

Bulletin



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

IDOA To Offer AgriChemical Containers Recycling Program

The Illinois Department of Agriculture (IDOA) encourages farmers and agrichemical facilities to take part in a free agrichemical container recycling program. Beginning in the middle of July and continuing into August, sites throughout the state will collect containers that are recycled to make shipping pallets. "This program offers farmers and agrichemical facilities a convenient opportunity to dispose of empty pesticide containers and demonstrate their environmental stewardship," said IDOA Director Jerry Costello II. "Metal and household pesticide containers are not eligible for the recycling program. Collection sites will accept only high-density polyethylene, #2 plastic agrichemical containers that are clean and dry."

Participants are responsible for rinsing containers and removing all caps, valves, metal, labels, booklets, and foil seals. Participants are also responsible for cutting off the top and bottom of plastic drums and cutting the side of the drum from top to bottom. Mini-Bulk and Intermediate Bulk containers can be recycled via the IDOA's container recycling program by making the following container preparations: Mini Bulk (cage) containers are required to be cut into separate top, bottom and sides, fittings discarded (no metal, no wood) (6 slabs of plastic). Intermediate Bulk Containers are to be cut into 1-foot square pieces, fittings discarded (no metal, no wood). G. Phillips and Sons, L.L.C. is offering services to pick up Mini-Bulk and Intermediate Bulk containers throughout the year. Feel free to contact G. Phillips and Sons, L.L.C. at 678-

232-6047 to learn more about their Mini-Bulk and Intermediate Bulk container collection service.

The program is a cooperative venture between the Illinois Department of Agriculture, Agriculture Container Recycling Council, GROWMARK, Inc., Illinois Fertilizer and Chemical Association, G. Phillips and Sons, L.L.C., Illinois Farm Bureau, and University of Illinois Extension.

To obtain a free brochure about the program, call IDOA toll free at 1-800-641-3934. The local collection sites and dates for the 2023 Pesticide Container Recycling Program are as follows:

Single Day Collection Sites:

AM Site hours are 9 a.m. to 11 a.m.

PM Site hours are 1 p.m. to 3 p.m.

07/27 PM Nutrien Ag Sol, Inc., Travis Weaver, McDonough County, Blandinsville, IL (309) 652-3694

07/28 PM West Central FS, Brian McMillen, Warren County, Ormonde, IL (309) 255-5102

07/31 PM Ag-land FS, Inc., Jarret Summers, Peoria County, Hanna City, IL (309) 565-4315

Ashlyn Murdock Summer Intern

Hello Knox County! My name is Ashlyn Murdock, and I am the Knox County Farm Bureau Intern for the summer of 2023.

I grew up on a farm outside of Wataga where I raised and showed goats, swine, and cattle. I graduated from ROWVA High School in 2022. I am the daughter of Bill and Angie Murdock. Both of my parents work in healthcare. My three older brothers are all involved in the agriculture industry today. You may also know my wonderful grandmother Dorothy Murdock, my #1 supporter.

I was a Wataga Trailblazers 4-H Club member for ten years, and a ROWVA Chapter FFA member through high school. By growing up on a farm, showing livestock, and being involved in these organizations, I learned I wanted to make an impact in the agriculture industry. Currently, I am studying Agricultural Communications at the University of Illinois Urbana-Champaign.

My freshman year at the University of Illinois was over before I knew it. I joined as many organizations as possible, as I was eager to start this next chapter in my life. I am a part of the 4-H House Cooperative Sorority, where I quickly gained 50 best friends. I am a member of the Collegiate Farm Bureau, Collegiate 4-H, and Agricultural Communicators of Tomorrow.



Ashlyn Murdock

I am continuously learning more about the agriculture industry, and with this just being my first year, I am excited to see what the next three years have in store for me!

I am happy to be the Knox County Farm Bureau Intern this summer to learn more about the agricultural industry and see how Knox County Farm Bureau helps our wonderful community!

JULY 28, 2023

OAK RUN GOLF COURSE

7:00 AM REGISTRATION

8:00 AM SHOTGUN START



GOLF OUTING

Sponsorships and Registration due by July 24

Information available at www.knoxcfb.org



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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PLEASE REPORT ANY CHANGES IN YOUR ADDRESS TO OUR OFFICE

Thank You
KNOX COUNTY FARM BUREAU



Sunrise, set prominent lure to country living

In her earliest drawings, our daughter frequently sketched the sunset and its brilliant hues, including the shades of pink and purple most don't consider. She would compare anything fiery orange to the daily phenomenon. And since acquiring a cell phone in her teenage years, she takes photos of both the sunrise and sunset, often several times a week. She sends Snaps on Snapchat, pairing her photo with a country song for a poetic start or end to the day for her friends.

Our daughter keeps her eyes on the horizon, one of the wonders of farm and country life. Out here, we can watch the sun arrive and disappear at a horizon of

trees and corn fields without obstruction. Seeing the sun touch the earth ranks one of the most common reasons for living out here. At every cloudless sunrise and sunset, we feel unbound and free in peaceful solitude. For me, the daily moments create a direct connection with Mother Nature that amplifies the praise that we vocalize in unison at Sunday worship: God is good. But I would understand if any eastbound drivers heading 20 miles to work around 6 a.m. may disagree.

The sun most often determines the length of the workday, outside of late harvest nights by tractor light. Hunters hunt from dawn to dusk. We start scouting fields at daybreak, expecting the sun's length of exposure and heat to advance the crops. Farmers look to the horizon to monitor summer storms approach or drift away with their anxiety dependent on the farm's needs.

In contrast, I enjoy visiting the Chicago suburbs, where my sister-in-law thoughtfully schedules experiences with new shops, parks and beautiful urban landscapes. I

soak in doses of the city's culture, energy and especially the delicious food with accessibility. But I miss the horizon and the indescribable liberty that brings. Returning home, I look most forward to reconnecting with it.

Ironically, a day this weekend started with a friend's meme of a country sunrise on Facebook. By evening, a friend texted me a sunset photo taken near the farm. Among my favorite summer sunrises is when I pull eastward into the driveway of the home farm by 6 a.m. The sun's rays cut through the trees of the pasture and accentuate the fog that hangs low in the river bottom of corn below the farmstead.

In paraphrasing Franklin Roosevelt, we hold to hope and belief in a better life beyond the horizon. I agree as long as we never overlook the good life within it.

About the author: Joanie Stiers farms with her family, growing corn, soybeans and hay and raising beef cattle, backyard chickens and farm kids in West-Central Illinois.

Getting To Know Your Farm Bureau Policy

82. GOVERNMENT REGULATIONS We support:

1. Regulations to protect the public health, safety and welfare, provided:

A. The regulations are based upon scientific data which has been subject to replication and peer review.

B. The costs as well as the benefits of the regulations have been carefully weighed.

C. The regulations have been subject to independent analysis and public scrutiny.

D. Alternatives to regulation have been considered, especially the provision of market-based incentives.

E. The regulations respect the practicalities of doing business in the industry being regulated.

2. Cooperating with American Farm Bureau Federation, on the regulatory process to better protect agriculture's interest during rule-making.

3. Requiring the U.S. Environmental Protection Agency (USEPA) to collaborate with the U.S. Department of Agriculture (USDA) in developing regulations impacting agriculture.

4. Member involvement in the regulatory process by responding during com-

ment periods.

5. The review of all state and national regulation to ensure legislative intent is being followed.

6. Legislation to reduce and eliminate duplicative services, programs, and burdensome government regulations.

We oppose establishing law through Executive Orders that circumvent Congress, do not allow for public review and input, exceed constitutional and statutory guidelines, or impose significant economic impact on citizens, businesses, and local or state governments.



2023 Schedule of Events

GRANDTSAND EVENTS

Monday, July 10th
Harness Races, 5 pm,
Free Grandstand Event

Tuesday, July 11th
PureCool HART Limited Modified Series, 7pm
Pit Passes \$35
Grandstand \$15 Adults, Students \$10

Wednesday, July 12th
Jim Smith Memorial Tractor and Truck Pulls
with Mini Rods, 6:30 pm
Grandstand: Adults \$15 / Students \$5
Spectator Pit: \$15
Spectator Vehicle Pit Pass: \$10

Thursday, July 13th
SCOTTY MCCREERY & SAWYER BROWN
Also Featuring Josiah Siska
Starts: 6:30 pm - Grandstands \$35, Holding Pen \$45
Tickets available at select locations, online or day of show
No Grandstand Admission Fee this day ONLY

Friday, July 14th
Figure 8 Races, 6:30 pm
Grandstand: Adults \$10 / Students \$5
Spectator Pit: \$20

Saturday, July 15th
Robbo's Extreme Demolition Derby, 5:30 pm
Grandstand: Adults \$10 / Students \$5
Spectator Pit: \$20

BEER TENT ENTERTAINMENT

Located in the Compeer Financial Building

Tuesday
Backstabbin' Betty

Wednesday
LP33
Sponsored by Century 21 - Tucker Swanson

Thursday
Stone Cold Cowboys
Sponsored by Dave's Auto Body

Friday
Lacy's Ditch

Saturday
Sam N Marshas Delite/Inlaws N Outlaws
Sponsored by Modern Grain Systems

CARNIVAL INFORMATION

Boden Amusements

Tuesday
Armbands \$25, 5:30 pm - 10 pm

Wednesday
Ticket Special 5 tickets for \$10, 5:30 pm - 10 pm

Thursday
Armbands \$25, 5:30 pm - 10 pm

Friday
Armbands \$25, 5:30 pm - 10 pm

Saturday
Armbands \$25 1-4pm
Individual Tickets 5:30 pm - 10 pm

NOTE:
Each ride takes 1 ticket
Individual tickets are \$3 per ticket
Ticket deals 10 tickets for \$25

WELCOME NEW MEMBERS
The Knox County Farm Bureau would like to welcome the following to our organization

Carol Anderson
Anna Bowman
Pamela Cox
Lewis Frazier
Jake & Jackie Herbert
Haakon Soggie
Mary & Derek VanUnnik
Ashley Clark
Larry Hovind
Jonathon Kohler
Linda & Charles Melton
Dariel Milner
Ty & Abby Putnam
Joseph Royse
Michael & Laura Nichols
Jim & Collista Reed
Riverview Farms And Holdings, LLC



These area businesses are proud to be a part of our 2023 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.

<h2>New discounts coming soon!!!!</h2>	 <p>1964 N. Henderson St. Galesburg, IL 61401 (309) 344-3121</p> <p>\$2.00 Off Any Large Pizza \$1.00 Off Any Medium Pizza (one use per day)</p> <p>(not good in conjunction with any other offer)</p>	<p>KNOX - GALESBURG SYMPHONY</p> <p>309.341.7268 Visit KnoxGalesburgSymphony.org</p> <p>10% discount on Adult Single Tickets 5% discount on Subscription Packages</p>
 <p>Four Seasons Pest Control, Inc. Call 309-342-9644</p> <p>10% Discount of Initial Services</p>	<p>ClearSound Hearing</p> <p>FREE Remote Mircophone 2 with Premium Level Aids</p> <p>383 East Simmons St., Galesburg, IL 61401 Tel: 309-342-0458 www.KnoxCountyHearingCenter.com</p> <p>Deborah J. Dyer, BA, HIS Licensed Hearing Instrument Dispenser</p>	 <p>10% Off Lawn Care Applications to New Customers Their First Year. 10% Off Tree & Shrub Feeding first time service for Current Customers.</p> <p>309.341.0800 • 800.339.5546</p>
 <p>50% Off YMCA Membership Joining Fee!</p> <p>1324 West Carl Sandburg Drive • Galesburg 309-344-1324</p>	<p>BRAND SOURCE Expert LINDSTROM'S VALUE PRICING & QUALITY IN-STORE SERVICE</p> <p>25% Off Serta Perfect Sleeper Mattress - Majestic Crown Collection! 10% Off Any Crosley Home Appliance!</p> <p>400 East Main St., Galesburg • 309.342.2181</p>	<p>FIRST GLASS AUTO • HOME • BUSINESS 46 Public Square • 342-2001</p> <p>Lifetime Chip Repair with each Windshield Replacement - \$89.95 Value!</p>
<p>Discounts up to \$500 on Select Equipment!</p> <p>Visit www.ilfb.org or call your County Farm Bureau</p> 	<p>Henn House BBQ BBQ Sauce ~ Catering ~ Events ~ Weddings ~ Parties ~ Contests</p> <p>Phil & Johanna Hennenfent phil@hennhousebbq.com 309-335-1671 • Altona, IL www.hennhousebbq.com</p> <p>10% Off Catering or Bulk Meat Purchases!</p>	<p>Your Full Service Hometown Jeweler</p>  <p>\$8.00 WATCH BATTERY FREE RING CLEANING & INSPECTION</p> <p>370 East Simmons St. 309.344.EVER M-Th 9-5:30, Sat 9-5</p>
 <p>BARD OPTICAL</p> <p>Eye Exams Only \$48 Save 25% On Frames. Lenses & Add-Ons Are Discounted 10%-30%.</p> <p>21 Offices in Illinois Call Today for the Office nearest you 800-752-3295 or Visit our Website at www.bardoptical.com</p>	<h2>New discounts coming soon!!!!</h2>	<p>The Great Outdoors 205 East Main St. Knoxville, IL 61448 (309) 388-0159</p> <p>10% Off New Firearms for Farm Bureau Members</p>
 <p>BRESLIN'S FLOOR COVERING</p> <p>63 N. Seminary St. Galesburg, IL 61401 (309) 342-9197</p> <p>10% Discount on Non-sale Carpet!</p>	<p>HARSCO METALS & MINERALS</p> <p>Paul Rider Territory Sales Manager North America</p> <p>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: www.harscometals.com</p>	<p>Gailey Eye Clinic</p> <p>834 N. Seminary St., Suites 103 & 105 Galesburg, IL 61401</p> <p>\$1,000 off iLASIK & 20% off of glasses! Discount not in use with insurance. Other restrictions may apply.</p> <p>They're the only eyes you'll ever have, trust Gailey to make sure they last a lifetime.</p> <p>Your Trusted Vision Care Provider For:</p> <ul style="list-style-type: none"> LASIK Glaucoma Treatment Cornea Disease Laser Cataract Surgery Retina & Macula Care Routine Eye Exams <p>Gailey Eye Clinic GaileyEyeClinic.com 309.343.6000</p>
<p>TicketsatWork.com</p> <p>Fun. With benefits.</p> <p>Visit TicketsatWork.com Click become a member, create an account, company code: KCFB</p>	<p>Sabrina's</p> <p>224 E. Main St., Galesburg 341-0842 • 342-7913 M-F 1:00-6:00pm</p> <p>Bridal, Prom & Formal Wear</p> <ul style="list-style-type: none"> \$10.00 OFF with a \$100.00 Purchase • Not be combined with any other discount. 	<p>SHERWIN Williams</p> <p>2246 Promenade Court Galesburg, Illinois 61401 (309) 344-3942</p> <p>Show Your Membership Card For Discount!</p>
<p>ScriptSave</p> <p>Save up to 50% at more than 2000 pharmacies in Illinois!</p> <p>Contact the Farm Bureau Office at 342-2036 for Details.</p>	<p>PIZZA HOUSE</p> <p>132 E. Simmons St. Downtown Galesburg 343-8376</p> <p>\$2.00 Off Large Pizza one discount per order</p> <p>Void with any other coupon</p>	<p>STILL AVAILABLE!</p> <ul style="list-style-type: none"> •2018 Knox County Plat Books •2018 Knox County Wall Plat Map •KCFB Past President's Interview DVD <p>Knox County Farm Bureau 180 S. Soangetha Rd., Galesburg, IL • 309-342-2036</p>
 <p>Pizza Ranch</p> <p>Any Large Pizza \$11.00 Pickup/Carryout only 2590 N. Seminary St. 309-351-7860</p>	 <p>Debbie Clague, General Manager Hardee's 913 E. Main Street, Galesburg 309-344-4558</p> <p>FREE 20 oz. Drink with purchase of a 1/3 Lb. Thickburger!</p>	<p>Hidden Hills Vineyard & Winery Galesburg, Illinois</p> <p>10% Discount on Purchase</p>
<p>10% at Grainger</p> <p>FREE shipping on internet orders. 1-866-217-3435 Your IFB #853007128 www.grainger.com</p>	 <p>Save 25% off Regular Menu Price Orders when you order online at papajohns.com</p>	
<div style="display: flex; justify-content: space-between;"> <div data-bbox="124 2112 642 2366">  <p>ILLINOIS FARM BUREAU. Farm. Family. Food.™</p> </div> <div data-bbox="663 2112 1533 2366"> <p>ONE STOP SAVINGS Log in to our new membership benefit platform using your county Farm Bureau® membership number at https://ilfb.abenity.com</p> <p>HOW TO: First time users: •Click Register button •Membership Number, do not include any letters</p> </div> <div data-bbox="1554 2112 2009 2366">  <p>County Farm Bureau® Jane Doe L Memb# 123 - 9876A Exp. Date 09/30/2018</p> <p>ILLINOIS AGRICULTURAL ASSOCIATION IFA</p> </div> </div>		

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NEWS FROM COUNTRY FINANCIAL

Simple Maintenance on Backyard Equipment Can Prevent Injuries this Summer

Long summer days are here once again, and chances are, your kids are spending more time outdoors playing on backyard swing sets and trampolines, and swimming in the pool. And, just like everything else we own, these items require proper maintenance to avoid accidents. Take the time now to inspect your equipment and keep your kids (and their visitors) safe this summer.

Pool Safety

First and foremost, ensure there is a barrier surrounding your pool to keep young children from entering the area. Install a fence and alarms for any doors that enter the pool area.

Next, post your safety rules and strictly enforce them with guests. Keep a first aid kit nearby, as well as ring buoys and reach poles. Learn how to shut off filters and pumps, and post instructions for others in case of emergency.

And last, but not least, enroll children in swimming lessons, and learn CPR and first aid.

Trampoline Safety

To keep trampoline jumpers from fall-

ing off the trampoline, all trampolines should have a net and pads. Regularly inspect your trampoline to check for tears, rust or missing parts.

Only allow one jumper at a time to prevent injuries. According to the American Academy of Pediatrics, most trampoline injuries occur when there are multiple individuals jumping at a time.

Swing Sets and Playgrounds

Take special measures to keep your backyard swing set safe for children by regularly maintaining the equipment. Check for rusted or protruding bolts, cracked swings and slides, broken ropes and open hooks.

Playgrounds should be installed on soft surfaces, like rubber mulch or tiles, to help insulate falls and prevent injury.

Are you covered?

Owning trampolines and pools can put homeowners at a higher risk of injury on their property. Talk with your insurance representative about the types of coverages available for accidents and injuries that take place on your property. Adding

an umbrella policy can be an affordable way to reduce your vulnerability.

For more information visit www.countryfinancial.com.

AGENT SPOTLIGHT



Name: Ed Johnson
Years with COUNTRY: 17
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 Illinois University
Designations: 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.

May Board Highlights

The meeting of the Board of Directors of the Knox County Farm Bureau was held on May 18, 2023.

Education & Outreach – Lori Engel

The next Adult AITC program is being planned.

Farm Business – Brian Nelson

Plat Books are available in the office. Plat Books are \$30 for members and \$50 for wall maps for members. Steve Johnson Seminar will be June 13 at 7:00 at the Knox Agri Center. Marketing Club will resume June 21.

Government and Policy – Drew DeSutter

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

Member Relations – Jeff Grady

The 2023 quota program has been released. Knox County needs 831 Voting Members. Tickets for the Knox County Fair Concert are still available for purchase at the office.

Young Farmers – Tyler Main

Young Farmers met on May 11 for their monthly May meeting. Hunter Safety Course will be held June 9 and June 10.

PrimeTimers – Hailey Hennenfent

The PrimeTimers met April 18, 2023, for a potluck meal and had a speaker talk about

Abingdon Pottery. The next meeting will be May 16 for a potluck meal and Zoom meeting with Bill Bodine from IFB to talk about property rights regarding wind/solar

Foundation – Hailey Hennenfent

3 current College Student scholarships were awarded; Isabell Kuelper- O'Connor Family Scholarship, Katelyn Engel- KCFB Foundation Scholarship, and Molly Warner-O'Connor Family Scholarship. 2/3 High School Student Scholarships have been awarded at school award nights; Anna Webel- Thomas Lincoln Scholarship and Esther Gibb- Kreig Family Scholarship. Ashlyn Murdock will be the 2023 KCFB Foundation Intern. The Foundation Board will meet May 23 for their quarterly meeting.

KAC – Hailey Hennenfent

The Knox Agri Center will meet May 23 for their quarterly meeting.

OLD BUSINESS

There are 3 vacancies on the Knox County Farm Bureau Board.

NEW BUSINESS

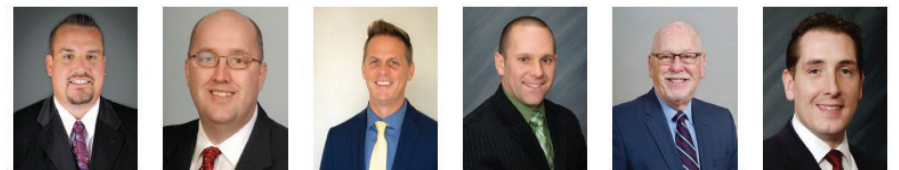
KCFB Annual Meeting speaker ideas were discussed. The Knox County Farm Bureau will be sponsoring t-shirt for all livestock exhibitors of the Knox County 4-H Fair.

KCFB Board Attendance 2023

	March	April	May
Beard, Jennifer	P	P	P
Bollivar, Jason	P	P	P
Courson, Dustin	A	A	P
DeSutter, Drew	P	P	P
Emken, Kurt	P	A	P
Emmons, Rob	P	P	A
Engel, Lori	P	P	P
Goedeke, Phil	P	P	P
Grady, Jeff	P	A	P
Link, Aaron	P	P	P
Link, Cory	P	A	A
McCormick, Joel	P	P	P
Nelson, Brian	A	P	P
O'Connor, Tom	P	P	P
Shea, Damon	A	P	A
Stevens, Monica	A	P	A
Underwood, Kyle	P	P	P

- (P) Present
- (A) Absent
- (C) Cancelled

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Joe Youngman Agency Manager Peoria (309)686-7050

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WITH THE LOWEST RATES OF THE YEAR!



Knox County AGRICULTURE in the ClassroomSM



After spring break, twenty one classrooms across the county started the process of hatching chicks. From preschool through sixth grade, almost 100 chicks were shared with students. Despite some power outages, and humidity and temperature issues, we can call session two of chick hatching a success!

Mrs. Maaske a science teacher at Lombard, and has raised chicks for two years. Seven of her twelve eggs produced chicks this year! Mrs. Maaske shared with Mrs. Green, the AITC coordinator, how she engages students at the 5th grade level, even though many of them have had this experience in previous years.

Mrs. Maaske places eggs in a "Mystery Box" and the students play 20 questions to guess what is inside it. Once the eggs are revealed, students look closely at a non-fertilized egg and observe it with a magnifying glass. They discuss hardness, texture, and pores. Then students crack the egg and discuss each part of it.

Mrs. Maaske uses a class chart to track the temperature and humidity of the incubator. Each day there is a new "farmer" who helps fill out the chart. Students view slides that show a picture of what the baby chick should look like as it develops inside the egg.



The students love getting their turn at taking care of the eggs and mist them days 8-18. Eggs are candled and students journal their experience. On days 19-21 the students will check on the humidity throughout class to make sure it is between 70-75%. Students work together and have ownership in the process.

On hatch days, Mrs. Maaske puts her document camera up so students can capture as many moments of the process as possible. Once the chicks hatch, classes observe the differences between the chicks, discuss their adaptations, and of course hold them! Other classes love to come visit them and it really brings joy to the classroom each year.

While Knox County teachers are nervous mother hens themselves, they know that the students are having a great experience. Mrs. Green en-



joys listening to the students tell her their chicks names and how many they have hatched. We are looking forward to Chick Hatching 2024!



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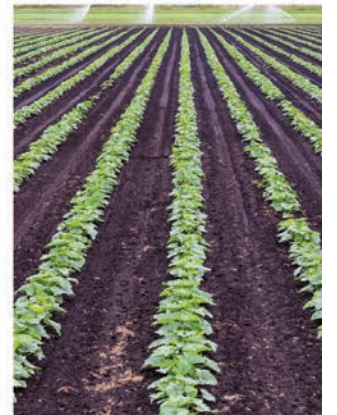
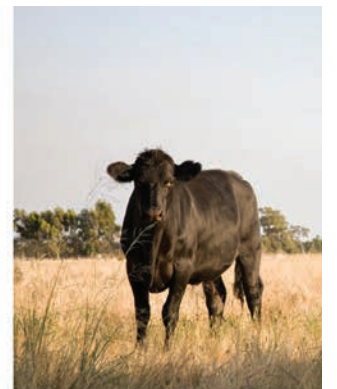


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Health on the Farm

By the Knox County Health Department



June is Men's Health Awareness

Encourage the men in your life to take care of their health.

Men's health issues don't just affect men, though. They have a significant impact on everyone around them. This Men's Health Month, the Knox Community Health Center encourages everyone to share something vitally important with the men who matter to them: knowledge that could help them stay healthy and live longer.

One of the best things we can all do for our health and happiness is to have a close connection with a primary care provider we know and trust and keep up to date with wellness visits. The Knox Community Health Centers providers, Dr. Robert Wagner, Carol Sacco, MSN, APN, NP, and Rebecca, MSN, APRN, FNP-BC are accepting new medical patients of all ages.

"It can be difficult for anyone, but especially for men, sometimes, to speak up about their health concerns. But it's important to remember that the primary care provider's focus is helping you prevent disease and maintain good health," says Dr. Wagner, Medical Director at the Knox Community Health Center. "Regular visits and honest conversations

with your provider can go a long way in building the trust that is necessary for a good patient-provider relationship.

Regular checkups ensure you get the care you need, which may include:

Health screenings- You may feel fine, and you may be healthy. Or you could have a silent health problem, like high blood pressure, and not even know it.

Vaccines- Are you due for a routine vaccine, such as Tetanus? A shingles shot? Do you get the flu vaccine every year? Are you up to date with the COVID-19 vaccine? Getting recommended vaccines can help you avoid painful or serious diseases and spend more time doing the things you love.

Advice for a healthy life- Your primary care provider can discuss everything from eating right and exercising, to feelings of depression and anxiety.

Cholesterol test- Depending upon age and risk factors, some men may need their cholesterol checked.

Cancer screenings- Adult men should plan to get screened for prostate and colon cancer. Your provider can help determine when these should start and at what frequency.

Staying active- It is recommended that men incorporate 30 minutes of physical activity 5 times a week into their daily schedule.

Encourage the guys in your life to take control of their health and schedule a visit with their primary care provider.

Having a yearly physical is an important part of staying healthy. Annual physical exams and preventive health screenings detect early signs of chronic disease and allow medical providers the opportunity to discuss recommendations for good, continued health.

For more information on men's health issues or to schedule an appointment call the Knox Community Health Center at 309-344-2225 or visit our website at www.knoxcountyhealth.org for more information on the health center.



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1361 W. Fremont St
Galesburg, IL 61401
309-344-2225

Recipe of the Month

Cajun Chicken with Bell Peppers

Ingredients:

Cajun Seasoning -

- 1 teaspoon paprika
- ¼ teaspoon cayenne pepper
- ¼ teaspoon oregano
- ¼ teaspoon thyme
- ¼ teaspoon salt

Chicken -

- 2 bell peppers, small, thinly sliced (or use mini sweet peppers)
- 4 chicken breasts, small
- 4 cloves garlic, minced
- 6 oz cream cheese, cold, refrigerated, and sliced into 8 slices
- ½ cup cheddar cheese, shredded



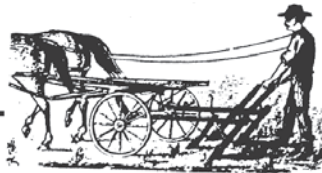
Instructions:

How to make Cajun chicken seasoning -

Combine all seasoning ingredients in a small bowl. Mix to combine.

Cajun chicken - Preheat oven to 375 F. Place thinly sliced bell peppers on the bottom of the casserole dish. Place chicken breasts on top (so that the peppers will cook underneath the chicken). Generously sprinkle Cajun seasoning all over the chicken breasts. You don't have to use all the seasoning. Top with minced garlic. Top each chicken breast with 2 slices of cream cheese. Top with shredded cheddar cheese. Bake the chicken uncovered at 375 F in the preheated oven for 20-30 minutes until the chicken is cooked through. Broil for 2 minutes, if desired. To serve, scoop the bell peppers from underneath the chicken. Place them evenly around the chicken and on top.

Looking Back



“Milk Sales in Restaurants Promoted”

June 1966

More than 20 restaurants in Knox County are scheduled to be a part of a promotion sponsored by Farm Bureau with the purpose of increasing the sale of fluid milk. All participating restaurants have been advised to expect a mystery customer representing Knox County Farm Bureau who will leave a two-dollar bill as a tip if the waitress suggests “milk

now and coffee later.” At the time of the visit, the Farm Bureau representative will have available place mats for the restaurants to use advertising meat in the many different ways it can be prepared and served.

The restaurant promotion will conclude the special activities of the Farm Bureau women’s committee in their observance of June Dairy Month.



From L to R – Mrs. Lawrence Barrowman, Mr. & Mrs. John Dugan, Mrs. Peggy Hardister

PrimeTimers News

PrimeTimers will meet on June 20 for their monthly meeting potluck and speaker. This month’s presentation will be on Prairie Farms Dairy. If you plan on attending, please bring a dish to pass. Please call the office to be added to the mailing list if you would like to join. Members 55 and older are welcome to join!

MEMBERSHIP RECRUITER OF THE MONTH

The Knox County Farm Bureau would like to recognize COUNTRY Financial Representative, Ed Johnson as the top membership recruiter in May. Ed signed three new Associate Members. Call your COUNTRY Representatives for all your insurance and financial needs.



~ 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 email us at assistant@knoxcfb.org by the last Friday of each month to place your ad.

HAY FOR SALE: First, Second, and Third cutting of grass and grass and alfalfa. Round bales- \$60-\$80/bale; Small square bales- \$5-\$7/bale. Call 309-368-0561

FOR SALE: Large, Net Wrapped - Mixed Grass Round Bales, shedded. \$50 (you load), \$55 (I load) - Call (309) 299-2657

FOR SALE: SunStar Infrared Radiant Tube Heater, SIU Series 40’ (Loop), 175,000 btu, LP, Never Used - Call (309) 299-2657

FOR SALE: Hydraulic Dump Barge Wagon on running gear - \$400, Hay Racks on running gears - \$75 and up - Call (309) 335-1222, please leave a message.

FOR SALE: Bicycles - refurbished and ready to ride. All kinds, reasonable. Also parts and repairs. Call (309) 335-5947

FOR SALE: 2005 Pontiac Sunfire, Red, Two Door, Excellent Condition, 95,000 miles. Call (309) 221-4210

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



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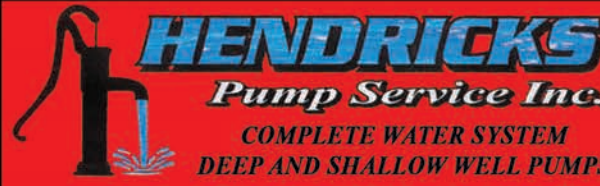
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