



*Southern Illinois*

See the **Southern FS** section on pages 7-10  
and **Free Classifieds** on pages 14-15.



# FARM BUREAU NEWS

**FARM BUREAU - THE PROFESSIONAL ORGANIZATION FOR AGRICULTURE - WHERE YOUR MEMBERSHIP MATTERS**

A Farm Bureau Publication - Serving Farm Bureau Members in the Southern Illinois Counties of Alexander, Franklin, Hardin, Jackson, Johnson, Massac, Perry, Pope, Pulaski, Saline, Union and Williamson

Volume 69 • Issue 9 • September 2025

ILLINOIS FARM BUREAU MEMBERS

*Save*  
 **JOHN DEERE**



Visit [myifb.org](http://myifb.org) to see details.



## Staying Safe on Rural Crossroads

Rural roadways can be beautiful, but they can come with some challenges. Rural crossroads can come with challenges including visibility around crops. Illinois Farm Bureau has some tips to make sure you stay safe in these crossroads.

Slow down and reduce your speed as you approach the intersection. Drivers should slow down even if there are no other vehicles visible.

Look carefully and cautiously to make sure the intersection is clear in all directions and pay attention to potential blind spots. Drivers also need to be prepared for other vehicles, especially those approaching from different directions or at higher speeds.

If another vehicle is already in the intersection or approaching

with the right-of-way, always yield. Clearly use your turn signals to show your intentions to turn or change lanes, giving other drivers ample time to react.

Be aware of farm equipment. Rural roads often have slow-moving farm vehicles and equipment. Be extra cautious and patient when encountering them, while also giving them ample room.

If you are walking or biking near the intersection, especially at dawn or dusk, consider wearing reflective clothing or using reflective accessories to increase visibility.

Lastly, always remember to avoid distractions. Put away your cell phone and all other distractions while driving through these crossroads.

## National Farm Safety and Health Week 2025: Safety First, Avoid the Worst

National Farm Safety and Health Week 2025 is September 21-27, 2025.

Safety First, Avoid the Worst!

### Daily Topics of Focus

- Monday, September 22, 2025 - Equipment and Rural Roadway Safety
- Tuesday, September 23, 2025 - Health and Wellness
- Wednesday, September 24, 2025 - Generations of Farming
- Thursday, September 25, 2025 - Confined Spaces
- Friday, September 26, 2025 - ATV/UTV

### History

The 2022 data for the U.S. Bureau of Labor Statistics indicates that the agricultural sector is still the most dangerous in America with 417 fatalities. Fall harvest time can be one of the busiest and most dangerous seasons of the year for the agriculture industry. For this reason, the third week of September has been



recognized as National Farm Safety and Health Week. This annual promotion initiated by the National Safety Council has been proclaimed as such by each sitting U.S. President since Franklin D.

Roosevelt in 1944. National Farm Safety and Health Week is led by the National Education Center for Agricultural Safety (NECAS), the agricultural partner of the National Safety Council.

## Jessie Henson Of Ava Awarded Illinois Farm Bureau Rural Nurse Practitioner Scholarship

Jessie Henson of Ava recently received a \$4,000 scholarship through the Illinois Farm Bureau Rural Nurse Practitioner Scholarship Program.

The scholarship program supports the development of health care professionals committed to serving in rural communities across Illinois. In return for the scholarship, recipients agree to practice in an approved rural county, helping to address the growing need for primary care in underserved areas. Scholarships are funded by the Rural Illinois Medical Student Assistance Program (RIMSAP).

"These scholarships represent our deep commitment to addressing the primary care needs of underserved areas and ensuring that quality health care is accessible where it's needed most," said Donna Gallivan, Illinois Farm Bureau conference and program manager. "Investing directly in the education of nurse practitioners who are committed to serving underserved areas strengthens our rural health care system and helps build a healthier future for rural communities across our state."

Henson, who lives in Jackson County, is currently pursuing her education at Chamberlain University. She works at Deaconess Health System—Deaconess Illinois Medical Center in Marion. A dedicated health care professional, she is an active member of the American Heart Association and the American Association of Neuroscience Nurses. She is also a member of St. Paul's Lutheran Church in Steeleville.

Henson resides in Ava with her husband, Adam, and their two children.

To learn more about the Rural Nurse Practitioner Program, visit [www.RIMSAP.com](http://www.RIMSAP.com).

### **About RIMSAP**

The Rural Illinois Medical Student Assistance Program, a partnership started in 1948 between the Illinois State Medical Society (ISMS) and Illinois Farm Bureau (IFB), has helped many qualified applicants to hurdle financial needs or borderline academic barriers to medical education. The program has assisted over 800 students with recommendations and/or loans.

### **About Illinois Farm Bureau**

Founded in 1916, Illinois Farm



**Jessie Henson**

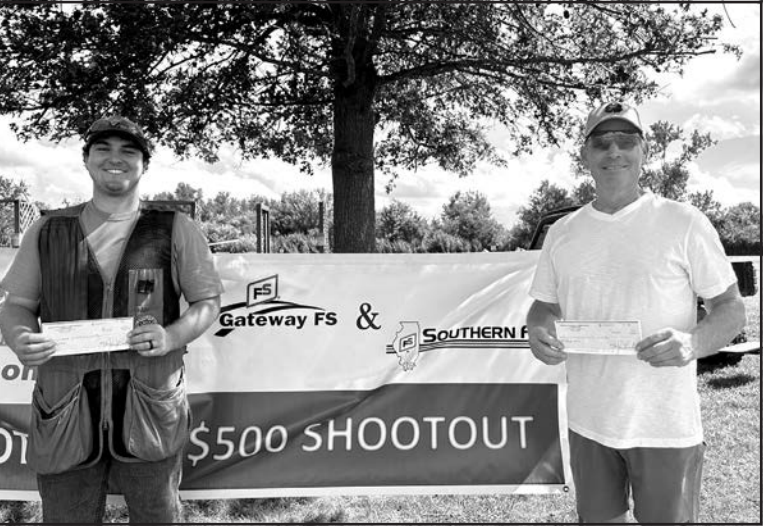
Bureau – originally known as the Illinois Agricultural Association – is a nonprofit, grassroots membership organization. Illinois Farm Bureau and a statewide network of county Farm Bureaus give members an advantage through impactful advocacy, trusted information, and meaningful development to support their careers and Illinois farm families.

Learn more about Illinois agriculture at [www.ilfb.org](http://www.ilfb.org). Connect with Illinois Farm Bureau on Facebook: Illinois Farm Bureau | Facebook, Instagram @ilfarmbureau, X @ILFarmBureau, or on TikTok @illinoisfarmbureau.



**YOU ARE Not ALONE**





# 2025 Perry & Randolph County Pull for Ag

The Randolph & Perry CFB’s held their annual Pull For Agriculture Education event Saturday July 12th, 2025. Over 85 participants were present at the event and a great time competing for prizes, enjoying good food, and even better company. Our event winners are as follows; For the Buy A Farm Youth Shootout our 1st place winner was Lane Kuentler and 2nd place was Charlee Pei. The Gateway & Southern

FS shootout winners we had a 1st place tie between Max Fox and Brad Davis. A big thank you goes out to all of our sponsors, volunteers, & participants that helped raise money towards the Randolph County Farm Bureau and Perry County Farm Bureau Ag In The Classroom programs! More details on scores and events help can be found on the Randolph County Farm Bureau website under the Ag In The Classroom tab.



## HOW FARM BUREAU SERVED YOU

- 1 President Brian Duncan and other IFB leaders advocated for Illinois agriculture in meetings with Ag Secretary Brooke Rollins, EPA Administrator Lee Zeldin, and Surgeon General Dr. Casey Means, who played a key role in the MAHA report released in May.
- 2 IFB’s grassroots policy development process was on display, with the Resolutions Committee advancing nine county Farm Bureau-submitted proposals for vote at the 2025 Annual Meeting.
- 3 Illinois Farm Bureau’s Ag Industry Tour gave Young Leaders a meaningful development experience in Michigan, where they explored specialty crop farms and volunteered with a food rescue program.
- 4 IFB partnered with BioSTL and University of Illinois Research Park to organize the AgTech Innovation Showcase, which featured emerging ag technologies and offered members an opportunity to stay informed about new on-farm solutions and provide practical feedback to the innovators.



# Jackson CFB Foundation Fish Fry



The Jackson County Farm Bureau Foundation brought back our annual Fish Fry on August 2nd, 2025. Over two hundred people were in attendance to enjoy a nice meal, silent auction and live music. During the event at Southpaw Bar and Grill in Murphysboro, members got to mingle with one another, visit with legislators, and help raise money for scholarships, Ag in the Classroom, and professional development workshops for educators. The Jackson County Farm Bureau Foundation Board of Directors would like to say a huge thank you to all our members who attended, businesses who supported, and community for contributing. A huge thank you to COUNTRY Agent – Paul Melzer for helping sponsor the band Saint City Rebels, they put on a great show, and we were so glad to have them! We were able to raise \$1,600 for our Foundation and we greatly appreciate all the help and support!



## 2025 FALL FISH SALE

ORDER DEADLINE (Grass Carp) WEDNESDAY, OCTOBER 1, 2025

ORDER DEADLINE (ALL OTHER TYPES): WEDNESDAY, OCTOBER 8, 2025

SALE DATE: WEDNESDAY, OCTOBER 15, 2025

SALE TIME: 8:00 AM

SALE LOCATION: FRANKLIN COUNTY SWCD  
711 N. DUQUOIN ST., BENTON, IL 62812

Name \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

PAYMENT IS EXPECTED WHEN ORDER IS PLACED.

MAKE CHECKS PAYABLE TO: FRANKLIN COUNTY SWCD

FOR MORE INFORMATION CALL 618-438-4021

STANDARD STOCKING RATES (PER Surface Acre on New Ponds)  
500-1,000 Hybrid/Regular Bluegill or Redear; 100-200 Largemouth Bass; 100-200 Channel Catfish; 3,000-5,000 Fathead Minnows (12-20 lbs.)

Species/Description	SIZE	PRICE	QTY	COST
<b>Regular Bluegill</b> - Deep bodies, slab-sided fish with a small mouth and has black spot on soft dorsal fin and flexible black ear flap. Can grow up to 4 lbs., but are usually 1 lb. or less. Will congregate around vegetation and sunken trees of shallow ponds. Spawning occurs when water reaches 67 - 70 degrees in shallow areas. Usually nest in colonies and spawn once every 26 days during the spring or summer	3-4"	\$1.15 ea.		
<b>Hybrid Bluegill (Sunfish)</b> - Cross between green sunfish and regular bluegill. Similar to regular bluegill. Similar to a regular bluegill, however they grow at a quicker rate and get a larger size. More aggressive than the regular bluegill. Will reproduce, however they are 90 to 95 percent male. Can grow up to 4 lbs., but usually only 1 1/2 or 2 lbs.	3-4"	\$1.15 ea.		
<b>Redear (Sunfish)</b> - Dark olive above, yellow to green on the sides, and has white on the belly. Has a red edge on the gill cover on the male and orange on the female. Can grow up to 4 lbs., but usually average 1 to 1 1/2 lbs. Prefer the bottom of clear quiet waters with moderate vegetation. Will spawn when water reaches 60 to 70 degrees in deeper waters and they nest in colonies. Primarily eat snails and clams, but will also eat insect larvae, small crustaceans, and insects.	2-4"	\$1.10 ea.		
<b>Channel Catfish</b> - Has an olive and brown to dark blue body, back not humped, deeply forked tail, and their anal fin has a curved margin. Can grow up to 58 lbs., but in farm ponds only reach 5 to 10 lbs. Spawning will occur in cavities in hollow logs, holes in undercut banks, and beneath rocks when water reaches 70 to 75 degrees	4-6"	\$1.00ea.		
<b>Channel Catfish</b> - Same description as above, but 6 to 8" in size	6-8"	\$1.10ea.		
<b>Largemouth Bass</b> - Have a jawbone that extends beyond the back of the eye, and the two dorsal fins are nearly separated or deeply notched. Can grow up to 20 lbs., but typical weight is 1 to 6 lbs. Usually found in moderately clear to turbid, quiet, warm waters around vegetation and near logs, trees, brush, and stumps. Usually spawn when water temperatures reach 63 to 68 degrees.	3"	\$1.60ea.		
<b>Fathead Minnows</b> - Stock in new ponds prior to Largemouth bass so they are able to spawn and provide food for young Bass. Approximately 250 per lb.	\$1-3"	\$12.00 per lb.		
<b>Koi</b> - Koi are an excellent choice for yard and garden ponds, available in a wide range of colors. While some people choose to place them in dirt-bottom ponds, it's not advisable to include too many. They reproduce similarly to common carp and tend to root around in the mud. If you opt for a dirt-bottom pond, it's essential to introduce predator fish to help manage the koi population.	6-8"	\$15.00ea.		
<b>Triploid Grass Carp</b> - Will not reproduce. They eat rooted aquatic vegetation, but not cattails, spatterdock (yellow water lily) or filamentous algae (pond moss), most aggressively in the hot, summer months, and good results are usually seen after the second season. As grass carp consume aquatic vegetation, the water is likely to become more turbid and less desirable plants or algae may become dominant in the ponds. Overstocking may affect sport fish populations. Vegetation control with grass carp is extremely variable and desired results are difficult to obtain and not guaranteed. They will eat up 2-3 times their weight each day. They should be stocked at 3-5 per surface acre (pond length x width divide by 43,560 per acre) or 25-40% cover-5 carp per acre; 40-60% cover-8 carp per acre; over 60% cover-10 carp per acre. Restocking will need to take place every 3-5 years. Ponds must have an area that is 7-10' deep for fish to live over winter.	8-11"	\$13.00ea.		"IDNR permit info required below"

**TRIPLOID GRASS CARP REQUIRES IDNR PERMIT FOR POND DELIVERY- POND LOCATION:**

County \_\_\_\_\_ Township \_\_\_\_\_ T \_\_\_\_\_ N,R \_\_\_\_\_ W Section \_\_\_\_\_ Pond Acreage \_\_\_\_\_

The sale proceeds support the local conservation efforts of the FCSWCD

TOTAL \$ \_\_\_\_\_

## FARM BUREAU NEWS

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### EDITORS

**LANCE MARTIN**

Williamson Co. • 993-2609  
wcfb99@aol.com

**KINZE FOX**

Perry Co. • 357-9355  
pcf@perryfb.org

**JAYCLYNN PRESUTTI**

Jackson Co. • 684-3129  
manager@jacksoncountyfb.com

**KENZIE DILLOW**

Union Co. • 833-2125  
manager@unioncountyfb.com

**LUCY PETERSON**

Saline Co. • 252-6992  
salgalfbmanager@gmail.com

**PARKER HUTCHCRAFT**

Franklin Co. • 435-3616  
fcfb028@gmail.com

**CAROL BENNETT**

Johnson Co. • 658-2871  
johnsoncountyfb@frontier.com  
Pope-Hardin Co. • 683-3651  
phfb@shawneelink.net

**ALEXIS SHREVES**

Pulaski-Alexander Co. • 745-9420  
pulalexfb@gmail.com  
Massac Co. • 524-5811  
massacfb1@gmail.com

**GUY KUHN  
BOBBI KING**

Southern FS, Inc.  
Marion • 993-2833  
boking@southernfs.com

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## Enjoy new opportunities with events at Extension!

Illinois Extension – serving Franklin, Jackson, Perry, Randolph and Williamson Counties have many events going on throughout the year. If you're looking for a way to get involved, check out their events listed below!

- Rend Lake Garden Stewardship Days will take place on September 23, 2025 at the Rend Lake Project Office and Visitor Center in Benton, IL. The event will start at 8:30 and is anticipating an end time of 11 AM. Join us for a day of garden stewardship, education and fun as Extension partners with the US Army Corps of Engineers at Rend Lake Project Office to provide public pollinator garden stewardship opportunities. Sessions include 2 hours of garden stewardship tasks and a 30-minute educational program. Registration is required and can be found online at [go.illinois.edu/RendLakePollinate](http://go.illinois.edu/RendLakePollinate).

- "Who Gets Grandma's Yellow Pie Plate" – Families and Inheritance Decisions will take place on September 23, 2025 from 10 AM – 11AM at Gwen Wynn Senior Center in Benton, IL. Join family life educator, Robin Ridgley in this program that helps families make fair

decisions when passing down personal items with sentimental value. It offers tools and guidance to navigate emotional ties, prevent conflict, and talk openly about the inheritance of special belongings. To register for this event, please call (618) 439-3181.

- Birding Walks with Master Naturalist Lily Glaeser will take place on September 28, 2025, from 8:30 AM – 10:00 AM at Giant City State Park Post Oak Trail. This will be a seated event, and it is asked that you please bring your own lawn or camp chair to be comfortable. You will learn to identify some feathered friends in some of our local sites, all ages and experiences are welcome. Registration is required and can be done at [go.illinois.edu/BirdWithLily](http://go.illinois.edu/BirdWithLily).

- Be a Seed Shaker: Which Are Worth Saving? Online seminar on September 30, 2025 from 1:30 PM – 2:30 PM. Listen to Chris Lueking and Kim Rohling, horticulture educators, on how to get more from zinnias after blooms say goodbye. To register for this event, go to [go.illinois.edu/FourSeasons](http://go.illinois.edu/FourSeasons).

For more Extension events – go to [extension.illinois.edu](http://extension.illinois.edu)/events.



### Pictured left to right: Derek Sample and Michael Browning. District 17 Discussion Meet

On Tuesday, August 5, 2025, two members of the Franklin County Young Leaders Committee competed in the District 17 Discussion Meet in Albion, IL. There were six total competitors.

Topics of discussion included ways Farm Bureau can assist in a seamless farm transition plan

and how farmers can overcome the significant challenges of urban sprawl.

Derek Sample, Franklin county, placed first, Michael Browning, Franklin county, placed second, Alex Paul, Wayne county, placed third and, Seth Root, Edwards county is the state alternate.

### CHECKOUT FALL FISH SALES AT YOUR LOCAL SOIL & WATER CONSERVATION DISTRICT

Soil & Water Conservation District offices in Union, Jackson, and Franklin counties will offer a variety of catfish, bluegill and bass for sale, along with minnows and grass carp. Orders are placed and paid for in advanced for pick up at the respective SWCD office.

If you are purchasing Grass Carp, you may need to provide your county/township/range/sec and pond acreage.

Contact your local Soil & Water Conservation District for more information:

**FRANKLIN COUNTY SWCD**

618-438-4021

**JACKSON COUNTY SWCD**

618-684-3471 EXT. 3

**UNION COUNTY SWCD**

618-833-5666 EXT. 3

**WILLIAMSON COUNTY SWCD**

618-993-5396

**PERRY COUNTY SWCD**

618-357-6016

### Community Night Out

Join Us for an Evening with  
Our Community Leaders,  
Police Officers, and Firemen!

**Family Friendly Games  
& Activities!**

**Free Hot Dogs!**

**Giveaways!**



Tuesday, October 7th  
from 5pm – 7pm



**Longfellow Park**  
401 20th St, Murphysboro, IL



## POLICY DEVELOPMENT What's Your View?

## FARM SAFETY

### 90. FARM SAFETY:

We support: 1. Encouraging all county Farm Bureaus to develop and maintain an aggressive farm safety education program to help protect our current and future generations. It is important that youth re-

ceive age-appropriate training in farm safety. 2. Working to enhance the safety of farmers by encouraging them to use and, when necessary, replace safety lighting, markings, and reflective devices that are of extreme importance when used on farm

machinery. 3. Encouraging the use and placement of reflective material and safety lighting on farm equipment that conforms with the American Society of Agricultural and Biological Engineers (ASABE) marking standards. 4. Encouraging all

county Farm Bureaus to work with local farmers, elevators, and emergency response personnel to provide adequate grain safety training. Training should include information pertaining to safe grain handling as well as grain emergencies

*Illinois Farm Bureau's grassroots policy-development process provides members the opportunity to express thoughts and ideas on important issues impacting agriculture. When properly supported through the grassroots policy-development process, these concerns are considered and may be adopted by the voting delegates at the organization's annual meeting each December.*

*Policies approved at the annual meeting direct IFB's legislative priorities and programming. It is from this grassroots input and direction that Farm Bureau realizes its strength as an organization to serve the needs of the members. Adopted*

*policies become the public policy positions of IFB.*

*IFB policies that are national in scope are forwarded to the American Farm Bureau Federation for consideration during its policy-development process. Policies adopted at the AFBF annual meeting become both AFBF's and Illinois' public policy positions on national and international issues.*

*If you have questions on the policy-development process or Illinois Farm Bureau policy, contact Ryan Whitehouse at [rwhitehouse@ifb.org](mailto:rwhitehouse@ifb.org) or 309-557-3929 or your County Farm Bureau.*

# 17th Annual Customer Appreciation Day



The Franklin County Farm Bureau along with Franklin County Country Financial Representatives Trudee Wynn, Dana Wylie and Leann Stilley showed their appreciation to their members and clients at the 4-H Fairgrounds adjacent to Rend Lake College on Tuesday, July 15, 2025.

This was the 17th year that the Franklin County Farm Bureau and the Franklin County Country Financial Representatives have been at the fairgrounds to cook and serve the meal. This year in addition to drinks and chips they grilled hamburgers, hot

dogs, baked beans and a dessert. 220 people were served. Several giveaways were donated from Illinois Corn.

All Franklin County Farm Bureau members were encouraged to attend this event and enjoy the food and 4-H activities that were planned for the evening.

## AG BITES: *Family Approved*

Our members are great cooks. And, many not only are great cooks, they do the ultimate balancing act of cooking on the go for a busy family, while keeping it healthy to meet various dietary needs and tastes, and keeping it affordable. Whew – that’s a big job!

### APPLE PIE



**Ingredients:**

pie crust of your choice

10 cups Granny Smith apples, peeled and sliced

1 tablespoon lemon juice

1 packet AppleApple GoGo squeeZ

1 teaspoon ground cinnamon

¼ teaspoon nutmeg

¼ teaspoon salt

2 tablespoons whole wheat pastry flour

1 egg white

**Directions:**

Pour 1 tablespoon of lemon juice and GoGo squeeZ over sliced apples and toss.

In a small bowl mix cinnamon, nutmeg, and salt. Toss over apples and carefully mix.

In a large Dutch oven or pot place 6 cups of the sliced apples and cook over medium heat until tender, about 10 minutes.

Remove from heat and stir in the rest of the sliced apples.

Add the whole wheat pastry flour to the apples and stir to combine.

Cool for 30 minutes.

Position rack on the lower third of oven and preheat to 425 degrees.

Add apples into prepared bottom pie crust, then cover apples with top crust. Brush top crust with egg white, sprinkle with cinnamon if desired and bake 40 minutes or until browned.

Let rest 20 minutes before slicing.

# Life insurance will never be more affordable than it is today



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Harrisburg  
(618) 715-0090



**David Morse**  
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**Aaron Phelps**  
Eldorado  
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**Leann Stilley**  
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# Jackson County Farm Bureau Foundation Scholarship Recipients



Megan Dinsmore



Allie Robinson

Jackson County Farm Bureau Foundation gave out three scholarships for the 2025-2026 school year. Congratulations to Megan Dinsmore, Allie Robinson, and Brady Heins for their academic accomplishments and we wish them the best on their future endeavors.

Megan Dinsmore is the daughter of Kevin Dinsmore of Dover, Delaware, she is attending Southern Illinois University to pursue a degree in agricultural education with a minor in agribusiness economics.

Allie Robinson is the daughter of Laurie and David Robinson of Murphysboro, IL. She is attending Vincennes University to pursue a degree in biomedical/biological science.

Brady Heins is the son of Brandi and Brad Heins of Rockwood, IL. Brady is attending Murray



Brady Heins

State University to pursue a degree in agribusiness economics. He plans to return to the family farm after college.

## Saline County AITC Brings Agriculture to Life for Local Youth



This summer, Saline County Ag in the Classroom provided engaging, hands-on agricultural experiences for local children. At the Harrisburg Library, kids explored the world of fruits and vegetables through fun, interactive lessons. In Eldorado, young learners dis-

covered the importance of pork in Illinois and were surprised to learn that the state ranks fourth in the nation for pork production. During the Saline County Fair, youth attendees got creative while learning about pollination by making an educational and adorable bee craft.



Sept. 13,  
2025

*Patriot Day*  
**CAR SHOW**

Presented by Scarlett Miller—Country Financial and The Williamson County Farm Bureau  
Live Music, Silent Auction, 50/50 Raffle, Free Food and Fun

1517 E. DeYoung St, Marion, IL 62959

September 13, 2025 11am-1pm (Registration starts at 10am)

*\*No Registration Fee \*Proceeds benefit the Wounded Warrior Project*

**SALE DATE:** WEDNESDAY, October 15, 2025

**SALE TIME:** 11:00 AM

**SALE LOCATION: SALINE COUNTY SWCD**

**912 S. COMMERCIAL ST.**

**FISH BAGGED IN OXYGENATED WATER**

**• PLEASE BRING CONTAINERS TO SET BAGS IN FOR TRANSPORT**

**STANDARD STOCKING RATES (PER Surface Acre on New Ponds)**

600-1,000 Hybrid/Regular Bluegill or Redear; 100-200 Largemouth Bass; 100-200 Channel Catfish; 3,000-5,000 Fathead Minnows (12-20 lbs.)

**Fish Facts:**

**CHANNEL CATFISH** – Excellent for food and sport fishing. Can grow up to 1 lb. per year. Compatible with all species and work especially well with Hybrid Sunfish & Largemouth Bass.

**Large Mouth Bass**-Popular game fish; a predator that helps control bluegill populations. Can grow up to 1/2 to 3/4 pound per year. Do not mix with smallmouth bass.

**Hybrid Bluegill** – Fast growing. Cross between a green sunfish and a regular bluegill. This hybrid cross produces at a ratio of approx. 90% males – 10% females. They can reproduce with Bluegills if they are present in the pond. Can grow up to ¾ to 1 lb. per year.

**Bluegill**-Prolific sport fish that should be stocked with Largemouth Bass. Similar to but grows a little slower than the Hybrid Sunfish.

# FARM BUREAU ANNUAL MEETING NOTICES

## OFFICIAL NOTICE WILLIAMSON COUNTY FARM BUREAU 107<sup>TH</sup> ANNUAL MEETING

Location: Williamson County Farm Bureau 1517 E. DeYoung St. Marion, IL  
Time: 6:30pm – Business Meeting Only  
Dear Williamson County Voting Member:  
Notice is hereby given that the 107th Annual Meeting of the Membership of the Williamson County Farm Bureau will be held on Tuesday, November 18, 2025 at the Williamson County Farm Bureau at 6:30pm. This will be a business meeting only. No meal will be served.  
The purpose of this meeting is to consider and act upon reports of the officers and Board of Directors for the preceding year, elect directors to the Board of Directors, elect delegates to the 2025 IAA Annual Meeting, and any other such business as may properly come before the meeting. Proxy cards will be mailed to voting members to complete and return by November 1st, 2025 if unable to attend.  
Sincerely,  
Charles Parks, Secretary, Williamson County Farm Bureau

## OFFICIAL NOTICE UNION COUNTY FARM BUREAU 108<sup>TH</sup> ANNUAL MEETING

Voting members, the 108th annual meeting of the Union County Farm Bureau will take place at 6 p.m. on Thursday, November 6th, 2025 at The Barn Event Center, 3805 Lick Creek Road, Anna, Illinois, 62906. The meeting will take place to elect directors and receive financial reports for the fiscal year ending June 30, 2025, and any other reports the officers and directors may have.  
There will be catered meal. Voting members and guests must contact Union Co. Farm Bureau by Friday, October 31, 2025 for reservations. To RSVP, please call the UCFB office at 618-833-2125 or visit unioncountymb.com to register.  
Following the business meeting, the annual meeting committee will hold fundraisers to benefit the Union County Farm Bureau Foundation, which supports Ag in the Classroom and Scholarships.

## OFFICIAL NOTICE MASSAC COUNTY FARM BUREAU 105<sup>TH</sup> ANNUAL MEETING

Notice is hereby given that the Massac County Farm Bureau will hold its 105th Annual Meeting on Thursday, November 13th at the Massac County Fairgrounds Community Center located at 4476 Korte Road in Metropolis.  
Elections of Board of Directors, annual reports and other business as necessary will begin at 6 pm, followed by a meal at 6:30 p.m..  
RESERVATIONS FOR THE MEAL ARE REQUIRED. Members are asked to RSVP to the Massac County Farm Bureau Office with the form attached to the letter sent in the mail, or to call the office at (618)-524-5811.

## OFFICIAL NOTICE PULASKI-ALEXANDER COUNTY FARM BUREAU 105<sup>TH</sup> ANNUAL MEETING

Notice is hereby given that the Pulaski-Alexander Farm Bureau will hold its 105th Annual Meeting on Monday, November 3rd at the Shawnee Community College L Atrium located at 8364 Shawnee College Road in Ullin.  
Elections of Board of Directors, annual reports and other business as necessary will begin at 6 pm, followed by a meal at 6:30 p.m..  
RESERVATIONS FOR THE MEAL ARE REQUIRED. Members are asked to RSVP to the Pulaski-Alexander Farm Bureau Office with the form attached to the letter sent in the mail, or to call the office at (618)-745-9420.

## OFFICIAL NOTICE SALINE COUNTY FARM BUREAU 106<sup>TH</sup> ANNUAL MEETING

**Conducted Via Proxies**  
Voting members should be watching their mail for proxies beginning in October. Business ONLY portion conducted prior to board meeting 11/18/25 at 6pm.  
TOWNSHIPS UP FOR ELECTION: Independence, Harrisburg, Raleigh, Tate, Galatia, Eldorado. Individuals running for these positions must be Farming/Voting Members (MM) from the respective township. These are 2 year terms. Due Notice given by: Chris Evans, Secretary

# SAFETY TIPS FOR RURAL CROSSROADS

- Slow Down**  
Reduce speed as you approach the intersection, even if there are no other vehicles visible.
- Look Carefully**  
Ensure the intersection is clear in all directions before proceeding. Pay close attention to potential blind spots.

- Anticipate**  
Be prepared for other vehicles, especially those approaching from different directions or at higher speeds.
- Yield Right-of-Way**  
If another vehicle is already in the intersection or approaching with the right-of-way, yield the right-of-way.

- Use Turn Signals**  
Clearly signal your intentions to turn or change lanes, giving other drivers ample time to react.
- Be Aware of Farm Equipment**  
Rural roads often have slow-moving farm equipment. Be extra cautious and patient when encountering them.

- Consider Reflective Clothing**  
If walking or biking near the intersection, especially at dawn or dusk, wear reflective clothing or use reflective accessories to increase visibility.
- Avoid Distractions**  
Put away cell phones and other distractions while driving through crossroads.

# Showing up, Showing out, Showing Animals

**By Connor Graham, Section 25 FFA Reporter**

When you think of county fair season, usually people think about the fun rides, over-priced food, or hanging out with friends. However, that wouldn't be the case for the dedicated and hard-working FFA members that work day in and day out leading up to their local fairs. Section 25 FFA members impressed us all with their determination, effort, and the work they poured into time-consuming practice.

Working with animals is no easy task, but a good mindset paired with a confident showman and a prepared animal can do wonders in the ring. Whether you're showing a cow, pig, sheep, goat, or another kind of animal, commitment is a must-have. Our members put this commitment on display within the show ring. There are bonuses that come from stepping outside of your comfort zone and into the ring: winning titles, gaining experience, understanding showmanship, and knowing how to come back bigger and better the following year, to name a few.

Speaking of winning titles,

many members from Section 25 did not disappoint! In the Gilt class; Karson Baird (Galatia) was the Grand Champion and Avery Rash (Eldorado) was the Reserve Champion. In the Barrow class, Karson Baird was also the Grand Champion and Curtner Bergmann (Vienna) was the Reserve Champion. In the Heifer class, Tristan Hale (Galatia) was the Grand Champion. In the Steer class, Braxton Wheeler (Hamilton County) was both the Grand and Reserve Champion. In the Dairy class, Emma Bowman (Massac County) was the Grand Champion. In the Doe class, Laney Adams (Galatia) was the Grand Champion and Gavin Horton (Galatia) was the Reserve Champion. In the Wether class, Curtner Bergmann was the Grand Champion and Laney Adams was the Reserve Champion. In the Ewe class, Mikala Shultz (Vienna) was both the Grand and Reserve Champion. There were also several Champion Showman awards! We thank the judges for their time, members for their dedication, and the Massac County Youth Fair for hosting the event!



The Section 25 FFA Officers and the judges after the livestock shows.

## Saline- Gallatin Young Leaders Leading By Example



The Saline-Gallatin Young Leaders had a busy and exciting fair week! They hosted an ice cream social for Saline County 4-H members to recognize their hard work and dedication. Special thanks to Prairie Farms for generously sponsoring the ice cream.

Young Leaders supported the return of the Master Showmanship competition for the first time

in years and sponsored a cooler for the champion, Laney Adams. In addition, they organized pedal tractor races during the Tractor Pull nights, giving kids a fun and interactive way to get involved in the festivities.

If you or someone you know is interested in joining the Young Leaders, please call our office or email [salgalfbmanager@gmail.com](mailto:salgalfbmanager@gmail.com) for more information.

## Saline County Farm Bureau Hosts Membership Appreciation Lunch at County Fair

The Saline County Farm Bureau welcomed more than 150 guests including 4-H members, their families, and Farm Bureau members at its Membership Appreciation Lunch held during the Saline County Fair. The event was a way to thank members for their continued support and celebrate the strong connection between Farm Bureau and the local agricultural community. Farm Bureau Directors were proud to serve lunch and visit with attendees as a way of giving back. Thank you to everyone who stopped by!



## Adopt-a-Classroom with Union County FB

This school year, you can help students across Union County learn about agriculture! The Adopt-a-Classroom program allows local businesses to sponsor a classroom and help provide teaching materials for the current school year. The

\$100 sponsorship includes classroom materials, a photo with the class and a chance to teach the class about your business/industry once during the school year. With every sponsorship, you will be helping our Ag in the Classroom program reach

more students and teach them about the agriculture around them. Want to Adopt-a-Classroom? Contact Coordinator Haley Bode at [aglitcoordinator@gmail.com](mailto:aglitcoordinator@gmail.com) or call the Union County Farm Bureau office at 618-833-2125.

# SUBS FOR SUBS

9:00am - 1:00pm

\$20 Registration Fee  
(must be paid PRIOR to event)

502 W. Jackson St.  
Marion, IL 62959

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- Substitute Tool Bag from Ag in the Classroom

For more information and to sign up for a training, [click here](#) or scan!

# Include Farm Animals in Disaster Preparedness Plan

By Lauren Bryan,  
Univ. of Illinois College  
of Veterinary Medicine

When tornado sirens become frequent and sudden storms appear out of thin air, it becomes apparent there is a need for a disaster preparedness plan for farmers and large animal owners alike. What happens when disaster strikes and a herd of cattle are grazing pasture?

Dr. Yvette Johnson-Walker, a faculty member at the University of Illinois College of Veterinary Medicine, has decades of experience training organizations on animal emergency preparedness. She outlines important points for making an agricultural animal disaster preparedness plan.

### The Disasters

While farmers are no stranger to natural disasters, the increase in frequency and destruction of climate-related disasters have been catching many off guard.

“One of the big concerns resulting from climate change is that we are seeing a lot more extreme weather events,” Dr. Johnson-Walker explains. “So even in places where they typically anticipate certain types of natural disasters, we are seeing these events much more frequently, and they are much more severe.”

From wildfires that ignite forests in an instant, to slower moving but still devastating floods, to ice storms that damage infrastructure, many disasters force people to evacuate their homes. But what about their livestock, which represent their livelihood or may feel like family members? Caring for these animals in extreme situations requires creating a disaster preparedness plan long before the problems arise.

### Animal Health and Welfare

A disaster preparedness plan puts animal health and welfare at the forefront.

“One of the biggest things that we often overlook is simply the mental stress and strain on owners of the animals, and the stress and anxiety and fear on the part of the animals,” Dr. Johnson-Walker states. “Animals may need some behavioral health and support from that trauma and understanding from people that the behavior may or may not be impacted by that stress.”

It is also important to follow an appropriate vaccination protocol, because the risk of infectious disease increases with natural disasters due to stress, environmental conditions, and contact with other domestic or wild animals.

“There’s always the risk of disease transmission or, if there is an infrastructure failure, the potential for domestic animals to be exposed to wildlife who are also trying to make it through the disaster.”

In certain circumstances when domestic animals between farms or locations must commingle, proof of vaccination is required to have access to an available shelter.

### The Plan

It can be a big challenge for producers with large numbers of animals to evacuate them quickly, or even to evacuate them at all. Nevertheless, steps can be taken to ensure safety and return of livestock to owners quickly after a disaster happens.

“Make sure each and every individual animal is identified and that you have proof of ownership,” Dr. Johnson-Walker advises. “If you are separated from your animals during that recovery phase, and if first responders can rescue your animals, then there’s an opportunity for them to be returned to you.”

Additionally, the decision should be made whether to enclose the animals or to let them go and allow them to find their own shelter or high ground in events such as flooding. This decision may depend on the disaster.

If evacuation is feasible and possible in the time provided before the disaster, then it is important to have a designated evacuation route already in mind.

“Think about what your evacuation route might be and also plan for an alternative route in case that primary route is not available due to roads having been blocked off or traffic diverted,” says Dr. Johnson-Walker. “However, often a limiting factor is having access to trailers and vehicles that can move large animals.”

### How to Go, Where to Go, Whom to Know

To navigate this challenge, as well as others surrounding the disaster, it is important to rely on neighbors and community to help. “Perhaps make some arrangements and plans or have agreements in place with someone who might be able to haul your livestock in a disaster and have personnel who are able to drive and transport livestock safely during an emergency,” Dr. Johnson-Walker says. “When those agreements are made in advance, it’s much more likely that they’ll be recognized and upheld.”

The same should apply to having a designated destination or safe place for the animals. “If you are planning to evacuate and you’ve identified the destination, make sure that, when they get there, needed supplies such as feed, water, and access to veterinary care are available.

Other tips include keeping a weather radio, downloading and subscribing to notifications from apps for weather information, and following recommendations from local authorities.

“Lastly, I’d say have contact information for your local emergency manager or animal control so that they can give you information on resources that may be available in your community. They are going to be working in collaboration with state, federal, and other local agencies that are involved in coordinating a response, and so they will have information about how to best

access aid and prepare for a disaster.”

### Prioritize Human Family Members

In the end, keeping the human family safe is the ultimate goal. Owners should take risk assessment and assure human safety during a disaster, and especially when aiding or transporting the

animals.

“It’s going to be important for you to take the steps that you can to protect yourself. If you don’t survive, then there’s no one to take care of your animals even if they do make it.”

Dr. Johnson-Walker continues, “If you can protect the human members of the family, it

increases the chance of animals also having a positive outcome.”

If you are seeking more information on care of your animals, before or after a disaster, contact your local veterinarian, University of Illinois livestock Extension agent, the Illinois Department of Agriculture, and USDA veterinarians.



### Cobden Peach Festival Parade

Union County Farm Bureau took to the streets at the annual Cobden Peach Festival Parade. Directors and members walked along the parade route handing out fans reminding the community “If you ate today, thank a farmer.” This is Union County Farm Bureau’s third straight year participating in the parade and hopes to keep the tradition going next year.

## 7 TIPS TO KEEP YOUR FARM SAFE THIS FALL

1



Know where your risk is highest by keeping a record of potential hazards.



2



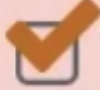
Create a response plan for emergency and non-emergency scenarios.



3



Ensure shields, guards and safety equipment are in place before working.



4



Stay up to date on machinery manuals, instructions and safety sheets.



5



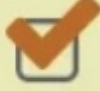
Wear seat belts, use personal protective equipment and take precaution around grain hoppers or storage sites.



6



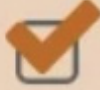
Outfit equipment with Rollover Protective Structures (ROPS).



7



Inspect lights and label all machinery with Slow-Moving Vehicle (SMV) signs.



# Keeping the family in farm: Continuation takes thoughtful action

Our family farm hosted our small town’s first-ever all-class school reunion this summer. Kudos to the alumni on the organizing committee, who gathered 350 graduates and guests for this “Fest on the Farm.” That’s a big party in the farm shop for one of the smallest schools in the state. In that crowd, four of us claimed the most living generations in attendance: My grandma, dad, daughter and I. Two factors contributed to this four-generation achievement. My grandparents and parents had babies at 20 years old, and we dedicated ourselves to the family farm, a business rooted in that small school district. Farming is inherently generational, a family business transferred through successive heirs to create a profound sense of legacy and identity while preserving traditions, values and relevant practices. The livelihood generates a way of life that binds us to the land and our communities, evidenced by the four-generation photo we captured at the reunion.

This story resonates across the state, where families, not corporations, control ownership for 96% of the 71,000 farms in Illinois. Family members make decisions that steward the land and care for the animals. They carry out the work, uphold the commitment to community and inherit the responsibility to plan for the next generation. My brother and I feel gravity in that obligation and commit thoughtful planning to improve

## Johnson County Farm Bureau Young Farmers Dinner

Johnson County Farm Bureau will host a Young Farmers Dinner Thursday, September 11th at 6:30 - 8:00 pm. We will meet at EL Tequila in Vienna. Join us for food and discussions about how we can help you be successful in the agriculture industry. Meeting is open to Johnson County Farm Bureau members and those interesting in becoming members ages 18-40. Please RSVP by calling 618-658-2871 or texting 618-759-1046 your name or names you are RSVPing for before September 11 at noon.

We are looking forward to learning what’s important to you in the ever changing agriculture industry.



the likelihood of a successful transition. Soon, we will attend a meeting where one of the agenda topics explores strategies to attract, integrate and position the farm for our kids. The complex undertaking must navigate legal and financial challenges. It must consider their talents and the farm’s resources while defining their roles. And we insist the process cultivates a leadership mindset to respect shared values and facilitate strong and healthy family dynamics. A deeply emotional connection draws our kids’ hearts to the family business as it did ours. At the core of their childhood, they experienced four generations of family working the fields together at harvest. The kids formed a close-knit

cousin bond baling straw and playing hide and seek on the farm. Grandparents teach them trade skills, expose them to family traditions, make farm life fun and showcase the values of respect, integrity, hard work and reliability. While those ideals create a framework, successful sustainability of the business will require structure, strategy and a shared commitment. It’s a daunting task to make sure they know the history of risk and sacrifice that afforded the opportunity, that we allot time for the transfer of skills and we teach them to be adaptive. The consideration of time-tested techniques with new ideas and technologies is imperative for the business to thrive. At the all-school reunion, the



contrast between a 1954 Farmall and a 2024 CaseIH tractor on display strikingly reflected the 71-year span of graduates in attendance. Farming, like education, has evolved far beyond the visible changes of barns and equipment or textbooks and one-room schoolhouses. Successful continuity upholds

the values that endure through time while also embracing innovation and change to remain relevant. About the author: Joanie Stiers farms with her family in West-Central Illinois, where they grow corn, soybeans, hay and cover crops and raise beef cattle and backyard chickens.

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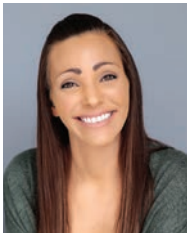
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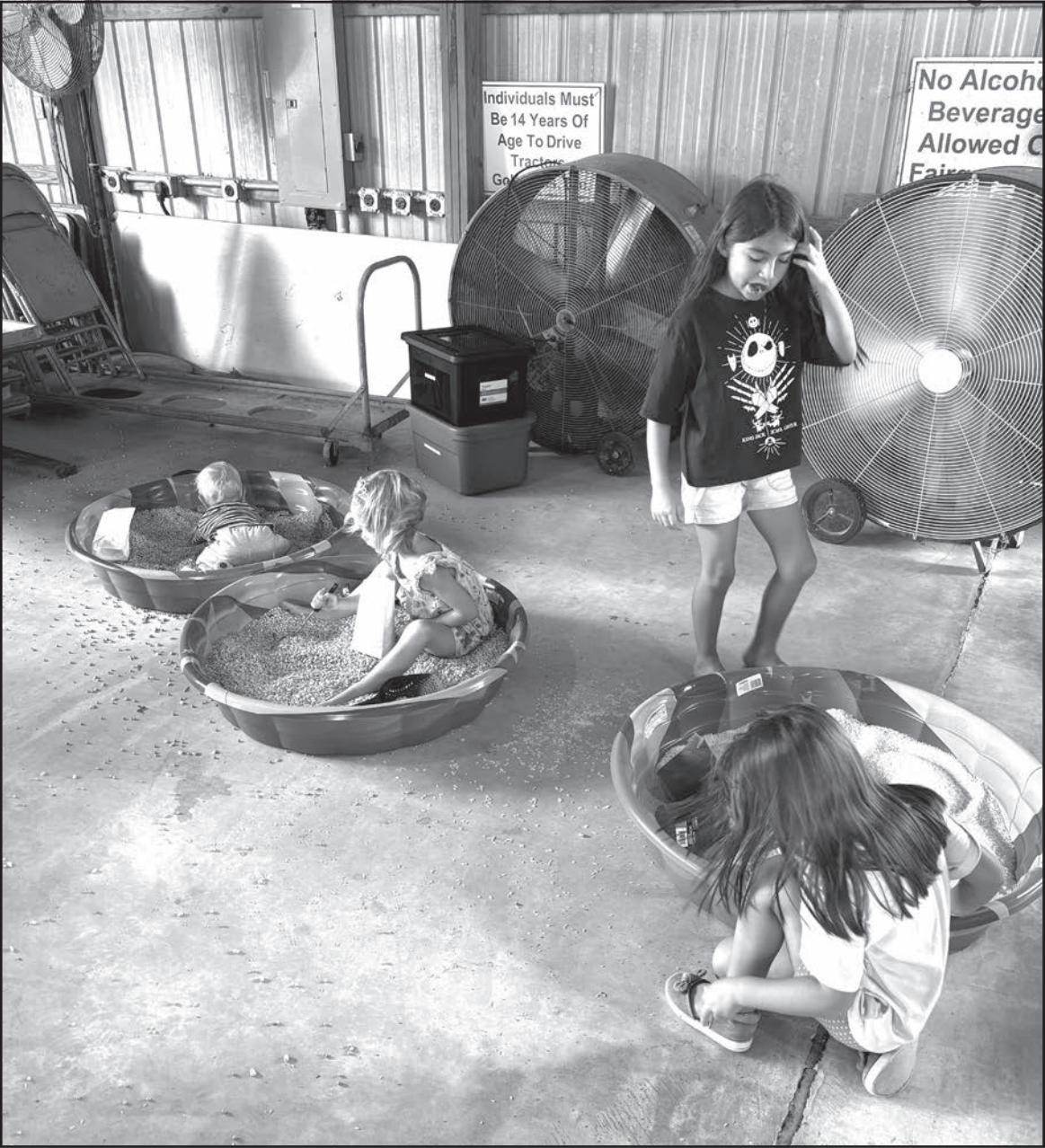
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**Pulaski-Alexander AITC visits the county fair!**  
Pulaski-Alexander set up a booth at the Pulaski County Fair with the Pulaski-Alexander Farm Bureau to offer free activities for children and parents to participate in before fair events in the evening. Families and fairgoers had fun building seed bombs and playing Ag Jenga.



**Massac County AITC takes on fun and free at the fair!**  
Massac County Agriculture in the Classroom hosted three days of agricultural fun at the Massac County Youth Fair. From playing in the sensory “grain bins” and making crafts, to winning prizes from various games, Massac County’s youth had big summer fun to take a break from livestock shows. The big finish to the week was a battlefield of water games for all ages!

# CLASSIFIED ADS

## FARM EQUIPMENT

For Sale: Kubota SVL 90-2 Skid Loader, 4650 hours, hi. flow hyd, 91 hp. 2 speed, good condition, call for pictures. \$28,500. 618-426-9703

For Sale: 1968 Massey Ferguson MF135 gas tractor with Continental Z145 engine. \$4500. Located in Murphysboro, please call (618)534-3311.

For Sale: Ferguson T20 1950 Model \$1250. Ferguson Plow \$250. Located in the Ava area. Please call 618-967-3127

For Sale: 1954 Massey-Harris 44 Special Tractor. Power steering, 12 volt, cast front and rear wheels. 6 wheel weights. \$2300. Please call (618) 763-4432.

For Sale: New Holland, wire-tie, square bail hay bailer or will trade for something of equal value. Phone 618-234-1854

FOR SALE: ICON pull scraper, 18 cubic yard, four tires, rear hydraulic hook-up, new paint. \$32500.00 please call 618 967-8761.

## LIVESTOCK/HAY

For Sale: Grass hay in large squares or rounds, and alfalfa in large squares of small squares. Horse quality and cow hay. Call for seasonal discounts! 618-426-9703

For Sale: Purebred Lincoln Sheep- ewes, lambs, and ram. Heritage breed, hardy, good mothers, beautiful fleece, good temperaments. For more information, call 618-967-4994

For Sale: Pair of adult peacocks. Male is black shouldered, and female is blue India color. Hen is laying. \$350 for pair. Call (618) 967-4994.

FOR SALE: Reg. Red Anus Bull Peyweight bloodline low Birth weight 1 year old farmed at Hardin County 618-841-8861

FOR SALE: Reg. Australian Shepherds Puppies, Corgis, Jack Russell and Poodles. Please call Judy Turner 618-499-1282.

For Sale: Rabbits for sale, meat or pets \$20. Quail and quail eggs available. Will take orders. Please call 618 985-6789.

## REAL ESTATE

For Sale: Mobile Home. Two bedrooms, one bathroom, two-car garage, two out buildings. Front Street in Tamms, IL. Call 618-747-2587.

## FOR RENT

For Rent: 29 Acres Plus Bamlic Soil, Excellent

for growing crops. Available immediately, located Southeast of Carrier Mills. One large flat open field. For more information, call (618)303-5079.

## MISCELLANEOUS

For Sale: 4 washing machines \$135 each. 3 electric dryers \$135 each. 1 gas dryer \$135. 1 gas stove \$185. 1 electric stove \$225. Lennox 2-ton central air conditioner \$585. 1 Full size bedframe, mattress, and head board \$55. Call 618-521-5014

For Sale: Large capacity Whirlpool washer. Works great, in very good condition. \$225 cash. Located in Murphysboro. (618) 559-6702

FOR SALE: 150 feet 6 foot chain link fence with double and single gates, support poles etc. \$400 obo. Please call 618 922-9908

FOR SALE: Whirlpool Limited series, almond color refrigerator with ice maker, two door, upper freezer department, lower fridge. \$150 cash. Call 618 751-2791

FOR SALE: Performa Maytag washer, oversize capacity plus, heavy duty, quiet series. Kenmore dryer, electronic mois-

ture sensing, heavy duty, extra-large capacity. \$50 each, must move. Please call 618 751-2791

FOR SALE: 3 Lane Virginia Maid Tables/Made in the USA, excellent like new condition. 1 Coffee table, ½ beveled glass insert, 2 end tables. \$235 call 618 304-8619

FOR SALE: Rebuilt Toyota Siena A/C compressor \$25. Stihl 211 chainsaw for parts, \$25. Washable chicken nest pads, \$1.50 each. Call 618-201-5952 Mon – Sat. No Sunday calls.

FOR SALE: 3 bedroom 1 1/2 bath, gas heat, central air, new roof, garage, 2 fenced in lots. Older home sold as is. \$95600. Marion area. Call 618-889-7354.

WANTED: Someone to hand quilt a quilt top, size 88x73. Call 618-534-1845

WANTED: Looking for a house in Southern Illinois, moving from a large city. Nice yard, quiet town, 2-3 bedroom, 1 to 1 ½ bath. Send information to PO Box 235 Christopher IL 62822.

WORK: Tutoring for most school subjects. All grades or subjects, rate by request. Text at 618 925-0013.



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# Farm Bureau Classifieds

Farm Bureau members may run classified ads free in the Farm Bureau News.  
**ONLY ONE FREE AD** per membership per issue. All additional ads cost \$5.00 per month **No commercial business ads.** 25 word limit.

Deadline is the 10th of each month. Farm Bureau reserves the right to accept or reject any ad.

**ALL ADS MUST BE SUBMITTED AND/OR REMITTED EACH MONTH.**

**Classification** \_\_\_\_\_

**MEMBER'S NAME** \_\_\_\_\_

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25

**PHONE #:** \_\_\_\_\_

Mail your classified to your local farm bureau office listed below:

Franklin County FB, PO Box 457, Benton, IL 62812  
Jackson County FB, 220 N. 10th, Murphysboro, IL 62966  
Johnson County FB, PO Box 335, Vienna, IL 62995  
Massac County FB, PO Box 908, Metropolis, IL 62960  
Perry County FB, PO Box 20, Pinckneyville, IL 62274

Pope/Hardin County FB, PO Box 418, Golconda, IL 62938  
Pulaski/Alexander County FB, PO Box 310, Mounds, IL 62964  
Saline County FB, PO Box 423, Harrisburg, IL 62946  
Williamson County FB, 1517 E. DeYoung, Marion, IL 62959  
Union County FB, PO Box F, Jonesboro, IL 62952

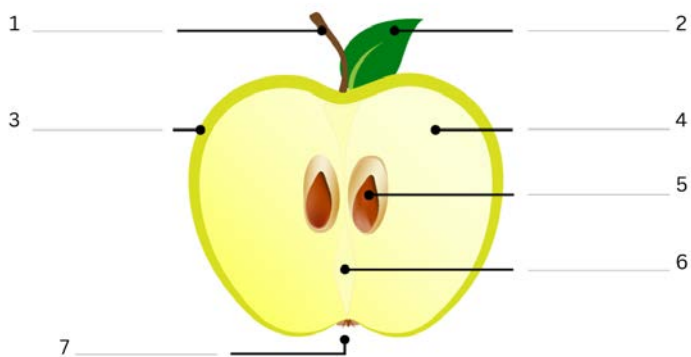
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- \_\_\_ HOUSEHOLD
- \_\_\_ MISCELLANEOUS
- \_\_\_ WANTED
- \_\_\_ REAL ESTATE
- \_\_\_ FOR RENT
- \_\_\_ WORK
- \_\_\_ FREE

## AITC CORNER • APPLES

### Parts of an Apple

Label the parts of the apple



WORDS:

CALYX CORE FLESH LEAF PEEL SEEDS STEM

ANSWERS:

1. STEM, 2. LEAF, 3. CALYX, 4. CORE, 5. SEEDS, 6. FLESH, 7. PEEL

### Falling Apples

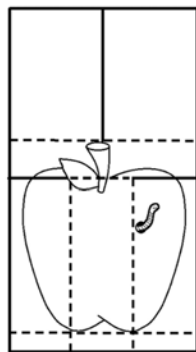


You may have heard that Sir Isaac Newton came up with the Universal Law of Gravity after an apple fell on his head. His theory was that the apple fell towards the earth because the earth's mass was the strongest force acting on the apple. Below is an activity that can let you have fun with "apples," science and gravity!

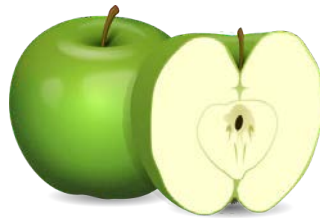
You will need: scissors & a paperclip

Directions:

1. Cut along the solid black lines
2. Fold on the dotted lines
  - fold the bottom two backwards
  - fold the very bottom up and use the paperclip to hold it closed
  - fold the top left back
  - fold the top right forward
3. Hold above your head and let gravity do its thing!



### APPLE WORD SEARCH



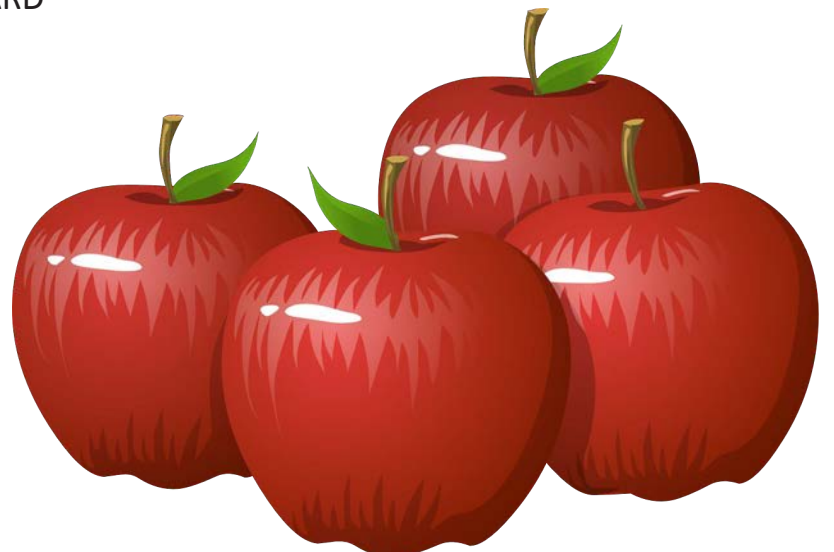
## APPLE

### WORD SEARCH PUZZLE

BASKET  
BIG  
BITTER  
CIDER  
COBBLER  
CORE  
CRUNCH  
FRITTERS  
GOLDEN  
GREEN  
HARVEST  
JUICE  
LEAVES  
ORCHARD  
PEEL  
PICK  
PIE  
RED  
SEEDS  
SLICE  
SMALL  
SWEET  
WORM

H F R I T T E R S H L D  
B Y H S E E D S E E K P  
R J B K N E P I E D M K  
E O S I C P T P C A I C  
L A N I G S I E J O C C  
B L U G E O R C H A R D  
B J L V O S P G K R U E  
O V R A E L T R J X N C  
C A P V M W D E Y X C I  
H N A X O S P E E R H L  
L E Y R W F V N N W E S  
L Z M T B I T T E R S D

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.  
Find and circle each word.



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### Vitamin E

Contributes to healthier skin and stronger immune system.

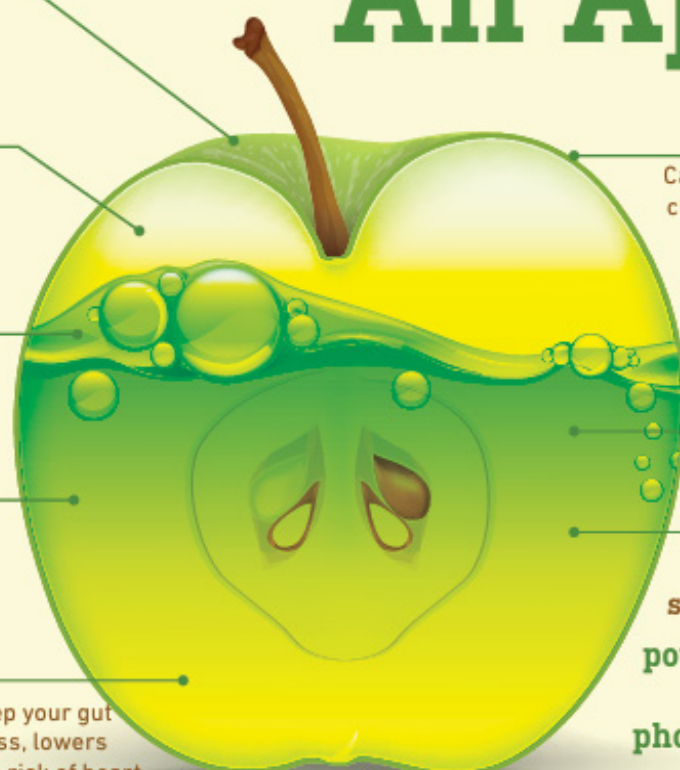
### Vitamin K

**4mcg** Helps make the proteins which strengthens your bones.

### Dietary Fiber

**4g** Mostly found in the peel and helps keep your gut "regular," can help maintain weight loss, lowers cholesterol levels, and can reduce the risk of heart disease, diabetes, and some types of cancer.

## An Apple a Day



### Peel

Can also help lower the chance for tooth decay, acting as a natural toothbrush.

**84.6%**  
water

### Minerals

**calcium 3g**  
strengthens bones  
**potassium 129mg**  
builds muscle  
**phosphorus 9.5mg**  
filters out waste

Everyone has heard the phrase, "an apple a day keeps the doctor away," but what about apples makes them so healthy? Apples are known as nutritional powerhouses because they contain a variety of vitamins and nutrients that have many benefits to help our bodies function. Apples may not actually keep the doctor away, but they are a step in the right direction.