Stallman Joins Numerous Ag Groups in Voicing Opposition to Farm Bill Extension

Republican leadership pulled their proposal to extend the current Farm Bill for one year from the House floor, instead replacing it with a disaster aid package. The move was the result of a loud uproar by various agriculture stakeholders, which insured the measure’s defeat. AFBF president Bob Stallman released a statement declaring his opposition to the House proposal to extend the current Farm Bill for one year.

“A one-year extension offers our farm and ranch families nothing in the way of long-term policy certainty,” said AFBF President Bob Stallman. “Farmers and ranchers always face decisions that carry very serious financial ramifications, such as planting a crop, buying land or building a herd, and we need clear and confident signals from our lawmakers.”

One major objection to the extension was the inclusion of $5 billion in funding for direct payments, which both parties had agreed to eliminate previously. Additionally, it did not extend several programs considered to be critical for reform and economic renewal.

Several other agriculture-related organizations also expressed their opposition to the extension as well, including the American Soybean Association, National Milk Producers, and the National Farmers Union.

The substitute aid package will provide some assistance for specialty crops, and restore livestock indemnity and forage programs that expired in the current Farm Bill.

Floodplain Buyout Program Available in Fayette County

The U.S. Department of Agriculture (USDA) will provide an additional $2.8 million for the Dunloup Creek Watershed Project in Fayette County, West Virginia, through its Watershed Protection and Flood Prevention Program administered by the Natural Resources Conservation Service (NRCS). The Dunloup Creek Voluntary Floodplain Buyout targets threatened properties within the 100-year floodplain of Dunloup Creek.

Planning for the Dunloup Creek Watershed was reinitiated in 1995 in response to repeated flooding to the communities along Dunloup Creek. Approximately 290 properties and associated infrastructure have suffered repeated floods in 2001 and 2004. The most cost-effective and feasible option for the communities is a voluntary floodplain buyout.

An updated Dunloup Creek Fact Sheet may be found at http://www.wv.nrcs.usda.gov/programs/watershed/dunloup/12july17wvDunloup.pdf.
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On the cover

Cow on Horizon
Lindsey Nash Gum
Burden-some and unnecessary regulations are always a point of contention for farmers and ranchers, especially when we are being flooded with what seems to be never-ending, nonsensical rules. In keeping with the ebb and flow of bureaucracy, the Environmental Protection Agency and Army Corps of Engineers are planning an upheaval of the Clean Water Act (CWA) that would add more . . . you guessed it . . . rules and regulations to farms and ranches.

That’s why the American Farm Bureau Federation is leading the way to stop EPA and the Corps from literally regulating every drop of water on private landowners’ property. Through a nationwide grassroots campaign, we are engaging Farm Bureau members to “Stop the Flood of Regulation.”

A $30,000 Ditch

For some time, the EPA and Corps have been trying to remove the word “navigable” from the Clean Water Act through what is called a “Guidance Document.” This would change the very meaning of the CWA.

But, EPA and the Corps’ action to improperly use the Guidance Document to remove “navigable” bypasses congressional intent and ignores Supreme Court precedent. For the past 10 years, Congress has voted specifically and repeatedly to keep the term “navigable” in the CWA. We believe this Guidance Document is not only bad policy but is being implemented through a regulatory sleight of hand.

Farmers, ranchers and private landowners need to preserve the authority the CWA has granted states and localities for nearly 40 years and stop the deluge of regulations and permitting requirements that will likely result if the Guidance Document is finalized. The two agencies are piling on regulatory burdens with little regard for the costs for landowners. These costs, which could be upwards of $30,000, with increased permit requirements and reduced nutrient applications, are very real and have direct impacts on the farm.

Engagement v. Regulation

It’s important that every Farm Bureau member become engaged in pushing Congress and the administration to block the Guidance Document before the end of this Congress.

There are many ways to get involved. Visit the FBAct Insider page to learn more. For those who are social media savvy, follow @ StopTheFlood on Twitter and post pictures of your soon to-be regulated ditches and puddles or “Like” the Stop the Flood of Regulation Facebook page, post your pictures and comments and get updates on the campaign.

It’s time to show Congress how the Guidance Document could cost farmers, ranchers and private property owners tens of thousands of dollars. It’s time to Stop the Flood of Regulation.
Exploring Tax Issues – West Virginia Farm Bureau’s Policy Study Committee, co-chaired by Alvin Engelke of Wirt County, and Joe Hatton of Monongalia County, have initiated a series of meetings to review existing Farm Bureau policy and offer suggestions for members to consider at the Annual Policy Development Meeting in October. Major focus has been on policy associated with two broad areas – oil and gas exploration, and tax issues impacting agriculture.

Committee members were recently treated to a most informative and thought-provoking presentation and discussion on taxes, featuring three prominent Assessors and Farm Bureau friends – Phyllis Yokum, President of the Association of West Virginia Assessors, from Randolph County; Terri Funk, Preston County; and Arlene Mossor, Ritchie County. It was quite obvious these local tax professionals work closely with the farming community and understand agriculture. A few highlights from the meeting include: Rents are important to Assessors. It is important for farmers to fill out their farm use application completely and supply rental information. Assessors use this information to determine the reduced price per acre for farm use. Farm income and non-farm income – Taxpayers cannot be denied farm use because their non-farm income is more than their farm income. However, they may have to pay on the mineral value, where they didn’t before. Assessors are instructed to do a “county split” on five acres on tracts of land where Marcellus wells are being drilled. There is concern that many times the landowner and mineral owner are not the same. The minerals have been severed and the landowner is stuck with a higher tax bill, but no benefits such as royalties. Timber sales on farms need clarification as to the tax class change mentioned in the rules and regulations.

Marcellus exploration generated much of the discussion at the meeting. Following the meeting President Yokum noted: “Any industry, whether it is Marcellus shale gas wells or something else that comes into West Virginia is obviously beneficial to our counties’ tax base. Along with this come concerns and problems that have to be addressed. I believe by working together with all agencies involved, by sharing our concerns and discussing these concerns, we can come up with solutions to our problems and this new industry can be beneficial to everyone involved. It was a pleasure and very informative for me, Arlene and Terri to set down with the Farm Bureau Policy Study Committee to hear and discuss some of the concerns involving taxes the Marcellus shale brings to farmers.”

In closing I want to reflect on the 84th State FFA Convention recently held at Cedar Lakes, where members were driven by the theme – “I believe.” My wife and I always walk away from this event “supercharged.” The attitudes of these dynamic, amazing young men and women in the blue and gold jackets are catching! This annual showcase provides the backdrop for leadership development and the recognition of FFA’s best (parliamentary procedure, public speaking, land and homesite judging, job interview, State and American FFA Degrees and Stars, numerous middle school events, etc.) as well as the recognition of those who support the program. While many are responsible for the premier career development opportunities afforded these young men and women, the unsung heroes are the local agriculture teachers/FFA Advisors, committed to making a positive difference in the lives of their students. One such teacher, Virgil Wilkins from Hundred in Wetzel County, was recognized for his REMARKABLE 50-year career as an agriculture teacher . . . and Mr. Wilkins still has the energy, enthusiasm and ability to motivate students that see Michael, page 21
The West Virginia Farm PAC has announced its endorsements for the 2012 General Election on Tuesday, November 6, 2012. The West Virginia Farm PAC is the political action arm of the WVFB. The PAC Board of Directors also serve on the WVFB board.

In order to receive an endorsement by the WV Farm PAC, the candidate must garner a 2/3 majority vote by the board. If none of the candidates for an office receive enough votes, then no endorsement is made.

In addition to endorsements for the West Virginia legislative races listed, WV Farm PAC is endorsing the following candidacies: President of the United States: Mitt Romney (R). U.S. House of Representatives, District 1: David McKinley (R); 2nd District: Shelley Moore Capito (R); U.S. House of Representatives; 3rd District: Rick Snuffer (R). West Virginia Supreme Court of Appeals: Allen Loughry (R); John Yoder (R); West Virginia Commissioner of Agriculture: Kent Leonhardt (R). West Virginia Attorney General: Patrick Morrissey (R). West Virginia Secretary of State: Brian Savilla (R).

WV Senate endorsements:
District 1: Jack Yost (D)
District 2: Jeffrey Kessler (D)
District 3: Donna Boley (R)
District 4: Mitch Carmichael (R)
District 5: Bob Plymale (D)
District 6: Mark Wills (D)
District 9: Daniel Hall (D)
District 10: William Laird IV (D)
District 11: Clark Barnes (R)
District 12: Doug Facemire (D)
District 13: Roman Prezioso Jr. (D)
District 14: Bob Williams (D)
District 15: Craig Blair (R)
District 16: Herb Snyder (D)
District 17: Corey Palumbo (D)
WV House of Delegates endorsements:

District 1: Randy Swartzmiller (D)
District 3: Ryan Ferns (D); Erikka Storch (R)
District 4: Michael Ferro (D)
District 5: Dave Pethtel (D)
District 6: Wm. Roger Romine (R)
District 7: Lynwood “Woody” Ireland (R)
District 8: E.W. “Bill” Anderson Jr. (R)
District 9: Anna Border (R)
District 10: Dan Poling (D); Tom Azinger (R); John Ellem (R)
District 11: Bob Ashley (R)
District 12: Jo Boggess Phillips (D)
District 13: Brady Paxton (D)
District 14: Jim Butler (R)
District 15: Troy Andes (R)
District 16: Kevin Craig (D); Carol Miller (R); Jim Morgan (D)
District 17: Dale Stephens (D); Doug Reynolds (D)
District 18: Kelly Sobonya (R)
District 21: Harry Keith White (D)
District 22: Josh Stowers (D)
District 24: Rupert Phillips Jr. (D)
District 25: Linda Goode Phillips (D)
District 26: Clif Moore (D)
District 27: Joe Ellington (R); Marty Gearheart (R); John Shott (R)
District 28: John D. O’Neal IV (R); Roy G. Cooper (R)
District 29: Rocky Moye (D)
District 30: Linda Sumner (R)
District 31: Karen Arvon (R)
District 32: John Pino (D)
District 34: Brent Boggs (D)
District 35: Doug Skaff Jr. (D); Eric Nelson (R); Fred Joseph (R); John B. McCuskey (R)
District 36: Robin Holstein (R); Steve Sweeney (R); Stevie Thaxton (R)
District 38: Patrick Lane (R)
District 39: Ron Walters (R)
District 40: Tim Armstead (R)
District 41: Adam Young (D)
District 42: Ray Canterbury (R)
District 43: Bill Hartman (D); Denise Campbell (D)
District 44: Robert Karnes (R)
District 45: Bill Hamilton (R)
District 46: Peggy Donaldson Smith (D)
District 47: Mary Poling (D)
District 48: Tim Miley (D)
District 49: Jeff Tansill (R)
District 51: Amanda Pasdon (R); Kevin Poe (R)
District 52: Larry Williams (D)
District 53: Stan Shaver (D)
District 54: Allen V. Evans (R)
District 55: Isaac Sponaugle (D)
District 56: Gary G. Howell (R)
District 57: Ruth Rowan (R)
District 58: Darryl E. Cowles (R)
District 59: Larry Kump (R)
District 60: Larry Faircloth (R)
District 61: Walter Duke (R)
District 62: John Overington (R)
District 63: Donn Marshall (D)
District 64: Eric Householder (R)
District 65: Tiffany Lawrence (D)
The United States government has been subsidizing the farming industry for a very long time now. While taxpayers have been footing the bill for these subsidies each year to the tune of tens of billions of dollars, the number of farms is still at staggering lows compared to post World War II. Although the issue of government assistance is controversial in nature, both sides agree the taxpayer is the central player in this equation. There are currently eight types of subsidies doled out each year; direct payments, marketing loans, countercyclical payments, conservation, insurance, disaster aid, export and agriculture research and studies. According to a recent study done by the Cato Institute, many components of farm subsidies represent a redistribution of wealth; the same problem most Americans see with the new Obama administration health-care law. The reality is a staggering 80 percent of farm bill spending is dedicated to food stamps. Over the course of the last three years alone the rise of individuals on food stamps is astronomical. A record 46.5 million Americans (15% of the
total population) are now on this giant entitlement program. However when honest debate around national debt takes place in Washington, liberals and big-government welfare advocates always play the dependency card claiming millions of lives will be destroyed if we cut our budget. This is bad and represents what is currently wrong with our ever-growing entitlement society. A farm bill should be about farming and not about putting more Americans on an already bankrupted entitlement system.

Another issue often overlooked is the fact that 10 percent of the largest farms receive 72 percent of all subsidy payments. This virtually debunks the argument farm subsidies help the small farmer. This goes back to the same ages old argument of the local mom and pop grocery store ending up on the losing end of the prosperity stream. In addition the study also revealed since 2000 the USDA has paid $1.3 billion in farm subsidies to individuals who own land not used for farming. The purpose of a “farm” payout should go to actual farms. This is a common practice in Washington known as wasteful spending.

The current farm reform package being discussed in the U.S. House of Representatives is a massive 1,010 page, $969 billion-dollar bill. It is true that fuel, seed, fertilizer and labor costs have skyrocketed over recent years, but this bill does the opposite of trim-the-government-fat. America is in the middle of a debt crisis. We are a nation $16 trillion in debt with that number growing every day. If Americans are sick and tired of government trying to own every industry from healthcare and banks to automotive and technology, why would we throw agriculture in the mix? Besides, one of the biggest causes behind the rise in cost is the over-reaching EPA regulations. This current bill does nothing to address that issue. In a recent editorial penned in Investor’s Business Daily, Representative David Schweikart (R-AZ) said it best. He noted that, “Washington is picking winners and losers through a combination of price controls, import restrictions, subsidies and cash payments; and it reeks of corporate welfare in an era of record-high farm incomes and record-low debt ratios.”

If taxpayers want an example of a strong agriculture industry, one needs to look no further than New Zealand. Agriculture is the backbone of that country’s economy. This was not always the case. Farming has grown over 50 percent since 1984; the same year farm subsidies ended along with deregulation and free-market restrictions. New Zealand reformed its agriculture industry by getting government out of the way of the business sector. The same can be done here in the United States.

Agriculture can be a booming industry in America again but the solution is not to create another welfare system. The answer lies with getting the federal government out of the way and letting free-market principles coupled with entrepreneurship excel. By eliminating the EPA and its regulations on agriculture, eliminating regressive taxes on farmers, strengthening free trade and reducing the burden of government dependency, farmers will see record profits for generations to come.

“The reality is a staggering 80 percent of farm bill spending is dedicated to food stamps.”
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The Ripley location of Bill Morton’s Nationwide Insurance Agency is a busy place. A recent storm that swept the state resulted in a number of property damage claims. Nonetheless, Morton greets everyone with his same affable wit. Bill’s staff says he’s easy to work for. Pam Conant has worked for Morton for 13 years as a customer service rep, and says she enjoys working for Morton. “I have awful good people working for me,” says Bill.

Morton’s office walls are decorated with a number of Nationwide awards, including the Chairman’s Challenge Honor Roll, President’s Award, and Million Dollar Roundtable. They keep company with a mounted elk and a couple of deer. Morton is proud of all of his “trophies”, and has an intriguing story to tell about each one.

“I have fun,” he says. “I’m a people person. You have to be in this business. I like being able to help people. They’re glad to see me come take care of them and help them with their claim.”

Morton takes time out of his busy work schedule to be active in his community too. He belongs to the local Chamber of Commerce and has been active with the Jackson County Homebuilders Association. But he is most vocal about his support of youth, through the FFA Ham, Bacon and Egg Show and the Jackson County Livestock sale. “These kids are our future,” he says. “These are wonderful organizations that help mold our future leaders. I like to help support that.”

When asked about what’s down the road for him, Morton is quick to say he’d like to qualify again for Nationwide’s President’s Conference award – which recognizes the highest level of property and casualty sales. Only the top 1% of agents receives this award, and Bill has qualified six times in the past. He’s also purchased a small farm and a tractor to “putter around” with, just for fun.

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**5 fruits and vegetables to grow this fall**

*Summer’s end is a great time for West Virginia gardeners to grow some very profitable and high-yielding fruits and vegetables.*

The warm days and cool nights of early fall generally increase the sugar and nutrient content of many fruits. Some vegetables and fruits can produce high yields and revenues on a small piece of land and are perfect for growing on small farms.

**Fall raspberries** (red and golden fruit) produce very high yields from late August through October. Popular fall red raspberry varieties include Caroline, Josephine, and Autumn Britton. Anne and Kiwi Gold are excellent yellow-fruited raspberries. Fall raspberries are an excellent U-Pick crop that attracts customers who desire fresh, vine-ripened fruit.

**Everbearing strawberies** obtain optimal quality during the fall and can be marketed in combination with raspberries. Seascape and Albion are superb varieties for West Virginia.

Strawberries can be planted in the spring or fall. When they are planted in the spring, their blossoms should be removed for four to eight weeks to strengthen the plants. Strawberries can be overwintered to produce a second crop the following year.

**Pumpkins, winter squash, and decorative gourds** are in high demand across West Virginia; they can be sold from mid-September through October. Many productive and diverse varieties are available to choose from, but it is important to choose those that have resistance or tolerance to powdery mildew.

Surprisingly, **cucumbers** are a popular fall vegetable at farmers markets. They can be seeded in August for harvest throughout the fall. Seedless cucumbers such as Diva can be trellised; they will produce as many as 12 cucumbers per plant.

**Salad greens** reach optimal quality during the cool days of fall. Red leaf lettuce varieties are well suited to fall production. Lettuce, kale, spinach, mache, chard, and beet greens thrive in cool weather. If seeded before early September, they can be harvested in October and November. Both kale and spinach can be overwintered and harvested the following spring. Many restaurants and institutions want to buy fresh salad greens.

Growing one or a combination of these vegetables and fruits will provide healthy, nutritious food for your family and neighbors.

An added benefit is the increase in farm income for small West Virginia farms.

*Lewis Jett, Commercial Horticulture Specialist, WVU Extension Service*
Lunches not nutritious unless eaten

As a direct result of their diet and lifestyle, America’s children are increasingly afflicted with such adult diseases as obesity, type 2 diabetes, heart disease, and hypertension. The debate continues about who is to blame for this current health situation.

Ideas for school meals

In the midst of economic woes, school systems face the challenge of providing healthful, nutritious foods for students. They are seeking to reduce fat, saturated fat, and cholesterol and to increase fiber and other nutrients in school meals by providing plant-based choices. Such actions are proven ways to manage and even prevent some chronic diseases.

The Small Farms/School Meals Initiative encourages farmers to sell fresh fruits and vegetables to schools and encourages schools to buy wholesome produce from small farms. Both schools and small farmers can benefit from this “farm-to-school” network.

Schools save on transportation costs while providing students with fresh, tasty, and nutritious produce. Small farmers acquire new markets for their crops. Students benefit from having fresh, locally grown food on the cafeteria tray and learning more about how that food is grown.

Ideas for packed lunches

Eating in the school cafeteria may not appeal to every child, which challenges parents to pack lunches that will not be traded or trashed.

To keep lunch menus from becoming boring, you may want to change the way foods are presented rather than looking for new ingredients.

You can make ordinary vegetables and fruit extraordinary by trying different cuts – cut carrots into “coins,” make melon balls, slice an orange or a cucumber into rings, or cut a kiwi in half so the child can scoop out the insides with a spoon.

You can “think outside the lunch box’ by spreading thin slices of banana bread with peanut butter and banana medallions and serving them with 1-percent-fat milk. Instead of a ham and cheese sandwich, pack skewers of whole-grain bread cubes, low-fat ham, low-fat cheese, and cherry or grape tomatoes.

Encourage your children to become involved in the creative process by making their lunch choices based on taste and nutritional value, which will help them develop healthy eating habits. They may come up with combinations you might not think of and they’ll be more likely to eat what they choose to put in their lunch bags.

Be a role model. Let your kids help you pack creative, healthy combinations of traditional ingredients in your own lunch. Add vegetables, especially greens, by making veggie spirals. Spread cream cheese on a soft whole-wheat tortilla and sprinkle it with diced or grated raw carrots, spinach, lettuce, and other vegetables before rolling it up. You can – continued from page iii –
A ny 4-H’er can tell you that completing a project leaves him or her with new knowledge about that particular subject. But what else does the youth take away? A group of West Virginia University researchers looked into some of the positive outcomes for 4-H members who completed beef, dog, and veterinary science projects.

“Participants learned to accept responsibility for doing a job, learned the value and importance of ethics, learned how to select an animal, how to feed an animal, and how to care for an animal,” said Debby Boone, associate professor of agricultural and extension education in WVU’s Davis College of Agriculture, Natural Resources and Design.

Boone partnered with Harry Boone, a professor of agricultural and extension education, and Jean Woloshuk, WVU Extension 4-H youth agriculture specialist.

“We decided to pursue this particular research project to determine the impact participation in these projects has on life skills,” Boone explained. “The lessons of selecting, caring for, and feeding an animal also translate to caring for and working with others throughout life. 4-H projects do have a strong influence on life skills development that provides youths with a firm foundation to build on during the rest of their lives.

Youth development is the mission of the 4-H program. Participants acquire project knowledge and life skills that enable them to become productive citizens. Projects are a major curriculum emphasis in 4-H. From 1912 to today, projects have diversified from the basic corn, pigs, tomatoes, sewing, and canning topics to more than 100 project topics.

Although 4-H has expanded its educational initiatives beyond agriculture and farm-based educational projects, agricultural science projects and programming still remain a mainstream 4-H activity and provide a focus for county fairs and 4-H competitions. Extension personnel, parents, and youths often credit agricultural science projects and programming with teaching them life and project skills.

“Stakeholders, legislators, and administrators want verifiable evidence of impacts. Success stories and testimonials are no longer sufficient,” Boone said. “The 4-H program needs evidence that these agricultural science projects and activities develop knowledge and life skills in the youth participants.”

The team’s research was published in the Journal of the National Association of County Agricultural Agents.

By David Welsh, Public Relations Manager, Davis College, West Virginia University

4-H animal science projects: More than what meets the eye

in West Virginia. Dog and veterinary science projects receive financial support from the Davis-Scholars Program in Pre-veterinary Medicine.

The Boones and Woloshuk confirmed some key assumptions about 4-H’s lasting impact on participants.

“The skills learned are highly portable throughout life,” Boone explained. “The acceptance of responsibility for doing a job and the value and importance of ethics are lifelong lessons that translate to success in higher education, the work environment, and everyday living.”

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By David Welsh, Public Relations Manager, Davis College, West Virginia University

4-H’ers taking animal projects learn many life skills.

Beef is the livestock project having the highest enrollment.

Lunches not nutritious unless eaten – continued from page ii –

vary the taste by using garden vegetable- or tomato basil-flavored tortillas. Slice the rolled-up wrap into bite-size spirals.

With many fresh foods appearing at farmers markets, now is the perfect time to add local foods to lunches eaten at home or at school. Keep in mind that lunches aren’t nutritious unless they’re eaten.

By Louise Donato, Marion County Extension Agent, WVU Extension Service
Feed is the greatest cost in maintaining livestock, and hay makes up the largest part of that cost. Forage testing helps livestock producers understand what is in their hay so that they can make sure their animals get the most out of it.

With supplements costing between $300 and $600 a ton, producers can keep more of those dollars at home by having their forage tested.

Farmers in WVU Extension's Low-Cost Cow-Calf Project reported a $10 return on each $1 they invested in forage testing.

Forage testing also helps to ensure that an animal’s nutritional requirement is met.

**Taking and submitting hay samples**

When sampling hay, first divide the farm’s hay into lots based on management, such as field, date of harvest, and forage species. For each hay lot, select 12 bales. Use a forage sampler to take a core sample from each bale. Combine the 12 cores in a quart plastic bag to make up the sample.

Then, fill out the information sheet provided by the forage testing laboratory. You will want to find out an estimate of total digestible nutrients (TDN), crude protein (CP), and major minerals in the hay. Submit the sheet and samples to the lab, which will return a copy of the analysis report to the addresses you list on the sheet.

**Forage analysis**

The analysis report tells you the nutritional value of the hay — or how good the hay is. You’ll find TDN, CP, and minerals listed in as-fed and dry-matter columns. Use the numbers in the dry-matter column because animals’ rations are balanced on a dry-matter basis.

Using the forage analysis, you can decide which animals will do well on a given hay and what type of supplement (if any) you’ll need to feed with the hay.

For our examples, we will use a mature cow in early lactation. This cow’s nutritional requirement is met by a daily ration of 24.3 pounds of dry matter containing 9.1 percent crude protein and 55 percent total digestible nutrients. If you have hay containing 10 percent CP and 57 percent TDN, it meets this cow’s CP and TDN requirements.

Two hays of different qualities can be fed together to “balance” an all-hay ration. If one hay tests 8 percent CP and 52 percent TDN and another tests 12 percent CP and 58 percent TDN, feeding each hay on alternating days will provide an average intake of hay containing 10 percent CP and 55 percent TDN. Such feeding meets this cow’s nutritional requirement.

For more information on taking forage samples and balancing rations to meet the nutritional needs of livestock, contact your WVU Extension county agent.

Edward B. Rayburn, Agronomy Specialist, WVU Extension Service

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**Hay is the greatest part of feed cost.**

**Take core samples from 12 bales in each hay lot.**
Susan Wilkins, YF&R Vice-chair

Annual meeting time will soon be upon us and the Young Farmers and Ranchers Committee will again be holding the Discussion Meet, Excellence in Ag, and Achievement Award contests. State winners of each contest will win a trip to the 2013 AFBF Annual Meeting in Nashville. First place winners of each national contest receive a 2013 Chevrolet Silverado or GMC Sierra truck. Runners-up also receive great prizes like a Case IH Farmall tractor, $2,500 in cash, or a STIHL Farm Boss.

The Discussion Meet is designed to follow a committee meeting format. Participants discuss and exchange ideas on four pre-determined topics. The Discussion Meet is not a debate, but an active conversation among contestants. This year’s questions are available online or from the State Office. Contestants for the Excellence in Ag Award are evaluated on their involvement and leadership with the Farm Bureau and other civic organizations, as well as their contributions to agriculture. The Achievement Award is geared more toward actual accomplishments within the farming operation. Contestants are judged on a combination of farm growth, Farm Bureau involvement, and personal leadership development. Applications for both the Excellence in Ag Award and Achievement Award are available online or from the State Office.

We encourage any young farmer between the ages of 18 and 35 to enter one of these contests. We also ask county Farm Bureaus to personally reach out to young farmers in their areas and promote our contests. West Virginia is filled with outstanding young people whom we would like to recognize for their achievements. Please contact Eric Thomason at 1-800-398-4630 for more information. Other excellent resources are the Young Farmers and Ranchers pages at www.fb.org or www.wvfarm.org.
Candidate Makes Visit - Kent Leonhardt, Republican candidate for the West Virginia Commissioner of Agriculture (far left), addressed the WVFB Women’s Leadership Committee during their June meeting in Buckhannon. Leonhardt spoke about the challenges ahead for West Virginia agriculture and how his leadership experience in the Marines has helped prepare him for office. He discussed his vision for opening new markets and showcasing what West Virginia farmers have to offer.
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Life insurance can serve multiple purposes in an estate, including inheritance funds, liquidity for taxes and expenses, business buy/sell arrangements, and even charitable gifts. Being aware of ways to maximize the value of existing whole life, universal life, or term policies is important to assure the most bang for the premium buck.

Recent upgrades in cost-effectiveness and changes in mortality tables used to calculate premiums by insurance companies mean that new life insurance policies may provide more coverage at lower costs.

Also, some policies which were set up to be financially self-sustaining are now failing to generate the income needed for new premiums because of current low investment returns. Policy owners should contact the insurance companies to learn the true financial picture.

When needed, the provisions of Internal Revenue Code section 1035 permit an existing policy to be exchanged for a new one while avoiding taxable income from the changeover. The policy to be exchanged should not be cashed in.

Considering current economic conditions and the potential for improvements in coverage through a new policy, it may be advisable to have a policy review performed on a whole life or universal life policy while there is a reasonable amount of cash value available. Conducted by an experienced life insurance professional, the review involves two steps.

First is the evaluation of the policy to see whether its investment return is within the expected range. Second, if the policy is underperforming, the agent can get quotes on one or more new policies with the same or different companies.

A 1035 policy exchange may also yield more stable coverage with a higher-rated company.

Often a policy on a married couple allows coverage even when one would not be insurable otherwise and will have lower premiums overall.

Switching policies does require a medical examination.

With the goals of removing market and premium instability, a policy review can yield future financial rewards.

That’s good planning.
Hawaiian Farm Tour

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Travel with other farmers on January departures in 2013 on this famous Hawaiian Farm Tour offered by YMT every year since 1974. You’ll visit all four islands with sightseeing on every island including Honolulu & Pearl Harbor, Punchbowl Crater, The Iao Valley, Lahaina; The Maui Gold Pineapple Plantation; the Waialua Riverboat Cruise & Fern Grotto; Kauai Steel Grass Farm, growing bamboo, vanilla and cacao; and on the “big island” a Hilo Orchid Nursery and Macadamia nut factory; Black Sand Beaches; a Giant Fern Tree Forest; Volcanoes National Park; Mountain Thunder Coffee Plantation; and The Natural Energy Laboratory of Hawaii, a research facility of ocean thermal energy conversion that not only generates electricity but enables Aquaculture to flourish. Next visit The Big Island Abalone farm that produces its own feed: 13 tons of home grown algae per week. Includes a flower lei aloha greeting, 14 nights in quality hotels, baggage handling, inter-island flights & transfers, plus your Polynesian tour director on every island. *Price per person, based on double occupancy. Airfare is extra.

YMT vacations
For reservations & details call 7 days a week: 1-800-736-7300

Michael, continued

you would expect from a youngster, which he is at heart. As West Virginia’s “Dick Clark of Agricultural Education,” Mr. Wilkins has established a benchmark that may never be surpassed. Past National FFA President and the nation’s longest serving Agriculture Commissioner, Farm Bureau member Gus R. Douglass was recognized for his leadership for agriculture and support for FFA over the years. Other active Farm Bureau members receiving recognition included Thelma Stickler, Cabell County (Honorary State FFA Degree) and Jim and Thelma Ash, Tyler County (FFA Foundation Five Star Gold Sponsor, recognizing them as the largest individual or corporate donors supporting scholarship awards for West Virginia FFA members). West Virginia Farm Bureau annually provides funding for the Star Farmer award, presented this year to Lindsey West, St. Marys FFA . . . and the list goes on! Until next time, take care FRIENDS, God bless and KEEP SMILING.
Don’t find yourself wading through ankle deep water in your home because of leaking water supply lines to appliances. Deterioration of plastic pipes to sinks, toilets, washing machines and refrigerators can cause up to as much as $150,000 of damage in just 30 minutes, and construction after such damage often lasts more than six months.¹

Prepare Yourself
Do you know where your water shut-off valve is? In case of a water loss emergency, you should know how to turn off the water supply.

Keep an eye out for water stains in the ceiling and walls.

Alarm systems now exist that can automatically detect leaks, shut off the water supply and notify a central monitoring service. These systems can prevent up to 93% of the cost of water damage.²

You can replace your plastic supply lines with stainless steel ones, which are far less susceptible to damage and leaking and cost $10-$20 at most home improvement stores.
In the Bathroom:
- Replace any deteriorated caulk around sinks, tubs and showers.
- Check for leaks around the toilet on a regular basis.
- Unusually low water pressure in the shower may be indicative of a water leak.

In the Kitchen:
- Make sure the hose is securely attached to the water supply line behind the refrigerator.
- Watch for water puddles on the floor which could indicate a water leak.

In the Basement:
- Look for bulging hoses that are connected to your washing machine. If bulging, turn off the water immediately. Then replace the hoses to your machine preferably with stainless steel supply lines that are readily available at most home improvement stores.
- Prevent water seepage by painting water-sealant around the basement.
- Shut off the water supply to the washing machine while on vacation.
- Install water sensors around water heaters.
- Look closely for cracks and leaks in all water pipes.

Saving water saves you money:
- One inch of water can cause about $8,000 in clean up costs.³
- Water damage is the most common claim homeowners make to insurance companies⁴
- Fixing water leaks can save up to 10% on water bills.⁵
- A toilet leak can add $500 to a water bill.⁶

Contact your local Nationwide agent, call 1-877-OnYourSide, or visit nationwide.com/WVFB.

Endnotes:
“From the first point of contact for information, to the detailed review of our house to see if it was a good candidate for solar, to the sales presentation with great detail and several solar options with their value and calculated return on investment period, we could not be happier. Once the contract was signed, the continuous personal contact and follow up, construction (two days) and standards of installation could not have been better, and results show our electrical bills are declining within the parameters of the MTV Solar analysis.”

- Lawson Hockman

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If you’re tired of flipping burgers, put some sizzle on the grill with your own spiced-up fajitas and soft tacos.

These easy recipes start with all-natural Tyson® chicken marinated in full-bodied Bertolli® Extra Virgin Olive Oil and flavorful spices, then grilled to perfection. Add your grilled chicken to seasoned vegetables and easy, homemade salsa, then wrap it all up in La Tortilla Factory® Hand Made Style Corn Tortillas that have been warmed up on the grill for a fresh, homemade taste.

It’s so easy to spice up the grill that you just might make every night a grill night. Get more great recipes at www.tyson.com, www.villabertolli.com, and www.latortillafactory.com.
Grilled Chicken Soft Tacos
Serves 6
Prep Time: 25 minutes
Cook Time: 10 minutes

Marinade
3 tablespoons Bertolli® Extra Virgin Olive Oil
3 tablespoons fresh lime juice
1 teaspoon chili powder
1/2 teaspoon kosher salt
1 1/2 teaspoons fresh ground black pepper
6 Tyson® Boneless Skinless Chicken Thighs

Salsa
1 1/2 cups coarsely chopped ripe tomatoes
1 large ripe avocado, peeled and diced
6 green onions, white part only, chopped
1/4 cup fresh cilantro, finely chopped
1 1/2 tablespoons minced jalapeño
1 tablespoon lime juice
Kosher salt
Freshly ground black pepper

Condiments for tacos
1 cup grated Monterey Jack cheese
Iceberg lettuce
1 cup sour cream
1 tablespoon milk
1 can (15 ounces) black beans, heated
10 La Tortilla Factory® Hand Made Style White Corn Tortillas

To make marinade: In small bowl whisk together marinade ingredients.

Rinse chicken thighs under cold water, and dry with paper towels. Put marinade and chicken in sealable bag. Seal bag, removing as much air as possible, and marinate overnight.

To make salsa: Combine salsa ingredients, including salt and pepper to taste.

In separate bowl, combine milk and sour cream.

Preheat grill, charcoal or gas. If using charcoal, light one chimney full of charcoal. When all charcoal is covered with gray ash, pour out and spread the coals evenly over charcoal grate.

Grill chicken over direct medium heat 8 to 10 minutes until meat is firm, and internal temperature reaches 170°F, turning once. Remove and allow to rest 5 to 10 minutes. Cut chicken into bite sized pieces.

Place chicken, cheese, drained black beans, sour cream, salsa and lettuce in grilled tortillas. Add a dollop of sour cream.

Grilled Chicken Fajitas
Serves 6
Prep Time: 20 minutes, plus 30 minutes marinating
Cook Time: 25 minutes

Marinade
1/2 cup coarsely chopped fresh cilantro
1/3 cup lime juice
4 cloves minced garlic
5 tablespoons Bertolli® Extra Virgin Olive Oil
1 teaspoon ground cumin
1 teaspoon dark brown sugar
1/2 teaspoon kosher salt
3 Tyson® Boneless Skinless Chicken Thighs, pounded to 1/2-inch thick

Vegetables
1 large red bell pepper, cut into 1/4-inch strips
1 large green bell pepper, cut into 1/4-inch strips
1 large white onion, cut into 1/4-inch strips
1 tablespoon Bertolli® Classico Olive Oil
Kosher salt

Condiments for fajitas
12 La Tortilla Factory® Hand Made Style White Corn Tortillas
Sour cream

In small bowl, mix together all marinade ingredients. Place chicken breasts and marinade in a large sealable bag. Seal bag, removing as much air as possible, and marinate for 30 minutes in the refrigerator.

Preheat grill, charcoal or gas. If using charcoal, light one chimney full of charcoal. When all charcoal is covered with gray ash, pour out and spread the coals evenly over charcoal grate.

Remove chicken from marinade and cook over high heat until browned on both sides and cooked through, 4 minutes per side, until cooked to an internal temperature of 170°F. Remove and allow to rest five to ten minutes. Slice into 1/2-inch strips.

Toss peppers and onion with a little olive oil and pinch of salt.

Preheat grill, charcoal or gas. If using charcoal, light one chimney full of charcoal. When all charcoal is covered with gray ash, pour out and spread the coals evenly over charcoal grate.

Grill chicken over direct medium heat 8 to 10 minutes until meat is firm, and internal temperature reaches 170°F, turning once. Remove and allow to rest 5 to 10 minutes. Cut chicken into bite sized pieces.

Place a cast iron skillet directly on the hot coals, or on grill grates for gas grill. When heated, add in the peppers and onions. Continue to cook, stirring frequently, until they are soft and nicely browned, about 5 to 10 minutes.

Heat tortillas on grill until warm.

Assemble fajitas with vegetables, chicken and a dollop of sour cream.
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Dale Earnhardt Jr.

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