



## Now is the time to buy ads for 2018 Plat Book

The White County Farm Bureau Young Leader committee has begun selling advertising space in the 2018 White County Plat Book. Advertisers in the 2014 book have been assigned to a Young Leader Committee member, who should be contacting you very soon.

While the committee strives to reach all interested businesses and individuals, the Farm Bureau is asking for your assistance.

If you would like to advertise in the White County Plat Book, please contact the Farm Bureau at 618-382-8512.

## White County Plat Book \$20.00 COUPON

Members of the White County Farm Bureau can use this coupon for \$20.00 off their purchase of the 2014 White County Plat Book.

*Coupon must be presented at the time of purchase. No photocopies.  
Not applicable to plat books purchased on the website or on previous purchases.*

## Save date: Pistol Shoot

Be sure to mark your calendars for the 7th Annual Young Leader Pistol Shoot.

The event is scheduled for Saturday, July 8, at the Carmi Rifle Club. The steel target shoot will include five stations, with one person winning a target pistol.

Competition will begin at 9 a.m., and will include lunch. After lunch, test your aim with a

Marksmanship competition.

Sponsorship opportunities are available. With a \$100 sponsorship, you will receive a sponsor sign at the event, your company's logo on our website, registration for one shooter, and recognition during event promotion.

Contact the White County Farm Bureau at 618-382-8512 if you would like to be a sponsor.

## 4-H'ers awarded grants

The White County Farm Bureau is pleased to award seven White County 4-H'ers with a 2017 4-H Project Grant, totaling \$510.

4-Hers receiving a grant are Cody Nausley, Jesse Helton, Joseph Gates, Grace McCarty, Susan Jackson, Samantha Stallings and Tyler Thompson.

The 4-H Project Grant program is designed to encourage young 4-H'ers to begin new projects by eliminating potential cost burdens they may

have, as well as encourage new individuals to become active in the White County 4-H program.

Each 4-H'er is required to submit receipts of their project purchases before they receive their grant money. Pictures of the 4-H'ers with their projects will be included in future issues of the White County Ag News and posted on the White County Farm Bureau Facebook page.

Congratulations to this year's 4-H Project grant winners!

## Get tickets for AITC pistol raffle

Be sure to stop by the White County Farm Bureau to purchase your raffle ticket for this year's gun raffle. Proceeds will support the White County Ag in the Classroom program.

This year's raffle features a Smith & Wesson M&P Shield. The 9mm pistol features a Polymer frame with embedded stainless steel rigid chassis system, and is striker-fired for a short consistent trigger pull. This is a great pistol for concealed carry! The MSRP is \$519.

Raffle tickets are \$5 each. The winner will be drawn during the Member Appreciation Lunch in August.

The winner must be over the age of 21 and have a valid FOID Card. All applicable laws related to the transfer will be adhered to.

## Summer Ag Institute

This summer, White County AITC will be partnering with Wayne, Wabash, Lawrence and Edward counties for the 2017 Summer Ag Institute. This year we will be touring local agriculture from June 13-15.

The cost of the tour is \$100, which includes lunch each day, and transportation to the many tours. Each day will begin at 7:30 a.m., and we will finish the day by 4 p.m. Teachers will be able to earn 15 Professional Development Credit Hours.

Space is limited and will quickly fill. Do not wait to register! If you have any questions, please call Ryan Scott at 618-302-3944.

## 'On the Road' update

In case you missed the "On the Road with Kevin Rund" program in March, we've posted an update to IFB's Selection of Motor Vehicle Rules & Regulations on our website.

The downloadable pdf includes contact information for relevant agencies, updates on Farm Vehicle Driver and Covered Farm Vehicle exemptions, details on whether you are exempt from the CDL and medical card, as well a chart to determine what class of license you need to have.

Go to [www.whitecfb.com](http://www.whitecfb.com) and click on "Motor Vehicle Rules for Farmers."

## Be on alert for spring planting

This time of year poses a high risk of injury for farmers as fatigue, stress and pressure build as they spend as much time as they can in the fields. Not only are hours long and the workload heavy, but farmers also have to deal with equipment breakdowns and weather-related issues.

Staying safe during planting is challenging. Contact with machinery presents the biggest risk for both injuries and fatalities, but there are ways to avoid them and stay sharp.

- Eat balanced meals.
- Set realistic work priorities.
- Consider hiring help for the busy weeks of planting; don't try to do it all yourself.
- Stay well-hydrated to maintain awareness.
- Get a good night's sleep.
- Be as rested as you can be; if necessary, shut down for a few minutes and take a nap. Even a 20-minute break with a short nap can really help improve alertness.
- Take a short walk; it's unhealthy to sit for long periods of time.
- Always have your cellphone on your person; see it as a safety feature.
- Remember to share the roads safely with vehicles as well as farm equipment.



## HORMONES IN YOUR FOOD



**1.3**  
nanograms of estrogen per 3 oz serving

raised without added hormones

**1.9**  
nanograms of estrogen per 3 oz serving

raised with added hormones



**225**  
nanograms of estrogen per 3 oz serving



**35,000**  
nanograms of estrogen in one pill



## Looking for a location for your next party or family gathering?

The White County Farm Bureau building in Carmi, IL features over 3,000 square feet of meeting space including 25 tables and seating for 160. Convenient parking and a low rental fee make it a perfect place for your next get-together.

**Book your holiday event, today! Members receive \$25 off the basement rental! Call (618) 382-8512 for reservations.**