

Bulletin

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 November 2019 No. 11

Evaluate Health Options Now For 2020

Just as farmers book next year's seed, now marks the time to evaluate health coverage options that best meet medical needs and budgets in 2020.

The enrollment period for individual health insurance plans runs from Nov. 1 to Dec. 15 for coverage beginning Jan. 1, 2020.

"Don't wait until the last minute," said Sara Sturgeon, COUNTRY Financial health brokerage lead. "Review your current plan that you have and also shop around different carriers and see what you can get with different options."

Illinois Farm Bureau understands the strain that rising health care costs have put on farm families. In response, the organization continues to research options to help members with health-related needs, from more affordable insurance and prescription assistance to accessible mental health support.

Most pressing right now, individual health insurance plans require application by Dec. 15 to secure coverage in calendar year 2020. While members can purchase this type of plan directly with carriers or through Healthcare.gov, the latter offers potential cost-share assistance.

Sturgeon said more members may qualify for assistance than they realize based on income and household size. At a minimum, she suggested members use Healthcare.gov as an online price-comparison tool when reviewing individual health plans.

This plan type represents just one of several coverage options available. Farms with employees could form a small group insurance plan. Short-term health plans can bridge the gap between insurance coverages, and healthcare sharing ministries provide a faith-based, non-insurance option that works for some members. IFB also explores formation of an association health plan, which allows people in a like industry to band together to establish a plan at a potentially lower cost.

In that spirit of savings, members seeking price relief at the pharmacy counter can try the ScriptSave Prescription Drug Savings Card provided with their Farm Bureau membership. Benefits consultant Lisa Carlson of Lockton Companies in Chicago also recommended GoodRx, a free online tool and mobile app that offers drug coupons.

Shopping around can save money, too. Various retailers advertise flat-rate deals on generic drugs. For brand drugs, some manufacturers offer discounted medications to patients through their web sites.

IFB knows the rising cost of health care adds stress for families, particularly during this challenging year on the farm. Members mentally overwhelmed with daily stresses, anxiety or depression should seek support.

Carlson said telehealth assistance through programs like MDLIVE can put help just a virtual visit away. Meanwhile, IFB continues to expand its accessible mental wellness resources, including online at www.ilfb.org/resources/mental-health-wellness. Members can use this site to identify stressors and find wellness tools for a healthier 2020.

WELCOME NEW MEMBERS

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

September & Michael Armstrong	Rebecca & Kyle England
Courtney Christensen	Marilyn Litchfield
Sandra Clague	Tiffany & Kenneth Springer
	Jennifer Wilson

CALENDAR OF EVENTS

November

11 KCFB Office Closed, Veterans Day
14 Young Farmers Mtg, 6:30 PM, KAC
19 PrimeTimers Holiday Meal, 11:30 AM, Pizza Ranch
19 Health Fair, 1 PM – 7 PM, Knox Agri Center
21 KCFB Board Mtg, 8 PM, KAC
25 Steve Johnson Seminar, 7 PM, KAC
28-29 KCFB Office Closed, Thanksgiving

December

2 Holiday Cheese Orders Due
4 Marketing Club, 12:30 PM, Pizza Ranch
7-10 IFB Annual Mtg, Chicago
9 Holiday Cheese Pick-Up, KAC
18 Marketing Club, 12:30 PM, Pizza Ranch
19 KCFB Board Mtg, 7 PM, KAC
24-27 KCFB Office Closed, Christmas
31-1 KCFB Office Closed, New Year 2020

Health Fair

On November 19 starting at 1PM at the Knox Agri Center, the Knox County Farm Bureau Health Initiative Task Force hopes to answer any questions you may have about healthcare.

Speakers and experts will be leading sessions on Medicare, Mental Health, and Health Insurance. This event is free for all members and \$10 for non-members that will be collected at the door. Can only come for one or two sessions? No problem! This event was made to cater to certain people's interests or concerns. We hope you will attend!

SCHEDULE

Tuesday, November 19, 2019

1 PM - 2 PM
Topic- Medicare

2 PM - 3 PM
Topic- Health Insurance 101

3 PM - 4 PM
Topic- Mental Health

4 PM - 5 PM
Topic- Health Coverage Options

5 PM - 6 PM
Topic- Mental Health in Agriculture

6 PM - 7 PM
Topic- Using Health Insurance, Panel




Knox County Farm Bureau Health Fair

November 19, 2019
Knox Agri-Center
FREE for Farm Bureau Members
\$10 for Non-Members

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Mild Cheddar	3 1/2 lb	\$19.00		\$	Blue Cheese Wedge	1 lb	\$7.00		\$
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Sharp Cheddar	1 lb	\$7.00		\$	String Cheese	1 lb	\$6.00		\$
Sharp Cheddar	3 1/2 lb	\$19.00		\$	Cheese Spread	1 lb	\$8.00		\$
Longhorn	1 lb	\$6.00		\$	Beef Stick	12 oz	\$6.00		\$
Longhorn	3 lb	\$16.00		\$	Pepper Jack	1 lb	\$7.00		\$
Calico	1 lb	\$6.00		\$	Havarti	1 lb	\$6.00		\$
Calico	3 lb	\$16.00		\$	Cranberry Cheddar	1 lb	\$8.00		\$
Swiss	1 lb	\$7.00		\$	Blueberry Cheddar	1 lb	\$8.00		\$
Swiss	2 lb	\$13.00		\$	Cherry Cheddar	1 lb	\$8.00		\$
Mozzarella	2 lb	\$11.00		\$					
Baby Swiss	1 lb	\$7.00		\$	Avanti Cheese Gift Boxes: 8.5 oz Swiss, 10 oz others				
Baby Swiss	2 1/2 lb	\$16.00		\$	Gift Box A:		\$17.00		\$
Baby Swiss	5 lb	\$29.00		\$	Mild Cheddar, Swiss, Longhorn & Calico				
Farmers Cheese	8 oz	\$4.00		\$	Gift Box B:		\$17.00		\$
Farmers Cheese	2 lb	\$11.00		\$	Mild Cheddar, Swiss, Calico & 6 oz Beef Stick				
3 Year Sharp Cheddar	1 lb	\$7.00		\$	Gift Box C:		\$18.00		\$
3 Year Sharp Cheddar	3 1/2 lb	\$24.00		\$	Mild Cheddar, Mild Brick, Longhorn & 12 oz Beef Stick				
Football Summer SSG	1 1/4 lb	\$11.00		\$	Gift Box D:		\$21.00		\$
					Mild Cheddar, Swiss, Colby, Calico & 6 oz Beef Stick				
Column 1 Total:\$					Column 2 Total:\$				

Name: _____ **CHECK TOTAL (columns 1&2):\$** _____

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Thank you for your support!

Your order helps fund the award-winning programs of the KCFB Education & Outreach Task Force.
Return form by 12-2-19
Pick up 12-9-19

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.



November 2019 No. 11

Published Monthly

KNOX COUNTY FARM BUREAU, Inc.
cooperating with the
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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



Harvest traditions shine through challenges

Much of what I love about farm life convenes in a corn field on a harvest evening: Crisp fall air, incredible sunsets, comfort foods and the synergy of family and employees-who-are-like-family working together to gather the harvest. Ideally, only the delivery of a hot meal interrupts the harvest pace, not a breakdown.

Harvest traditions stir similar emotions today as they did during my childhood, despite how different the season's pace

By: Adrienne DeSutter

What would happen if we ignored signs of stress in our crops and livestock?

In Illinois, we certainly know what stressed crops look like, and we know the damage, delays, and disease that can take over if we don't intervene. We also keep a close watch for signs of stress in our livestock, because we know how quickly that stress can turn into disaster.

If we did nothing to alleviate stress, we would have a crisis on our hands, and it would be tough to keep our plants and animals thriving. So, we do everything within our control to prevent and manage stress because we want the best for them, and we want to avoid crises on the farm.

So why don't we do this for ourselves?

Farm friends, we have to stop waiting for a crisis to happen before we start paying attention to our stress and mental health. Stop waiting for your sleepless nights to become the inability to get out of bed. Stop waiting for your irritability to become family disputes. Stop waiting for your worries to become feelings of hopelessness. Stop waiting for your stress to grow out of control before putting YOUR name at the top of your chore list.

Legislative Update

By this time, harvest is in high gear. Although Mother Nature hasn't been very cooperative this entire year through planting and now harvest. Despite that, the combines, grain wagons and semis are rolling.

I had a very interesting summer between the State Ag and Rural Leaders (SARL) and the Agriculture and Natural Resources Committee for the Council of State Governments (CSG), Midwest. In mid-July, I traveled to Calgary, Alberta Canada for our annual SARL meeting. The weather was perfect, and we even caught the last day of the Stampede which was quite the spectacle. Our agenda included a myriad of topics ranging from State and Provincial Animal issues, Energy, Rural Health Care, Food Safety and Labeling and Water Regulations and Issues. I participated in two site visits. Canadian Greenfield Technologies involves Hemp decortication and processing technologies. Fallentimber Meadery is a family owned business producing Mead, honey and beeswax. Their Mead products have been so successful their company has grown to 74 employees. However, due to regulations, they are currently only allowed to sell their products in the province of Alberta. In other news, I have served on the SARL Board since 2015 and this year I was elected First Vice President. I am very

Getting To Know Your Farm Bureau Policy

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.

116. SPECIAL SERVICE AREAS

looks. High-capacity combines make gathering crops unbelievably faster than in my grandpa's day. Sensor-driven, hands-free guidance especially helps our combines through those areas where drone images identified wind-ravaged corn stalks. Our smartphones monitor the weather and even remotely control the drying needs for our corn before it enters on-farm storage.

Yet, that progress hasn't changed our traditional roots, best evidenced through the kids. By age 4, my son identified picking corn with Grandpa as one of his favorite things about the farm. By age 5, my daughter sketched fall sunsets, detailing in crayon the vibrant shades of orange, pink and purple. Now middle schoolers, my kids still cheer for field meals that the farm women deliver, particularly when barbecued meatballs make the menu. This ultimate "dining out" experience re-energizes the crew and offers a chance for family time during 14-hour harvest days.

During weekend visits to the field, the kids enjoy a chance to talk on the two-way radio and announce wildlife

Care for Yourself, Care for Your Farm

Because when stress becomes depression or anxiety, your ability to manage those symptoms can become exponentially more difficult. The moment of stress that you could have once relieved with a quick break, a deep breath, and a pep talk can become a moment of seemingly uncontrollable panic. The stress you feel related to an upcoming busy season or high-stakes bank meeting can turn into a constant struggle, regardless of whether or not you're in a tough spot. But if we can learn to regularly prioritize our mental health and keep our stress levels in check, we can often avoid more challenging- and potentially more dangerous- situations.

So take a nap. Think of one thing you do well on your drive to the fields. Say "no" to unnecessary commitments. When you're dumping grain or feeding cattle, challenge yourself to spend those few minutes with zero negativity in your mind. Write down something you're grateful for before going to sleep. Jump in the combine just 5 minutes later so you can read a book to your kids/grandkids in the morning. Drink your cup of coffee with your spouse instead of on the road. Turn off your brain and just listen to music (or

even silence) on your drive home. Ask a family member to feed cattle during harvest season. Do something completely "unproductive" and fun on a rain day, because you'll find out that a break and a good laugh is truly effective medicine, and spending time renewing your energy is absolutely a component of your farm's productivity.

Preventing and managing stress looks different for everyone, but there are hundreds of ways for farmers to keep it under control. What works for one person may not work for another, so paying attention to how your body reacts to wellness techniques is key.

Don't wait for a mental breakdown before you start taking care of yourself. We have to give ourselves the same respect we give our crops and livestock to reach our maximum potential. With proper intervention, stress can be manageable, and we can continue to grow and thrive.

To learn more about farmer wellness, including stress, signs of crisis, crisis resources, and other wellness tools, visit <http://www.ilfb.org/resources/mental-health-wellness>.

honor

to have been chosen to serve in this capacity.

Our CSG meeting was held in Chicago in late July of this year. I serve as the Co-Chair for the Agriculture and Natural Resources Committee. Our site visits in Chicago were quite unique. They included; a tour of Gotham Greens, a 75,000 square foot greenhouse operation atop a warehouse in the Pullman district and a tour of the Chicago High School for Agricultural Sciences. The students were very impressive in their knowledge and excitement for the opportunity to study many facets of agriculture in an urban environment. Our discussion topics were varied and quite diverse including; How State Fairs are Funded, How Consumer Demand is Changing Agriculture and Food Production, Solar Energy and Managing Water Issues for a Nutritious Food Future. I also facilitated a discussion on the Impact of Tariffs and Trade Agreements on States and Canadian Provinces. The panel included Shannon Herzfeld, V.P. at Archer Daniels Midland, Scott Miller, Senior Advisor, Center for Strategic and International Studies and Matthew Wilson, Senior V.P., Canadian Manufacturers and Exporters. As you might imagine this was a very well attended session with a lot of good discussion.

Fortunately, there were very few

We will seek legislation to amend the Special Service Area Law to permit, by petition of at least 10 percent of the voters in the proposed area, the calling of a binding referendum to determine if a special service area shall be established, if taxes are to be extended, or if certain areas are to be included in the service area.

We will support legislation:

sightings. They distribute baggies of homemade treats marked with safety messages. The kids excitedly carry a personal cooler filled with snacks like the harvest crew, but their great grandpa's "dinner pail" ranks extra special. It contains red licorice, luring riders to his tractor and highlighting the uniqueness of four generations of family together harvesting the same field.

These traditions help carry us through this growing season, one of the most challenging in recent years. Harvest started a month late after the delays from a historically wet planting season. The bummer: we may not finish before Thanksgiving, a time when we traditionally celebrate the completed harvest. Harvest may spill into December, pending weather. "Christmas carols in the combine," my husband said. I will admit my obsession with Christmas music, but that's one harvest tradition I want to avoid.

About the author: Joanie Stiers' family grows corn, soybeans and hay and raises beef cattle in West-Central Illinois.

controversial bills related to Agriculture in the past session. There was a reform of the Endangered Species Reform Act and a bill to exclude Veterinarians from the Prescription Monitoring Program. Our Veto Session is scheduled for the last week of October and the second week of November. As of this writing, we are not entirely sure what issues will come before us for discussion and possible votes.

Finally, we have gotten a break from the rain and harvest is in full swing. While many farming operations had an opportunity to harvest some early planted corn, now the focus seems to have shifted to the beans. Wherever you are in your harvest, please be careful and remember you have family and friends that love you and pray for your safety.

"Agriculture is now, as it's always been, the basis of civilization. The farms of the United States...form the basis of all other achievements of the American people. And are more fruitful than all their other resources." President Theodore Roosevelt

Rep. Norine Hammond

1. To ensure that special service areas be restricted to providing those services that are not ordinarily provided by county government.

2. Which provides procedures for the dissolution of special service areas.

3. Which provides that only counties may establish and govern any special service area which includes territory not incorporated within a municipality.



Representative Norine Hammond

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eMail Address: michael.white@countryfinancial.com
Designations: MDRT; Million Dollar Round Table 2014 and 2016. Life Underwriting Training Council Fellow; IUTCF
Community Service: Mike is a current President of Western Illinois Estate and Financial Planners. He is a member of the Galesburg Rotary, Paul Harris Award recipient and has been active in many community organizations in the past. He is US Jaycee Senator, and past President of the Galesburg Jaycees. He coached baseball locally for 16 years and served as Commissioner of the Babe Ruth Leagues for 6 years. He is a Past President of the Galesburg Athletic Booster Club. For several years he served Chrysallis and Cursillo as a leader.
Awards: Mike was inducted to COUNTRY Financial's Hall of Fame in February 2014. Mike has qualified for the All-American Award from COUNTRY 23 times. He was recognized by COUNTRY for his community service in 1996 with the Award of Excellence.
Mission Statement: "I help people remove worry from their lives. My goal is to help my clients plan to live to 100 and prepare for a crisis in their life tomorrow."

Snuff Out Danger From Seasonal Fires

A turkey's roasting in the oven, the stovetop's full with all the fixings. The table is set with fine silver and beautifully burning candles. To many, it's the ideal holiday scene. To fire prevention experts, it's a scene that could go terribly wrong within a matter of seconds. To find out just how quickly your home could go up in smoke, COUNTRY Financial teamed with firefighters to demonstrate common winter season fires. We tested what might happen if an unattended candle fell onto flammable materials. The entire room was consumed by fire within 3 minutes. Our test with a space heater fire engulfed a room in less than 4 minutes. Fire damage is costly. National Fire Protection Association statistics show space heater fires cause \$608 million in damage and candle fires cause \$370 million worth of damage to homes each year. With all the dangers lurking behind the beauty and warmth of the typical holiday scene, it's not surprising that late fall/early winter is the peak season for home fires. I encourage you to follow these 12 tips

- to help secure your home from fire:
- CANDLES**
1. Never leave burning candles unattended.
 2. Keep lit candles away from children and pets.
 3. Keep wicks trimmed to ¼ inch.
 4. Always burn candles in or on holders placed on a level, heat resistant surface.
 5. Keep candles away from flammable items.
 6. Never let candles burn for more than 4 hours at one time.
- SPACE HEATERS**
7. Select a space heater with a guard around the flame areas of the heating element.
 8. Choose a heater that has been certified by a nationally recognized testing laboratory such as Underwriters Laboratories (UL).
 9. Make sure the heater has an automatic tip switch, a device that turns off electric or kerosene heaters if they tip over.
 10. Place heaters on a level, hard, nonflammable surface – do not place on rugs, carpets, tables or countertops.
 11. Keep the heater at least 3 feet

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12. Turn off the space heater when you leave the area, and never leave a space heater on while sleeping or if you leave home.
So before your thoughts turn to the delights of Halloween treats, Thanksgiving

eats and sweets of the season, take some time to make sure your family and home are protected from the dangers of home fires.
See me for a Home Safety Checklist. Go into this season with the peace of mind that your home and family will be protected for many years to come.

Steve Johnson's Marketing Seminar November 25

Dr. Steve Johnson, Farm & Ag Business Management Specialist from Iowa State University Extension, will be at the Knox Agri-Center on Monday November 25, 2019 at 7:00 p.m. to present a marketing seminar titled "Crop Price Risk & Cash Flow Management". Steve serves as the Farm & Ag Business Management Specialist in Central Iowa for Iowa State University Extension. He presents annually at nearly 100 meetings,

workshops, seminars and conferences across the Corn Belt and interacts with more than 10,000 producers. He holds BS and MS degrees from Iowa State University and his Ph.D. from Colorado State University. Steve specializes in topics related to grain marketing, government farm programs, crop insurance, farmland leasing and other risk management strategies. Steve posts monthly free newsletters,

webcasts and updates on both ISU Extension Ag Decision Maker and the Polk County Extension Farm Management web sites. To reserve your seat, visit knoxcfb.org or call the KCFB office at 309.342.2036. This program is sponsored by Abingdon Banking Center, First Midwest Bank, North-And Co, Tompkins State Bank, Walt Dagen Construction, West Central FS, Warren-Henderson Farm Bureau and Knox County Farm Bureau.

Knox County AGRICULTURE in the ClassroomSM Ag in the Classroom Celebrates Pumpkins in October

Students in Knox County learned about pumpkins in the month of October. They learned that Illinois farmers grow the most pumpkins in the world! Students got to see and touch a variety of pumpkins and cre-



ated projects that included real pumpkin seeds. Mrs. Green brought many different kinds of pumpkins into classrooms in October. Students were able to see and touch the pumpkins, including a blue pumpkin! They learned about the kind of pumpkin that is grown for pumpkin pies and how they are different from a jack-o-lantern pumpkin. Students also had a chance to touch a real pumpkin vine that included a flower! Mrs. Green cut the vine from a pumpkin patch in her son's yard. They know that pumpkin vines need flowers and pollinators to produce a pumpkin. First graders focused on learning about the life cycle of a pumpkin. Many were surprised that pumpkins are green before they change orange for harvest. Second grade students learned about the Pumpkin capital of the world, Morton. They went on a virtual field trip to a pumpkin farm and enjoyed seeing the machines that rolled the pumpkins into rows and were transported in trucks to the factory for processing. They also learned about the parts of a pumpkin and created a diagram of a pumpkin with labeled parts. Mrs. Green was excited to add Mr. Hart's first grade class in Williamsfield to her Ag



in the Classroom lessons! Ag in the Classroom continues to visit all schools in Knox County to teach lessons in agriculture. If any classroom or organization in Knox County would like a lesson or presentation about agriculture, they can call the Knox County Farm Bureau at 309-342-2036.

BOARD HIGHLIGHTS

The regular meeting of the Board of Directors of the Knox County Farm Bureau was cancelled on October 17 due to harvest.

Board Meeting Attendance

NAME	Aug	Sept	Oct
Beard, Jennifer	P	A	C
Bewley, Beau	A	P	C
Bohnert Yoder, Tara	A	P	C
Boydston, Terry	A	P	C
Cain, Jarid	P	P	C
DeSutter, Drew	P	P	C
Engel, Lori	P	P	C
Erickson, David S	P	P	C
Goedeke, Phil	A	P	C
Grady, Jeff	P	A	C
Hennenfent, Matt	P	P	C
Hulsizer, Matt	A	P	C
King, Becky	A	P	C
Link, Jeff	P	P	C
Link, Nathan	A	P	C
O'Connor, Tom	A	P	C
Stevens, Monica	P	P	C
Strom, Grant	P	P	C
Swanson, Brett	A	P	C
Webel, Joe	P	P	C
West, Todd	P	A	C
C - Cancelled			

Hailey's Manager Update

I always like looking back to see what I wrote in my Manager's Update a year ago. Last year, I was explaining how excited I was to have Jackie back from maternity leave! It is so crazy to think that was a year ago! Time really does fly but it is great to think back at what has happened in that time.

A year ago, I also talked about how my brother had made it onto the Western Illinois University's Men's Basketball Team. He is playing again this year! His first game is on his 21st Birthday when they will be playing against Indiana University in Bloomington, Indiana. As a basketball family, this is a big deal! My only problem is I get to observe Resolutions in Bloomington, Illinois the next morning. Surely, I can still handle

late nights before early mornings like in college? In the end, I know it will be worth it! This is their first game of the season, so my hopes aren't too high, but the experience is what's important!

Looking back gives me inspiration of what to write for my monthly update's—especially when Harvest is still not great to talk about. At least it is happening... fingers crossed for continued sunshine and no more frost!



The Oneida-Wataga Fire Department thanks COUNTRY Financial Representative Ed Johnson and 1-800-BOARDUP for donating a turnout gear dryer for the department. This drying rack will safely and quickly dry gear after fire calls and training sessions.



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Investment In Local Ag Literacy An All-Time High

BLOOMINGTON, Ill. — The Illinois Agriculture in the Classroom (IAITC) program continues to lead as a trusted resource for children to learn about agriculture. This week the program received a needed boost in the form of IAA Foundation grants to local county coalitions.

This year county ag literacy coalition grants marked an all-time high in dollars awarded and number of Illinois counties served. Eighty-one coalitions serving 89 Illinois counties were awarded \$667,000 in grant dollars which can be used for materials, trainings, educational lessons and activities taking place during the 2019-2020 school year.

"Injecting dollars into local ag literacy helps ensure that more students are reached with accurate agricultural messages which help them connect food, fuel and fiber systems back to farming," said Kevin Daugherty, education director, IAITC.

During the last school year, more than 660,000 students engaged in ag literacy lessons. In addition to students reached, 37,650 teachers and 968 pre-service teachers learned how to incorporate agriculture into their curriculum, while at the same time meeting state learning standards.

"If we can reach 60 percent of the 4th graders in Illinois with an ag-based science lesson on germination, each one of them has now held a corn kernel or soybean and understand the role it plays

in our state's largest industry," Daugherty continued.

County coalition grants are made possible through funding from the IAA Foundation, the charitable arm of the Illinois Farm Bureau. The IAA Foundation raises funds for the IAITC program each year, and in addition to county grants, provides funding for Ag Mags, teacher grants, Summer Ag Academies and more.

"Consistent outreach requires steadfast supporters," said Susan Moore, director, IAA Foundation. "We are so grateful to our annual donors who understand how important efforts to enhance agriculture literacy can be. Every year there are new fourth graders to connect with, and our donors understand and appreciate IAITC's efforts to get the job done."

Partner organizations of IAITC include Illinois Farm Bureau, Facilitating Coordination in Agricultural Education, University of Illinois Extension, Illinois Beef Association, Illinois Corn Growers Association, Illinois Pork Producers Association, Illinois Soybean Association, Midwest Dairy Association, Illinois Department of Agriculture and the Association of Soil and Water Conservation Districts.

In addition, annual donors include agribusiness partners and individuals with an interest in supporting the future of agriculture. For information on how individuals can contribute, visit www.iaafoundation.org. For information on IAITC, visit www.agintheclassroom.org.

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Mike McKim

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Health on the Farm

By the Knox County Health Department



Diabetes Awareness Month: Taking Diabetes to Heart!

Approximately 1,325,000 people in Illinois, or 12.5% of the adult population, have diabetes. In addition, 3,591,000 people in Illinois (37.5% of the adult population) have prediabetes, but 90% of them are unaware of their risk. To reduce your risk of developing diabetes, you should start getting tested once you reach age 45 and should be re-tested every three years.

Diabetes occurs when your body doesn't make enough insulin or doesn't use insulin well. Insulin, which is a hormone made by the pancreas, helps glucose from food get into your cells to be used for energy. When your body is having problems making or using insulin, the glucose then stays in your blood and doesn't reach your cells, which will cause a lot of health problems.

Prediabetes occurs in people who have some insulin resistance or can't make enough insulin to keep blood glucose in the normal range. Their blood glucose levels are high, but not high enough to be diagnosed as diabetes. More than 84 million people have prediabetes in the United States. That's about one out of every three adults! You should be tested every three years for prediabetes if you are overweight and have one or more other risk factors for diabetes, or an immediate family member has been diagnosed with type 2 diabetes.

Gestational diabetes develops in some women when they are pregnant. Most of the time, this type of diabetes goes away after the baby is born. However, if you've had gestational diabetes, you and your child are at high risk for developing type 2 diabetes. You should get tested for diabetes no later than 12 weeks after your baby is born and get re-tested for diabetes every three years.

While having prediabetes or gestational diabetes is a large indicator of developing type 2 diabetes later in life, it is not necessarily a done deal. You can prevent or delay developing into type 2 diabetes by reaching and maintaining a healthy weight, making healthy food choices, stop using tobacco products, and being physically active.

Type 1 diabetes occurs when the immune system attacks the cells that create insulin in the body. It is caused by genetics and is usually diagnosed as children or young adults. People

who are type 1 are dependent on daily doses of insulin to stay healthy. Approximately 5% of diabetes cases are type 1.

Type 2 diabetes occurs when the body does not make or use insulin well. You can develop type 2 diabetes at any age, even during childhood; however, this type of diabetes occurs most often in middle-aged and older people. Genetics and lifestyle factors cause type 2 diabetes. These factors are:

- Weight
- Inactivity
- Tobacco use
- Family history
- Race
- Being age 45+
- High blood pressure
- Abnormal cholesterol and triglyceride levels

Long-term complications of diabetes develop gradually. The longer you have diabetes — and the less controlled your blood sugar — the higher the risk of complications. Eventually, diabetes complications may be disabling or even life-threatening. Cardiovascular disease, stroke, nerve damage, kidney damage, eye damage, foot damage, skin conditions, hearing impairment, and depression are all common if you have diabetes.

To prevent these complications:

- Stop smoking or using other tobacco products.
- Have yearly eye examinations and preventive appointments with a cardiologist and an endocrinologist.
- Check your hands and feet for redness, wounds, bruising, blisters, loss of sensation, and discoloration.
- Take care of your heart! - People with diabetes are twice as likely to have a heart attack or stroke.
- Manage your blood glucose, blood pressure, and cholesterol levels.
- Develop or maintain healthy lifestyle habits - be more physically active, eat healthier, and learn ways to manage stress.
- Take medicines as prescribed by your doctor.

If you are pre-diabetic, diabetic, or taking care of someone with diabetes, the Knox County Health Department offers several diabetes management courses per year. Call Carol Rogers at (309)344-2225 to learn more.



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- Seed treatments qualify
- Final seed sales must be equal to or greater than prior year's seed sales
- Seed cancellations of over 25% are subject to a 6% return fee

0% Crop Protection

- Purchase 50% of your seed needs to qualify
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- March 1, 2021 loan maturity date
- \$10,000 Loan Minimum
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- 4.25% fixed to December 31, 2020
- Effective January 1, 2021, rate changes to Prime + 4.00% variable rate until maturity
- March 1, 2021 loan maturity date
- \$5000 Loan Minimum
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- Seed treatments qualify
- Only name brand chemicals qualify

*A 0% Seed loan will not be set up until the customer's seed is invoiced and all returns completed. If the customer's final seed purchase does not meet the program requirements, a 0% seed loan will not be set up. If a 0% seed loan is set up and drawn on and over 25% of the customer's seed purchase is returned, a 6% return fee will be charged.

For more information contact:
Jennifer Sparrow
Agri-Finance Marketing Manager
(309) 221-5620.



MEMBERSHIP RECRUITER OF THE MONTH



Patrick G. Young

The Knox County Farm Bureau would like to recognize COUNTRY Financial Representative Patrick Young as the top membership recruiter in October. Patrick signed 2 new associate members.

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

PRIMETIMERS NEWS

Ten PrimeTimers toured the CAT Visitor Center in Peoria for their October outing. They enjoyed lunch together after the tour. The November Holiday

Lunch will be at Pizza Ranch at 11:30 on November 19th. The PrimeTimers invite all members 55+ to attend.

All hands on deck to pass USMCA

The success of American agriculture industry is directly linked to our ability to engage in free, fair and enforceable trade with partners from around the globe. To continue supporting Illinois agriculture, our farmers need trade agreements that align with the reality of modern agriculture and the 21st century economy.

Illinois Farm Bureau supports the passage of such agreements that will open markets for our farmers and their agricultural products. We need signed and ratified agreements to ensure that American agriculture has a strong foothold within the global marketplace.

In this very moment, all hands are on deck to get the U.S. Congress to ratify the United States-Mexico-Canada Agreement (USMCA). The Illinois Farm Bureau has been working diligently towards its ratification – or as we say, “all hands on deck.” Through our efforts, more than 1600 Illinois Farm Bureau members have made more than 6,000 contacts to their congressman, both U.S. senators and Speaker Pelosi.

Illinois Farm Bureau leadership, including our president, vice president and national legislative team, have participated in multiple fly-ins to D.C. to amplify the need for swift ratification of the USMCA. We’ve spoken face-to-face with lawmakers – including members of the Illinois General Assembly, U.S. Vice President Mike Pence, Agriculture Secretary Sonny Perdue, House Speaker Nancy Pelosi and additional legislators to stress the need for trade with our closest neighbors.

Our communications team has fielded nonstop media interview requests from national media outlets in the spring and summer months. In fulfilling these requests from journalists at ABC, CBS, CNN, Fox Business News, Rolling Stone, Wall Street Journal and more, we have kept farmers’ livelihoods on the minds of decision-makers in Washington, D.C. and Springfield.

Illinois has much to gain from USMCA ratification. Canada and Mexico are responsible for a 29 percent and a 14

percent market share of all Illinois exports, respectively.

For Illinois agriculture, Canada accounts for 18 percent of all Illinois agricultural exports and Mexico accounts for 10 percent. With Canada and Mexico, alone, Illinois farmers export 40 percent of their corn, 13 percent of their beef and 34 percent of their pork to the two countries.

And not only will this agreement help businesses in each of its most important sectors – including agricultural expansion into new international markets – it invests heavily in the manufacturing sector, which has vast benefits for businesses and consumers statewide. USMCA preserves zero tariffs and includes strong provisions that would help level the playing field for farmers, manufacturers and workers, ensuring more products are made right here in Illinois and across America.

As combines continue to harvest the 2019 crop – concluding a season of extreme weather challenges – Illinois farmers need certainty. We need markets for our corn, soybeans, wheat, the list goes on.

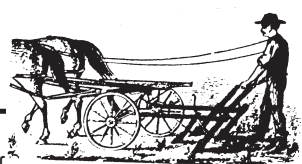
Fortunately, in the past few weeks, several wins on the trade front have come to pass.

After 18 months in limbo, the latest news of a partial trade agreement with China was both significant and celebratory. This limited deal is a step in the right direction, though current tariffs remain in place. There is more work to be done as details of this mini deal come to light.

Additionally, a signed trade agreement with Japan, our fourth-largest export market, also holds promise for advantageous trade benefits between our two nations.

With progress being made on the U.S.-China trade war and other international relationships, the biggest priority on the table is USMCA ratification. Distractions of the election year, party divisions and impeachment proceedings will not deter us from getting this message across. Generations of farmers and their livelihoods depend on the action we take now, together, to get this done.

Looking Back



Taken from the November 2009 Bulletin

The Young Farmers Committee donated \$5,500 worth of GPS navigational units to 32 area emergency providers.

Taken from the November 1929 Bulletin

The American Farm Bureau Federation will hold its annual meeting in Chicago. Because of the death of James W. Good, secretary of war, Major General Peyton Brown will speak on the subject, “Waterway Development”.

Taken from the November 1939 Bulletin

Thanksgiving Day in 1939 should mean much to us, not because the date has been changed, but because we have many things for which to be thankful. We should be thankful that we live in the United States of America. Since 1621, farmers have been thankful for bountiful harvests. We have many other things to be thankful for if we will take time to think.

~ 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: 2 Boer/dairy X does 6 mos old and 2 dwarf Nigerian does 14 mos old. All in now with Kiko buck since 10/3/19. \$200 each OBO. Call 309.639.2111 11/19

FOR SALE: 300 John Deere loader tractor with shuttle transmission, Cat MT 255 Challenger 4WD tractor with 5’ mower & blade, 7’ pull behind Mower Shredder, & set of Forklift Forks. Call 309.289.4290 or 309.335.8330 11/19

FOR SALE: 2014 Case IH Ecolo-Tiger 875 7-Shank Disk Ripper, 24” OC, 14 ft swath, exceptional residue handling capability, heavy duty 7-inch tiger points for high soil fracture, hydraulic adjustable double-edge reel levels and conditions soil, SR-13 auto-reset shank assembly, low acres, kept inside, well-maintained, sharp, Galesburg, IL \$46,900 OBO. Call Brian 309.337.1600 11/19

FOR SALE: Heavy duty barge wagon on JD gears, DR Trimmer-Mower, Both in good condition. Call 309.289.4506 or 309.335.0304 11/19

FOR SALE: 99 Ford Ranger, regular cab, short bed, V6, automatic, \$1500. Call 309.343.6861 10/19

FOR SALE: Nice couch with hideaway \$100, beautiful Starck piano \$500, trombone \$50, sheet music, can send pictures. Call Donna 309.337.3174 9/19

FOR SALE BY OWNER: 2508 N. Gale Ave, Peoria, 2 bedroom ranch, 1414 sq ft, nice backyard w/shad tree, 1 car garage, needs repairs and remodeling. \$39,500. Call Donna 309.337.3174 or Mary 312.608.1180. 9/19

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.

RECIPE OF THE MONTH



Cattleman Approved Steak Wraps

Ingredients

- 6 extra-large tortillas (A burrito sized sturdy flour tortilla is a must)
- 8 eggs, scrambled and seasoned with salt and pepper
- 1 lb flank steak, cut into 1 cubes, seasoned with Lawry’s Seasoned Salt and fried in a medium high heat skillet 5 minutes. Cooled slightly.
- 2 medium sized potatoes, cut into 1 cubed, pan fried until tender and golden,

8-10 min.

2 bell peppers, cut into 1/2 strips lengthwise, cooked with potatoes when they are close to being done (last 2 minutes).

Instructions

Place 1 tortilla on a sheet of aluminum foil. Top with a line of scrambled eggs down the center. Add 1 slice of cheese or 2 TBSP of shredded cheese. Add steak, potatoes and peppers. Roll up and secure with aluminum foil. Keep warm.

Taken from foodandswine.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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