



SUMMER FAIRS PROVIDE CHANCE TO HIGHLIGHT RURAL MENTAL HEALTH

by Pete Pompper

National Grange rep, Rural Minds Partnership Council

Hello Grangers,
I hope your summer is going well. I know many Granges are in the process of planning and running their Grange Fairs or are planning booths and exhibits for your local fairs. As you make these plans, I hope you can find a space to include information on the Rural Mental Health Resilience Program, a collaborative effort between the National Grange and our partners at Rural Minds. Your Grange has an amazing opportunity to disseminate this information to those who may be struggling with mental health issues.

We know that people living in rural America are struggling and may not have the resources to get the help they seek. A family member or friend walking past your booth likely knows someone who is struggling. This program could be the key to finding and providing the information to help them through their struggles. We need to keep working to

erase the stigma of mental health issues and, more importantly, the stigma of seeking help.

As Grangers, we work every day to strengthen our communities where we live and work. This is another opportunity to do just that.

Visit <http://ruralminds.org/resilience> to find all the information you can print to provide at your fairs. Whether it is a one-day festival or a weeklong fair, I hope you will utilize this program and have these available for the attendees.

The **Rural Mental Health Resilience program** is designed so you can use as many of the different materials as you wish. They are designed to be used as handouts with information for someone who may be struggling and needs to take the next step in seeking help. These are provided as free PDFs, so you can print as many as you need.

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UPCOMING

August 12 @ 7:30pm ET

Q&A Zoom with Grouper
<http://grange.biz/grouperzoom>

August 21 @ 8:30pm ET

Membership Matters
<http://grange.biz/matters>

August 28 @ 8:30pm ET

Lecturer's Forum
<http://grange.biz/lecturerforum>

September 1 -

Applications/Entries due for most National Grange Contests

PERRY COUNTY POMONA FOCUSES ON YOUTH IN AG

submitted by Doug Bonsall

Perry County Pomona Grange #69 (PA)

The Perry County Pomona Grange #69 (PA), with its four local Subordinate Granges, has adopted services to youth as its major community outreach.

Over the past several years, Perry County Pomona has sponsored two major projects each spring, reaching hundreds of children and youth in this rural southcentral Pennsylvania county. As each event has grown, other agriculture-related groups, individuals, and businesses have stepped up to provide financial and manpower support for these Grange initiatives.

Ag Day 2024, an immersive day-long field trip experience held on the county fairgrounds, brought together some 475 elementary students from four nearby school districts to learn about the impact of agriculture on their lives. A series of learning stations, planned and staffed by FFA members, explored topics like food production, plant care, animal husbandry, invasive insects, farm safety, pollinators/butterflies, and dairy promotion.



The Ag Day butterfly tent was a favorite, allowing students in feed and interact with these beautiful pollinators. *Photo submitted*

The Grange also packed and distributed 600 healthy bag lunches for all students and adult volunteers. Cash awards totaling \$900 were presented to the winning entries in an essay and poster contest on the theme “Feeding Our Families, Community & World.”



Grange and Moose Lodge volunteers barbecued 500 halves of chicken for the Perry Pomona 4-H and FFA benefit. *Photo submitted*

In June, a **benefit chicken barbecue** raises funds to support 4-H and FFA programs in the county, ensuring no student is denied participation due to family financial constraints. This year, 500 meals were prepared and served drive-through style by the Pomona Grange and 4-H, FFA, and Moose Lodge members and community friends. The proceeds of over \$5,000 will be used to pay 4-H and FFA membership fees and provide direct support to the local programs of each organization.

Both projects have made a positive impact on the lives of youth and raised the profile of the Grange within the community.

RURAL MENTAL HEALTH

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An optional suggestion would be to create a display similar to what Rural Minds showcased at the 2023 National Grange Convention (see photo at right). They printed one copy of several materials to display in plexi document frames. The program flyers were printed and available as takeaways, and they included a QR code linking to the program webpage.

Rural Minds also handed out wallet cards (business cards promoting the program, which include the website address and QR code), which could also be printed as an option. These are great for folks to pick up

something easy to put in their pocket and provide the website address for the program to access and print any or all of the documents at home.

If you have any questions or if you display the information sheets at your fair, please email me at Mbeachgranger@gmail.com.



Patrick Fannon and Rural Minds Founder/CEO Jeff Winton pose with their exhibit at the 157th National Grange Convention in Niagara Falls. Their display included many of the Rural Mental Health Resilience Program materials, and information on how to access the program online.

Photo provided by Rural Minds

FUNDRAISER BENEFITS LOCAL FIRE COMPANY

submitted by Mike Adams
Hamburg Grange #2103 (PA)

On March 23, 2024, the Hamburg Grange #2103 (PA) was held an all-you-can-eat Pennsylvania Dutch-style Chicken Pot Pie Dinner at the Hamburg Area High School, which sold out in under two hours. In total, we served 464 units, which included people that ate in-person or purchased take-out meals or quarts.

We want to THANK the

Hamburg School District for allowing us to hold this worthwhile event so that we could present a check of \$4,000 to the Hamburg Union Fire Company #1.

Hamburg Grange also says THANKS to the 17 Hamburg Grange members, the other 20 volunteers, that helped, including a Helping Hands Group, and to Thrivent for the financial donation of \$250 to make this event successful!



Mike Adams, right, President of Hamburg Grange #2103 (PA), presents a check for \$4,000 to Scott Thren, on left, Deputy Fire Chief and Treasurer of The Hamburg Union Fire Company No. 1. Funds were raised through a Chicken Pot Pie Dinner.

Photo submitted

44 DISTINGUISHED GRANGE APPLICATIONS RECEIVED

The National Grange received **44** applications from Community, Pomona, and State Granges to be recognized as Distinguished Granges this year. Applications are currently being reviewed. All Granges who qualify will receive a notification by August 30 letting them know of their achievement.

Congratulations to all Granges who submitted applications! Please review the list below; if your Grange is missing, but you believe it should be included, please contact Loretta Washington at lwashington@nationalgrange.org no later than August 16.

- | | | |
|-----------------------------------|-----------------------------|--|
| • Bennett Valley #16 (CA) | • Hamburg #2103 (PA) | • Sterling #53 (MA) |
| • Bethlehem #137 (NY) | • Harveys-Aleppo #1444 (PA) | • St. John's #729 (NC) |
| • Big Knob #2008 (PA) | • Hookstown #1980 (PA) | • St. Joseph/Cass/Kalamazoo Pomona #4 (MI) |
| • Burns #160 (MI) | • Jefferson #1384 (PA) | • Stony Point #1964 (PA) |
| • Central Union #559 (CA) | • Linganore #410 (MD) | • Thurmont #409 (MD) |
| • Clackamas County Pomona #1 (OR) | • Lorane #54 (OR) | • Turkey Hill #1370 (IL) |
| • Columbus #58 (NJ) | • Marys River #685 (OR) | • Upton #125 (MA) |
| • County Line #1751 (IL) | • New Market #362 (MD) | • Valley #1360 (PA) |
| • Creswell #496 (OR) | • Prairie #1832 (IL) | |
| • Eagle #1 (PA) | • Prices Fork #786 (VA) | |
| • Fairview #2177 (IN) | • Progress #96 (PA) | |
| • Five Mile Prairie #905 (WA) | • Redland #796 (OR) | • Maryland State Grange |
| • Gardner #68 (KS) | • Rio Linda #403 (CA) | • North Carolina State Grange |
| • Goldendale #49 (WA) | • Russellville #91 (PA) | • Oregon State Grange |
| • Grantham #968 (NC) | • Springwater #236 (OR) | • Pennsylvania State Grange |
| • Gratiot #1898 (MI) | • Stanford #808 (NY) | |



SUPPLY STORE

www.grangestore.com



\$15.00

PLUS SHIPPING

NEWLY REDESIGNED
SILVER STAR PIN

The Silver Star award recognizes members who have reached 25 years of consecutive membership in the Grange.

This redesigned pin is die-struck in silver, measuring 1.25" with a metal butterfly clasp back - perfect for showing that you're a "star" in the Grange for your enduring legacy. Granges can purchase to award with member recognition certificates, or individuals can purchase as gifts or for your own personal pride!

Order online through the Grange Supply Store at grangestore.com or call Loretta at (202) 628-3507 ext. 109.

Submit your stories, events, and ideas to...

GRANGE



Today!

<http://grange.biz/grangetodaysubmit>

NATIONAL GRANGE & RURAL MINDS PRESENT WEBINAR

The National Grange and Rural Minds are pleased to present our second webinar in a three-webinar series about the Inflation Reduction Act and rural America.

Everyone is invited to join us for this **free webinar**, “The Impact of the Inflation Reduction Act on New Treatments for Mental Illness,” on Wednesday August 21, 2024 at 1:00pm ET / 10:00am PT.

Register for this webinar at <https://www.ruralminds.org/rural-mental-health-connections-webinar>.

The Inflation Reduction Act (IRA) includes price-setting provisions that will result in less research for new medicines that can be prescribed in a pill

or capsule form. Known as the “pill penalty,” this one piece of the IRA threatens the development of future breakthrough drugs that treat mental illnesses, cancer, and many other diseases.

Featuring a presentation from Candace DeMatteis, Policy Director for the Partnership to Fight Chronic Disease, this 45-minute webinar will explain the “pill penalty” and discuss its negative impact on access to mental health treatments for patients in rural America, as well as for all patients who prefer the convenience of taking medication in the form of pills or capsules.



If you missed the first webinar, “Medicare Prescription Drug Coverage - Changes Under the Inflation Reduction Act,” you can watch it at <https://www.youtube.com/@ruralminds5938>.

MEMBERSHIP MATTERS

with Amanda Brozara



MONTHLY ON ZOOM

Third Wednesdays

AUGUST 21

@ 8:30PM (ET) / 5:30PM (PT)

grange.biz/matters

Meeting ID: 853 1693 0645

Passcode: Membership



VERIFYING FACTS IN THE AGE OF AI - LIBRARIANS OFFER 5 STRATEGIES

By Tracy Bicknell Holmes, Library professor, Boise State University
Elaine Watson, Librarian and Associate Professor, Boise State University
and Memo Cordova, Library associate professor, Boise State University
via [The Conversation](#)

THE CONVERSATION

The phenomenal growth in artificial intelligence tools has made it easy to create a story quickly, complicating a reader's ability to determine if a news source or article is truthful or reliable. For instance, earlier this year, people were sharing an article about the supposed suicide of Israeli Prime Minister Benjamin Netanyahu's psychiatrist as if it were real. It ended up being an AI-generated rewrite of a satirical piece from 2010.

The problem is widespread. According to a 2021 Pearson Institute/AP-NORC poll, "Ninety-five percent of Americans believe the spread of misinformation is a problem." The Pearson Institute researches methods to reduce global conflicts.

As library scientists, we combat the increase in misinformation by teaching a number of ways to validate the accuracy of an article. These methods include the **SIFT Method** (Stop, Investigate, Find, Trace), the **P.R.O.V.E.N. Source Evaluation method** (Purpose, Relevance, Objectivity, Verifiability, Expertise and Newness), and **lateral reading**.

Lateral reading is a strategy for investigating a source by opening a new browser tab to conduct a search and consult other sources. Lateral reading involves cross-checking the information by researching the source rather than scrolling down the page.

Here are five techniques based on these methods to help readers determine news facts from fiction:

1. Research the author or organization

Search for information beyond the entity's own website. What are others saying about it? Are there any red flags that lead you to question its credibility? Search the entity's name in quotation marks in your browser and look for sources that critically review the organization or group. An organization's "About" page might tell you who is on their board, their mission and their nonprofit status, but this information is typically written to present the organization in a positive light.

The P.R.O.V.E.N. Source Evaluation method includes a section called "Expertise," which recommends that readers check the author's credentials and affiliations. Do the authors have advanced degrees or expertise

related to the topic? What else have they written? Who funds the organization and what are their affiliations? Do any of these affiliations reveal a potential conflict of interest? Might their writings be biased in favor of one particular viewpoint?

If any of this information is missing or questionable, you may want to stay away from this author or organization.

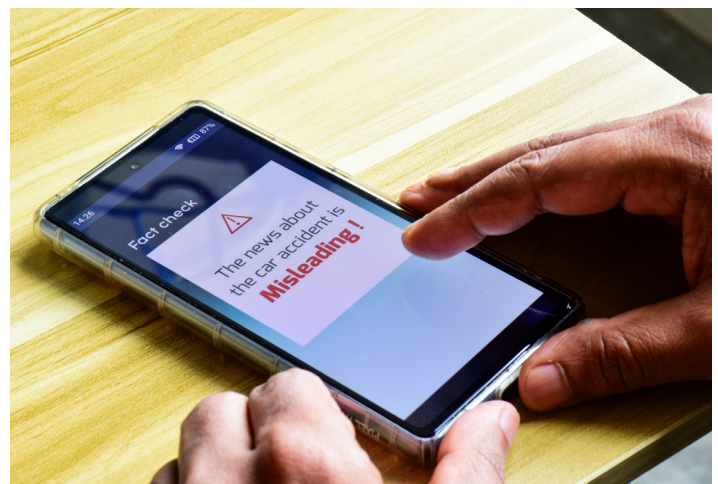
2. Use good search techniques

Become familiar with search techniques available in your favorite web browser, such as searching keywords rather than full sentences and limiting searches by domain names, such as .org, .gov, or .edu.

Another good technique is putting two or more words in quotation marks so the search engine finds the words next to each other in that order, such as "Pizzagate conspiracy." This leads to more relevant results.

In an article published in Nature, a team of researchers wrote that "77% of search queries that used the headline or URL of a false/misleading article as a search query return at least one unreliable news link among the top ten results."

A more effective search would be to identify the key concepts in the headline in question and search those individual words as keywords. For example, if the headline is "Video Showing Alien at Miami Mall Sparks Claims of Invasion," readers could search: "Alien invasion" Miami mall.



Fact-checking articles or social media posts before sharing them is for your safety, and that of others who may click on harmful or misleading links.

Photo by Debalina, licensed via AdobeStock

3. Verify the source

Verify the original sources of the information. Was the information cited, paraphrased or quoted accurately? Can you find the same facts or statements in the original source? Purdue Global, Purdue University's online university for working adults, recommends verifying citations and references that can also apply to news stories by checking that the sources are "easy to find, easy to access, and not outdated." It also recommends checking the original studies or data cited for accuracy.

The SIFT Method echoes this in its recommendation to "trace claims, quotes, and media to the original context." You cannot assume that re-reporting is always accurate.

4. Use fact-checking websites

Search fact-checking websites such as [InfluenceWatch.org](https://www.influencewatch.org/), [Poynter.org](https://www.poynter.org/), [Politifact.com](https://www.politifact.com/) or [Snopes.com](https://www.snopes.com/) to verify claims. What conclusions did the fact-checkers reach about the accuracy of the claims?

A Harvard Kennedy School Misinformation Review

article found that the "high level of agreement" between fact-checking sites "enhances the credibility of fact checkers in the eyes of the public."

5. Pause and reflect

Pause and reflect to see if what you have read has triggered a strong emotional response. An article in the journal Cognitive Research indicates that news items that cause strong emotions increase our tendency "to believe fake news stories."

One online study found that the simple act of "pausing to think" and reflect on whether a headline is true or false may prevent a person from sharing false information. While the study indicated that pausing only decreases intentions to share by a small amount - 0.32 points on a 6-point scale - the authors argue that this could nonetheless cut down on the spread of fake news on social media.

Knowing how to identify and check for misinformation is an important part of being a responsible digital citizen. This skill is all the more important as AI becomes more prevalent.



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Meet Us at the River



**Register for the 2024
National Grange Convention**
November 11-16, 2024

<http://www.nationalgrange.org/158thconvention>

GRANGE MEMBER BENEFIT - INTRODUCING GROUPER

We are thrilled to announce our new partnership with [Grouper](#), a social fitness movement that supports healthy living through social connections.

By joining Grouper, eligible members can earn a \$50 payment for signing up and \$20 every three months for staying active in Grange community projects and gatherings.

Join our Live Q&A Session to learn more and get your questions answered directly from Grouper and Grange representatives.

Date: August 12th | Time: 7:30 PM ET / 4:30 PM PT | Join via Zoom: grange.biz/grouperzoom.

To see if you qualify for these benefits, visit hellogrouper.com/grange. For any questions, contact the Grouper Member Engagement Team at 833-445-2400 or info@hellogrouper.com.



JOIN US:

Live Q&A

 **Date: August 12th**
Time: 7:30 PM EST

Join the Grange and Grouper teams to answer your questions about our partnership and how it benefits YOU!

JOIN ZOOM MEETING

NATIONAL GRANGE

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