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Cover Page Design: Commercial

Cover Page Design: Commercial

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"The Land Issue"
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Cover Page Design: Commercial

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"Ready Set Plant"
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ACN Agricultural Communicators Network

Cover Page Design: Commercial

1st place

"The Pests are Back in Town"
Matt Strelecki
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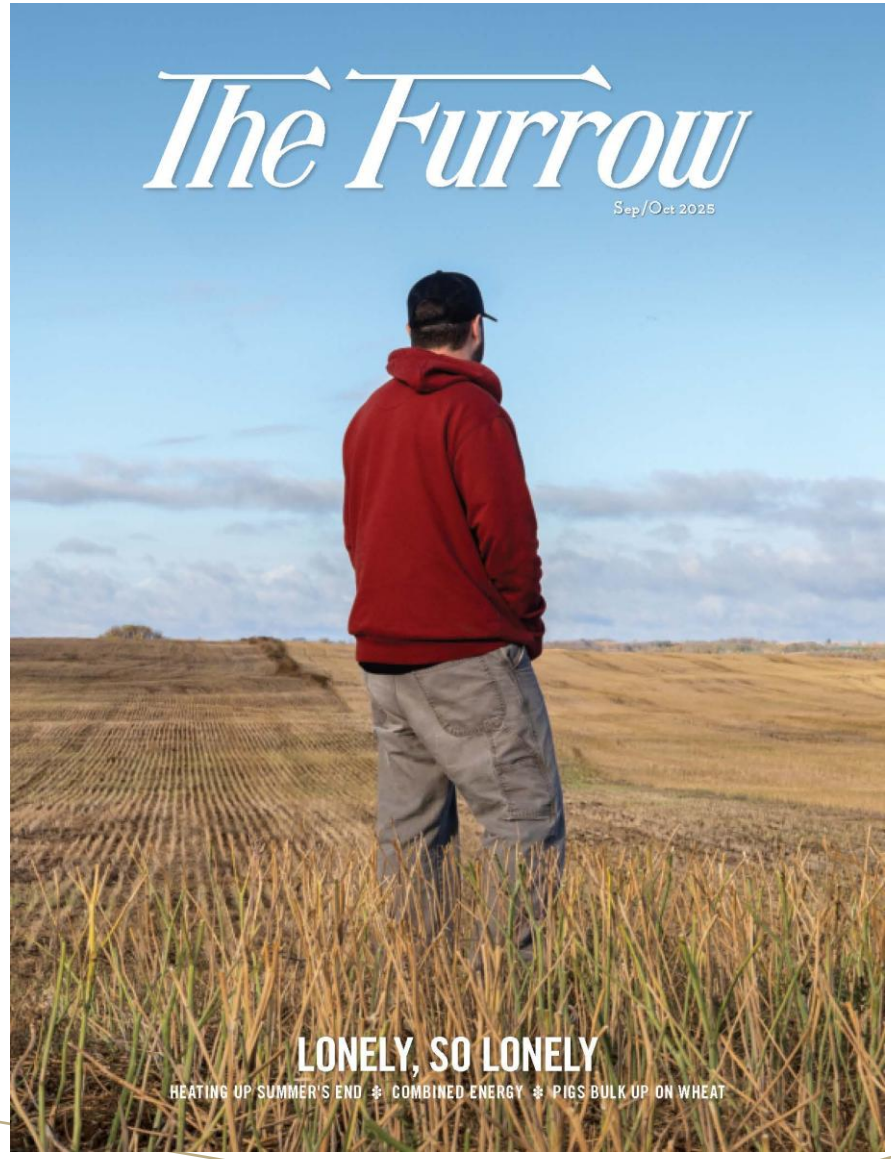
ACN
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Cover Page Design: Custom

Cover Page Design: Custom

3rd place

"The Furrow Cover, Sep/Oct 2025"
Nate Werner
Mod Op



ACN Agricultural Communicators Network

Cover Page Design: Custom

2nd place

"Legacy - Summer 2025"
Cadie Ramos
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ACN Agricultural Communicators Network

Cover Page Design: Custom

1st place

"Legacy - Fall 2025 - Cover"
Cadie Ramos
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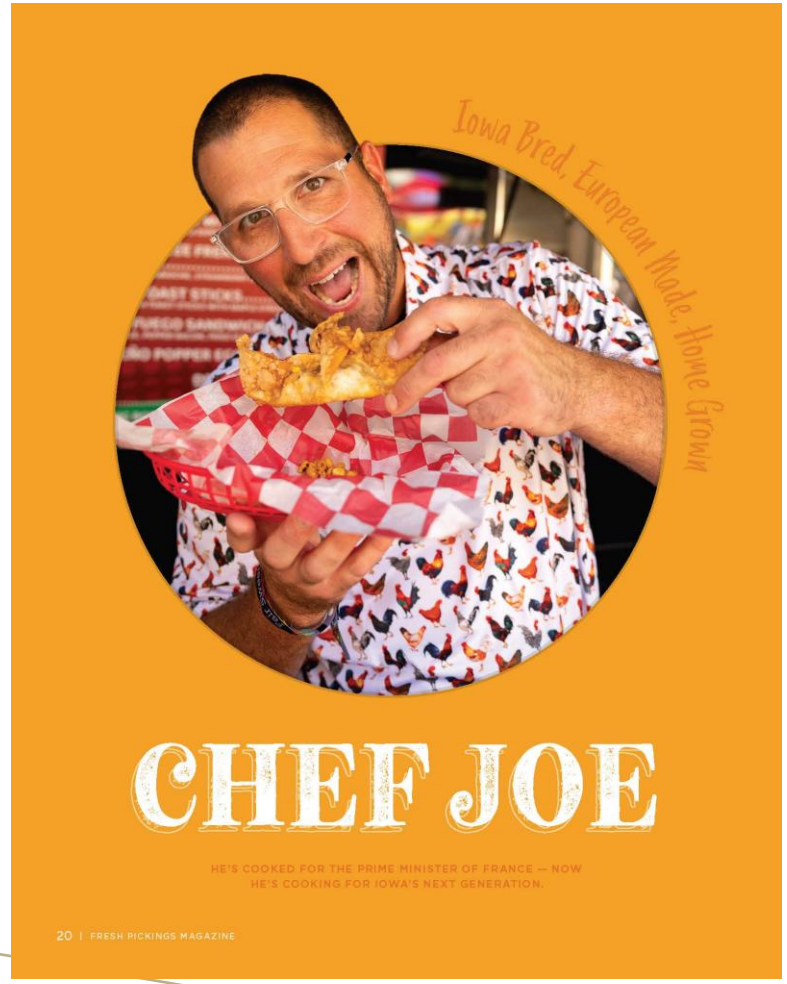
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Single-Paged Editorial Design: Commercial

Single-Paged Editorial Design Commercial

3rd place

"Chef Joe"
Iowa Food & Family Project
Iowa Soybean Association



ACN Agricultural Communicators Network

Single-Paged Editorial Design Commercial

2nd place

"Family Business Matters"
Brent Warren, Barry Falkner
DTN/Progressive Farmer



YOUR FARM > FAMILY BUSINESS MATTERS

Things in nature are beginning to grow again. Warmer weather and longer days mean more time outside. You see budding trees, blooming flowers and emerging crops across the countryside. And, along with this new growth comes the need to prune: selectively cutting, thinning and cleaning to support healthier and more productive development in that which is growing.

Family businesses, ever-growing with new purchases, more activities and increasing relationships, need a similar type of pruning. As family farms and ranches transition from one generation to another, naturally growing and taking on more land or business arrangements, they must consider what needs to be cut back to focus time and energy on the most productive opportunities.

Before we delve into the pruning opportunities, however, consider what "good growth" looks like in your family business. Growth may not be adding more to your plate. The focus might be on improved profitability instead of being larger in size or on better family relationships rather than adding more staff. Good growth may include getting out of a business or even selling some land to strengthen parts of your balance sheet. In other words, consider pruning in terms of what success means to your family and business today and tomorrow, especially in a future where tighter margins may be a reality.

Here are a few categories to consider as you contemplate the act of pruning in your family company.

Business structure and processes. As you grow over the years, the way you track, store and process information has evolved. Perhaps your bookkeeping system has become cumbersome or your filing processes too scattered. Maybe you've added entities for liability, estate planning or Farm Service Agency purposes. As we accumulate more data, how we organize, store and utilize that data has become a concern. As you look around your office, what information needs better organization? What structure needs simplified? In what ways can you streamline your decision-making and data reporting?

Communication. In part because of the informal relationships of family members and in part because of being a small business, much of the communication process is impromptu on family farms and ranches. You talk when you need to, and you often make decisions on the fly. In fact, being nimble in communication helps with the sudden changes in daily plans. However, not having more formal communication can also impede progress as you grow.

Like propping up a branch or bracing a tree, this aspect of pruning involves reinforcing some of your communication processes. For example, holding a short staff meeting every day or a management team meeting every week, or using a group text or a mobile application for task management helps reinforce teamwork and organization. What new methods of communication could help support your family business?

Relationships. Reaching the next level of professionalism in your business may mean that you outgrow some of the people who got you where you are today. Your need for different skills or more management capabilities may require others to step aside. In some cases, people can move to other roles. At other times, they may need to leave to go places where they can be of more value. This concept also applies to your professional advisers, and most of them understand when you are ready for the next level of specialization, expertise or service.

As your family business continues through generations, you accumulate practices, people, processes and structures. Those were helpful elements at the time, but they occasionally need to be evaluated and pruned to support future growth, however you define it, in the family business. ///

Email Lance Woodbury at
lance.woodbury@piniongloba.com

ILLUSTRATION: GETTY IMAGES

ACN Agricultural Communicators Network

Single-Paged Editorial Design Commercial

1st place

"A Great Place to Call Home"
Jaime Albers
Angus Journal



A Great Place to Call *Home*

Josh Worthington recognized as 2025 Young Breeder of the Year.

by Sarah Kocher, American Angus Association

Twenty-one years ago, Josh and Corry Worthington of Dadeville, Mo., bought four Angus cows, with no land or land leases to their name. They just turned the girls out in the yard of the small house they were renting.

From those humble beginnings, Worthington Angus would grow into an enviable seedstock operation thanks to their discipline, belief in their vision for the herd and a lot of helpful people showing up to support them along the way.

"Corry and I are first-generation Angus breeders, but we're not first-generation people," Josh says. "Our parents taught us how to treat people and work hard."

Josh, the American Angus Association's 2025 Young Breeder of the Year Award recipient, and his family now breed around 350 females and transfer 400-500 embryos annually. This model has allowed them to market 250 bulls a year and some registered females in both their spring and fall sales.

"We really enjoy building things together," Corry says. "It definitely grew us closer together, constantly trying to figure out how to make [Worthington Angus] work."

Creating value

Josh's determination to get the business set up with the right plan and to always do right by customers stands out to Corry as key pieces of what has helped them be successful.

"When you're starting something from nothing, you're going to need to be pretty laser-focused," Josh explains. "We felt like if we could be disciplined in our approach to using proven genetics to breed cattle, that we could create value."

The value he talks about is in the minds of commercial producers: often the people the Worthingtons would call friends, neighbors and even family.

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Single-Paged Editorial Design: Custom

Single-Paged Editorial Design Custom

3rd place



"Taking the Itch Out of Sorghum" Clint White, Sorghum Checkoff

ACN Agricultural Communicators Network

Single-Paged Editorial Design Custom

2nd place

"Green & Growing Homestead Summer 2025"
Nate Werner
Mod Op



BY CHARLES JOHNSON

GREEN & GROWING

Hot and hotter. Chile pepper brings that unforgettable taste of summer.

Some of my earliest memories come from walking the garden with our neighbor, Mister Zed. As he'd say, he had a hum-dinger of a garden, with abundant tomatoes, beans, squash, sweet corn, melons, you name it. If it would grow here, he probably grew it.

He particularly loved growing chile peppers, though, and loved eating them even more. As the peppers ripened on the plants, he'd walk the rows, picking them here and there. "Woah! That's a good 'un!" he'd say, chomping away, insisting I try one from that particular plant.

Mister Zed's taster and mine weren't lined up, however. What he cherished were extremely hot ones. He chewed them up as fast as he could but they torched my tongue. I marveled at his ability to down the hottest peppers as though they were vanilla cookies. I don't know what varieties those peppers were. This was many decades ago, long before I heard people gush about Ghost Peppers or Carolina Reapers. All I knew back then was that I couldn't handle that firey taste and zipped to the water hose often as I tried to keep up with him.

Several years ago, I wrote a magazine article about a fellow whose great joy in life was trying to crossbreed and develop a chile pepper that set a world record on the Capsaicin scale. That would be hotter than the Carolina Reaper, peppier than the Pepper X. It would run laps around the plain old jalapeno, cayenne, and habanero peppers most folks grow. This fellow processed some of his peppers into a powder. I watched him do this in a commercial kitchen and had to wear goggles and a gas mask. I still tasted that hotness for days afterward. I asked him what he puts it on. "Everything!" he said.

That sent me to interview a taste expert at the University of Florida, a job I didn't know existed until then. Why does that fellow want incredibly hot stuff on everything he eats while I can't handle even a whiff of it? The expert said it's possible to build an increasing resistance to certain tastes while others of us are "super-tasters" who simply can't handle it. I am probably a super-taster, the professor said.

Go to New Mexico and eat at a restaurant in Santa Fe or Bernalillo or Albuquerque and the person seating you asks, "Red or green?" meaning what color sauce do you want with your meal. It seems like a trick question for us outsiders but, in reality, it doesn't make much difference. It's all hot and all good with your food.

The New Mexico Department of Agriculture says the state leads the nation in chile pepper production, with 77% of the 2023 harvest. If you're stumped answering that red or green question, 88% of New Mexico's production is green. If you just can't get enough while there, you might try Hatch Green Chile Wine, which I can't make myself do.

So why do I grow chile peppers if they set my tongue afire? For one thing, the plants just seem to want to thrive. It's fun to watch something be successful out there. Another reason specific to just me: the colorful peppers make great photography subjects. All that red and green just pops on photos, and the peppers never complain about posing.

Plus, walking among them reminds me of Mister Zed and his great natural gardening skill, all these years later. "Ain't it something?" he'd say, savoring another pepper.

ILLUSTRATION BY PAUL LANGE

ACN Agricultural Communicators Network

Single-Paged Editorial Design Custom

1st place

"Green & Growing, Homestead Spring 2026"
Nate Werner
Mod Op



BY CHARLES JOHNSON

GREEN & GROWING

What's this place worth? It all depends on your point of view.

The fellow stepped down from his backhoe after working mightily to extract a huge oak stump with an extensive root system. He stretched, looked around and asked, "What's this ground worth?"

That is a loaded question. There are two prongs to it: what's it worth? And what's it cost?

To me, there isn't enough money in the world to buy it because I'm here for the duration. To other people trying to farm nearby, that depends on whether they're growing cotton, corn and soybeans or grass for cows. Then, there are the ones who see it as just a place for building houses; their values are quite a bit different.

In the old days, after my ancestors inexplicably moved here from the much-more-fertile land west of here, which always seemed like a backward step, my great-grandmother thought the soil was rocky and otherwise terrible and lobbied to retrace their move and go back to her homeland. Family lore has it that she despised this place so much that, when one of her children died, she had the body loaded on a wagon and carried on a long and tearful three-day trip to be buried back in decent ground among her people.

There you have it: it's wonderful or the worst place imaginable, depending on your viewpoint.

Tough as farming here may be, lots of folks still give it a try. Nearly all of these work a regular job of some sort: teacher, salesman, factory worker. That's what it takes to make it these days on farms that are small by Corn Belt standards. They're hanging in there, however, and a steady parade of newish farm machinery rumbles by on the road past this property. In my lifetime, we started out with Johnny Popper tractors and two-row planters aided by an assortment of mules and wagons and a small army of human workers. These modern machines are huge by comparison and highly efficient. It's still a marvel to watch them at work.

Farmers lined the edge of the field skeptically watching when my dad tried the first mechanical cotton picker this area had seen. Imagine the amazement seeing six row cotton harvesters zipping through fields leaving bales ready for the gin in their wake. Mind-blowing things happen and nowadays we seem to hardly notice.

While all that is going on just down the road, I'm still by the house growing flowers and shrubs and a few veggies pretty much the way my great-grandmother did a couple of miles from here. I work it, hoe and shovel in hand, helped by a little fertilizer and herbicide. My ancestors would have scorned that. Why buy fertilizer when you have cows in a barn turning out the natural stuff? Why spend money on weed-killer when you have a hoe and two good hands?

All true, but things can be simpler when you join the modern world. The flowers are no brighter, come spring, but I do have more time and energy to enjoy them.

So, what's this ground worth? There's a lot invested here, and not just money. I'm not planning to go anywhere, so that would make it priceless, rocks and all.

ILLUSTRATION BY PAUL LANGE

ACN Agricultural Communicators Network

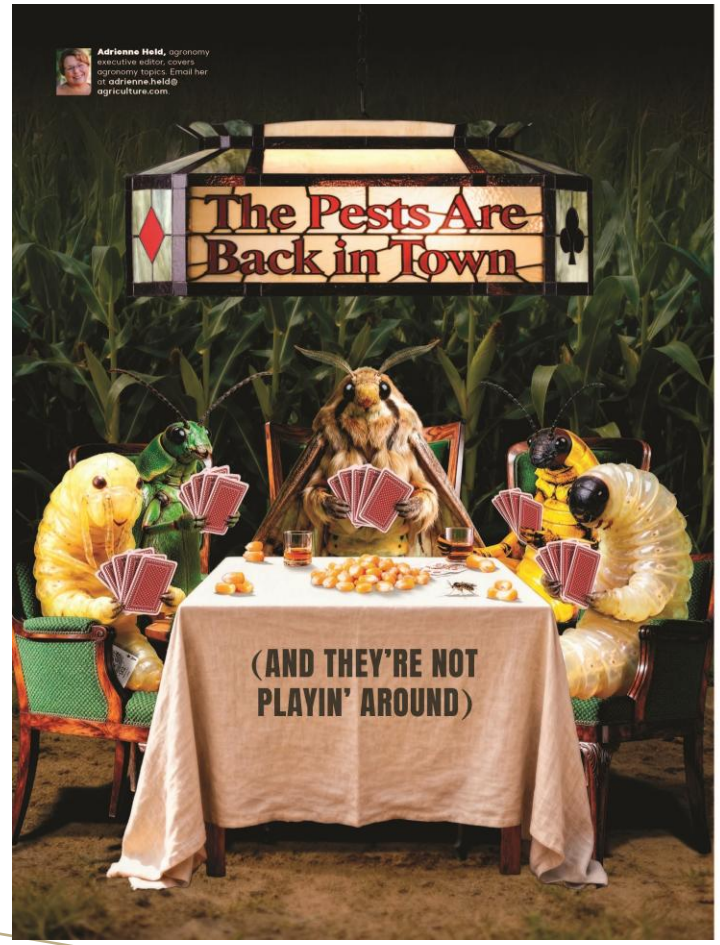
ACN
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Opening Page or Spread Design: Commercial

Opening Page or Spread Design: Commercial

3rd place

"The Pests Are Back in Town"
Matt Strelecki
People, Inc.





Ag Adviser

By **Adrienne Held, Agronomy Executive Editor** • Illustration by **Eddie Guy**

Left to right: European corn borer (ECB) larva, ECB moth, western corn rootworm beetle (CRW), CRW feeding (top to bottom) on untraited corn roots, and roots with SmartStax, VT4 Pro, SmartStax Pro traits.

For more than a century, corn rootworm has been a nemesis of U.S. farmers. After years of stability with Bt traits, the pest is again pushing back. Researchers are documenting field-level resistance across the Midwest, particularly in long-term continuous corn. In Iowa and Illinois, two of the largest corn-growing states, the conversation has shifted from convenience to complexity, and stewardship is the new watchword.

"Corn rootworm problems never really went away," said Erin Hodgson, Extension entomologist at Iowa State University. "We've had some up-and-down years, but it's a highly adaptable pest. We plant a lot of corn, and we've created an ideal scenario for it to thrive."

When Traits Lose Their Edge

Rootworm resistance was first confirmed in Iowa in 2009, only a few years after Bt hybrids came to market. Since then, populations of the western and northern species have evolved to survive most Bt proteins. Hodgson said all four Cry proteins (the rootworm-targeting Bt traits used in corn hybrids) show declining performance for western corn rootworm, and that trend is accelerating.

RNA interference (RNAi) is a novel trait technology that kills rootworm larvae by silencing key genes needed for their development. So far, it has performed well, even in fields where rootworm has developed resistance to existing Bt traits.

"However, the more we plant, the faster we lose those tools because of increased exposure," Hodgson said. "The same will eventually be true for RNAi, if we don't use it carefully."

Joe Spencer, entomologist and principal insect behaviorist with the University of Illinois, has tracked the pest's resistance for decades. He said early assumptions about beetle movement and toxin lethality proved wrong.

"We thought Bt exposure would kill nearly every larva and that the susceptible beetles that weren't exposed to Bt would move enough before mating to dilute the resistance genes out," Spencer said. "But mortality wasn't as high, and beetles didn't move much. Resistant individuals mated with each other in the same field. That's how resistance built so quickly."

Farmers on the Front Lines

In north-central Iowa, Jim Carlson has watched rootworm ebb and flow on his diversified farm. "A couple years ago, we had severe lodging," he said. "Under good conditions, plants can tolerate moderate feeding, but in a dry year, it's another brick on their back."

Carlson rotates hybrids between brands to diversify traits and uses limited biologicals and in-furrow insecticide. When continuous corn is unavoidable, he views rootworm protection as insurance. "It only takes one bad year to make up for it," he said.

In western Illinois' Stark County, Cliff Lane said he sees lighter pressure. "We're primarily 50-50 corn and beans, so rootworm's been mild," he said. "When there's a failure, people blame the trait. It's not always that. Sometimes, it's just overwhelming pressure." Lane uses sticky traps and root digs to guide hybrid choice. "Every extra trait costs money," he said. "If you don't need it, that's money left on the table, and unnecessary exposure driving resistance."

Erin Hodgson

Joe Spencer

Inside the Resistance Problem

Whether populations overwhelm the trait, or the trait fails, the result is the same: pruned roots, lodged plants, and yield loss. "Having a lot of rootworms is unacceptable, because even light root injury costs yield," Hodgson said.

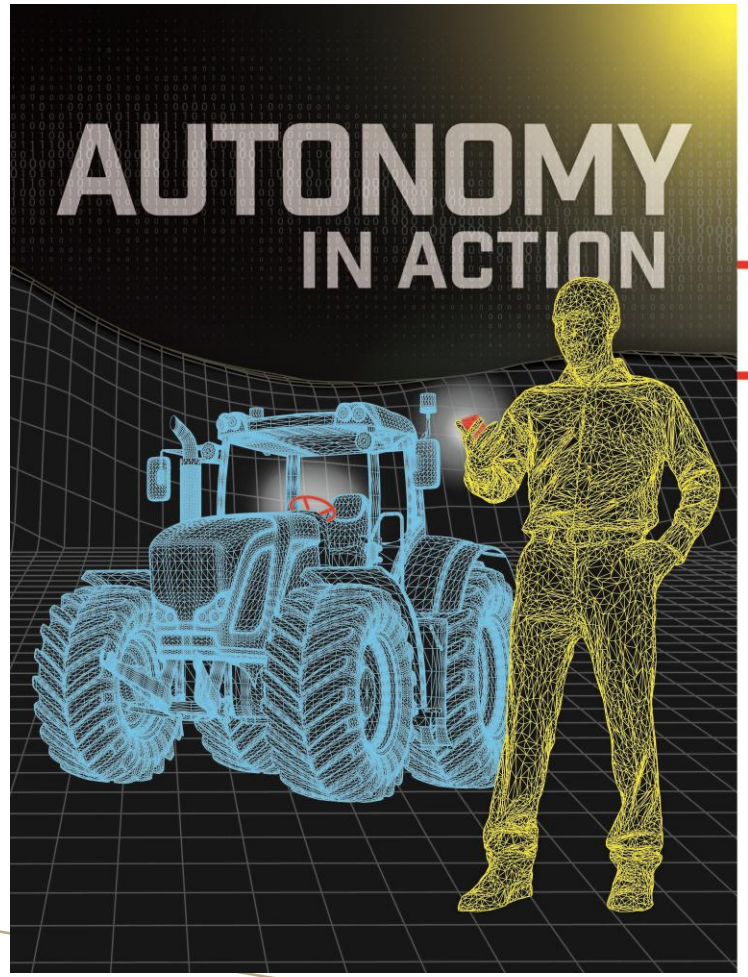
Photography: Courtesy of Erin Hodgson, Iowa State University; Bayer Crop Sciences.

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Opening Page or Spread Design: Commercial

2nd place

"Autonomy in Action"
Matt Strelecki
People, Inc.



Autonomous tractors are **finally** hitting the fields.

By Alex Gray
New Products Editor

After years of research and development, autonomous technology has arrived. With labor shortages and changing weather conditions creating smaller productivity windows, autonomy may be the key farmers are looking for.

Autonomous solutions have finally moved past the trial stage, with limited commercial availability in 2025. Previously, manufacturers had provided farmers with autonomous technology to test — but 2025 marks the first growing season in which farmers bought and used this technology for themselves.

Autonomous equipment is now out in the fields seeding, spreading fertilizer, weeding, tilling, and hauling grain carts.

Heavy Machinery

AGCO has adjusted its strategies to ensure its technology is compatible with all tractor makes and models. The PTx OutRun autonomous system, which initially launched only for John Deere tractors, added Fendt compatibility later in the technology's development.

"We have a retrofit-first, mixed-fleet system, and we are developing around the crop cycle," said Darcy Cook, senior director of autonomous solutions at PTx Trimble. "From the grain cart to tillage to fertilizer spreaders, we will fill out the full solution for farmers."

John Deere completely refreshed its autonomous system at the beginning of the year, in January announcing Autonomy 2.0, which is the commercially available product farmers can purchase now.

"A lot of different farmers are finding interest in autonomy," said Michael Porter, go-to-market manager for large tractors and tillage at John Deere. "Some just do not have enough time in the day to get their farming done. Some can't afford help, so they're looking to autonomy to help fill what they can't. It's about allowing them to be super flexible."

Both companies' autonomous systems are focused on performing tasks that are easier to automate compared to more complex field jobs like planting. More functions are to be added as the technology develops.

Gleaning Efficiency

Brandon Munn farms around 5,000 acres →

Illustration: Stim3D, Oxana Litvinova, Vitalii Pashchyk, Getty Images. Compiled by Matt Strelecki

ACN Agricultural Communicators Network

Opening Page or Spread Design: Commercial

1st place

"Corn and Soy Go Rogue"
Matt Strelecki
People, Inc.



Left and below: Soy-based firefighting foam offers a PFAS-free, biodegradable alternative that protects first responders, communities, and the environment.
Bottom: Goodyear tires use soybean oil to improve all-weather performance, helping replace petroleum while keeping treads flexible in hot and cold conditions. Skechers has licensed Goodyear's product for their shoes.

you're trying to heal."

This product, which is in the final stages of U.S. Food and Drug Administration approval, is personal for Connell, who suffered severe burns in his youth that required 360 deep circles of skin from his thigh to rebuild his leg. "That caused 360 new wounds that resulted in 360 new scars," he said. "My mission in bringing this soy skin is to prevent as many people as possible from enduring painful skin grafting. That's my pay-it-forward mission."

From the Field to the Firehouse

The USB, farmers, researchers, and private companies are teaming up to create sustainable alternatives for a variety of products such as Cross Plains Solutions' SoyFoam TF 1122. The company says this soy-based firefighting foam is entirely free of per- and polyfluoroalkyl substances (PFAS), known as "forever chemicals," and is 100% biodegradable. The product allows departments flexibility to use it for training as well as active firefighting, said Steve Reinhard, a farmer from Bucyrus, Ohio, the past USB chair and a volunteer firefighter. "I like to call this a triple win," he said. "It's good for our first responders, it's good for the environment, and we sell soybeans in the process."

SoyFoam is approved for Class A (ordinary combustible) and Class B (flammable liquid) fires, with further certifications underway for broader use, including wildfires. "I think this is going to be a great product to fight wildfires with the way it coats and extinguishes the flame," Reinhard said.

Across the nation, about 50 fire departments have switched to SoyFoam. Many more have taken samples to begin their own evaluation. The first rollout has the potential to utilize more than 12 million bushels of soybeans, Reinhard said.

Powering Performance

Goodyear began incorporating soybean oil into tires about six years ago, starting with the tire tread, Pierce said, adding the company's goal is to eliminate petroleum use in tires by 2040. Today, 11 lines of Goodyear tires feature soybean oil, including those for police cruisers, fire trucks, trash trucks, and buses. Soy offers a unique advantage over petroleum by helping tire treads stay flexible in cold weather and stable in heat, enabling all-weather performance and earning the prestigious "Three-Peak Mountain Snowflake" rating, Pierce said.



SKECHERS

"I just took a 15-hour road trip with my family, all on Goodyear's soy-based tires," he said. "They performed great, and I trusted my family's safety to them."

USB continues to work with Goodyear to expand soy use in other tire components, highlighting the functionality and sustainability soy offers over petroleum, Pierce said.

Also, Skechers has licensed this technology from Goodyear for use in their shoe soles.

Another product making waves is DeWalt's soy-based bar and chain oil, developed in partnership with Dynamic Green Products. The →

Photography: Courtesy of manufacturers

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Opening Page or Spread Design: Custom

Opening Page or Spread Design: Custom

3rd place

"Lonely, So Lonely,
The Furrow Sep/Oct 2025"
Nate Werner
Mod Op



BY LORNE McCLINTON

LONELY, SO LONELY

ESTABLISHING CONNECTIONS IS VITAL TO MAINTAINING MENTAL HEALTH.

We've never had so many ways to talk to each other. You can call, text, or video chat with family and friends no matter where they are in the world. Social media makes it possible to speak to thousands or even millions of complete strangers any time you wish. So why do so many surveys find farmers have never felt so alone?

"It's a paradox," says Pierrette Desrosiers, an occupational psychologist specializing in family farm businesses based in Saint-Joseph-de-Coleraine, Quebec. "We have all these means to interact with others but there is this enormous solitude. Just because we can text or call anyone, and post to our large tribe on social media doesn't mean we're communicating with each other. Too often it's just an illusion of communication because we so rarely connect; that's a huge difference."

Farming has always been a lonely profession. Even our imagery, the lone cowboy out on the vast range, the plowman breaking virgin prairie, glorifies it. Rural depopulation has made it worse. Today it's quite possible to go all day without seeing a single person. Some revel in the solitude, but for others it exacerbates anxiety and depression.

"You don't get into this livelihood because you want to socialize. It's a self-driven, self-motivated, get-things-done, entrepreneurial mindset. In our case we work together with my family as part of a team," says Lesley Kelly, author of the popular blog, "High Heels and Canola Fields." Lesley farms with her husband Matt near Watrous, Saskatchewan. The couple is well known for sharing their personal struggles with mental health and their work with the Do More Agriculture Foundation, a national group in Canada that champions farmers' mental health.

For better or worse, farmers spend a lot of time in their heads, Matt Kelly says. On one hand, you are living your passion doing a job you love. However, if your thoughts turn dark, you have a lot of time on your hands to brood.

"The cell phone has really opened up an avenue for connection," Matt says. "The coffee row of 20 years ago has gone virtual now. People are more willing to pick up their phone and call instead of sitting down face to face with a coffee."

But for many, the Covid era proved that virtual relationships only go so far. They're better than nothing but are thin gruel for those who crave in-person companionship.

Lack of in-person contact can make the winter months seem even longer, Lesley says. It's easy to hunker down in your pajamas and watch TV all day. But the couple knows that if they force themselves to get out of the house and spend time with friends it'll be good for them.

Lesley describes herself as an extroverted, socially-driven person who needs to be around people. That's why the couple

Background. Some revel in the solitude that farming provides but it exacerbates anxiety and depression in others.
Above. Lesley and Matt Kelly have found it's good for their mental health to reach out and connect with others.

THE FURROW • 10

THE FURROW • 11

Opening Page or Spread Design: Custom

2nd place

"Legacy - Fall 2025 - Opening Spread"
Cadie Ramos
Noble Research Institute



RANCHER SPOTLIGHT
GEORGE OWENS | CHIPLEY, FLORIDA

TIMBER, CATTLE and A CENTURY of CARE

GEORGE OWENS' INNOVATIVE SILVOPASTURE SYSTEM has transformed 500 acres in Florida into a thriving balance of productivity, wildlife and generational care.

BY MADDY BEZNER

George Owens manages around 500 acres of combined pasture and pine trees in Chipley, Florida. He practices silvopasture, a sustainable approach that integrates livestock grazing with timber production. His family has stewarded this land since the late 1800s, when his great-great-grandfather homesteaded it.

By the time Owens inherited the farm in 1971, traditional farming methods were no longer economically viable. The expenses associated with row-crop farming — peanuts, cotton, corn and soybeans — such as equipment maintenance and labor costs, were rising faster than revenue. He realized a change was necessary.

"I decided I'd have to do something with the land to give it revenue annually as well as revenue long-term," Owens says.

His wife, Pat, an accountant, highlighted the urgency of finding a financially sustainable solution to avoid losing parts of their family's land.

Owens first encountered silvopasture through his work at the Florida Department of Agriculture. Although this integrated practice was well-established in South America, it was virtually unknown in the United States at that time. The concept of earning dual incomes — from both timber and livestock — immediately appealed to the Owens, who established their first silvopasture plot in 1984.

24 | LEGACY Fall 2025

George Owens rocking on the porch of the restored Quail Nest Plantation lodge on his Chipley, Florida, farm.

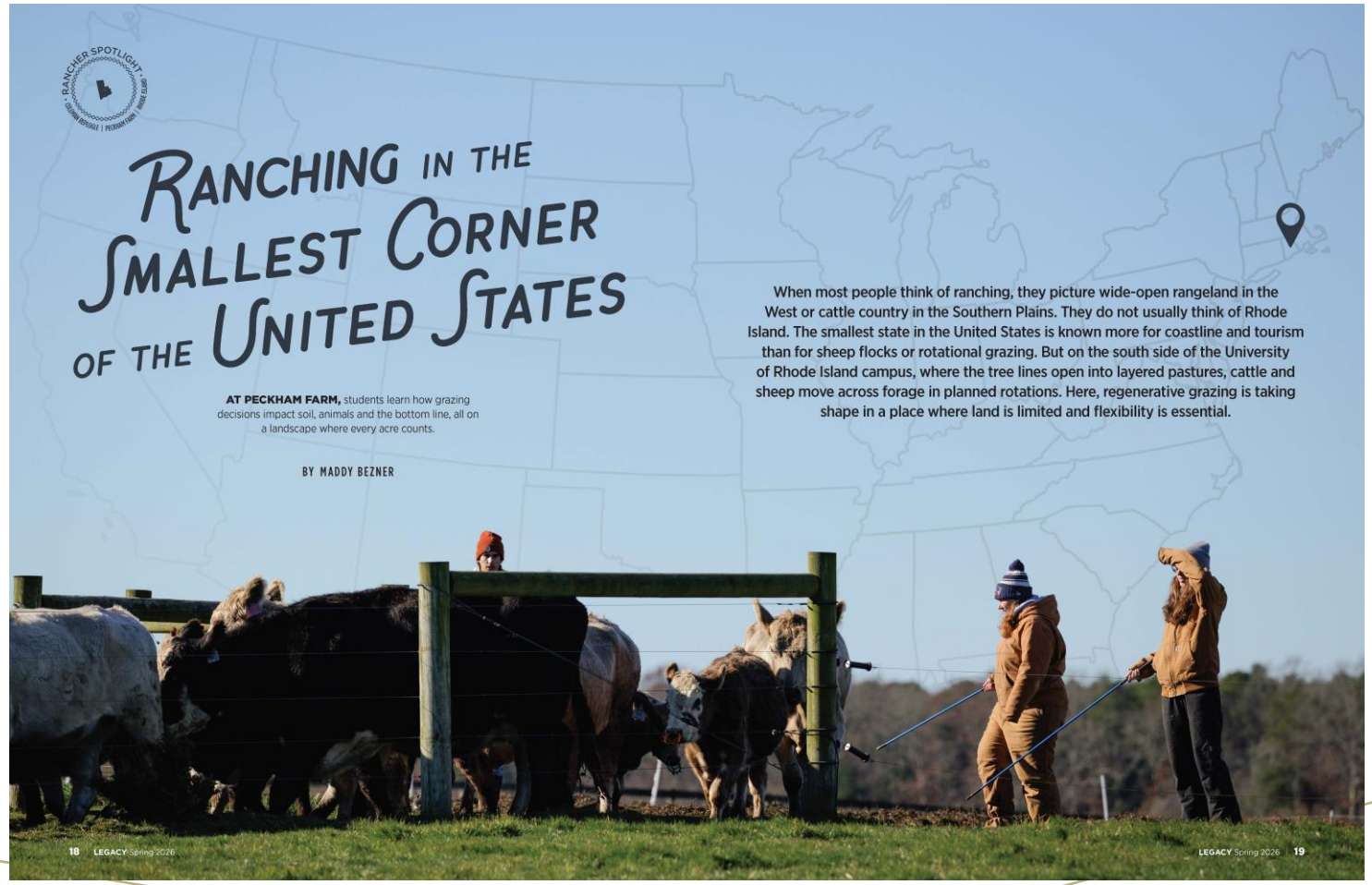
LEGACY Fall 2025 | 25

ACN Agricultural Communicators Network

Opening Page or Spread Design: Custom

1st place

"Legacy - Spring 2026 – Opening Spread"
Cadie Ramos
Noble Research Institute



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Two-Page Plus Design: Commercial

Two-Page Plus Design: Commercial

3rd place

"Next Gen Farming
Fresh Pickings Magazine"
Iowa Food & Family Project
Iowa Soybean Association



Two-Page Plus Design: Commercial

2nd place

"Rooted in the Land"
Brianna Schechinger
Iowa Food & Family Project





really know until we get through harvest and store the onions, when we can cut one open and see if it has a bad ring. Quality is big for us, and nobody wants a bad ring."

Around early September, the onions are lifted out of the soil and tipped on their sides to dry in the sun. Once again, it's a touchy process: Lift them too early and the hot sun could scald them. Lift them too late and they run the risk of frost. "If there's going to be a frost, we have to rebury them," says Koch.

Once dry, a harvester picks up the onions, shakes off the dirt, cuts off the tops, and loads them into wagons. They're trucked to the warehouse, where they're stored in cool, dry bins. From there, the onions are conveyed to the processing line to be graded, sized and packaged.

As harvest season approaches, Steve inspects onions in the field, checking for size, quality and overall health.

...Business

Not only are the Kochs and Rachuts skilled at growing potatoes and onions, but they are also great at running their business. "We've always been open to change, which has been happening a lot in the past 10 years," says Koch. From planting to harvest to sales and everything in between, they never stop evaluating and improving the business. "It's how we manage the crops, update our trucks, add to our warehouses, cater to employees and remodel the storefront. We're working on better ways to process our products, improve distribution, and take care of our workers and customers."

You can find Kittleson Brothers' red, gold, russet and white potatoes, as well as red and yellow onions, at more than 30 Fareways, Hy-Vees and local grocery stores throughout Iowa. You can also stop by the St. Ansgar warehouse to pick some up right from the source. Potatoes are available starting in October, and onions are available starting in September. They're available for purchase until they sell out, typically around May or June.

...Community

The Kochs and Rachuts are also dedicated to reducing food waste and supporting the community. Last year, they donated 6,000 pounds of potatoes and onions to food banks across Iowa. They offer special pricing for fundraisers and nonprofits. They offer Christmas promotions to encourage community members to give back. "We also work with food pantries that have Choose Iowa grants so they can purchase above what we can donate," says Koch.

Kittleson received a grant from Choose Iowa for a new cooler to help extend its storage season since potatoes and onions can be a little finicky. "Onions are hard to grow. If the conditions aren't favorable, they're softer and more fragile," says Koch, "but potatoes bruise more easily, and their skin is delicate. Both are a lot more work and require a lot more care." When asked why they chose potatoes and onions over corn or soybeans, Koch explains, "Because they're also more fun and exciting."

KITTLESON BROTHERS' POTATOES AND ONIONS CAN BE FOUND AT MORE THAN 30 GROCERY STORES THROUGHOUT IOWA.

ACN Agricultural Communicators Network

Two-Page Plus Design: Commercial

1st place

"Arcadian Mark Carter Centerpiece"
Gretchen Hager Tipps
AGDAILY



18 ‹ ARCADIAN ›

"I KNOW I'M THE ONLY RANCHER COWBOY IN SNOWBOARDING, LEGITIMATELY."

MARK CARTER

Carter has won and placed at numerous snowboarding competitions, which have helped him earn sponsorships from brands such as The North Face, Smartwool, Arbor Snowboarding, Dickies, YETI, and Protekt Products. And over the past decade and a half, major media outlets have worked to capture the essence of Carter and the balance between his cattle work and the slopes.

For all his fame, Carter is an approachable guy — a rare blend of an easy-going demeanor without appearing apathetic. It perhaps contrasts his snowboarding style, which has been described as "an irreplaceable devil-may-care attitude that sets him apart from the herd."

Carter has always loved snow. His father would pull the kids behind his pickup truck when they'd head out to check on the cows. And on Friday afternoons during the academic year, students who had good grades would get to ride a school bus up to Meadowlark Ski Lodge in the southern Bighorn Mountains to go skiing.

The Bighorn ski area wasn't far from the Carter ranch, so it became a natural place for Carter to explore the world of winter sports. His connection to that world was enshrined during Christmas on his 10th birthday, when he received his first snowboard as a present.

‹ MARK CARTER › 19

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Two-Page Plus Design: Custom

Two-Page Plus Design: Custom

3rd place

"The Wanderers, The Furrow"
Nate Werner
Mod Op











Below. Elaman (left), Seka (center) and their father Shaimurat ride with their eagles. **Opposite.** Bauirjan has hunted with eagles since he was 18. This bag holds fermented mare's milk. A ger camp on summer range in the Altai mountains. 43 million head of livestock live in Mongolia. Hunters train female eagles, then let them go when they are breeding age.



My wife and I spent our summer vacation on a photographers' trip to Mongolia. There we discovered a love for the history and a deep respect for the nomadic herding culture that still sustains about 1 million Mongolians—28% of the nation's 3.6 million people.

Just 1% of Mongolia's land, mostly along the country's northern border with Russia, is suitable for crops. With the exception of watermelons treasured for their sweetness, cabbage, potatoes, a little wheat and rapeseed, and some hothouse tomatoes and cucumbers, agriculture in Mongolia is all about livestock. Even in the outskirts of the capital, Ulaanbaatar, horses and goats graze in the shadows of apartment buildings and industrial parks, and supermarkets stock milk from horses, camels, and goats. In the deserts and glacial mountain valleys, ger dwellers greet guests with rich tea blended with camel or yak milk, and candies made from dried curd. And Mongolian meals are heavy on meat—mostly mutton, though horse, goat, and beef are also on the menu.

Riders. In the northwestern tip of Mongolia, where borders with Russia and China squeeze the country to a point, a nomad named Shaimurat and his family herd horses, cows, sheep, and goats. The family is part of Mongolia's Kazakh ethnic minority. They are also keepers of a tradition of hunting with golden eagles that dates back to the Bronze Age.

During the summer, many of Mongolia's 250 eagle hunters compete in contests that show off their birds' training, their horses' sure-footedness, and their own exquisite riding skills. At her owner's call, an eagle swoops down from a mountainside, her 7-foot wingspan blocking out the sun as she grabs a hunk of meat from her owner or attacks a sheepskin dragged behind a running horse. Riders engage in brutal, mounted tug-of-war contests, hanging off their horses as they grapple over a sheepskin. In another event, they charge at full gallop, roll to their horses' bellies, and grab at a knotted rag on the ground before hoisting themselves back into the saddle.

It's easy to imagine the terror of seeing these skilled riders approaching across the plains as they conquered massive swaths of Asia and Europe. Attila the Hun battled the Romans in modern-day Italy and Germany, 5,000 miles from home, in the 5th century. In the 1220s, Chinggis Khan (the Mongolian spelling of the Persian "Genghis") united Mongolian nomads

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Two-Page Plus Design: Custom

2nd place

"Hiding Place, December 2025"
Nate Werner
Mod Op



and its legacy lives on in a gorgeous tanned hide. The stunning spotted pattern of an Axis deer drapes a chair, while luxurious sheepskins make the living room feel like a cozy nest.

In Michelle's design studio, there's a photo of actor Jason Momoa wearing one of the Richards' famous buffalo robes, a mainstay of their tanning business. Another image shows Aiden Ehrenreich as Han Solo, wrapped in a coat crafted by studio costumers from buffalo hides supplied by the Richardses. There's the hide of a rattlesnake from the front porch, a tanned salmon skin, and a massive selection of leathers and hair-on hides in a rainbow of naturally dyed colors and range of textures. Michelle's coats, throws, handbags, and other creations demonstrate the nearly unlimited possibilities of leather, hair, and fur.

Flexible. Tanning is the process of turning a moist skin—which will rot just like the rest of an animal carcass—into a dry, durable, flexible fabric that can last for decades of heavy use.

The miracle of skin is an extremely strong network of interlocked, twisted fibers made of a protein called collagen. They are lubricated and nourished by a mucus substrate of water, oils, and proteins, including the hyaluronic acid that cosmetic companies advertise so enthusiastically.

Making leather starts with removing flesh, fat, and membranes to isolate the skin. A chemical bath—originally a strong alkaline solution made from wood ash or mineral lime—allows tanners to remove hair from the surface and mucus from inside the skin.

The tanning step coats each fiber with a water-resistant layer and creates short, bridge-like cross-links from fiber to fiber that maintain space between the







Above (clockwise from top left). Tanoak is a softwood forester's trash and a tanner's treasure; the West Coast once had a booming industry supplying bark to tanneries. Ground bark is steeped like sun tea to draw out the tannins to process hides. Bark cures in the Oregon air. **Opposite.** Matt Richards prepares to load a hide into a fleshing machine.

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Two-Page Plus Design: Custom

1st place

"Legacy - Fall 2025 - Two Plus"
Cadie Ramos
Noble Research Institute



[Above] A calf pauses while nursing in the abundant shade provided by the rows of tall pines growing on Owens' farm. [Right] Cattle egrets take flight as George Owens drives through his verdant silvopasture. Many wildlife species flourish on the 500-acre property.

interested in silvopasture frequently visit his operation. His farm has become an important site for practical demonstrations and research conducted by universities such as Auburn and the University of Florida.

Owens actively shares his insights and experiences, offering guidance to those considering silvopasture. He advises newcomers to start cautiously and grow incrementally.

"If you're going to try this, start small. Do 10 acres, do 30 acres — whatever you want. But you've got to be willing to think differently."

Initially, the agricultural community met Owens' innovative ideas with resistance and skepticism. However, attitudes have gradually shifted over the decades as the success and practicality of his approach became evident.

Owens notes this significant change. "There's a tremendous difference in the attitude of the communities. We've got a lot more younger people thinking outside the box."

The long-term sustainability and continuity of his operation is a priority for Owens and his family.

> "If you're going to try this, start small. Do 10 acres, do 30 acres — whatever you want. But you've got to be willing to think differently."
>
> —GEORGE OWENS

"This land is in a succession plan — I've deeded it to my children. They'll be the generation farming this place," he explains.

This careful planning ensures that Owens' family legacy will continue, with future generations benefiting from his diligent stewardship. By integrating sustainable practices, economic resilience and community engagement, he has created a lasting model for others to follow.

Looking back, Owens acknowledges the many lessons learned throughout his journey in silvopasture. The initial trials and skepticism helped him become more innovative and persistent.

"Everything was a challenge," he recalls, emphasizing the importance of patience and adaptability.

One of Owens' hard-won lessons is the unpredictability of land values and the importance of investment foresight. He says he wishes he had acquired more land earlier, given how dramatically values have increased over time.

"If I knew in 1971 what I know today, I'd have bought more land."



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Special Editorial Section Design

Special Editorial Section Design

3rd place

"Ag Innovation #1, February 2026"
Nate Werner, Mod Op



Opposite. In the spring of 1976 we were focused on farming's electronic revolution. **Below.** The United Nations has designated 2026 as the International Year of the Woman Farmer. In the summer of 1976 our cover story was also about women in agriculture.



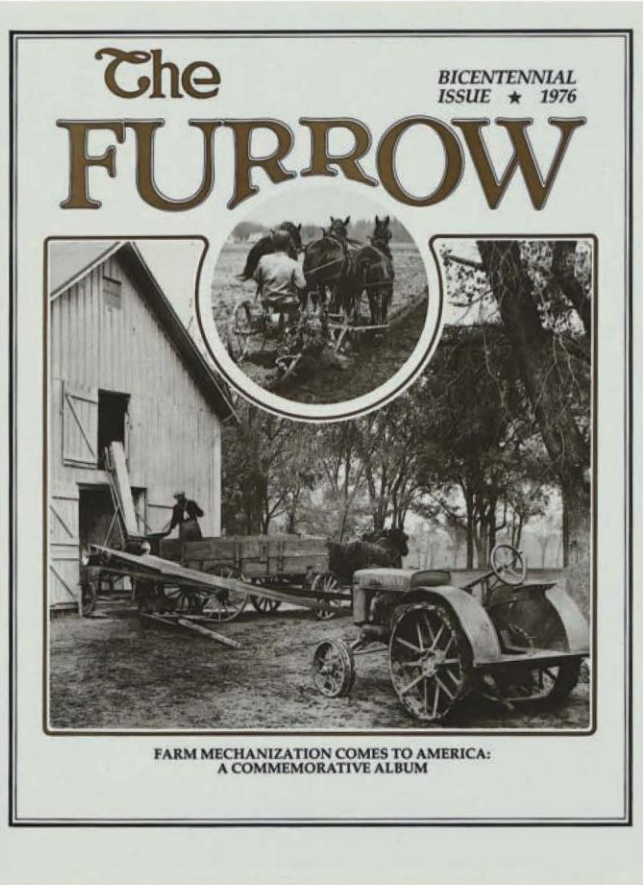
ACN Agricultural Communicators Network

Special Editorial Section Design

2nd place

"Ag Innovation #2, February 2026"
Nate Werner
Mod Op





Above. In the fall of 1976, tractors "thinking for themselves" had quite a different meaning than it does today. Weather was a mystery, even 50 years ago. John Deere produced snowmobiles in the 1970s and early 1980s.
Opposite. The front cover of our bicentennial issue in 1976 looked back at farm mechanization.

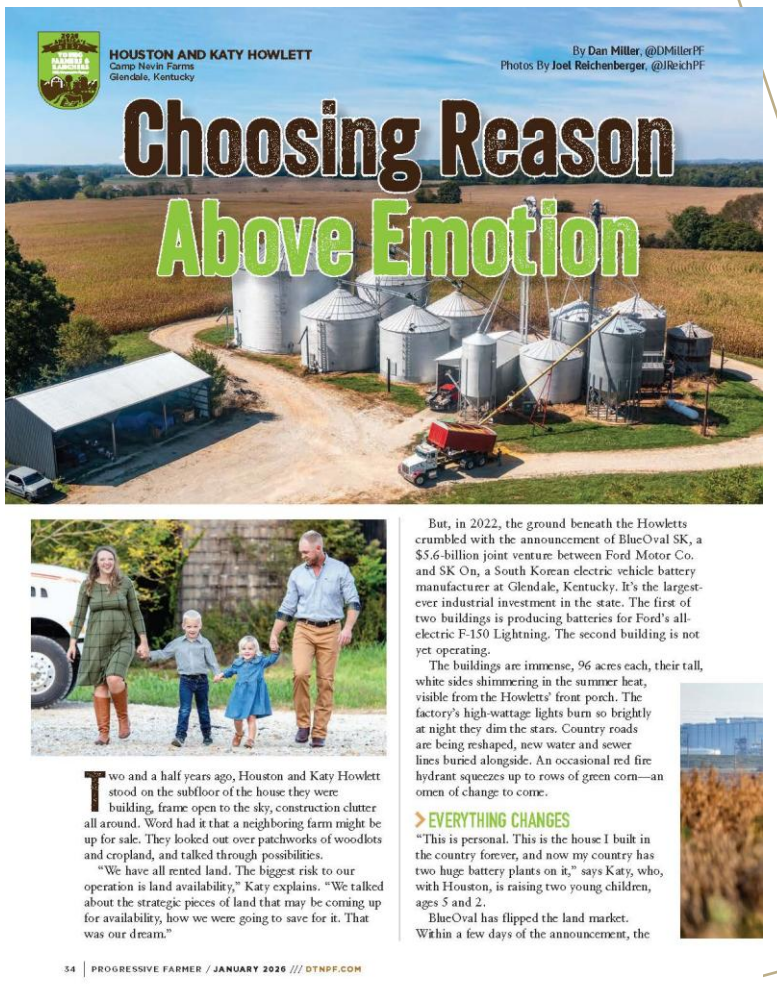
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Special Editorial Section Design

1st place

"America's Best Young Farmers and Ranchers"
Brent Warren, Barry Falkner
DTN/Progressive Farmer





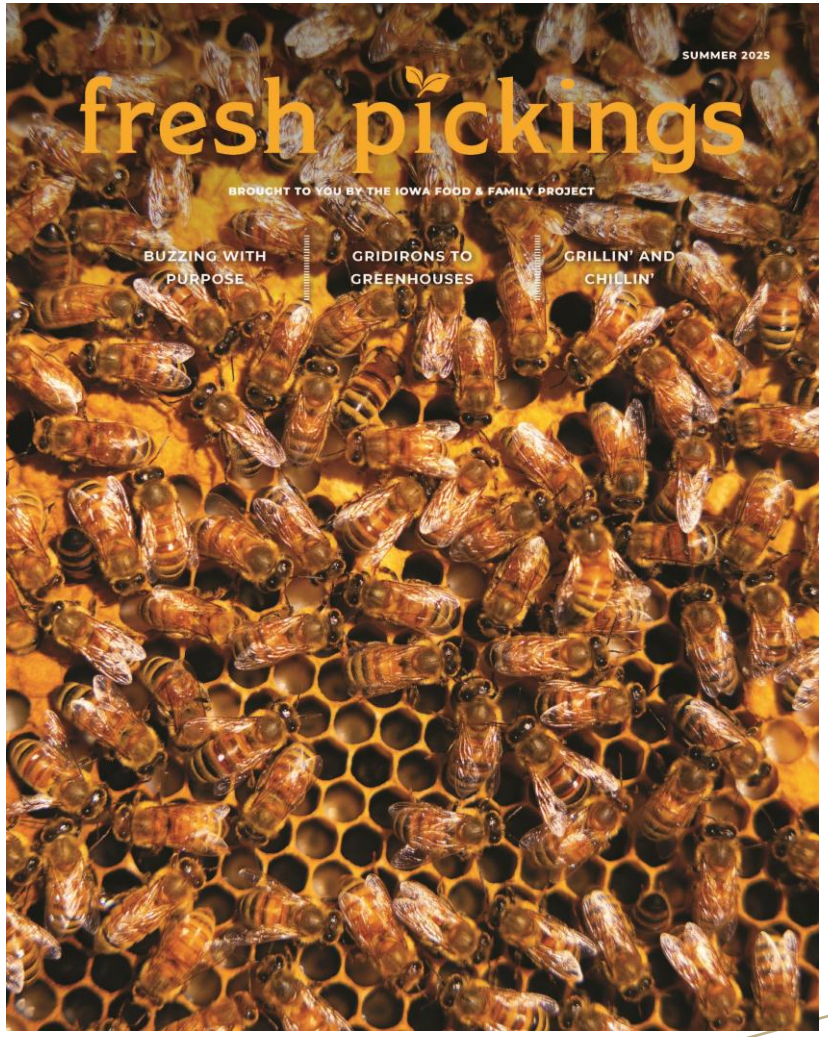
ACN
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Overall Magazine Design: Commercial

Overall Magazine Design: Commercial

3rd place

"Fresh Pickings Magazine – Summer 2025"
Brianna Schechinger
Iowa Soybean Association



ACN Agricultural Communicators Network

Overall Magazine Design: Commercial

2nd place

"The Cattleman
October 2025"
The Cattleman

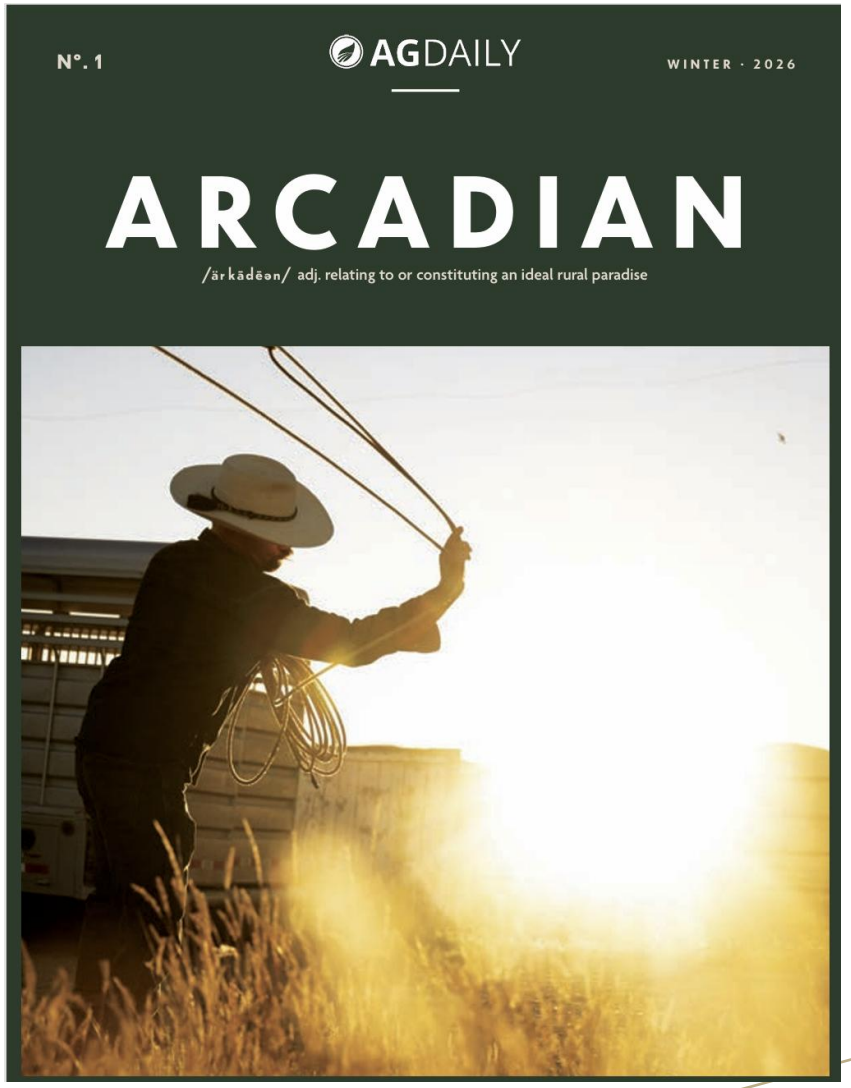


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Overall Magazine Design: Commercial

1st place

"Arcadian Magazine"
Gretchen Hager Tipps
AGDAILY



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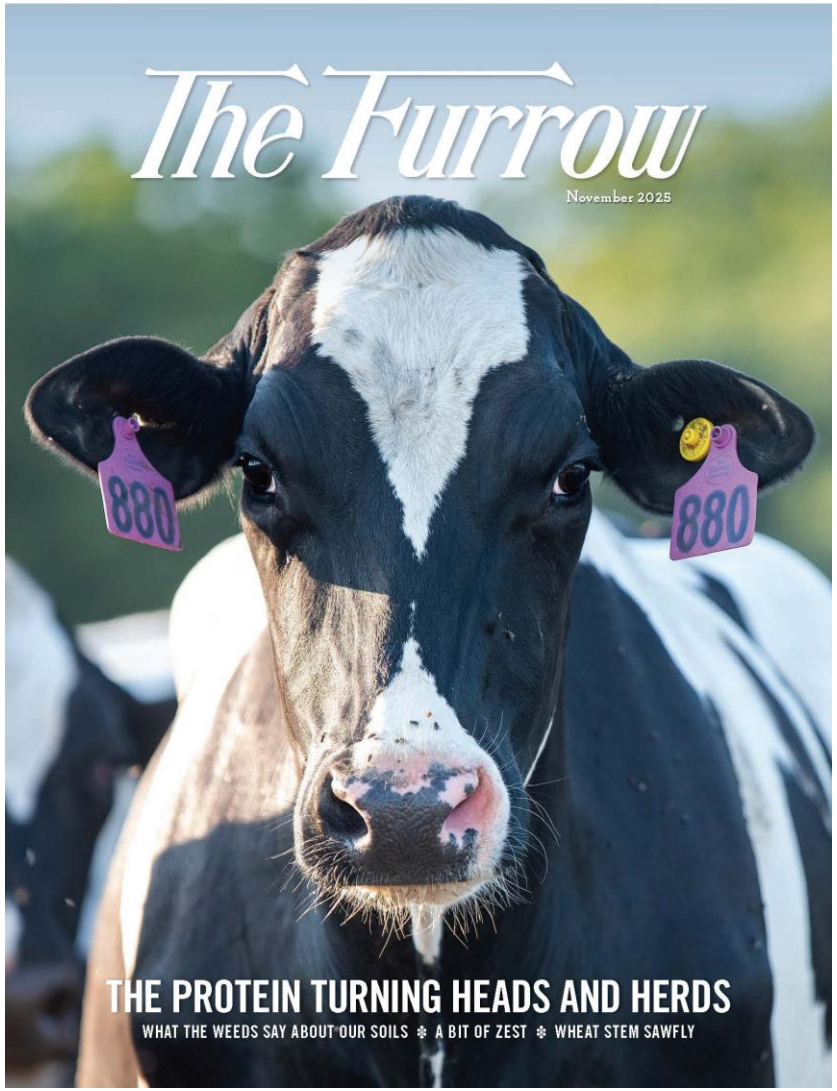
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Overall Magazine Design: Custom

Overall Magazine Design: Custom

3rd place

"The Furrow, November 2025"
Nate Werner, Mod Op

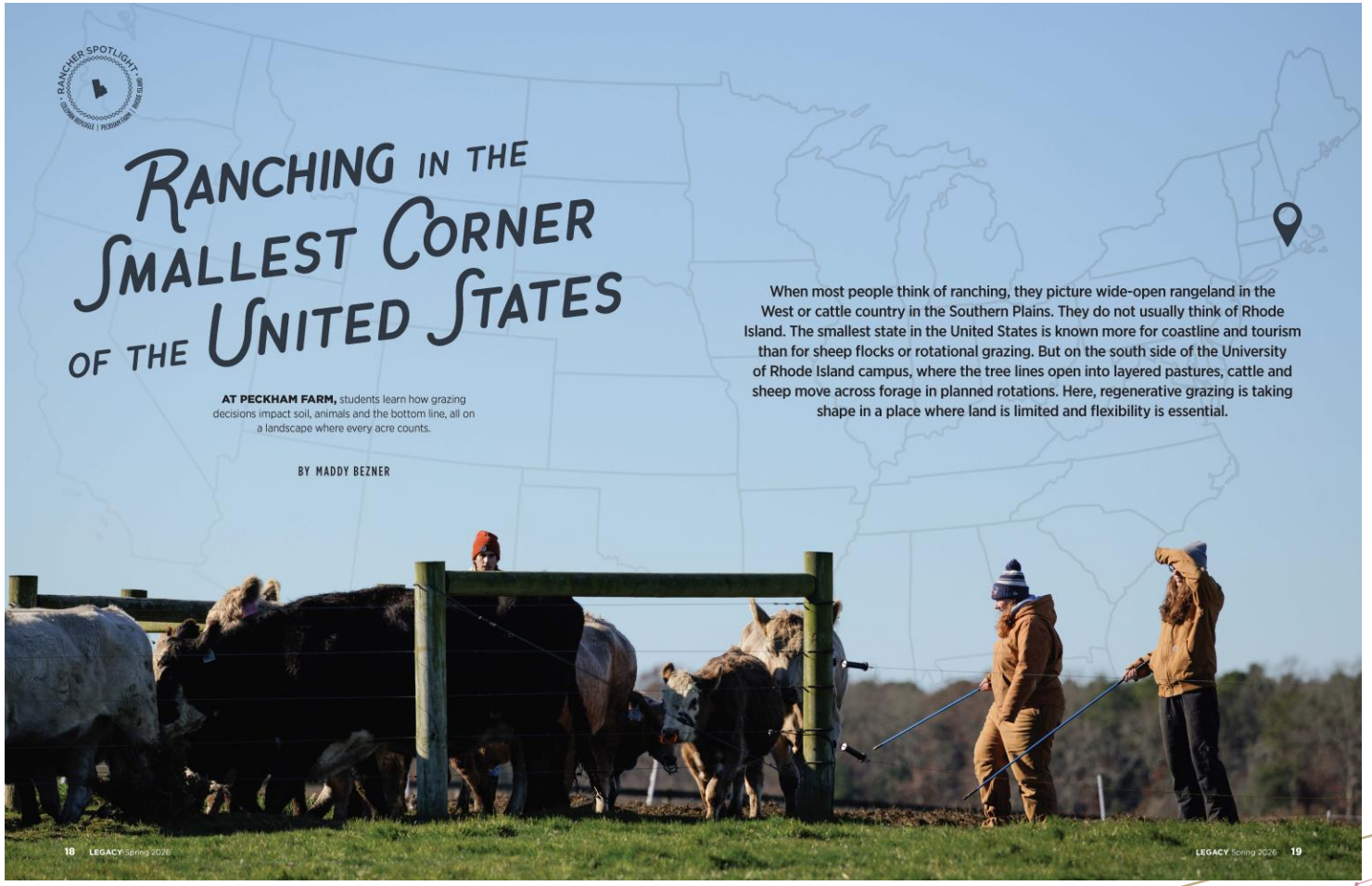


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Overall Magazine Design: Custom

2nd place

"Legacy - Spring 2026 - Overall"
Cadie Ramos
Noble Research Institute

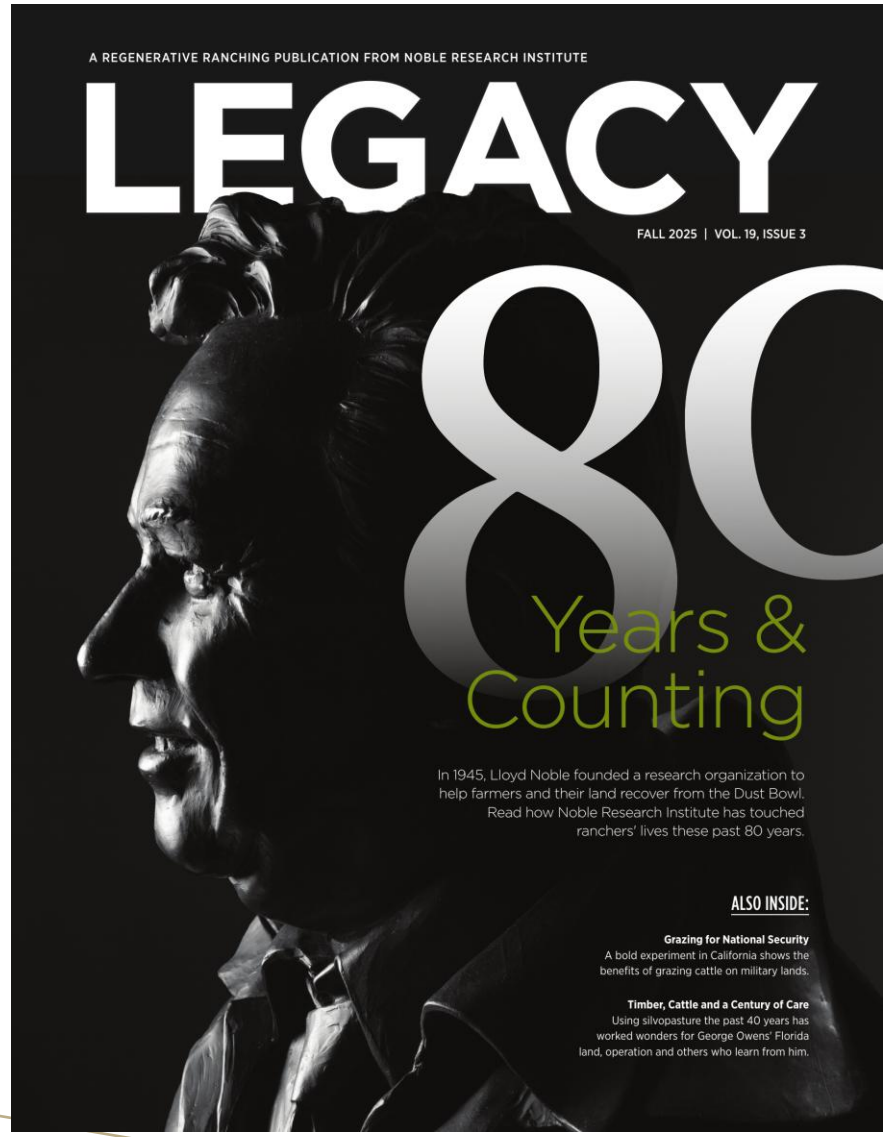


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Overall Magazine Design: Custom

1st place

"Legacy - Fall 2025 - Overall"
Cadie Ramos
Noble Research Institute



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Overall Magazine Design: Special Issues

Overall Magazine Design: Special Issues

3rd place

"Pioneer 100th Anniversary Special Issue"
Lisa Lynd
Wallaces Farmer

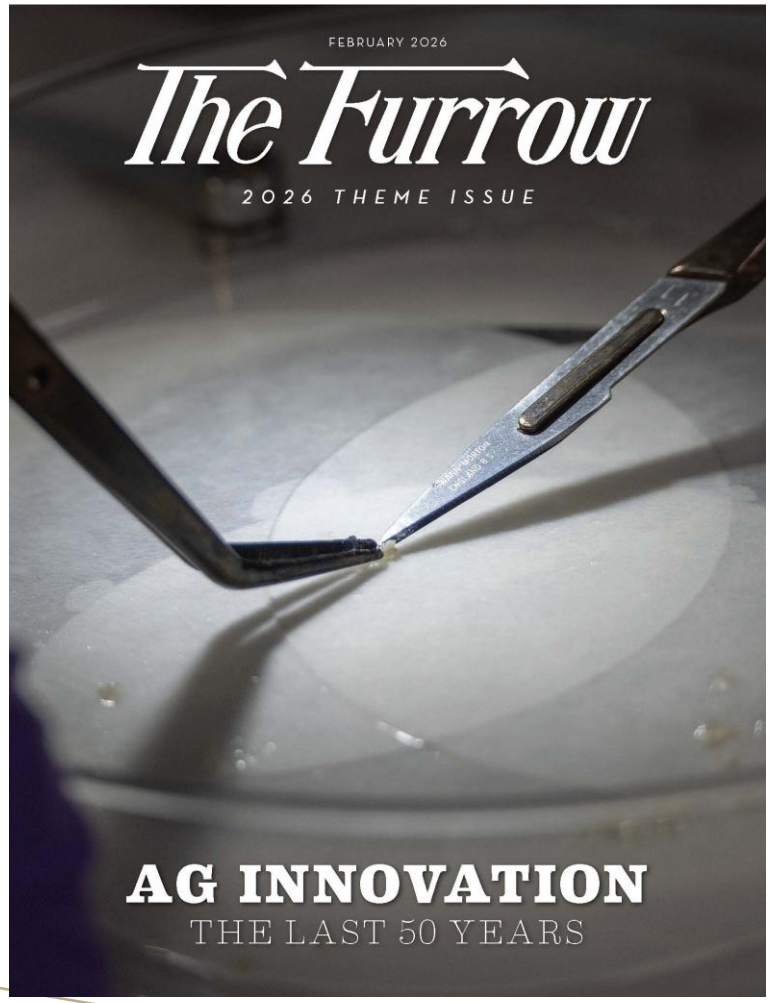


ACN Agricultural Communicators Network

Overall MagazineDesign: Special Issues

2nd place

"The Furrow, February 2026"
Nate Werner
Mod Op

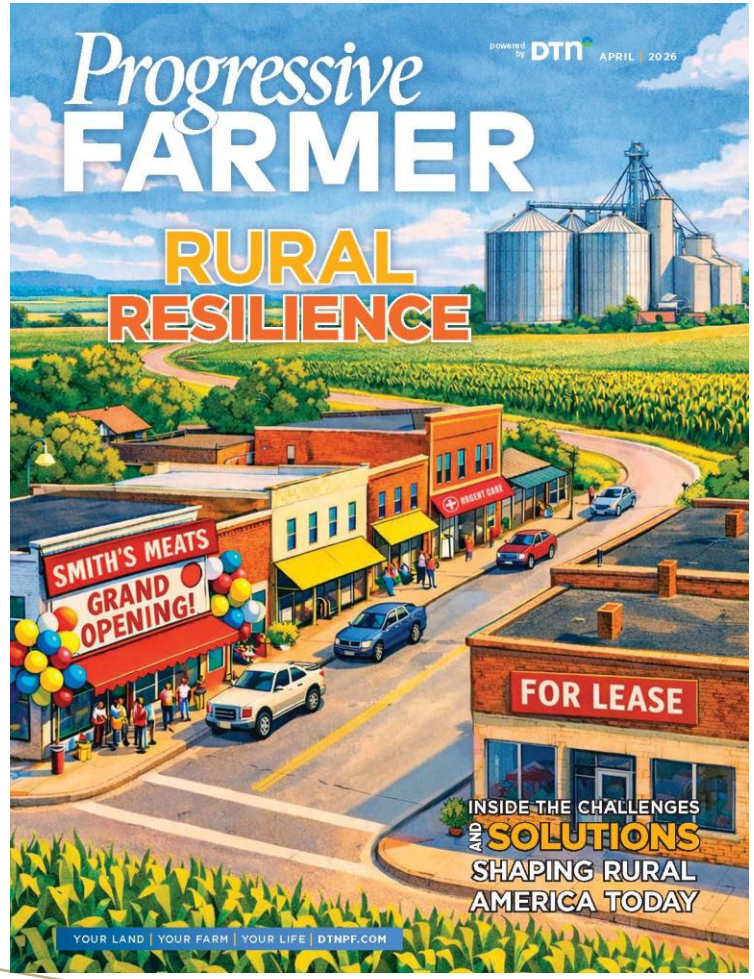


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Overall Magazine Design: Special Issues

1st place

"Rural Resilience"
Brent Warren, Barry Falkner,
Katie Dehlinger, Anthony Greder
DTN/Progressive Farmer



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Special Publication Design: Annual Reports etc.

Special Publication Design: Annual Reports etc.

2nd place

"American Angus Association 2025 Annual Report"
Jaime Albers and team
American Angus Association



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Special Publication Design: Annual Reports etc.

1st place

"2025 Sorghum Checkoff Annual Report"
Clint White
Sorghum Checkoff



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Web Design: Electronic Newsletter/Magazine

Web Design: Electronic Newsletter/Magazine

1st place

"Iowa Soybean Weekly"
Devin Benish
Iowa Soybean Association



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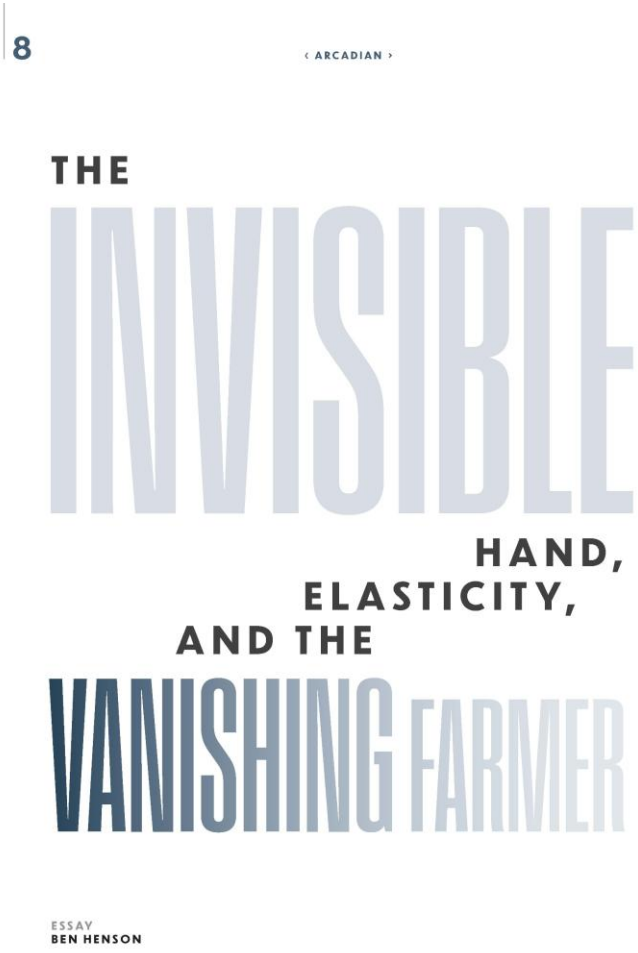
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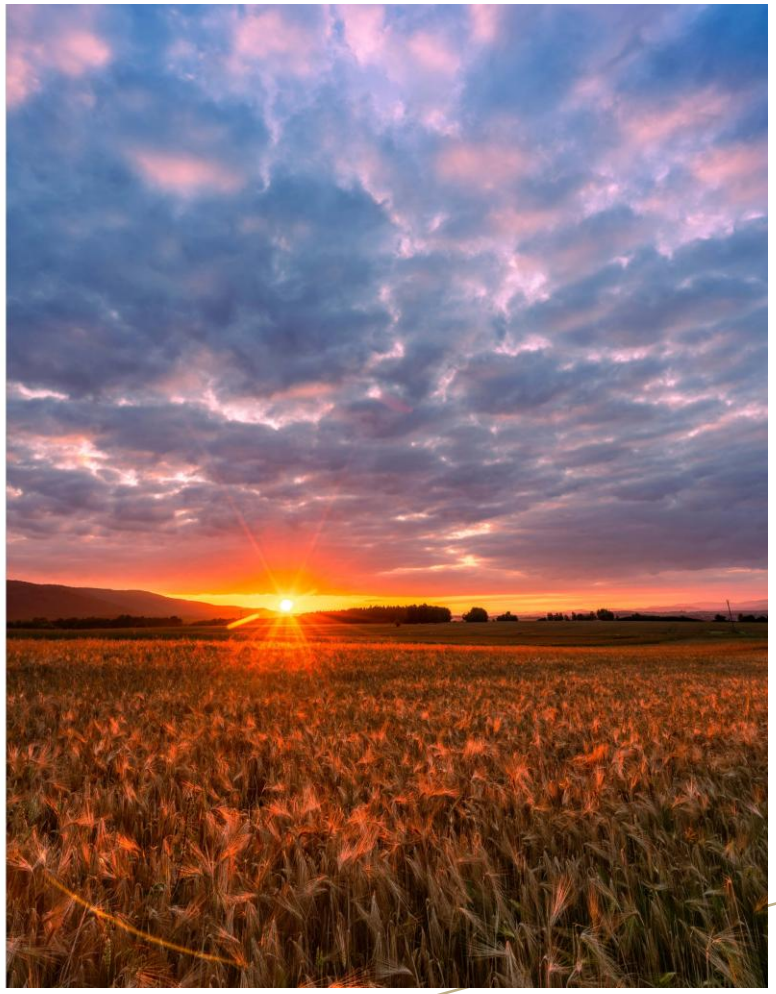
Best Use of Typography

Best Use of Typography

3rd place

"The Invisible Hand, Elasticity, and the Vanishing Farmer"
Gretchen Hager Tipps
AGDAILY





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Best Use of Typography

2nd place

"The Coffee Break Project"
Matt Strelecki
People, Inc.



ACN Agricultural Communicators Network

Best Use of Typography

1st place

"Surviving the Squeeze"
Matt Strelecki
People, Inc.



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Best Use of Chart and Graph Material

Best Use of Chart and Graph Material

3rd place

"Corn and soybean pest scouting timeline"
Rosa Francis
Farm Progress

Let thresholds drive insecticide decisions

BY AVA SPLEAR
ava.splear@farmprogress.com

JUST BECAUSE A pest creeps into your field during the season doesn't mean it will pay to spray an insecticide on the whole field. Economic thresholds can help you figure out whether you have enough pests to cause economic damage or not, and that will take extra scouting.

Which corn insect causes Illinois farmers to lose the most money every year? Nick Seiter, University of Illinois entomologist, points directly at rootworm.

"It's rootworm pretty consistently, and that's both the losses and the cost of control together," he said.

And last winter's weather didn't create an insect reprieve this year. Seiter said the insects that consistently affect crops in Illinois have adapted to cold winters.

GUARD AGAINST THESE CORN PESTS

Seiter offered what to watch for in corn:

Corn rootworm. "We've got this long-standing trend of gradually losing some susceptibility to our *Bt* traits every year," he said. "It's pretty safe to assume that will continue, and so then the question becomes just how large of a rootworm year it is."

In Illinois, resistance has developed to all four *Bt* proteins, with only the Gpp34Ab1/Tpp35Ab1 protein — Herculex RW, formerly Cry34Ab1/Cry35Ab1 — remaining effective in much of the state, Seiter said.

Bt proteins act quickly, killing the insect within 12 to 24 hours after it consumes the protein. But RNA interference, a newer mode of action, found in trait packages like SmartStax Pro, VT4Pro and Vorceed Enlist, is slower to kill the insect, taking up to five days for the insect to stop feeding and die.

Seiter noted that recent years have been relatively mild for rootworm, but he's confident that corn rootworm larvae will continue to overcome trait packages in 2026.

Farmers north of Interstate 80 or those who grow long-term continuous corn should scout for rootworm larvae from late May to early June and rootworm adults from early July to early August. Economic thresholds for corn rootworm are:

- For sticky traps, it's two beetles per trap per day in corn (1.5 in soybeans).
- Whole plant counts are 0.75 beetle per plant.

Corn leaf aphid. Illinois had an outbreak of corn leaf aphid in 2024, the largest in 50 years. In 2025, the pest reappeared but on a more limited basis in specific hybrids.

"It's safe to assume that those hybrids, if they've been affected twice, are fairly sensitive to that insect pest," Seiter said, adding that those are the hybrids you'll need to scout diligently.

Scout just before and at tassel, especially in drought conditions, as yield loss is more severe during drought stress, Seiter said.

The economic threshold for corn leaf aphid is when about 50% of plants have an aphid colony formation (groups of more than 50 wingless aphids) from the late whorl stage through R1.

SOYBEAN PESTS TO WATCH FOR

Seiter offered advice on soybean pests:

Bean leaf beetles. As the most consistent pest in Illinois soybeans over the last few years, bean leaf beetles, specifically the second generation, show up near the end of the crop season, around R5 or R6. Farmers should scout for bean leaf beetles from mid-July to August in Illinois.

Even at high populations, Seiter said the economic threshold is not always met or exceeded, so spraying an insecticide may not be cost-effective. Economic thresholds for defoliating insects are:

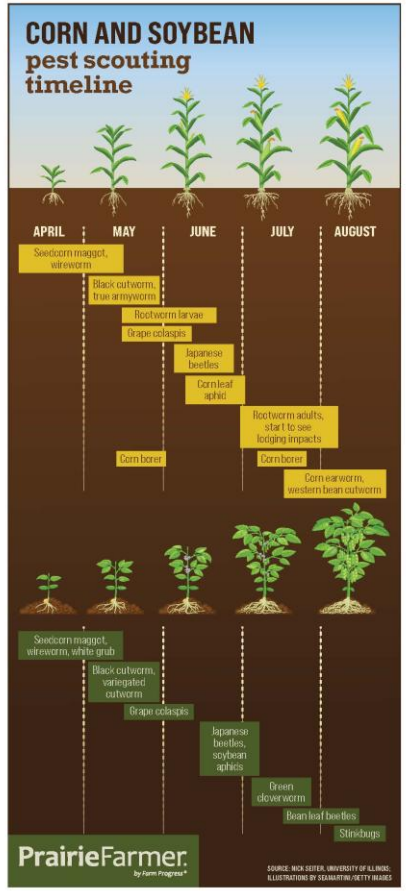
- before R3, 30% defoliation
- from R3 to R5, 10% defoliation
- at R6, 15% defoliation

Stinkbugs. These pests feed on seeds in soybeans, rather than the leafy tissue.

"The earlier they feed on that developing seed, the more likely they are to prevent it from growing further and reducing yield," Seiter said. "The later they feed on that seed, the more you're going to have an impact to quality rather than yield."

Stinkbugs rarely reach economically damaging levels in Illinois — nine bugs per 25 sweeps with a sweep net or one bug per row foot using a drop cloth or visual scouting.

"When it does occur, we do a pretty good job of controlling them here," Seiter said. "We don't get into a lot of issues with resistance when we get this far north."



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Best Use of Chart and Graph Material

2nd place

"A history of boll weevil eradication"
Lisa Lynd
Farm Progress



12 | SEP 2025
SouthwestFarmPress.com

A final push to rid U.S. of boll weevil

BY RON SMITH

EDWARD HERRERA HAS been chasing the boll weevil across Texas cotton fields for almost 28 years — starting in Central Texas, then to Far West Texas and now in the Lower Rio Grande Valley.

Herrera's current objective is to push one of the most destructive invasive pests in U.S. agriculture out of the country and to prevent it from reestablishing populations in the Lower Rio Grande Valley, the weevil's last stand in the U.S. Cotton Belt.

Herrera, manager of the LRGV boll weevil eradication zone, said several factors bode well for ridding the zone, Texas and the entire U.S. Cotton Belt of boll weevils.

"I see light at the end of the tunnel," he said. "We are verifying that we do not have reproductive boll weevil populations here."

NEXT PUSH IN MEXICO

The next push is moving boll weevils out of contiguous Mexican counties, an objective that requires cooperation from the country's farmers and agricultural organizations.

Data from the Texas Boll Weevil Eradication Foundation website support the program's efficacy. Boll weevil year-to-date trap counts show the LRGV zone captured only 67 boll weevils since January. Herrera says those weevils were fly-ins from Mexico and were anticipated. He says 59 of those weevils were captured in January.

"I'm very excited that the last weevil caught in the Valley was March 3," he said.

Herrera says the trap catches in January were expected and managed.

"Last August and September, I traveled with several others to central Tamaulipas. We saw weevil populations that just blew me away. I never thought I'd see that kind of population again in my lifetime, but they were there.

"We could see a lot of movement out of that area, so we reacted quickly to set up trap lines. I would say almost all the weevils we've caught this year came from that movement."

COOPERATIVE EFFORT

Herrera said the foundation worked closely with Senasica, the Mexican agency similar to USDA's Animal and Plant Health Inspection Service. Senasica imposed severe restrictions on cotton production in the central Tamaulipas area, including prohibiting planting cotton.

"We have not recorded a boll weevil capture here in the LRGV since the week of March 3," Herrera said. "This progress can be mainly attributed to elimination of outside boll weevil pressure. A lot of credit goes to the eradication program in northern Tamaulipas, which recently recorded boll weevil catches in the southern part of the cotton-growing area adjacent to the Rio Grande and approximately 60 miles from the Rio Grande border.

"The Rio Bravo Eradication program is making control applications to work towards eliminating that population. In addition, much work is being implemented to control weevils in the central part of the state, mainly by not allowing cotton to be planted.

"To help further the eradication effort, a program in southern Tamaulipas is being considered," Herrera said. "Recently, I met with a producer from southern Tamaulipas, who was inquiring about the process to initiate a program for his area of southern Tamaulipas. All program initiations go through the Mexican government but are similar to our processes."

> *"I see light at the end of the tunnel. We are verifying that we do not have reproductive boll weevil populations here."* – EDWARD HERRERA

Early on, Herrera believed eradication efforts could eliminate the weevil from the U.S. and that would be enough. That is not the case. "Weevils move easier than people think, so we have to focus on long-range goals, clean up multiple areas, not just local," he said.

Effective postharvest stalk destruction has been a factor, as well.

"We had a good stalk destruction phase last fall," Herrera said. "That contributes to the progress we've made. Stalk destruction was also good in northern Tamaulipas."

He added that with no host available when the big movement occurred from the southern part of Tamaulipas, weevils had nowhere to go except the traps.

"We trap year-round down here, so the traps are very attractive to any weevils moving through the area, we catch a big percentage of them."

ACREAGE DOWN

Another positive factor for 2025, Herrera said, is the limited number of cotton acres in the valley. "That's not good for the farmers," he said, "but it makes trapping and treatment easier since we don't have much cotton to manage."

Farmers in the Lower Rio Grande Valley planted 62,213 acres this year. Early drought and later storms took a toll.

"A big part of that planted acreage is going to be or has been destroyed," Herrera said. "We will end up carrying less than 35,000 acres, maybe 34,500. Even that number is not set in stone. Farmers could destroy more of that acreage.

"Reduced acreage is not good for the farmer. But we have to take advantage of all these little breaks when we get them."

He said the primary challenge this growing season will be weather: "In the valley, the threat of tropical storms or hurricanes is always an issue. If we get into a problem at stalk-destruction time, it could be tough on the program."

DATA IS GOOD

Herrera said the program is in a good place after nearly 50 years since its inception in the Southeast. "I trust our data," he said. "We have a ton of quality control, including releasing spiked weevils to ensure accuracy of reports."

Quality control measures use dead, marked boll weevils from previous captures. "We plant those into traps. When the techs check the trap, they are supposed to report the spiked boll weevil," he said. "Since the boll weevil is marked with a powder visible only under a black light, we can determine it is our spike and not a recent capture. This is how we ensure we are not failing to report real boll weevils, which would trigger treatments for control [and] eradication.

"We treat any area with reported captures back to last June. We are plugging up all the holes. Anything coming in from outside is the only issue.

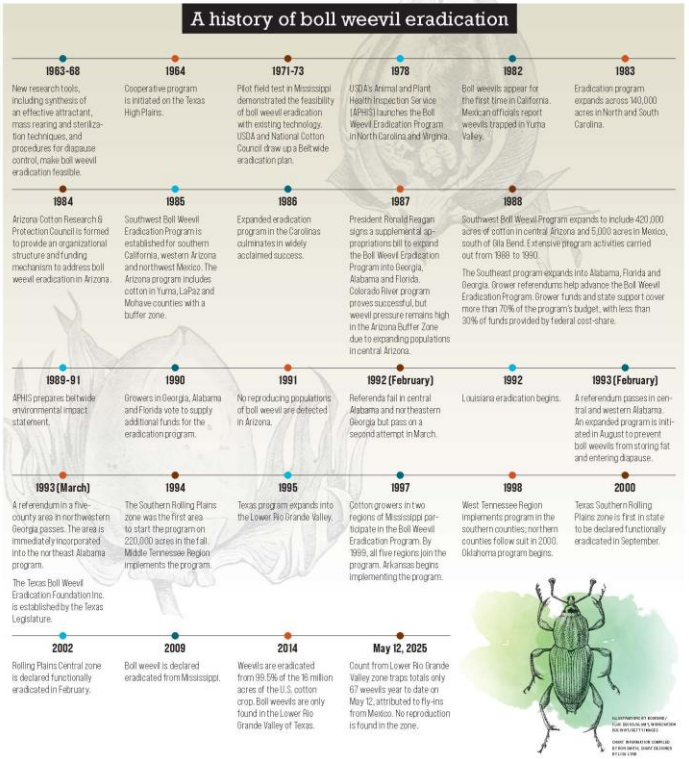
"I see light at the end of the tunnel," Herrera said. "The answer now is to continue to push the boll weevil into Mexico."

Smith is a Farm Press contributor.

ON A MISSION: Edward Herrera is manager of the boll weevil eradication zone for the Lower Rio Grande Valley.

GOOD SPOT: The Texas Boll Weevil Eradication Program is in a good place after nearly 50 years since its inception in the Southeast. PHOTO BY SHELLEY E. HOWELL

SEP 2025 | 13
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"5 ticks to watch in Illinois"
Rosa Francis
Farm Progress

How to repel ticks and what to do if they bite

BY AVA SPLEAR

AS SUMMER TEMPERATURES rise, so does the likelihood of encountering ticks. Ticks thrive in hot, humid conditions and require moisture to survive, which is why they're frequently found in grassy and wooded areas. University of Illinois Extension specialist Teresa Steckler, Dixon Springs, shares tips on how to repel ticks and what to do if one bites.

Steckler says five common ticks in Illinois include black-legged, longhorned, lone star, Gulf Coast and American dog.

Each type of tick has specific diseases they're known to carry, but not every tick carries a disease. For example, according to the Illinois Department of Public Health, the black-legged tick carries a bacterium that causes Lyme disease, and the Gulf Coast tick carries a form of spotted fever.

It's important to know where ticks are commonly found to help prevent bites. Any place with moisture and heat is an ideal environment for a tick to survive.

"Ticks love hot, humid weather," Steckler says. "If they get out in the sun on hot, dry days, like on a sidewalk, they'll desiccate because they need moisture to survive."

Even though ticks thrive in hot weather, you can expect to see them whenever the temperature is warmer than 40 degrees F.

The most common places on the human body to find ticks are between toes, in hair and around the groin.

HOW TO AVOID TICKS

Follow these steps to help prevent a tick bite:

Treat your pants. Before going outside, treat your pants with a permethrin product approved by the Centers for Disease Control and Prevention. Before spraying a product on your skin, make sure it is approved for that. Some products can be harmful to pets, such as cats, so be sure to spray away from pets in a well-ventilated area, Steckler notes.

Wear socks over pants. Steckler says wearing your socks over your pants will prevent ticks from entering through your pants and attaching to another part of your body.

Check pets every evening. Pets, such as dogs, frequently carry ticks into the house, and then humans suffer from tick bites. Be sure to check your pets frequently for ticks.

Keep your yard and outside of pasture mowed. Mow your lawn frequently to keep ticks out of your yard. Because ticks thrive in long grass, mow around pasture edges. That will help prevent ticks from biting you and your livestock.

"We're recommending to livestock producers to take a batwing [mower] and go twice around their pastures if it's butted up to the woods or some other area that would be great for ticks," Steckler says.

WHAT TO DO IF YOU FIND A TICK

If you find a tick on your body, follow these steps:

1. Use tweezers. Steckler discourages the use of heat or petroleum products after tick bites. Instead, use tweezers. "Don't do anything other than using a pair of tweezers to grasp the tick as close to your skin as possible, and gently pull it out," Steckler says.

2. Freeze the tick. Once you've removed the tick, put it in a plastic bag, label it with the date and location you suspect the tick came from, and place it in the freezer. Keep the tick for two to three weeks. Do this in case the tick was infected and you start showing symptoms of a tick-borne disease, which often appear flu-like.

3. Wash area of body. Steckler says it's important to wash with soap and water or scrub the area with alcohol to ensure there isn't any residual bacteria left on your skin.

4. Wash and dry clothes appropriately. Wash the clothing you were wearing in hot water. "If you're not going to wash those clothes, you need to put them in the dryer on high heat for 20 minutes to kill the ticks," Steckler says.

5. Get tick tested if needed. If you develop flu-like symptoms, get the tick tested. Even after freezing, you can have the tick analyzed as a disease carrier. "Then you can go to your medical doctor and get the correct antibiotic treatment," Steckler says.

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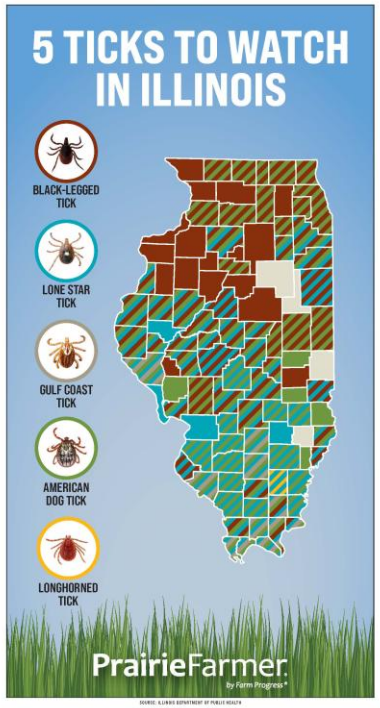
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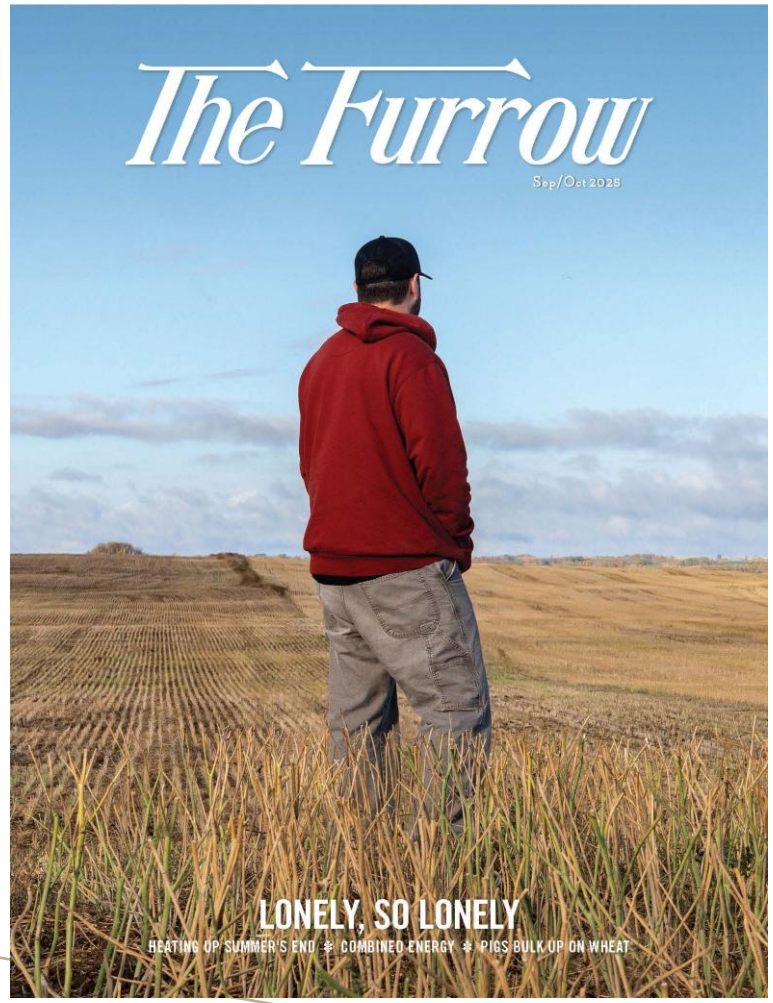
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Best Use of Photography in a Print Periodical

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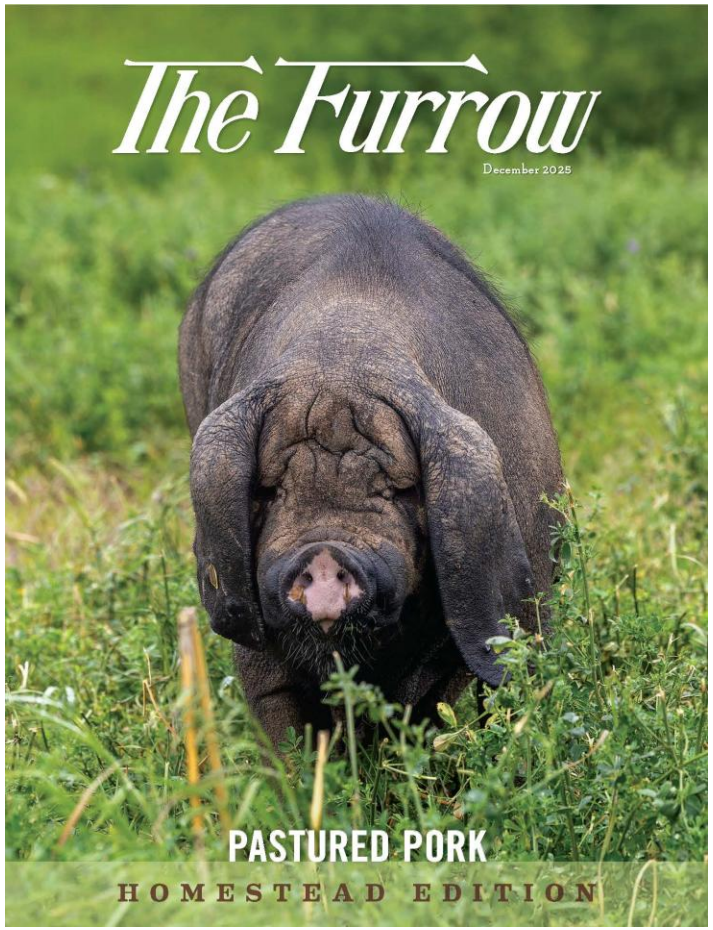


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