PROUDLY “MADE IN AMERICA”

PAGE 4

OUR RESPONSIBILITY: NEBRASKA’S NATURAL RESOURCES

PAGE 12
New Beginnings!

Nebraska strong is a way of life. As I write this column, Nebraskans have experienced historic floods and blizzards, and through all of this tragedy, we see family, friends, and neighbors coming together to show that Nebraska Strong is not just a motto but a way of life. Nebraska Farm Bureau and its Foundation have established a Disaster Relief Fund where 100% of the donations will be distributed to Nebraska farmers, ranchers, and rural communities affected by the disasters. You can go to nefb.org/disaster to contribute. Flags are being displayed proudly as people join together to help those in need. In this issue of Nebraska Living magazine, we take a closer look at Annin Flagmakers, the oldest, largest flagmaker in the world. They make, 50,000 flags a day, more than 5,500 flags an hour, and 93 U.S. flags a minute. They have a rich history in our country and are featured on pages 4 and 5. If you like a great burger or steak, take a look on page 9 and see how two great Nebraska based companies are making a difference in the protein we eat. Spring tailgating and baseball, it’s as American as Farm Bureau and apple pie! Check out page 10 for information on our free “Family Nights with Farm Bureau” at an Omaha Storm Chasers or Lincoln Saltdogs games this summer. Finally, don’t forget to skim through the rest of the magazine. From recipes to lessons on how to save, it’s sure to be a good short read with information to improve your busy life. Happy spring, and thanks for reading!
Tina Henderson

From the Editor
By Tina Henderson

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To do that, it’s important to work with an agent who gets to know you – and your property. For eighty years, we’ve made it a priority to build relationships first and plans second. Talk to an agent to find out why we’re the No. 1 ag insurer.

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NEBRASKA LIVING

New Beginnings!

April 2019

Volume 2, Issue 2

Proudly ‘made in America’ one stitch at a time

BEEF IT’S WHAT’S FOR DINNER

SPRING INTO BEEF SAVINGS

SPRING IS ABOUT TAILGATE AND BASEBALL

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Proudly ‘Made in America’ One Stitch at a Time

By Tina Henderson

ANNIN COMPANY
THE OLDEST, LARGEST FLAG MAKER IN THE WORLD

It has been said that Annin Flags has followed in the footsteps of America. As U.S. history happened Annin flags were there. Annin flags have flown at presidential inaugurations starting with Zachary Taylor in 1849 to Abraham Lincoln and every presidential inauguration since. When President Lincoln was assassinated in Washington, D.C., an Annin flag was propped up behind his head. This flag now resides in the Pike County Museum in Pennsylvania. Annin also produced 36 U.S. flags to accompany Lincoln’s casket to his final resting place in Springfield, Illinois.

Annin flags have been carried into battle by American servicemen. An Annin flag was found in the rubble of the Twin Towers in 2001 and on the 10th Anniversary of 9/11 Annin displayed more than 3,000 flags, each representing a person who perished on 9/11.

‘Annin flags have been a huge part of U.S. history. Shaping the lives and memories of Americans. Who can forget the photo of U.S. Marines (in 1945) raising the U.S. flag on Mt. Suribachi in Iwo Jima, a flag made by Annin,’ said Bob Caggiano, vice president of sales for Annin Flagmakers.

Sixty percent of sales go out the door during peak season starting in March through June right before Memorial Day. Flag Day June 14, and the Fourth of July. The biggest sales months are from May-June. American companies like Grainger, a state Nebraska Farm Bureau member benefit partner, are proud to sell Annin flags. There is a lot of pride in farming and ranching and the freedom the U.S. flag represents. They are some of our biggest customers, Caggiano said.

Traumatic events, presidential elections, wars and special historical events (like the Bicentennial in 1976) have caused unexpected spikes in flag sales. September 11 was the biggest increase in sales Annin has ever seen, Caggiano said.

“We had to resort to three shifts six-days a week and even then, we could not keep up with the demands. U.S. flags were the most popular item at that time as citizens waved the U.S. flag to show their support for those who lost loved ones during 9/11 and to show their patriotism. I am often asked how many flags did we sell during that time? First, we would not take on new accounts due to capacity levels, but my answer has always been it is not how many flags did we sell, but how many could we have sold. The U.S. flag gave comfort to America at its most trying time,” he said.

Annin Flagmakers are certified ‘Made in the USA’ by the Flag Manufacturers Association of America, Caggiano said. Throughout the years, there has been an ongoing discussion about the importance of making sure U.S. flags are 100 percent American made. It has been reported that since February 2014, the Department of Defense cannot purchase flags overseas and hang them over military bases. They must purchase 100 percent American-made flags.

“The same goes for flags that fly over our U.S. State Capitol. If you were in the military and putting your life on the line, you’d want to make sure that the flag on your flagpole is made in the U.S. and not in China,” Caggiano said. “It has tremendous symbolism that is about our freedom and democracy, our right to vote, equality.”

While the history of Annin Flagmakers goes back to 1847 the company was actually founded in 1820. They originally started as ship chandlers in downtown New York City. While producing flags at that time, they decided to go full time into flag making in 1847. Today they employ more than 500 workers at its three plants located in South Boston, Virginia, Coshocton, Ohio, and Cobbs Creek, Virginia. The home office is headquartered in Roseland, New Jersey.

“One thing that impresses me is the longevity of people working here. At our plants, people enjoy working for the company. They take great pride in creating the U.S. flag from each embroidered star to the red and white stripes, they really have a sense of pride for their work. It is often said that we sell patriotism,” Caggiano said.

You can order a ‘Made in America’, Annin flag from Grainger, a preferred Farm Bureau supplier for maintenance, repair, operations and safety products. With Grainger’s extensive product inventory, you can avoid the costly hassle of searching numerous suppliers for your tool and supply needs. Visit www.grainger.com/farmbureau and register a new Grainger account using account number 0855922449 to apply to the Farm Bureau discounts. You can also call 800-472-4643 and have a customer service representative help you. Don’t forget to reference the Farm Bureau/Grainger account number listed above. You can also visit www.annin.com for more information.

Flag Flying Holidays

<table>
<thead>
<tr>
<th>Date Observed</th>
<th>National Fallen Firefighters Memorial Day</th>
<th>September 11 – Half Staff (sunrise until sunset)</th>
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<tr>
<td>First Tuesday after First Monday in November</td>
<td>Independence Day</td>
<td>Labor Day</td>
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<td>August 7</td>
<td>Purple Heart Day</td>
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<td>November 11</td>
<td>Thanksgiving Day</td>
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<td>December 27</td>
<td>Pearl Harbor Remembrance Day</td>
<td>Pearl Harbor Remembrance Day</td>
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<tr>
<td>Christmas Day</td>
<td>Columbus Day</td>
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GROUND BEEF, PINEAPPLE, BARBECUE SAUCE AND RED BELL PEPPER CREATE A MEAL FROM THE ISLANDS

INGREDIENTS:
• 1 pound Ground Beef (93% lean or leaner)
• 1 cup chopped yellow onion
• 1 cup chopped red bell pepper
• 1/2 cup barbecue sauce
• 1 tablespoon Worcestershire sauce
• 1 can (8 ounces) crushed pineapple in juice, undrained
• 12 sweet Hawaiian honey wheat dinner rolls, split, warmed
• Toppings (optional): Sweet or dill pickle slices or pickled jalapeños

DIRECTIONS:
Cook’s Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef, onion and bell pepper; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally.

2. Stir in barbecue sauce, Worcestershire and pineapple. Bring to a boil and cook 2 to 3 minutes or until sauce is thickened, stirring occasionally.

3. Divide beef mixture evenly onto rolls. Garnish with toppings, if desired.

NUTRITION:
585 Calories; 14g Total Fat; 8g Saturated Fat; 3g Mono-unsaturated Fat; 121mg Cholesterol; 661mg Sodium; 76g Total carbohydrate; 34g Protein; 5.3mg Iron; 8.8mg Niacin; 0.5mg Vitamin B6; 64.1mg Choline; 2.3mcg Vitamin B12; 6.1mg Zinc; 18.7mcg Selenium; 5.1g Fiber.
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Get exclusive pricing on all equipment and supplies, including Annin Flags, from Grainger plus **FREE** standard ground shipping.

Nebraska consumers want to know where their steaks and hamburgers come from. In addition to taste, they care about how lean the meat is and want to know the animals were raised humanely, without using growth hormones or antibiotics. Certified Piedmontese Beef and Nebraska Star Beef are two Nebraska based companies that raise the highest quality beef available. Both raise beef with no added growth hormones or steroids, no antibiotics and no animal by-products. Both companies serve their beef in restaurants across Nebraska and are member benefit partners offering their products at a discount to Nebraska Farm Bureau members.

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Save 20% on Certified Piedmontese® products using your Nebraska Farm Bureau member benefit! Order online at www.piedmontese.com or search for a retailer near you and select from steaks, roast, jerky, gift boxes, and our Grass Fed/Grass Finished line. Use special discount code NEFB at checkout to apply the discount.

Raised on family run ranches throughout Nebraska, Certified Piedmontese beef is naturally lean and exceptionally tender. It is proudly served at Lincoln restaurants such as Piedmont Bistro, Momo’s Pizzeria, Green Gateau and C. Berry’s Downtown Burgers & BBQ.

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Nebraska Star Beef is a Nebraska based, family owned, and operated company dedicated to providing high quality, all natural, premium Angus beef. It is proudly served at Angus Burgers & Shakes in Kearney and Omaha, and Sozo American Cuisine in Kearney.

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**Courtesy of Certified Piedmontese**

**Courtesy of Nebraska Star Beef**

You receive a variety of money saving discounts. Check for new ways to save at www.nefb.org/benefits or download the mobile app.
For many patients with macular degeneration and other vision-related conditions, the loss of central visual detail also signals the end to one of the last bastions of independence - driving. Colorado optometrist, Dr. Robert Stamm is using miniaturized telescopes which are mounted in glasses to help people who have lost vision from macular degeneration and other eye conditions.

"Some of my patients consider me their last chance for people who have lost vision," said Dr. Stamm, one of only a few doctors in the world who specializes in fitting bioptic telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other eye diseases.

Imagine a pair of glasses that can improve your vision enough to change your life. Bioptic telescopes may be the breakthrough in optical technology that will give you back your independence. Patients with vision in the 20/200 range can many times be improved to 20/50.

Bioptic telescopes treat both dry and wet forms of macular degeneration as well as other vision limiting conditions.

Advanced Technology Allows Macular Degeneration Patients To See Again And Allows Many Low Vision Patients To Drive Again

While there is currently no cure, promising research is being done on many fronts. “My job is to figure out everything and anything possible to keep a person functioning,” says Dr. Stamm “Even if it’s driving.” “The major benefit of the bioptic telescope is that the lens automatically focuses on whatever you’re looking at,” said Dr. Stamm. “It’s like a self-focusing camera, but much more precise.”

For more information and to schedule an appointment today, call:

Robert Stamm, O.D.
Low Vision Optometrist
Member IALVS

Toll Free: (877) 393-0025

www.ColoradoLowVisionDoctor.com
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Learn more at www.nefbfoundation.org.

Soil holds water and nutrients plants need to grow. Animals and people depend on plants for food, so we all need soil!

Water
People, plants and animals all need plenty of clean water to grow and stay healthy!

Air
Plants, animals and humans need clean air to live. Plants take in carbon dioxide that we breathe out. Animals and humans breathe in oxygen that plants release.

Sun
The sun is a source of energy for all life. Plant leaves take in sunlight to make food and energy to grow. Farm animals eat plants. People can eat both plants and animals, so the sun gives us energy too!

Soy
A natural resource is something that is found in nature and can be used by people. Every place on earth has its own unique group of natural resources. Nebraska is rich in natural resources. Not just people need and use them. Plants and animals on farms and ranches need natural resources to live.

Farmers and Ranchers take action every day to conserve Nebraska’s natural resources!

What Farmers & Ranchers Do
- Apply specific amounts of water to fields to help plants grow
- Use rotational grazing for cattle to keep soil healthy and in place
- Irrigate with subsurface irrigation to prevent water evaporation
- Plant cover crops to protect and enrich the soil

Alec & Meredith Ibach

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We use good grazing habits and conservation because it is good for the animals and more sustainable for the long-term. By maximizing the use of our land and water, we will sustain it for future generations.

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ARM YOURSELF AGAINST TAX SCAMS

If the IRS calls about an error or missing information on your tax return, think twice before handing over personal information to resolve the issue. Chances are good it’s a scammer, not the IRS, on the other end of the line. Scammers range from phone calls asking victims for “missing” SSNs, to sending fake tax bills and demanding payment. And scammers will reach out via email, postal mail, phone and even social media to lure victims into giving up personal details or opening their pocketbooks.

Follow these six tips to avoid falling victim to tax scams:

1. **Hang up the phone and delete emails:** The IRS does not phone or email taxpayers; official notifications are always sent through the mail. All other methods of communication should be treated as spam.

2. **Go through official channels:** Ignore emails with links to check the status of your refund, which could lead to a computer virus, and go to the IRS website instead.

3. **Protect yourself:** Shred any documents with your address, birthdate or SSN; use strong passwords for online accounts. To combat tax scams, the IRS created stronger standards for online tax programs, including passwords with eight-plus characters and a combination of upper- and lower-case letters, numbers and special characters.

4. **Be on alert:** Watch for red flags that a site isn’t authentic. Website addresses that don’t match a website name, for example, are warning signs of fraud. Common sense should also prevail! Scammers who insist that tax debts are settled immediately with a prepaid debit card or iTunes gift card should be ignored. The IRS never demands immediate payment and never requires specific methods of payment.

5. **Don’t get greedy:** The tax code is ironclad, so promises of larger refunds, tax shelters and overseas accounts to avoid tax debt should be immediate warning signs of a scam. Fraudsters will make wild promises to get you to hand over your SSN, account numbers and other information that can be used to steal your identity or access your bank accounts.

6. **Report fraud:** If you receive questionable emails, phone calls or social media messages or fail victim to a tax scam, file a report with the IRS. The IRS also posts information about known scams on its website; check it to learn more about what to watch for.

   The more informed you are, the less likely you’ll be to fall victim to a tax scam. Arm yourself with these tips. Consider discussing Identity Theft Protection with your Farm Bureau agent. This coverage can help you avoid identity theft, and make it clean up a little easier if your information is ever compromised.
**Don’t forget about the Built Ford Tough Sweepstakes!**
Text the word SWEEPS to 46786*** to enter!

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**NO PURCHASE NECESSARY. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. MUST BE A LEGAL RESIDENT OF U.S. OR D.C., 21 YEARS OR OLDER WITH A VALID DRIVER’S LICENSE TO ENTER AND A CURRENT FARM BUREAU MEMBER. ADDITIONAL RESTRICTIONS MAY APPLY. Void where prohibited. Sweepstakes ends 9/30/2019. For entry and official rules with complete eligibility, prize description and other details, visit FordFarmBureauAdvantage.com. Sponsored by Ford Motor Company, One American Road, Dearborn, MI 48126.

***Autodialed marketing messages will be sent to the number provided. Consent is not a condition of purchase or entry. Message and data rates may apply.**