

# Peeling eggs isn't fun and no Rita salad after all

"Finally, be ye all of one mind, having compassion one of another, love as brethren, be pitiful, be courteous: not rendering evil for evil, or railing for railing; but contrariwise blessing; knowing that ye are thereunto called, that ye should inherit a blessing. For he that will love life, and see good days, let him refrain his tongue from evil and his lips that they speak no guile. Let him eschew evil and do good; let him seek peace, and ensue it." 1 Peter 3:8,9,10,11

Hello to all on this dreary afternoon. It started out sunny, but as the day progressed, it became more and more cloudy. And then it rained. My mood also progressed to dreary, but I lectured myself. Did it do any good? I hope so!

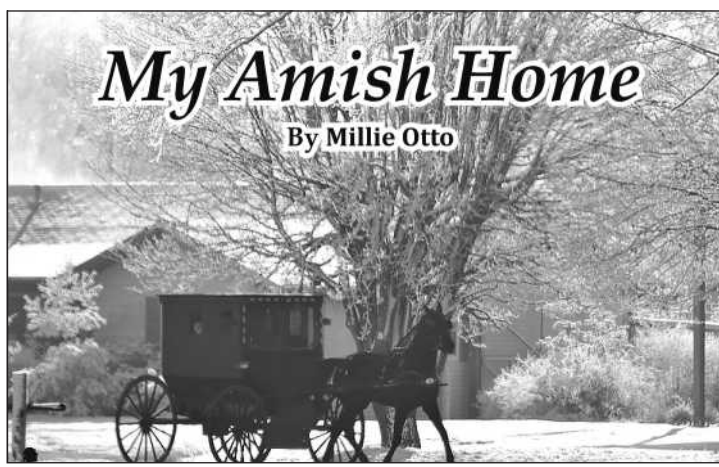
I am so thankful the rain held off until today. Daughter Rachel and Lloyd had church services yesterday. They put

up a tent. And yes, we were spared of rain, although it was quite windy. But we made it pretty good, really. All in all, it was a very good day.

This morning started out sunny but soon clouded over. I had decided to do laundry. I was just done, had everything hung up and was taking a break, contemplating on what to do next.

Then in the distance I heard thunder. I checked the clouds and oh my! The west looked quite stormy. I made a quick decision to bring in the clothes. I closed the windows and took off for the Workshop. It was way early, but I didn't care. If it was going to storm, I wanted to be at home and have Erwin with me.

As we drove in the lane, the clouds looked very unfriendly, but it actually didn't storm. It just rained and kept on all day, sometimes it quit



and next it was just drizzling. I hung the laundry in the Common Room. Most were actually dry.

Now that having church services is in the past, I can tie up the loose ends that didn't get tied before church. Some windows and curtains didn't get washed. I can move on to cleaning up Grandma's quarters. We'd like to have it painted before August.

Saturday before church

on Sunday, granddaughter Kaitlyn came to help me with eggs for egg salad for lunch on Sunday.

I cooked and cooled 12 dozen eggs before she got here. Peeling eggs just isn't the most fun thing to do. I kept jabbing a shell under my fingernail and now I have a really sore finger. Kaitlyn and I figured we wouldn't be eating egg salad on Sunday.

I did eat one sandwich.

With Rachel's bread, anything would be good! And I didn't even bite into an egg shell! I wonder if anyone did?!

This past Saturday was the Strawberry Social at Otto Center. I went to get carry-outs. They had a really good menu with Rita Salad as the salad. When I got home and unloaded, I realized I did not get my salad. I was so disappointed. But the strawberry shortcake helped make up for it. I only get strawberry short cake once a year!

In closing---Today, when you look at a flower, see God's love and a message from Him. (You can also do that when you peel a hard-boiled egg.)

How about this wake-up breakfast.

## Triple Berry Wake-up Breakfast

1 (8 oz.) strawberry cream cheese

4 pieces white bread, crusts removed  
1 egg  
2 Tblsps. milk  
1 Tblsp. butter or oil  
½ pint frozen strawberries, sliced or fresh

Strawberry syrup or powdered sugar

Spread some cream cheese on two pieces of bread. Top with slice berries, making a complete blanket over the cheese. Top each with the remaining bread. In a bowl, beat egg and milk. In a frying pan, melt butter or heat oil over medium-high heat. Dip the sandwich in the egg mixture and fry until golden on both sides. Top with strawberry syrup or powdered sugar. Or both if you wish! Serve immediately.

## Sidney

Continued from page 1

ported that the Sidney American Legion Post 433 had brought in \$3,593.98 over all so far in donations received from poppy distribution that took place at the Casey's General Store in Philo and Sidney, Philo Dollar General, and Lowe's Home Improvement at 1904 N. Prospect Ave, Champaign.

Commander Hensch went on to report that they have one more poppy distribution location yet to attend as the Sidney American Legion Post 433 will participate in the WDWS/WHMS/WKIO/The Rooster, News Gazette CIMG Champaign County American Legion Posts Poppy Distribution Day Drive Through tak-

ing place on Thursday, May 21 from 6:00 a.m. – 6:00 p.m. in the CIMG parking lot located at 2101 Fox Drive in Champaign.

Hensch reported that the individual post distribution time slot for the Sidney American Legion Post 433 is from 6:00 – 8:00 a.m. and that Sidney American Legion Post 433 Adjutant/Service Officer Bill McLane and First Vice Commander Glenn Dillman will distribute poppies at the event from 6:00 – 8:00 a.m.

It was also reported that the Sidney American Legion Post 433 will put out American Flags at the Mt. Hope Cemetery in Sidney on Wednesday, May 20 starting at 9:00 a.m. and that Adjutant/Service Officer Bill McLane and Judge Advocate Susan McLane will see that American Flags get placed at the Lynn Grove Cemetery.

A lengthy discussion concerning the Post 433 Mt. Hope Cemetery 10:00 a.m. Memorial Day Ceremony took place and it was reported that Jim Wood will fire his cannon at the event. Commander Bill Hensch reported that Pastor Doug Krukewitt of the Sidney Christian Church will be the guest speaker.

Members in attendance decided that they needed to meet at Post 433 at 9:00 a.m. ahead of the program and discussed how many chairs were needed, inviting the Village of Sidney Board of Trustees, their sound system, and music for the program.

Post 433 Adjutant/Service Officer Bill McLane also confirmed that the Sidney American Legion Post 433 will host an American Flag retirement ceremony on Flag Day Sunday, June 14 at 5:00 p.m.

Post 433 Commander Bill Hensch reported that he had volunteered the Sidney American Legion Post 433 to be in the Sidney Fun Daze Parade on Saturday, July 25, asked Second Vice Commander Jerry Akers if the post could use his truck, and Second Vice Commander Jerry Akers said that they could.

The Sidney American Legion Post 433 had decided to run a meat raffle again at their April 20 meeting.

Since then, Sidney American Legion Post 433 Adjutant/Service Officer Bill McLane had gotten with Tim Osterbur who had printed up tickets for them that were ready to be handed out. There are 750 tickets to sell; ten tickets per book for \$10.00 a ticket.

The meat being raffled is beef, the winner will be announced at the end of the

Saturday, July 25 Sidney Fun Daze Car Show, and the winner can take the meat or a cash amount to be announced.

Lastly under new business, Sidney American Legion Post 433 Commander Bill Hensch had appointed a nominating committee consisting of Sidney American Legion Post 433 Second Vice Commander Jerry Akers and Sidney American Legion Post 433 Historian Rollo Katterhenry to come up with a slate of officers for the post to vote on at the Monday, May 18 meeting.

The nominating committee nominated the same slate of officers from the previous year and the nominating committee recommendation to continue with the 2025/2026 slate of officers for the 2026/2027 American Legion year was approved following a motion from Post 433 legionnaire Mel

Goodman and a second to the motion by Post 433 legionnaire Mike Shepard.

Sidney American Legion Post 433 Commander Bill Hensch brought the meeting to adjournment at 7:25 p.m. following a motion from Post 433 First Vice Commander Glenn Dillman, a second to the motion by Post 433 Sergeant at Arms David Dillman, and closing ceremonies and a prayer from Post 433 Chaplain Fred Olds.

The Sidney American Legion Post 433 will hold their next monthly meeting at the Post Home located at 221 South David Street in downtown Sidney on Monday, June 15 at 6:00 p.m. Prospective new members are always welcome and encouraged to attend and all monthly meetings, unless otherwise posted, are held at the Post Home.

# Illinois grows millions of bushels of soybeans. Why aren't we eating them?

More local infrastructure urgently needed for Illinois' own crops, especially soybeans, to make it from farm to table

CHICAGO — Inside a factory on Chicago's North Side, the smell of simmering soybeans drifts through the air. On a typical day, "I use about 4,000 pounds of dry beans," Jenny Yang said. She and her team grind, cook and press thousands of pounds of soybeans into silky tofu and rich soy milk — the taste of home for Yang and for many who grew up with tofu on the table.

"She still makes it the same way — no preservatives, made mostly by hand," said Bob Lum, a longtime friend of Yang who helps with the business. Her company, Phoenix Bean, has been making tofu and soy milk this way since she bought it in 2006. It is one of the few businesses in the state that uses Illinois food-grade, non-GMO, or non-genetically modified organism, soybeans, sourced directly from local farms like Janie's Mill in Ashkum.

"I know them since back in the day, like at least 10, 15 years," Yang said. "This is a good, very good partnership."

Illinois grows more soybeans than any other state, harvesting more than 639 million bushels in 2025, well ahead of Iowa's 595 million bushels and Minnesota's 371 million bushels. Lawmakers designated the soybean as the official State Bean in 2025, effective Jan. 1, 2026, with Sen. Doris Turner, D-Springfield, who chairs the Senate Agriculture Committee, calling Decatur the "soybean capital of the world."

But almost none of those millions of bushels end up as food on Illinois plates. According to the Illinois Soybean Association, 60% of soybeans grown in the state

are exported; most of the remaining 40% are processed as animal feed, leaving the state reliant on imports for its soy food.

"Ninety-five percent of food consumed in the state of Illinois is imported," said Rep. Sonya Harper, D-Chicago, chair of the House Agriculture and Conservation Committee, speaking of Illinois food crops. "If there were any type of natural disaster, Illinois only has enough food that will last us for three days."

In 2025, with a trade war freezing exports to China — one of the biggest buyers of Illinois soybeans — Gov. JB Pritzker declared an "Agricultural Export Crisis" on Oct. 29 and directed state agencies to enhance domestic markets. For farmers and food producers, the pressure has made the need for local infrastructure more urgent than ever, raising the question of whether more of Illinois' own crops, especially soybeans, can finally start feeding more Illinoisans.

Harper said more effort and massive investment are needed. She sponsored the Local Food Infrastructure Grant program, which provides local farmers with small grants for processing, storage and distribution. She worked closely with the Illinois Stewardship Alliance, a policy advocate for local food and farm communities, to build legislative momentum.

"We have some of the best soil, the best farmland," Harper said. "No matter where you are, urban, suburban and rural — we need to be producing more food in the state."

She described local food production as a win-win that will help create jobs and gen-

erate revenue.

Her downstate colleague, Rep. Charlie Meier, R-Okawville, a farmer himself who raises about 1,000 acres of soybeans every year, noted that farmers follow price signals.

"We are very conservative, and we do everything the same," Meier said. "But at the same time, we must be able to change everything in a drop of a second, and we will go wherever the markets are."

For Illinois farmers, the math is brutal. Food-grade soybeans require older genetics that yield 10 to 15 fewer bushels per acre. Jeff O'Connor, a northern Illinois farmer who has grown food-grade soybeans, said his commodity soybeans averaged in the low 70s bushels per acre last year. His food-grade soybeans, which use varieties more than a decade old, yielded in the low 60s.

Weed control is another issue. Unlike commodity soy, which allows for certain herbicides, food-grade soybeans are non-GMOs, so farmers can't use any of those chemicals. Furthermore, fields often look unkept.

"You can't do that again," one landowner told O'Connor after a season of raising food-grade soybeans. "I don't care if we made a little more money. They looked terrible."

O'Connor, who has grown food-grade beans for large buyers like Danone, is planting none this year. In 2025, the premium for non-GMO, food-grade soybeans averaged \$2.53 per bushel on top of the \$10.50 commodity soybeans price, bringing the total to approximately \$13.03 per bushel.

But that extra money, he said, no longer offsets the

lower yield, the extra labor, the equipment cleaning, storage segregation and the weed pressure. For many Illinois farmers, switching from commodity soybeans to food-grade soybeans remains a hard sell.

The math is reflected across Illinois. Todd Main, the director of market development for the Illinois Soybean Association, confirmed this tension. While food-grade soybeans are a fast-growing sector, "it's a relatively small portion of the overall market. Is it fast-growing? Yes," he said. "But in volume, not so much."

Main pointed to longer-term shifts in global demand. Despite the ongoing crisis with China's market shrinking, he noted that the association has been exploring new markets in Africa, Southeast Asia and India for soybean exports. But those new trade relationships can take years to build. Under the trade truce announced at the Busan Summit in late 2025, China pledged to purchase 12 million metric tons of U.S. soybeans by year's-end, with annual targets of 25 million metric tons through 2028.

Now, with the truce remaining in effect, no formal long-term purchase agreement has been signed. Returning from a summit to Beijing earlier this month, President Donald Trump said, "The farmers are going to be very happy. They're (China) going to be buying billions of dollars of soybeans."

The White House said China had agreed to buy at least \$17 billion of U.S. agricultural products annually through 2028, on top of those soybean commitments. Beijing has not publicly confirmed

the figure.

The lack of a stable export outlook has highlighted the need for better local infrastructure. Main pointed to a specific priority: bridges. An efficient network of roads, rails and waterways has long been the competitive advantage for U.S. soy in global markets. About 30% of county bridges in Illinois are load-restricted or in poor condition, Main said. "Every dollar we invest in those bridges, we get more than almost \$5 back."

That economic return comes from shorter travel times, less wear on vehicles and lower fuel costs. Gov. JB Pritzker announced a \$50.6 billion, six-year infrastructure plan on Oct. 1, 2025 — the largest in state history — which includes \$32.5 billion for state roads and bridges. Without those repairs, farmers face significant drawbacks in getting their beans to market.

The gap in Illinois is widening. Demand for soy milk and tofu is growing: Phoenix Bean is currently expanding its USDA-certified organic soybean products from Whole Foods shelves in the Midwest and Northeast to Sprouts shelves in California, distributing nationwide.

"It's very difficult to find an organic farmer," Yang said. Yet O'Connor and other Illinois farmers are turning away from growing food-grade soybeans.

"When we're planting a crop here, we're trying to decide which crop we're going to lose the least money on," said Meier.

For him, farming is more than a business. "The farm is a member of the family. It's been here for generations."

He emphasized that farm-

ing practices have improved dramatically, but the economic pressure remains. Until food-grade prices rise significantly, most farmers will stick with commodity soybeans.

For Harper, the Local Food Infrastructure Grant is a long-term investment, not a quick fix. The program's \$3.6 million is a fraction of what is needed.

"Food prices are rising across Illinois and investing in local food infrastructure is essential," she said. "But we are still far away from actual investment and implementation."

Temporary relief for Illinois soybean farmers is scarce. The gap between what Illinois grows and what Illinois eats remains wide. Shifting Illinois soybean production toward the domestic food market seems difficult in the short term.

The question lingers: Can Illinois feed itself its own soybeans?

"You have to start somewhere," Harper said.

Tara Sun is a graduate student in journalism with Northwestern University's Medill School of Journalism, Media and Integrated Marketing Communications, and is a fellow in its Medill Illinois News Bureau working in partnership with Capitol News Illinois.

Capitol News Illinois is a nonprofit, nonpartisan news service that distributes state government coverage to hundreds of news outlets statewide. It is funded primarily by the Illinois Press Foundation and the Robert R. McCormick Foundation.