

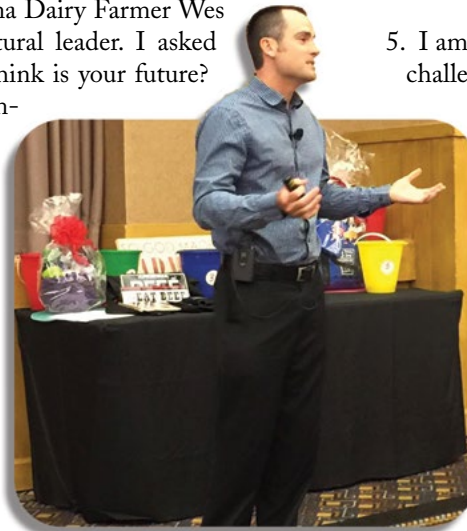


Ever Wonder How Farmers Under Forty Think?

By Julie Murpree, Arizona Farm Bureau Communication Director

Recently, I interviewed Buckeye-Arizona Dairy Farmer Wes Kerr, a young and up-and-coming agricultural leader. I asked him, "As a farmer under 40, what do you think is your future? Speak also in terms of your generation in general." He gave some insightful points that follow.

1. I consider myself a long-term optimist but a short-term pessimist.
2. I believe that the future is very bright for agriculture.
3. Our world will continue to need agricultural commodities, and technology will continue to provide new ways of meeting demand.
4. However, there are threatening realities that we must overcome and that is why I am a proud member of the Arizona Farm Bureau.



Wes Kerr talking about genetics last year at the Arizona Farm Bureau's Women's Leadership Conference.

5. I am positive that together we will overcome these challenges.
6. My generation in general is good at seeking out new possibilities and questioning the status quo.
7. As a younger generation, I believe we are constantly asking the very important question, "Is this the best way?"
8. My generation is also not afraid of new technology, we are eager to try new technology and we thrive on it.

Understanding our up-and-comers' thinking means we have great opportunities in the future. ■

AZFB.org Goes Mobile

Welcome to the redesigned Arizona Farm Bureau website. Arizona Farm Bureau is excited to announce the launch of a new, **mobile-friendly website**. The new website will allow you to read the latest news, opinions, and member benefits of the Arizona Farm Bureau as well as get easy online access to your member card and even pay your membership dues from any computer, mobile phone, or tablet.

To get started, simply go to azfb.org and click the "Login" button (three bars) at the top right-side of the screen to access your account. If you have an existing login from our previous site, you will now **use the email that is associated with your membership to login** – no need for a user name! Once you've input a password you'll have over 187 member benefits at your fingertips.

We hope you enjoy the new website and the ease of access provided to you from the Arizona Farm Bureau. ■

Editor's note: For more information on our member benefits go to Arizona Farm Bureau's member benefits page online. Or, download the Member Benefits app to your smart phone for easy, everyday access to your benefits.



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Don't Let Your Discounts Go to Waste!

The Top Five Ways to Remember

Remember those Arizona Farm Bureau discounts? Well, they still exist and they mean real savings if you use them.



Like other membership organizations that have member benefits, it's often easy to forget that you could have saved money on your latest oil change or gone to dinner and the movies with the family for much less if you'd remembered to use your member benefits.

So, Arizona Farm Bureau has come up with a few tips to help you remember to use your discounts.

1. Read your quarterly CHOICES publication since it regularly highlights new and current member discounts and gives advice on ways to save more on your family budget.
2. When planning family outings and vacations, make a mental note to check what travel and entertainment discounts your Arizona Farm Bureau membership provides. You could potentially save as much as 25 to 30 percent on entertainment or travel.
3. Go to azfb.org for ideas on your member benefits. The Voice Blog on the azfb.org website also posts articles about member benefits.
4. When planning your family budget and considering new household expenditures make sure you've checked to see if Arizona Farm Bureau offers a discount provider for any of your new expenditures. All 187 benefits are listed by category.
5. Finally, are you paying for something that's a regular service that provides no discounts; yet one of your member benefits through Farm Bureau would offer you as much as a 5, 10 and 15 percent discount? It's always good to re-evaluate your budget. Some savings can always be discovered.

And, did you know that fillyourplate.org might be another avenue for receiving member discounts? Several of the farmers and ranchers on Fill Your Plate offer 5, 10 and as much as 20 percent discounts for their product if you show them your membership card. For example, Alcantara Vineyard & Winery offers 10% off to Farm Bureau Members on three bottles of wine and \$1 off wine tasting. Simply check out what the farmer and rancher offers on their Fill Your Plate profile at fillyourplate.org. ■

Keep Your Dog Cool in Summer

By **Peggy Jo Goodfellow**, Arizona Farm Bureau Marketing Manager



As the cooler spring weather gives way to the hot summer months, you'll be spending more time outside with your dog, walking and playing in the sunshine. But while you are having fun, you will need to keep your dog cool to protect him from heat-related illness and injury.

Sunburn

Most people don't think about their pets getting sunburned but they certainly can. White and lightly-colored pets can suffer sunburn just as we can if they experience too much exposure to the sun. Long-term sun exposure can lead to skin damage and in some cases skin cancers. Limit the amount of time your fair-haired pets stay in direct sunlight.

Heat Injury

Heat injury occurs when a dog's body temperature exceeds his ability to cool himself. Unlike people, your dog's normal body temperature ranges between 100 and 102.5 degrees Fahrenheit. When body temperature elevates above 106 F, normal cooling mechanisms are overwhelmed, which results in a serious condition requiring medical treatment.

See **Your Dog** page 7

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Ag in the Classroom Celebrates Earth Day with Water

By **Katie Atkins**, *Arizona Farm Bureau Ag Education Associate Director*

The Arizona Farm Bureau Ag in the Classroom Program (AZFB AITC) celebrated Earth Day with a lesson on water. Nearly 10,000 kindergarten through 3rd grade students across the state learned about how farmers and ranchers celebrated Earth Day everyday by caring for our land, using technology to conserve water, and help to recycle our air by planting trees and crops. Students also learned that our planet even recycles water through the water cycle. After reading a story about water, students kindergarten through 1st grade sang the water cycle song and made a water cycle bracelet, and students 2nd through 3rd grade became a water droplet and traveled their own unique journeys through the water cycle.



Students rolled dice at the water cycle stations to determine their next step through the water cycle.

This event was the 3rd installment of the AZFB AITC Ag Literacy Events. Look for these events: *Pumpkins* (October), *Dr Seuss* (March) and *Earth Day* (April), to come to a classroom near you next year. ■

Pool Safety Saves Lives

Summer is here and children as well as adults will be having fun around the swimming pool. One thing to remember is pool safety. It saves lives.

Warm weather, long summers and over 250,000 pools make Arizona prone to water-related incidents. Two-thirds of all drowning happen between May and August.



The Arizona Department of Health Services recommends the following pool safety tips:

- Children should never be left unattended in the pool or pool area.
- Children should always be watched when in or around the pool area. Floatation devices and swimming lessons are not substitutes for supervision.
- CPR instructions and the 911 emergency number should be posted in the pool area.
- All residential pool owners should attend water rescue and CPR classes.
- Lifesaving equipment should be easily accessible and stored in the pool area.
- A phone should be located in the pool area or easily accessible in case of an emergency.
- All gate locks and latches should be checked regularly to insure they are working properly.
- A gate should never be left propped open.
- All items that could be used to climb a pool barrier should be removed from around the barrier.

Summer is a time to kick back and have fun, but if you are around the swimming pool think pool safety. It saves lives. ■

New Dental Discount Card

United Networks of American (UNA) is pleased to provide Farm Bureau members with U.S. Dental Access for FREE. UNA currently administers the Farm Bureau Prescription program for Farm Bureau members and will now include this new program.

Aetna Dental Access is a network that provides access to over 169,000 available dental practice locations. Visit the website for a list of dental providers in your area.



Arizona Farm Bureau Federation members will now be able to visit www.dentallogin.com and use assigned password: **AETNAFBRXAZ** in order to access this **FREE** added value program. ■

Arizona Farm Bureau's




Our Websites are Mobile Friendly!

Both azfb.org and fillyourplate.org are mobile friendly



Arizona Agriculture's CHOICES

Big Discounts: Farm Bureau Prescription Discount Card

By Peggy Jo Goodfellow, Arizona Farm Bureau Marketing Manager

Imagine this! You have high blood pressure, you need to take daily medication to keep it under control, but you've just changed jobs and your new job benefits haven't kicked in yet. How much is that prescription without insurance coverage? What can you do? If you are a Farm Bureau member its good news because you can use the Arizona Farm Bureau Discount RX card to save up to 75% on prescription drugs.



At a recent meeting, Lindsey Statler, vice-president of Yavapai County Farm Bureau told me a great story about how she received a nice surprise at her local pharmacy.

"Back in December, we had been to the doctor earlier in the
See **Discounts** page 5

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¹ Surrender of the contract may be subject to surrender charges. Withdrawals before age 59 ½ may result in a 10% IRS penalty tax. Additionally, there is a charge for the Simple7 Income Rider once it is activated. Farm Bureau Life Insurance Company* West Des Moines, IA. *Company provider of Farm Bureau Financial Services A144 (4-16)

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Go Further

*Maximum \$500 \$500 Bonus Cash offer available for each license: Georgia, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, and Tennessee Farm Bureau members who are members of the United States Office's valid from 10/2014 through 10/2016 for the purchase or lease of a eligible new 2014/2015/2016 model year Ford vehicle including hybrids and plug-in hybrids. Excludes non-eligible vehicles. Includes a choice of advanced, economical engine options that include hybrid and plug-in hybrid technology. Offer is subject to change based on vehicle eligibility. This offer may not be available in all states. Ford Motor Credit Company provides a purchase or lease program. Some restrictions apply to this offer. See dealer for details. Offer cannot be used in conjunction with other offers. Offer good for 30 days from start of program. Some restrictions apply. See your Ford Dealer for complete details and qualifications.

Discounts

Continued from page 4

day and were finally heading back to town to pick up a prescription for one of the kids,” Statler said. “As an after thought I picked up our Farm Bureau Prescription Discount card off the table on the way out the door.” The pharmacist told her the prescription would cost \$125. She presented their Farm Bureau Prescription card asking if the pharmacy recognized the discount program. The pharmacist checked and then said, “The cost of your prescription is \$25.” A \$100 savings!

“Since that time, we have saved on various other prescriptions,” Statler said. “Not \$100 each time...but \$5 or \$10 savings each time really adds up to big savings for our family,”

The Arizona Farm Bureau Discount Rx Card is a free prescription discount program that offers free drug cards to all members, their families and friends. The program provides discounts on both brand and generic medications up to 75%. There are no income requirements, no age limitations and there are no applications to fill out. All members are eligible to receive the savings!

To locate participating pharmacies and search medication pricing, go to www.fbadvantage.com. There, you can learn more about the program and print free customized cards for your friends, family, employees, etc. No personal information is required to print a card and all prescriptions processed through the program are completely confidential. ■

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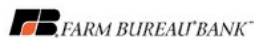
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Smothered Burrito Sizzling Summer Recipes

Gilda's Smothered Burritos

- 2.5 cups Beans prepared with salt pork
- 1 lb Hamburger
- 1/2 tsp Garlic Powder
- 1 cup Salsa
- Tortillas
- Salt & Pepper
- 10.5 oz Prepared Red Enchilada Sauce
- 1 Tbsp Chili Powder
- 1/2 tsp Garlic Powder
- 1/2 tsp Pepper
- 3 tsp onion powder
- 1 1/2 tsp salt
- 1 cup water
- 1 1/2 Tbsp Flour



Directions

Beef and Bean filling: Cook your beans with salt pork (1/3 lb). Depending upon method allow 2-4 hours. Do not drain beans; you will need bean broth for later. Fry hamburger over medium high heat adding seasoning and salt and pepper to taste. Drain off the fat, leaving a little for flavor. To this add the salsa and simmer for about 15 minutes. While the beef simmers with salsa, prepare your bean sauce. In a blender puree about 1 cup of the prepared beans with 1/3 cup of the bean broth and 3 T. of Red Chili Sauce. Blend until smooth and creamy with an easy to pour consistency. This makes about 2 cups of sauce. Continue your beef filling by adding the remaining beans. Simmer the mixture mashing slightly, for another 15 minutes. If a little dry, add more salsa or bean broth to your liking. Turn to low and keep warm.

Red Chili Sauce: Add all seasoning to enchilada sauce and bring to a boil. Add 1 cup of water with 1 1/2 T flour to thicken sauce. Simmer for 30 minutes.

Burrito toppings: Shredded Cheese (pepper jack or Colby jack), Avocado, Sour Cream, Lettuce, Tomato, Olives, Green Onions.

*Provided by: Stefanie Smallhouse,
5th Generation Rancher*

Spanish Rice with Bacon

- 4 slices Bacon
- 1/4 cup green pepper, chopped
- 1 cup onion, chopped
- 2 1/2 cups tomatoes, diced
- 1 cup rice
- 1/2 cup water
- 1/2 tsp salt
- dash pepper
- 2 tsp sugar

Directions

Cook bacon, green pepper and onion until light brown. Add remaining ingredients and stir well. Bring to a boil; reduce heat. Cook covered 25-30 minutes or until rice is tender.

Provided by: Nancy Brierley

Grilled Steak with Marinade

- Flank Steak, Top Round or similar thin cut of steak
- 1/4 cup olive oil
- 4 garlic cloves
- 1 tsp cumin
- 1 tsp salt
- 1 tsp pepper
- 1 tsp cayenne pepper

Directions

Place steak in glass casserole dish. Pour all ingredients into a bowl, mix and pour over steak. Make sure marinate coats both sides. Cover with plastic wrap, marinate for at least 30 minutes. Marinate overnight for a richer flavor. Grill for 5 minutes on each side. Remove from heat and let sit for at least 5 minutes. (If you cut right away all the juices will run and you will end up with a tough steak.) Slice diagonally against the grain and serve.



Provided by Fill Your Plate

Discover other farmers and ranchers on fillyourplate.org ■



Remember Your Member Benefit App

The Arizona Farm Bureau Member Benefit App is FREE at the App Store and on Google Play. Search for "FB Benefits" have your member number and zip code ready to complete the install on to your smart phone. Get easy access to over 187 benefits of Farm Bureau membership, download the Farm Bureau Member Benefit App today! ■



New Entertainment Benefits

By Peggy Jo Goodfellow, Arizona Farm Bureau Marketing Manager



SEALIFE ARIZONA AQUARIUM — Farm Bureau members can purchase discount tickets at www.azfb.org login and click on member benefits. Use the link <https://www.visitsealife.com/arizona/> and promotional code AZFB for members. The ticket cost is \$9.00 for adults or children.

LEGOLAND DISCOVERY CENTER — Members save 15% on tickets to LEGOLAND Discovery Center at Arizona Mills.

Visit www.azfb.org, login and click on member benefits. Then click on the members only link at www.legolanddiscoverycenter.com/arizona and enter the promotional code AZFB. The ticket cost is \$18.70 for adults or children. ■

Your Dog Continued from page 2

Certain breeds are more prone to heat injury than others. Large double-coated breeds like the chow chow are particularly susceptible. Dogs bred for life in cold climates such as Malamutes, Huskies, American Eskimos and Newfoundlands often have little tolerance for heat and humidity. Dogs with shorter faces such as Bulldogs, Pugs, Shar-Peis and Boston Terriers have less ability to cope with a heat load due to their short and narrow respiratory systems.

Remember, heat stress can happen quite rapidly, sometimes only in a few minutes, especially in dogs that live primarily indoors.

Farm Bureau members are fortunate have a member discount with USAPetMeds on medications, supplements and all pet and livestock care products. ■

Editor's note: For more information on our member benefits go to Arizona Farm Bureau's member benefits page online. Or, download the Member Benefits app to your smart phone for easy, everyday access to your benefits.



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Contribute online in the Public Policy section of www.azfb.org. For information contact Ana KennedyOtto at anakennedy@azfb.org or 480.635.3614.

The purpose of AgPAC is to receive, administer and expend funds for political purposes in connection with promoting and supporting candidates who are supportive of the policies of the Arizona Farm Bureau Federation. Contributions are voluntary. Members have the right to contribute without any advantage conditioned upon making the contribution or reprisal or threat of reprisal related to the failure to make a contribution. Contributions to AgPAC are not tax deductible as a business expense or as a charitable contribution. AgPAC cannot accept corporate contributions.

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Coming Soon at SeaWorld San Diego

By Peggy Jo Goodfellow, Arizona Farm Bureau Marketing Manager

In 2017, SeaWorld® San Diego will unveil, *Ocean Explorer*, an attraction that combines multiple aquariums, exciting rides and digital technologies to engage park guests in an experience centered on exploration and adventure inspiring them to protect the wonders of our oceans.

"I'm extremely excited about Ocean Explorer and I know our guests, of all ages, are going to love this fun, interactive and educational new area of the park," said John Reilly, SeaWorld San Diego's park president.

Ocean Explorer will also feature an exhilarating wave swinger ride where guests will literally



fly through thousands of real bubbles in chairs suspended from the tentacles of a giant jelly. Three family-friendly rides will round out the fun of this immersive, new attraction.

Construction on Ocean Explorer will begin in summer 2016 on a 3-acre site where the Animal Connections exhibit and the Circle of Flags are currently located on the southeast side of the park. This attraction is scheduled to open in late spring of 2017. ■

Source: SeaWorld San Diego



Arizona Agriculture's CHOICES

The Faces of Arizona Agriculture

Maricopa County Dairy Farmers Bill and Sine Kerr

- Bill and Sine have been married 35 years as of 2015
- Parents of 4 kids and grandparents to 6 grands...and more on the way
- Sine and Bill, along with son Wes, run a 1,000-cow dairy.
- Their philosophy: "We not only farm for today but we're farming for our family's future."
- They love being grandparents and hope to keep the tradition of dairy farming in the family.

Go to azfb.org

