

Champaign County Farm Bureau Elects New Board Members

In January, Champaign County Farm Bureau welcomed 4 new board members. These members will serve a term of three years.



Mike Litchfield

Mike Litchfield will be representing Mahomet Township. Mike lives in Seymour with his wife and two children. He was raised on a corn and soybean farm in Champaign County and now is proud to be the 5th generation to work his family farm. After graduating from the University of Illinois with a degree

in Ag economics, Mike worked for Tyson foods at a poultry plant. Here he learned valuable leadership and manufacturing practices that he then applied when he went back to the farm in 2013. By doing this, he got the opportunity to join his family farming tradition along with his parents, grandparents, and uncle. When asked what drew him to the farm bureau and representing Mahomet Township on the board, he replied, “After watching my dad and other role models hold leadership roles in the farm bureau over the years, it was an easy decision for me when I was approached to join the board. Serving on the board is a way that I can become more engaged in agriculture and help leave a footprint for future farming generations. I look forward to building current and new relationships with those in the local community through this position.” He hopes to continue the work that farm bureau is doing with introducing agriculture to those who are unfamiliar with it while showing how farms can be good stewards of the ground. He is excited to have an impact on current issues surrounding farms including estate tax on farmland and improving internet speeds to rural areas. In his free time, you can find him at Illini basketball games, skiing, golfing or traveling.



Michael Wendling

Michael Wendling will be Representing South Homer Township. Michael currently resides in Broadland with his family. He is a full-time farmer and does so with his father Chad. Michael marks the 6th generation of farming for his family. He is fairly new to the farm bureau but is eager to make an impact on the ag community. Michael enjoys dirt bikes, snowmobiles, boating, and sports.

Daniel Herriot will be representing Sidney Township. He currently lives in Sidney with his wife and three sons. He is a 5th generation farmer and grew up working on their corn and soybean operation. He is said that he is fortunate

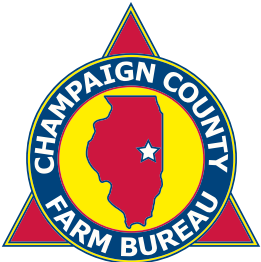


Daniel Herriot and family

to have the opportunity today to farm in southern Champaign County with his brother Matt. Last year, his eldest son started to catch his farming itch as he decided to start working on his entrepreneurial skills by selling sweet corn via roadside stand. Many of their days, they are joined by at least one or more of the kids out in the field or just working around the farm. He mentioned, “We certainly cannot do what we do without the help of our parents and our wives, nor would we want to.” We asked him about the joining the farm bureau and why he wanted to be on the board. He responded, “I knew the farm bureau was an organization I wanted to give my time to as I have always viewed the pictures in the hallway of past presidents and seen my great-grandfather’s picture, among many other great leaders that have served previously. Farm bureau is something that has always been in my blood as I also watched my dad serve on the board for many years while I was growing up. My wife and I were heavily involved in Young Ag Leaders up until COVID

slowed the group and we experienced the birth of our third son. When the opportunity knocked to serve on the board, I was ready to say yes.” Daniel works on the side as an appraiser. By doing this, he has seen first hand how the state inheritance tax has strained many generational farms. That is something that he hopes to influence in his time on the board. Daniel states that his favorite thing to do is to farm, but other than that he can be found camping or traveling around the US in his camper. He might also find some time to get up into a deer stand in the fall.

Josiah Hesterberg will also be joining the board representing Harwood-Kerr Townships. He currently lives in the Gifford area.



March Report

President, Doug Downs



Doug Downs, CCFB President

2024 is off to a roaring start. Winter meeting season is wrapping up and planting season preparations are happening around my farm. Seed and crop protection inventories are arriving and the mild February weather has been really nice for winter grain bin deliveries. I hope everyone has taken advantage of some free educational meetings and is getting equipment for spring that you can now almost smell.

Illinois farm families now have great hope for estate tax relief that is farm family specific. House bill 4600 and Senate Bill 2921 are identical bills that have support from both chamber leaders and have been championed by your Illinois Farm Bureau leaders. According to the governmental affairs team at IFB, this legislation seems to have a great chance to get passed in the next session. But we could use your voices to help ensure this.

These bills are a huge step forward to help preserve the farm family legacy. By changing the tax exclusion to a true tax exemption, and increasing this exemption to 6 million from the 4 million exclusion, this legislation is a huge win for local farm families.

I would encourage everyone to call or write their State Representatives in the state House and Senate and ask them to get this legislation passed as soon as possible.

You can read all the details about these bills on the IFB website or contact the Champaign County Farm Bureau office for contact information for our local legislators.

Doug Downs
CCFB President

Step Into Spring

With the CCFB Women's Committee

If you have been considering joining a new venture or finding some new friends with similar farming interests, you should become aware of the Farm Bureau Women's Committee. Throughout the year, via this newsletter, you may have seen some interesting photos of activities that are offered for women through the Farm Bureau. Perhaps you are not aware that membership in the Women's Committee is available to anyone wanting to support agriculture in our county. Regular meetings are held on the 2nd Monday of each month at 9:30AM at the Farm Bureau Auditorium. Please consider attending to hear stimulating speakers, enjoy lunch at a local restaurant, and engage in occasional projects to spread the story of agriculture.

Here are spring planned activities:

- March 11: Germany travelogue
- April 8: Social and Planning Meeting
- April 9: Flower Arranging at Rural Rose, Fisher, IL: Cost \$15.00. Sign up and pay at FB Office
- April 17th: Spring Fling- Catered lunch. Watch for details in April newsletter.
- May: Cooking with Fresh Herbs
- Sewing Days for local charities are usually scheduled monthly or bimonthly.

Mark Your Calendars

2024 Marketing Meetings

- April 2
- June 27
- August 6

Prime Timers Meeting

March 14, 2024

Speaker

Illinois State Police Safety Education Officer
Haylie Polistina

Entertainment

Marvin Lee Flessner

\$8 per person/Fried Chicken Buffet

No Walk-Ins

Call to reserve your spot by March 11

CCFB Office - 217-352-5235

CCFB Calendar of Events

March 2024

March 11	Women's Committee	9:30 a.m.
March 14	Prime Timers	10 a.m.
March 21	Full Board	6:30 p.m.
March 26	Governmental Affairs	7:30 a.m.
March 26	Estate & Financial Planning Workshop	

Women's Committee

The Champaign County Farm Bureau Women's Committee is open to all women interested in agriculture.

Calendar of Events

Women's Committee General Meeting –
CCFB Auditorium

9:30 a.m. - Monday, March 11

Germany Travelogue, followed by lunch at
Sunsinger

FARM
BUREAU
POLICY

101



MARCH 12, 2024 @ 6PM

SPEAKERS:

Ryan Whitehouse

Assistant Director of Policy
Development & Advocacy

Allie Speer

Associate Director of Local Government
& Political Engagement

Informing members on submitting
resolutions, and how policy gets put
into place.



RSVP

to Champaign CFB
at (217) 352-5235
or ccfb@ccfarmbureau.com
By March 6, 2024.

ATTENTION CCFB MEMBERS

Join us for EUCHRE.

Dates: March 10th

Location: CCFB Auditorium

Time: 2 – 4 p.m.

Questions – contact Gerald Henry at 217-778-6157

2024 CCFB Trip Dates, Deadlines & Information

Questions? Call the Champaign County Farm Bureau at 217-352-5235.

Monday, April 29, 2024 (Matinee)
A Rock n’ Roll Tribute from Elvis to The Beatles
featuring The Neverly Brothers
Starved Rock Lodge - Oglesby, IL

The Neverly Brothers concerts take you on a guided musical VIRTUAL TOUR of the birth, near death and resurrection of rock n’ roll – from 1955 to 1965. You’ll learn rock history and be thoroughly entertained with their chronological song sequence, stories behind the music and vintage wardrobe changes. Their energetic stage show consists of show stopping renditions of early hits by Jerry Lee Lewis, Chuck Berry, Buddy Holly, The Beatles, Rolling Stones, and more!

Price per person: \$120.00
Deadline to Register or cancel reservation: Friday, March 29



Thursday, June 20, 2024 (Matinee)
Honky Tonk Angels
The Little Theatre On The Square – Sullivan, IL

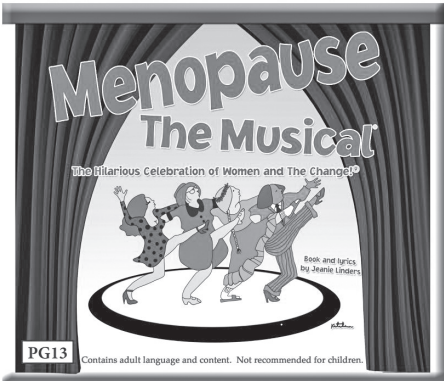
When three gutsy gals from different backgrounds take charge of their lives, the decide to follow their honky tonk dreams to the city of Nashville. Combining 30 classic country tunes (including “Stand By Your Man,” “9 to 5,” “Harper Valley PTA” and more!) The Honky Tonk Angels is a hilarious, foot-stomping good time from the creator of Always....Patsy Cline.

Lunch will be at Yoder’s and is NOT included in the price..
Price Per Person: \$95
Deadline to Register or cancel reservation: May 17



Wednesday, August 14, 2024 (Matinee)
Menopause The Musical
CIRCA ’21 Dinner Playhouse – Rock Island, IL

This funny and inspiring musical parody finds the humor in a woman’s “change of life.” Four women of a certain age meet by chance at a department store lingerie sale, and bond over their woeful hot flashes, forgetfulness, mood swings, wrinkles, night sweats, chocolate binges, and more! These diverse women create a sisterhood as they realize that menopause is a shared experience that doesn’t have to be suffered



in silence. This hilarious musical parody set to classic tunes from the ‘60s, ‘70s and ‘80s will have you cheering and dancing in the aisles!
Price Per Person: \$120
Deadline to Register or cancel reservation: July 10

Thursday, September 26, 2024 (Matinee)
Million Dollar Quartet
Beef & Boards Dinner Theatre – Indianapolis, IN

On December 4, 1956, an extraordinary twist of fate brought Johnny Cash, Jerry Lee Lewis, Carl Perkins and Elvis Presley together at Sun Records in Memphis for what would be one of the greatest jam sessions ever. Million Dollar Quartet bring that legendary December night to life featuring an incredible score performed live onstage, including: “Blue Suede Shoes”, “Fever”, “Walk the Line”, “Sixteen Tons”, “Who Do You Love”, “That’s All Right”, “Folsom Prison Blues”, “Whole Lotta Shakin’ Goin’ On”, “Hound Dog”.....and more.
Price Per Person: \$120
Deadline to Register or cancel reservation: August 23



Wednesday, December 4, 2024 (Matinee)
Miracle on 34th Street
Harmony Theatre – Hillsboro, IN

A holiday classic from the writer of the musical theatre classic, *The Music Man!*, and based on the movie of the same name, *Miracle on 34th Street* features a book and score by none other than Meredith Willson. Single mother, Doris Walker, doesn’t want her six-year-old Susan’s head filled with romantic notions. Their neighbor, Fred Gailey, tries to woo Doris by charming Susan and taking her to see Santa Claus at Macy’s, where Doris works. Doris is not impressed, but when it turns out that Macy’s Santa may, in fact, be the real Kris Kringle, a wave of love spreads across New York City that melts even the most cynical hearts. Filled with humor, spectacle and such beloved songs as “Pinecones and Hollyberries,” “It’s Beginning to Look a Lot Like Christmas” and “My State, My Kansas,” this joyous, heartwarming musical is pure family entertainment, wholesome without being cloying. *Miracle on 34th Street The Musical* is the perfect holiday treat for everyone.
Price Per Person: \$120
Deadline to Register or cancel reservation: October 28



Nursing Scholarship Application Available



The Illinois Farm Bureau® Rural Nurse Practitioner Scholarship Program is now accepting applications for nurse practitioner scholarships. This year, a total of 15 scholarships, each worth \$4,000, will be granted.

This scholarship program, which has been running for 32 years, aims to encourage and develop a strong pool of rural health practitioners to address primary healthcare needs in rural areas of Illinois. Recipients of the scholarships are required to practice for two years in an approved rural area within the state.

To be eligible for the scholarship, applicants must be Illinois residents and either accepted or enrolled in an accredited Nurse Practitioner Program as Registered Nurses. The funding for this program is provided by the Rural Illinois Medical Student Assistance Program (RIMSAP).

Applications can be obtained from county Farm Bureaus® across the state, the Rural Illinois Medical Student Assistance Program website at RIMSAP.com, or by contacting Donna Gallivan, the Program Manager, at Illinois Farm Bureau, 1701 Towanda Avenue, Bloomington, IL 61701. The deadline for applications is May 1.

For further information, please feel free to reach out to Donna Gallivan at 309-557-2350 or via email at dgallivan@ilfb.org.




RURAL NURSE PRACTITIONER

Scholarship PROGRAM

Helping to meet the needs of primary care in rural Illinois. **RIMSAP.com**

DEADLINE IS MAY 1



Feeding our Future.
Fueling our Industry.

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Ag in the Classroom



23-24

Lesson Spotlight

Students are learning the soybean seed cycle. They examine the parts of a soybean seed, the plant, and how it grows. They then get to grow their very own soybean in a bag. IL Soy donated 500 soybean fidget keychains during our winter soybean lessons to take to schools.



A.E. Staley



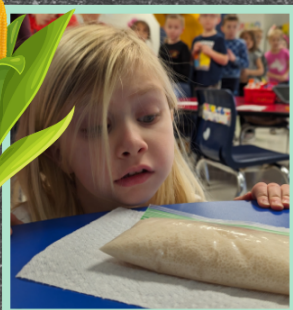
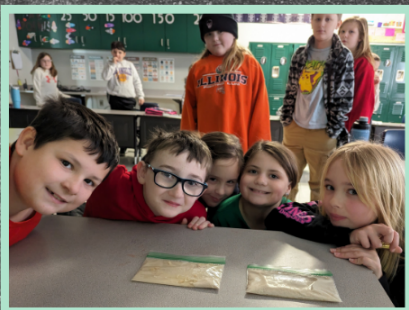
A.E. Staley is regarded as the father of the soybean crushing industry. He introduced the soybean to crop rotation after he discovered the midwest was being "corned" to death by successive planting of corn. He also started the Decatur Staleys football team that went on to become the Chicago Bears.



Lesson Spotlight



Students are learning other uses for corn such as ethanol. They are observing the fermentation process and see the gas forming before their eyes during the lesson. We also discuss how corn grows and label the plant parts.



Summer Ag Institute

Our professional development for teachers (Summer Ag Institute) will run from July 10-12. Champaign will partner with IAITC to bring Dr. Craig Wilson in to present a workshop for teachers. Dr. Wilson teaches at Texas A & M and works with the USDA and ARS to train teachers.



connect with us!

Sarah Kaper, Director & Educator
Julie Adcock, Educator



2024 BOARD OF DIRECTORS

In February the CCFB Foundation elected new executive officers and welcomed Jason Bartell, Brooke Mohr and Tracy Lillard as new board members.

Thank you to all of our 2024 board members! Your support and commitment to the CCFB Foundation and its missions is greatly appreciated.

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BAYER CROP SCIENCE



**KORY KRAUS,
GENERAL MANAGER**

Every growing season seems to present a new set of challenges from year to year. These challenges also present new opportunities. In this month's edition, I would like to take a moment to discuss some of those challenges we faced last year, and they might still be relevant to this growing season or at least the beginning from the information we know at the time this newsletter was written. Every growing season, I personally look forward to new beginnings and possibilities. Another growing season ushers in, and we are potentially one month away from prime planting season.

Last year's spring planting conditions generally presented itself with cooler and drier than normal conditions that East Central Illinois typically sees. The cooler-than-normal conditions presented a late-season frost that seemed to affect crops that were planted one week in either direction on Easter Sunday last spring. By and large, the late-season frost event didn't have major impacts on crops that might have been emerging at the time. But what it did do was expose imperfections in planting operations and even some spring fertilizer applications. Key take aways growers should take away from the 2023 growing season is the following.

1. Residue Management. Managing residue weather in conventional, reduced, or even no-tillage systems residue needs to be managed by the planter for multiple aspects. Properly set row cleaners will effectively move surface residue from last year's crop to prevent residue pinning from row openers on the planter units. This also provides some area of bare soil to take advantage of the soil warming during the daytime. Fields that had heavy residue that wasn't properly managed suffered from uneven emergence, likely due to pinning of residue that affected seeding depth and generally cooler soil temps.



2. Once soil temperatures have reached 50°F at the 2" soil level and soil moisture supports optimum field conditions and look to maintain the 50°F temperature for the next 24-48 hours after planting, generally support good planting. In recent years, growers that begin with planting soybeans first in April have been able to attribute around a 10 bu/A yield gain from the cultural change of planting soybeans first. It is crucial, though, to maintain soil temps near 50°F for 24-48 after planting because the imbibitional phase occurs immediately after planting. If that rehydration phase of the seed occurs with cold water less than 50°F may induce a great deal of stress on the newly planted seed. That seems to compound emergence issues. Corn, on the other hand, seems to benefit from delaying planting until sometime in the last part of April into the first few weeks of May. And making this switch regardless of whether soybean planting is complete or not. Then, once corn planting is complete, make the switch back to planting soybeans if needed. We have also seen in scenarios that corn may be far more sensitive to imbibitional chilling when cool wet conditions are present 24 – 72 hrs. after planting. Conditions that can lead to issues with imbibitional chilling are planting up until a major rain event that is expected to have a strong cold front behind the weather system that presents cooler temperatures for several days afterward.



3. Fertilizer applications in the springtime, especially anhydrous ammonia applications, and banded fertilizer applications in times of cool, dry conditions may have presented some challenges. Last spring, much of the area experienced cooler and drier than normal conditions. Typically, most soil types that many growers work with are not prone to issues of with springtime fertilizer applications simply because there is adequate soil moisture. However, if anhydrous ammonia was applied in the spring just prior to planting and then coupled with banded fertilizers through a starter system, it did seem to present a compounding effect both from seedling injury from ammonia and salt injury from starter fertilizer. Growers can take steps to avoid these types of seedling injuries by applying anhydrous ammonia at a slight angle from normal field patterns for planting and avoiding direct seed contact with starter fertilizers. If growers are self-applying anhydrous ammonia this spring, remember to apply at a 2-5° angle to avoid planting directly over anhydrous ammonia knife track.



4. Herbicide plans should be flexible to address challenging environmental conditions. From my observations, when herbicide applications failed in 2023, they didn't address the controllables. That may include any one of the following.
 - a. Spray Tip Selection – did the spray tip provide adequate coverage for the type of herbicide being utilized, and did the spray tip orifice match application speed and spacing configuration.
 - b. Adjuvant Selection – did the level of surfactant match the challenges of environmental conditions, and did the level of water conditioning match the water carrier source?
 - c. Rate selection – did the application rate match the size of the weed in the field?
 - d. Effective Active Ingredients – did the spray tank mixture contain effective active ingredients to kill weeds present in the field, and were there multiple effective active ingredients to kill tough-to-control weeds like water?
 - e. Overlapping residual – did overlapping residual get used effectively through multiple applications.
 - f. Spray Tank Antagonisms – did spray tank components formed antagonisms that may have prevented weeds from effectively being killed. Common spray tank antagonisms may include combinations with glyphosate/metribuzin, growth regulators (dicamba, 2,4-D)/vol corn killers are few knowns.

In closing I hope growers can take away a few takeaways from this newsletter and are able to apply these learned lessons from last year. Especially if long-range weather forecasts remain true and we do, in fact, end up with a cooler and drier spring this year once again. A few things I would like to highlight are to control the items that we can have influence over, like choosing an effective weed control management plan, applying inputs correctly, and making the most of those days that support prime fieldwork. If growers or readers of this newsletter are left with questions or concerns about management strategies for this spring, Illini FS or I would welcome the opportunity to partner with you this spring. If readers would like to contact me personally, please utilize my contact information below.

If readers have any questions about the referenced material in the recent newsletter, please contact me directly from below

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Preparing for College: A Timeline for Parents

Written by Scott Jensen, CFP®, ChFC®, CLU®, RICP®, AFFP®, Manager, Financial Planning Support

If you're like most parents, you have watched your children grow up in what seems like an instant. One day you're leading them hesitantly into their kindergarten classroom, and the next, you're packing the car for college. We know saving for college can feel overwhelming. You're likely wondering, "how much should I be saving for college?" and "am I saving enough?" We're here to help plan for college with a timeline that can help keep you on track.

Birth - PreK

It's never too early to get started saving and planning for college. The longer you have to contribute to a college savings account, the more opportunity you have to build compound interest. It can be difficult to prioritize savings goals when you're also trying to save for retirement, or for a large purchase like a home. A financial advisor can help you prioritize your goals and build a plan to keep you on track.

Kindergarten

As you're adjusting to your little one starting kindergarten, take the opportunity to assess how much you're saving for college. If you're no longer paying for full-time daycare or childcare costs, shift some (or all) of that money to college savings. Also, when birthdays and holidays roll around, consider directing cash gifts from grandparents and other family members to college savings.

Junior High

Encourage your kids to get involved in sports, charities and clubs that match their interests. Not only will it enhance their education, but those activities will look great on college applications.

8th Grade

Take good notes during high school orientation. Connect with the guidance counselor to make sure your child schedules the courses they need to meet college admission requirements.

Freshman Year

Start thinking about financial aid and talk with your child about college costs. Be honest about how much you're planning to contribute to college costs and discuss a plan for after high school. Consider all options including 4-year schools, community college, trade school and the military.

Start looking ahead for financial aid options. Review the Free Application for Federal Student Aid (FAFSA) and meet with your tax preparer to see what aid you could receive.

Sophomore Year

Make sure your child is keeping track of academic, athletic and extracurricular activities and any community service to include in their scholarship and college applications.

Have them meet with their guidance counselor to discuss plans and get tips for scholarships. Consider opportunities for AP and College Level Examination Program (CLEP) options to get credit for intro-level college courses at a fraction of the cost.

Start considering college options. Look for schools with programs that meet your child's interests while balancing the cost of attendance. CollegeBoard.org and other online resources can help with the college planning process.

Junior Year

If you haven't started college visits, you should hit the road. Make sure to budget for those travel expenses. Consider planning your vacation around potential college locations.

If your teen hasn't been working to make college money, strongly encourage a summer job. Not only can it help with college expenses, but it will also look good on the college applications. Work with your teen to create a budget that includes savings and look at the status of your college fund to make sure it is on track.

Senior Year

College Application time! Apply early since many schools have "early decision" programs. Complete your FAFSA and make sure you are following all current rules to maximize your opportunity for aid.

Start stocking up on college must-haves. If your child needs new technology, consider those for birthday or holiday gifts, and have your relatives gift some of those dorm needs.

Research and have your child apply for scholarships. See if your employer offers scholarships, check local organizations and scholarship sites.

Talk about budgeting and managing expenses. Make sure your child will have access to no-fee ATMs on or near campus and consider helping them secure a low-limit credit card. You'll likely need to co-sign for the credit card, so watch your child's spending habits until they get used to these financial guardrails. Building these financial habits will serve them well and help jump start their credit rating.

Learn more and compare the benefits of our college savings options, including 529 plans, Roth IRAs and Uniform gifts/Transfers to minors act (UGMA/UTMA), then talk with a COUNTRY Trust Bank Financial Advisor about the best way you can start saving for college.



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Families Dominate Ownership Of Illinois Farms

I work every day with the people who raised me. Four desks in the farm office provide space for mom, dad, brother, and sister. It’s the same crew I sat with at the dinner table in the 1980s. The ones I made memories with on family vacations at theme parks with the fastest roller coasters. The quartet that spent weekend afternoons cleaning field edges and dining on pizza at sundown on Sunday nights.

Relatively speaking, we’re among the mainstream. An overwhelming 96% of Illinois farms are owned and operated by families like ours, a statistic worth recognizing in this season that honors National Ag Day on March 19, 2024. Contrary to popular belief, parents, grandparents, spouses, siblings, children, cousins, aunts, uncles and even in-laws make most decisions about how food, feed and fuel are grown. Not faceless corporations.

That’s a pleasant surprise to most citizens of the state, according to surveys that show consumers trust family-owned farms but largely believe corporations own them. Motivated to debunk the ownership myth, the Illinois Farm Bureau partnered with the state’s commodity groups. Together, they launched the “We Are The 96” campaign a year ago with a big-time commercial during Super Bowl 2023.

Afterward, advertisements hit regional TV stations. Social media messaging exceeded 6 million views on Facebook and Instagram. Pizza boxes from more than 500 Illinois Casey’s stores promoted the family farm message during National Pizza Month. The family ownership of farms even made appearances in Chicago movie theaters and transit stations, helping initiate the more than 30 million impressions logged with Illinois consumer audiences.

The campaign with beautiful images and videos of farm families lured looks from farmers who related to the message and non-farmers who desired to know the decisionmakers behind their food choices. On 96% of Illinois farms, family owners



select the seed, plant the crops, feed the cows, protect the land, serve their communities, teach the next generation, and hire local talent to help them get it done.

As the most-watched TV event of the year, nothing comes close to the Super Bowl. That’s a striking similarity to families owning 96% of Illinois farms. Super Bowl 2024 delivered another campaign commercial touting the family ownership of farms. Keeping with tradition, three generations of our farm family gathered around the TV to watch.

About the author: Joanie Stiers farms with her family in west-central Illinois, where they grow corn, soybeans, wheat, hay and cover crops and raise beef cattle, backyard chickens and farm kids.

Better Sleep Better Health

As the days grow longer with Spring and planting season just around the corner, many adults and children become more active, leading to less sleep time for many. There is always much to be done on the farm, and timing is crucial during the busy seasons of planting, harvesting, calving, or milking. Obtaining adequate sleep can be difficult. Farming is a dangerous business, but when combined with sleep deprivation, the risk of injury or death is even greater. Operating machinery or working around livestock while sleepy can be very hazardous. Making time to sleep is essential to ensure safety.

Many professional medical organizations stress the importance of obtaining adequate sleep. The American Academy of Sleep Medicine recommends that most adults need seven or more hours of sleep per night. The National Sleep Foundation also recommends 7 to 9 hours of sleep per night and 7 to 8 hours for older adults.

Quality sleep is essential to health in every age group. Unfortunately, according to the Centers for Disease Control and Prevention (CDC) 34.1% of children, 74.6 % of high school students, and 32.5% of adults fail to get adequate sleep regularly. Side effects of sleep deprivation can affect one’s safety, including lack of concentration, attention issues, longer reaction times, distractibility, lack of coordination, poor decision-making, increased errors, and forgetfulness. Lack of sleep can also lead to health disorders like anxiety, depression, obesity, diabetes, high blood pressure, heart attack, and stroke.

What can be done to improve sleep health? Try these techniques that can result in long-term solutions for better sleep:

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CHAMPAIGN COUNTY FARM BUREAU

Hours: Monday – Friday
8 a.m. to 4:30 p.m.

Manager – Bailey Edenburn

Assistant Manager – Lucas Stark

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Administrative Assistant – Debbie Styan

Membership & Outreach Coordinator – Emily Cler

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- Keep a consistent sleep schedule. Get up at the same time every day, even on weekends or during vacations.
- Set a bedtime early enough for you to get at least 7 hours of sleep.
- If you don’t fall asleep after 20 minutes, get out of bed and try a quiet activity such as reading until sleepy.
- Establish a relaxing bedtime routine. Keep the room dark, quiet, and at a comfortable, cool temperature.
- Turn off electronic devices at least 30 minutes before bedtime.
- Don’t eat a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.
- Exercise regularly and maintain a healthy diet.
- Avoid consuming caffeine in the late afternoon or evening and avoid alcohol before bedtime.

But, if you follow these recommendations and continue to have trouble sleeping, you may have another health condition causing sleep issues. Some health conditions like anxiety or chronic pain directly affect sleep. Stress or sleep disorders like sleep apnea and restless leg syndrome can cause sleep difficulties, too. Talk to your doctor if you have difficulty sleeping, no matter what the cause. Trouble sleeping is common, but there are many treatments that can help!

Overall, sleep protects your health by helping your body to heal. It’s important

WOMEN’S COMMITTEE RECIPE OF THE MONTH

Submitted by Vicki Goodman

Potato Casserole

Ingredients

- 30 ounce bag hash brown potatoes, thawed
- ½ cup chopped onion
- ½ cup melted butter
- 10.5 ounce can cream of chicken soup
- 8 ounces sour cream
- 2 cups shredded cheddar cheese
- 1 teaspoon salt
- ¼ teaspoon pepper

Preparation

Mix this all together and put into a greased 13 X 9 X 2 casserole. Bake covered for about 40 minutes at 350 degrees.

This is a family favorite that can be made the day before. Just increase the cooking time accordingly. It can be made using gluten free cream of chicken soup (I use Great Value brand from Wal-Mart).

If you’re not concerned about gluten, you may top it with 2 cups of crushed cornflakes sautéed in ¼ cup of butter before you bake it. Uncover the last few minutes to brown the topping.

HAPPY
St. Patrick's
DAY

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**ESTATE AND FINANCIAL
PLANNING DISCUSSION
AND PRESENTATION**

March 26, 2024
Dinner at 6 p.m.
presentation to follow

Parkland College, Room D244
Park in the C parking lot, on the west side of campus

Speakers:

- Curt Ferguson, The Estate Planning Center
- Paul Stoddard, Professor, UIUC
- COUNTRY Financial

