hosts were

arranged after a catered lunch. The March meeting is set for Tuesday, March 19th. The potluck will begin at noon, so please bring a dish to pass and your own table service. The PrimeTimers invite all members 55+ to





### **FOR SALE**

2018 **Knox County** Plat Books

\$30 for members

2018 **Knox County** Wall Plat Map \$50 for members

**KCFB Past President's** Interview DVD \$10

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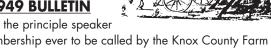


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## Looking Back

#### TAKEN FROM THE MARCH 1949 BULLETIN



Mr. Earl Smith of Detroit, Illinois, was the principle speaker at the first special meeting of the membership ever to be called by the Knox County Farm Bureau. He was called to serve on the Illinois Highway and Traffic Problems Commission by governor of Illinois.

#### TAKEN FROM THE MARCH 1959 BULLETIN

Only two Illinois farm boys out of five in the high school graduating class of 1959 will find an opportunity to become farm operators! ...about 4,000 new farm operators normally need to enter farming each year to replace older farmers who die, retire or enter other work. However, about one-third of these farming opportunities are absorbed as other farms enlarge. So, instead of 4,000 farming opportunities, there are only about 2,700.

#### TAKEN FROM THE MARCH 1969 BULLETIN

More than 450 bowlers took part in the state finals of the Illinois Farm Sports Festival bowling competition at Springfield's Strike-N-Spare Lanes. Entries in the state tournament represented 78 Illinois county Farm Bureaus. The Illinois Farm Sports Festival is sponsored by Illinois Agricultural Association and the 99 Illinois county Farm Bureaus. In addition to bowling, the sports festival will provide coopetition in basketball, trap shoot, softball, swimming, diving, golf, horseshoes, tennis and 4-H physical fitness.



### Salmon Mousse Canapes

#### **Ingredients**

2 English cucumbers

1 package (8 oz) cream cheese, softened ½ pound smoked salmon or lox

1 tablespoon 2% milk

1 teaspoon lemon-pepper seasoning 1 teaspoon snipped fresh dill

Salt and pepper to taste

1/2 cup heavy whipping cream Additional snipped fresh dill

#### **Directions**

Peel strips from cucumbers to create a

decorative edge; cut cucumbers into 1/2in. slices. Using a melon baller, remove a small amount of cucumber from the center, leaving the bottom intact.

Place the cream cheese, salmon, milk, lemon pepper and dill in a food processor; cover and process until blended. Transfer to a small bowl and season with salt and pepper. In another bowl, beat cream until stiff peaks form. Fold into salmon mixture.

Pipe or dollop mousse onto cucumber slices; garnish with dill. Refrigerate until ready to serve.

Taken from tasteofhome.com

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

## ~ 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 ireedy@knoxcfb.org by the last Friday of each month to place the ad.

HELP WANTED: 2200 Acre Grain/250 Sow Farrow-Finish Farm seeks full-time, experienced employees. Health care, dental, pension, & housing available. Resume & references required. Email: DSEngland@ mymctc.net 3/19

FOR SALE: Cattle Equipment-14 corral gates, 2 hay rings, 1 catch chute, 2 creep feeders, 1 hay rake, 1 mower conditioner, 1 corn pro trailer, 1 castrator, OB chains, 2 three point bale carriers, 100 gal water tank. Maquon area. Call 309.333.6209 3/19

WANTED: Broken concrete or bricks. Call 309.484.2160 3/19

FOR SALE: 2003 Kenworth T300 Tandem Grain Truck, 20' Scott Alum Grain Box ('09), tri-fold doors, center slide gate, Scott Level Lift LL2000 Hoist ('09), Shur-Lok Tarp, Cat 3126, 10 Spd Trans, White, Air Ride, Fronts: 315/80 R225 (75%); Rears: 11R22.5 (95%), 371,650 miles, selling for retiring farmer, VIN # 2XKMDD9X63M394600, Galesburg, IL, \$29,900 OBO, Call Brian 309.337.1600

FOR SALE: 2018 first cutting alfalfa & grass big round bales \$80 per bale. Second cutting alfalfa & grass big round bales \$110 per bale. No rain when bailed. 2017 cutting alfalfa & grass big round bales \$50 per bale. Gilson, IL. Call (309) 230-7227

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.



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