The U.S. Farmers & Ranchers Alliance (USFRA) has developed FoodSource, an online resource designed to answer consumer questions about how food is grown and raised. This tool, available at www.fooddialogues.com, is a one-stop, online destination for information on topics including antibiotic use in farm animals and biotechnology.

“USFRA recognizes that consumers have questions and want to learn more about how their food gets from the farm to their plate,” said Bob Stallman, chairman of USFRA and president of the American Farm Bureau Federation. “With so much information available to consumers today, we wanted to create one destination that compiled factual and unbiased information on food production. This new site, USFRA FoodSource, provides these resources and also adds the voice of farmers and ranchers responsible for raising and growing the food we eat. Our hope is that the information on this site continues to grow over time based on new inquiries received from the online community.”

USFRA FoodSource gives consumers the opportunity to learn more about how food is grown and raised by compiling information from third party experts, including researchers and scientists at leading universities, into one easy-to-navigate website. The site currently features nine topics related to food production, all aggregated in one online destination for the first time. These topics include: antibiotic use in farm animals, biotechnology in seeds, hormone use in farm animals, pesticide use, water quality, farm size and ownership, available food choices, food safety and animal care.

Clarification

An article in November’s NewsBytes apparently confused some of our readers. West Virginia Farm Bureau News is NOT ceasing publication of its printed issues. Rather, it is American Farm Bureau’s FB News that will be switching to a digital publication in 2013. We regret any confusion, and appreciate our loyal readers who contacted us to express their feelings about our magazine. Thanks and keep reading!

Articles for NewsBytes must be submitted by the 15th of the month prior to publication. Time-sensitive announcements must be submitted no less than 8 weeks prior to the date of the event. Electronic submissions, including photos, are preferred. Send to joanh@wvfarm.org.
<table>
<thead>
<tr>
<th>Page</th>
<th>Section</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>Nearly Buried Alive...Pooch Rescued</td>
</tr>
<tr>
<td>9</td>
<td>And the Winners Are...</td>
</tr>
<tr>
<td>13</td>
<td>Planning Ahead</td>
</tr>
<tr>
<td>17</td>
<td>Know Your Neighbor</td>
</tr>
<tr>
<td>19</td>
<td>Lines to the Ladies</td>
</tr>
<tr>
<td>20</td>
<td>Facts, Friends, Food and Fun at Annual Meeting</td>
</tr>
<tr>
<td>22</td>
<td>Transported by Taste</td>
</tr>
</tbody>
</table>

On the cover

Reflections of Winter
istockphoto.com/Resusit8u
Is This the End of American Exceptionalism?

Charles Wilfong, President, West Virginia Farm Bureau

Never before have the basic Christian principles our country was founded upon been under attack as they are today. Our liberties and freedom are firmly grounded in the Bible. True liberty cannot exist outside of basic biblical principles. We have been the one nation in the history of the world that dared to also ground its government on biblical principles. That foundation is what has made the U.S. an exceptional country. The opening words in the Declaration of Independence say, “We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are life, liberty and the pursuit of happiness.” This acknowledges that life, liberty and the pursuit of happiness are granted by God, not government.

The Declaration also limits the role of government to securing or preserving the rights that have been granted to us by God. If only our government had strictly adhered to this, we wouldn’t be in the mess we are today. Instead, our president wants to make more and more people totally dependent upon the government. And many of us are willing participants – we have a welfare system which gives people more money than they can make by working, taking away all incentive to lead productive lives. At the same time, many of our leaders are vilifying people who have worked hard and been successful, as if they are the enemy. They are being forced to give more and more of what they earn to the government, to support all of those on welfare. We should be rewarding the successful for their hard work and for the risks they take, not penalizing them.

And don’t you find it ironic that drug testing is required for most jobs, but is not required to receive welfare benefits?

Our continued success as a nation depends upon what course our nation takes from here. During

The Holidays are Here and the Duck is Lame

Bob Stallman, President, American Farm Bureau Federation

It’s official, the holidays are upon us. We narrowly escaped the rapid fire of election ads and weren’t even finished with the Thanksgiving meal before being fa-la-la-la-la’d with luxury cars wrapped in bows and soft drink-swigging polar bears. As the commercials indicate, December is a time for celebration and giving (and receiving).

In the political arena, on the other hand, December is typically a down time. This especially holds true when new congressional members have just been elected and the previous Congress is in lame duck mode. But, if Congress doesn’t act soon on several significant outstanding items, all of our gooses will be cooked.

Deck Congress’ Halls

Before we even think about throwing on the Yule Log, we need to get our legislative house in order. If Congress doesn’t make some important decisions before Jan. 1, the U.S. economy will drop off what is being termed the “fiscal cliff.” A plan needs to be hatched to cut $1.2 trillion over the next 10 years from the deficit, something of which Congress has known about for awhile.

If Congress doesn’t act by the end of the year, automatic, across-the-board government cuts will kick in, affecting more than 1,000 federal programs, many of which will impact agriculture. For example, all commodity and many conservation programs will be cut by 7.6 percent next year. And agriculture research, Extension activities, food safety and rural economic development programs are just a few others that will be cut by 8.2 percent in 2013.

see Wilfong, page 16

see Stallman, page 14
they were joined by numerous decision-makers, including Congressman Nick Rahall II, Senator Dave Sypolt and Senator-elect Daniel Hall, and Delegates Brent Boggs, Anna Border, Ray Canterbury, Bill Hartman and “Woody” Ireland. We thank these public servants, who are all Farm Bureau members, for their involvement in our meeting, as well as their continued commitment to making a positive difference for the citizens of our state.

There was much discussion about state election results, particularly the shifting dynamics in the House (GOP gain of 11 seats for a total of 46 Republicans to 54 Democrats), and the big wins by Farm Bureau-endorsed candidates for Attorney General (Patrick Morrisey) and Supreme Court (Allen Loughry). The Farm Bureau endorsement process – driven largely by local recommendations to the FB Farm PAC, questionnaires, and voting record/performance (in the case of incumbents) – continues to be an effective and highly successful procedure for identifying candidates in both major political parties who support the conservative values embraced by our membership. As a matter of record, West Virginia Farm Bureau made endorsements in 15 Senate races, and was successful in 14 of those races for a 93% success rate. Endorsements were made in 75 House races, with 64 of our endorsed candidates winning, for an 85% success rate. Of the candidates endorsed, 45.5% were Democrat and 54.5% were Republican.

With the election behind us and clear focus on the future, I had the good fortune to join representatives of your Farm Bureau leadership team in two planning meetings last month at the state capitol – one with Governor Earl Ray Tomblin and Chief of Staff, Rob Alsop, and the other with Agriculture Commissioner-elect Walt Helmick. We appreciate these state leaders taking time from their demanding schedules to discuss challenges, opportunities and legislative priorities for 2013. Members of your leadership team participating in the meetings included: President Charles Wilfong, Vice President John Pitsenbarger, and Directors Joe Clay, Steve Conrad, Philip Gregg and Steve Hannah.

During the November Legislative Interims I had the opportunity to walk down memory lane with Agriculture Commissioner Gus R. Douglass, and share in his wisdom as he peered into the crystal ball of the future. Even though our nation’s longest serving Agriculture Commissioner will soon be passing the torch, it was quite obvious his concern and compassion for agriculture will never fade. In FFA circles Gus Douglass is known as “the gift that keeps on giving,” in recognition of his demonstrated leadership over the decades, as well as his commitment to the West Virginia FFA Foundation in opening doors to opportunity for young people preparing for exciting careers in our industry of agriculture. We wish Commissioner Douglass the very best in the future, as we do the new torch-bearer for agriculture, Commissioner-elect Walt Helmick.

CHRISTmas is upon us, with the New Year close behind. As we look to the future, I leave you with a tidbit of wisdom from one of my ancestors, Ben Franklin – “Remember not only to say the right things in the right place, but far more difficult still is to leave unsaid the wrong thing at the tempting moment.” Until next time, take care FRIENDS, God bless you and your loved ones, and KEEP SMILING.
Nearly Buried Alive - Pooch Rescued

A scuffle with a skunk left Peanut, a dachshund-terrier mix, in a stinky situation.

Peanut’s owners, Keith and Christy Wolfram of Sicklerville, N.J., said Peanut has been known to chase four-legged intruders through small openings beneath the deck, but this battle was unlike any other.

They were scared when they discovered the skunk had buried Peanut alive in the dirt beneath their deck.

After hours of searching and several holes in their deck later, first responders said they did everything they could, but Christy hadn’t given up hope yet.

“When the firefighters saw Christy continue to dig, one of them decided to take a last look,” said Keith. “I remember him shouting, ‘I see her paw!’ and my heart just sank. By the time they got her out she was barely moving. I couldn’t believe she was alive.”

With Peanut barely breathing and reeking of skunk musk, firefighters administered oxygen. Keith and Christy then rushed their furry friend to a 24-hour animal emergency facility. About a week and a half later, Peanut made a full recovery — which was more than the Wolfram’s could say for their deck.

Nearly a year later, Peanut’s close call has turned into victory. Peanut is the winner of the 2012 Veterinary Pet Insurance Co. (VPI) Hambone Award.

With more than 485,000 pet’s insured, VPI is the nation’s oldest and largest provider of pet health insurance and member of the Nationwide Insurance family of companies. VPI created the Hambone award to help educate the public about the unexpected mishaps that befall household pets.

“Peanut is a perfect example of a dachshund-terrier mix, a combination of two tenacious breeds that were created to hunt game by digging animals out of their burrows and dens,” said Carol McConnell, DVM, MBA, vice president and chief veterinary medical officer for VPI. “He was just doing what comes instinctively. Peanut and all the 2012 VPI Hambone Award nominees illustrate the unpredictable nature of our pets, and the responsibility we have as pet owners to be prepared for the unexpected.”

Peanut was selected as one of 12 nominees chosen from more than 1 million claims VPI receives annually. They were considered among
other uncommon medical claims and selected by VPI as the most unusual of the bunch. All pets considered for the award made full recoveries and received insurance reimbursements for eligible expenses.

As the 2012 Hambone Award winner, Peanut will receive a bronze trophy in the shape of a ham, as well as a VPI swag bag filled with toys, treats and an emergency pet kit.

The VPI® Pet Insurance advantage:
Nearly 30 years ago, VPI pioneered an invaluable product for America’s pet owners: medical insurance for companion animals. Pet health insurance in America was designed with the motivation to help pet owners everywhere afford the best possible veterinary care. In fact, the first VPI Pet Insurance policy was issued to television’s “Lassie.” Our track record of protecting dogs, cats and exotics has earned us the reputation as the largest pet insurer in the U.S. Since 1982, we’ve insured more than 1 million pets.

Pets are unpredictable. While it’s hard to anticipate accidents and illnesses, you can be prepared for them. From routine office visits to significant medical incidents, VPI Pet Insurance helps provide protection for your pet when he or she needs it most. With affordable, comprehensive healthcare coverage for dogs, cats, exotic pets, a VPI policy is the smart way to protect your pet’s health – and your checkbook.

Founded in part by 750 veterinarians in 1980, their influence, guidance and support have helped make us the industry leader. To date, VPI employs 11 veterinarians and more than 90 experienced veterinary technicians and assistants, each with vast knowledge of veterinary medicine and a deep adoration for animals.

Farm Bureau members receive a 5% discount on VPI. To learn more, visit http://www.petinsurance.com/afi/W/wvfb.aspx or call 1-877-PETS-VPI.
Ingram, Collins Recognized for Distinguished Service

Each year, West Virginia Farm Bureau selects one male and one female to receive the Distinguished Service Award in recognition of their contributions to the establishment, development, advancement or improvement of agriculture through their service to West Virginia Farm Bureau.

This year’s recipients are Bonnie Collins and Bill Ingram.

Bonnie Collins was born and raised on a farm near Wileyville, West Virginia, in 1946. After graduating high school, she married Junior Collins and for several years lived on military bases in North Carolina and Virginia while he served in the Marine Corps. During this time she raised three children and worked as a seamstress. Enrolling in the Woodbridge Beauty Academy, she attended evening classes for 18 months to receive her beauty operator license. But she longed to return to the farm.

In 1977, the family moved back to the farm where Bonnie was born. They rebuilt the house, built fence, added buildings and soon were raising Hereford cattle, rabbits and poultry. Bonnie used everything they raised, freezing and canning it. Each fall they butchered a beef to put in the freezer to feed the family for the year. She also raised a large garden, had fruit trees and berry vines. While Junior drove school bus, the farm chores fell on Bonnie and the kids. She learned to be a pretty good farmer, handling all the calving duties on her own and tending to all the animals’ needs - while caring for three children. Life on the farm wasn’t easy, but she always enjoyed it.

In 1982, Junior & Bonnie joined the Wetzel County Farm Bureau (WCFB) and took on a very active role. Bonnie served on the Women’s Committee and compiled several winning scrapbooks. She entered and won many pie baking contests. Bonnie became one of the first female county president in WVFB. She stepped up and kept the county program together and saw membership and participation grow. She also served on the WCFB Board of Directors. Bonnie has served as voting delegate for the WCFB many times, has helped with the Ag in the Classroom program, poster contests and Heritage Days. Bonnie received her 30 year service award, was named 2012 WCFB Female Distinguished member, and was inducted into the WCFB Hall of Fame in 2012.
In 1989, Bonnie’s husband suffered his first heart attack and life on the farm changed. In 1995, all the cattle were sold and Bonnie’s role was now a full time care taker. Junior received a heart transplant in 1998. With her vigilant care and prayers, she has been blessed with 14 more years with her best friend. She and Junior have one daughter, Lisa, and two sons, Alan & Jeff.

William “Bill” Ingram grew up on the family dairy farm near Sistersville, in Tyler County West Virginia. The original acreage was purchased by his grandfather, William J. Tracy, in 1893. His grandfather built the existing barn in 1904. Bill’s father continued the farming tradition, and in 1961, Bill and his late wife, Joanne, bought the farm, which has now grown to a total 325 acres.

Bill and his late wife have been members of the Pursley Church of Christ for more than fifty years. He and Joanne raised four children. Joanne worked fulltime as a registered nurse and for many years worked night shift at Sistersville General Hospital because this allowed her the time required for farm and family. Bill saw dramatic changes in the dairy milk production process and equipment over the years. During these years, Bill increased the dairy herd size to 40 head and converted to a totally Holstein herd. An additional silo was constructed in the early 1960s. In 1961, the farm converted to a bulk tank process for milk storage. In 1968, a glass pipeline milker was installed.

In 1977, the dairy was discontinued. Bill concentrated on raising corn and began raising beef cattle. Leasing property from Union Carbide, he raised corn on a total of 150 acres.

About twelve years ago, Bill sold his beef cattle and is now semi-retired. Currently, he rents his pasture land for beef cattle grazing, and maintains fence on 125 acres of pasture land. With the help of family he continues to put up 75 acres of hay annually, which is sold to regular customers for use by a variety of livestock.

Bill’s resumé of community involvement is too long to fully list, but includes: 50+ years of Farm see Winners, page 15
Because dream homes don’t build themselves.

Loans for Farms, Homes & Land

Offices located throughout West Virginia
800.919.3276
FarmCreditofVirginias.com
Chicago Doctor Invents

Affordable Hearing Aid

Outperforms Many Higher Priced Hearing Aids

CHICAGO: A local board-certified Ear, Nose, Throat (ENT) physician, Dr. S. Cherukuri, has just shaken up the hearing aid industry with the invention of a medical-grade, affordable hearing aid. This revolutionary hearing aid is designed to help millions of people with hearing loss who cannot afford—or do not wish to pay—the much higher cost of traditional hearing aids.

Dr. Cherukuri knew that untreated hearing loss could lead to depression, social isolation, anxiety, and symptoms consistent with Alzheimer’s dementia. He could not understand why the cost for hearing aids was so high when the prices on so many consumer electronics like TVs, DVD players, cell phones and digital cameras had fallen.

Superb Performance From Affordable Hearing Aid

The high cost of hearing aids is a result of layers of middlemen and expensive unnecessary features. Dr. Cherukuri concluded that it would be possible to develop a medical grade hearing aid without sacrificing the quality of components. The result is the MDHearingAid PRO®, starting well under $200 including FREE batteries for a full year. Order on our 45 Day Risk Free Trial.

Tested By Leading Doctors And Audiologists

The MDHearingAid PRO® has been rigorously tested by leading ENT physicians and audiologists who have unanimously agreed that the sound quality and output in many cases exceeds more expensive hearing aids.

DOCTORS AND PATIENTS AGREE:
“BEST QUALITY SOUND”
“LOWEST AFFORDABLE PRICE”

“I have been wearing hearing aids for over 25 years... Their sound quality rivals that of my $3,000 custom pair of Phonak Xtra digital ITE”
—Gerald Levy

“I have a $2,000 Resound Live hearing aid in my left ear and the MDHearingAid PRO® in the right ear. I am not able to notice a significant difference in sound quality between the two hearing aids.”
—Dr. May, ENT Physician

For the Lowest Price Call Today
1-800-873-0680
Phone Lines Open 24 Hours EVERY DAY

MDHearingAidPRO®
THE DOCTOR’S CHOICE FOR AFFORDABLE HEARING AIDS

DOCTOR-RECOMMENDED
FDA-REGISTERED
FREE SHIPPING AVAILABLE

★ ★ ★ ★ ★-Rated, #1 Hearing Aid on Amazon.com
Batteries Included! Comes Ready To Use
100% Money Back Guarantee!

Use Offer Code CB97 to get FREE Batteries for a Full Year!
FREE Shipping Available

www.MDHearingAid.com/CB97

Proudly assembled in the USA.
Susan Wilkins, YF&R Vice-chair

The Young Farmers and Ranchers Committee has wrapped up another year and is busily planning for a new one. During the Annual Meeting we collected approximately 150 pounds of food which was donated to the Mountaineer Food Bank in Gassaway – an official Feeding America site. Our Silent and Live Auctions were again great successes and we thank all those who contributed in donated items, money, and labor. The generosity of the good folks who support our program is truly astonishing. We also want to thank those who helped work the auction and especially Joe Hatton, Roger Hanshaw, Woody Ireland, and Rocky Peck! These guys faithfully help us each year; without even having to be begged to do so!

2013 will see members of the Committee attending the American Farm Bureau Federation Annual Meeting in Nashville, Tennessee as well as the Young Farmer and Rancher Leadership Conference in Phoenix, Arizona. We have preliminary plans in place for both an early summer and a fall farm tour – please keep an eye out for more information later in the spring. Our Book Barns continue to be distributed around the state and we are still amazed at the success of this program - now entering its fifth year. If your county is interested in obtaining a Book Barn, please contact Eric in the State Office.

It is easy to be caught up in all the pessimism that surrounds us right now with the pending regulations and expiring tax cuts that threaten agriculture, but as Young Farmers, we are cautiously optimistic about what the New Year might hold. Each year brings its own set of trials and hurdles. Change in American agriculture is inevitable; but we are never given a challenge too tough to conquer. And truly, what better life is there to live than that of a farmer? Jimmy Buffett is quoted as saying, “It takes no more time to see the good side of life than to see the bad.” We can all benefit from taking that to heart and making it our resolution in the coming year.

May God bless us all in 2013!
Deborah Miller, JD, Director of Planned Giving, West Virginia University Foundation, Inc.

Far too many people think, “I don’t have an estate. I don’t need to do any estate planning.”

But there are more aspects to estate planning than just signing a will. Medical, current financial and other decisions also play an important role.

The differences between the similar sounding living will and living trust often cause confusion. The first is for medical purposes; the other is financial.

A living will provides authority for certain last medical measures when in a terminal condition and has nothing to do with transferring assets or property after death.

A living (or revocable) trust is a financial method that provides for the succession of ownership of trust assets much like a will does, as well as allowing control of the trust’s assets by a professional manager when appropriate. There are also irrevocable trusts which can provide important benefits in estate planning.

Other important estate planning documents are powers of attorney. These documents deal with the authority given to others to make medical and financial decisions under the limited conditions stated in them.

This will assure that someone will always have the power to act on your behalf, which can prevent having to go into court to secure such authority at a crucial time.

It also pays, while you’re doing your estate planning, to check on the beneficiary that you have chosen for your life insurance proceeds and retirement funds. Neither will be controlled by your will unless your estate is the beneficiary, which is not always the most financially appropriate choice to make. For example, naming your estate as the beneficiary of your retirement funds can lead to more income taxes being owed because of the short payout period when an estate receives such funds. Extra taxes may not be what you had in mind.

Something else -- while you are free to provide nothing from your estate for your children, you cannot “cut out” your spouse. West Virginia law allows a spouse who has received nothing or an inadequate amount to claim a percentage of the deceased spouse’s estate.

The percentage the spouse receives is based on the number of years married. A maximum of 50 percent of the combined estate can be claimed by the surviving spouse who was married 15 years or more to the deceased person.

So, while a will controls major aspects of one’s estate, it’s not the only document that can protect your property and your well-being.

That’s good planning.

Learn how gifts of land can help students attend WVU

For details, contact the WVU Foundation
304-284-4000
wvuf@wvuf.org
Crop insurance will survive the first year, but will likely face cuts in year two.

While all Americans will feel the impact, the cuts will slice right through rural America, which is so dependent on Extension services and rural development.

With Boughs of Folly

The fiscal cliff will also impact tax breaks. An important one for farmers is the estate tax, which will revert from a $5 million exemption at a 35 percent tax rate to a $1 million exemption with a top tax rate of 55 percent. This could impact one out of every 10 farms and make it almost impossible for young farmers to carry on their family operations.

The capital gains tax rate will also increase come Jan. 1, from 15 percent to 20 percent. This, too, will greatly impact farmers. Because capital gains taxes are imposed when buildings and farmland are typically sold or transferred to new or expanding farmers, it will become more difficult for farmers to shed their assets or upgrade their businesses.

Congress has a lot on its holiday plate during the next several weeks. By the way, did I mention that we still don’t have a farm bill? But, that’s a topic for another day, maybe over eggnog...

Until then, have a happy and safe holiday season.
Winners, continued

Bureau membership; member and president of the Tyler County FB Board of Directors; Chair of Farm Awareness and Farm Safety Day Coordinator. He has also served as an Extension Service Committee member; 4-H Foundation president; 4-H Camp Committee member; 4-H Club Leader; Union Bank Director; and has been a member, treasurer and president of the Fair Board. Bill has also been a Farm Bureau Regional Director; Upper Ohio Conservation District Supervisor; Farm Service Agency member; member of Alpharma Community Advisory Panel (CAP); member of Artificial Breeders Association; member of WVFB Board of Directors, serving on the Executive Committee and as a member of the Insurance Committee. He was also a member of the WV Agriculture and Forestry Hall of Fame Board; Board of Directors of the West Virginia Fairs and Festival Association, having served as President, 1st and 2nd Vice President and Parliamentarian; Chairman of the Table Topics Seminar and Insurance Committee and member of the West Virginia Tourism Committee.

WVFB President Charles Wilfong presents Bill Ingram with the Distinguished Service Award at the 2012 Annual Meeting in November. Bonnie Collins was unable to attend.
Wilfong, continued

this Christmas season, we are seeing the most extensive attempts ever to remove Christ from Christmas. Hardly a day goes by that we don’t see some controversy about a cross, a nativity scene, Christmas trees or prayer at a school event. Some seem to prefer a totally Godless society, and they want to force their non-belief upon all of us. Our Constitution guarantees freedom of religion, not freedom from religion. If we don’t stand up for this basic right, we will lose it.

The American exceptionalism we have enjoyed is at risk. We cannot allow the socialists in our government to destroy our country. We must reevaluate our leaders, and it starts at the grassroots – our town councils, county commissions, state legislators, congressional leaders – all the way up to the President. Do their views and values match your own? Do they represent you well? If so, do as much as possible to support them, but if not, we must replace them. Our freedom depends upon our actions.

And finally, I want to take this opportunity to wish you and yours a very Merry Christmas.
Stroll among the old farm equipment displays at a county or state fair, or at a special antique tractor show and there will be older farmers who can still describe what problems specific pieces of equipment solved on the farm in the early years. These men and women who plowed fields with horses, or were part of a threshing team, recall stories of hard work and fond friendships made during a time when people labored together to get the seeds in the ground and later harvested the rewards of those efforts.

Farming 160 acres in the 1920s and 30s was a big job and it took the help of neighbors to be successful. Today 160 acres won’t support a family that grows traditional crops, and while farms have grown over the years, the idea of working together hasn’t changed that much. In the country, you’ll still find neighbors helping neighbors, and it’s that idea that sets farming apart from most other forms of neighbor interaction. Although the idea of knowing your neighbors may have started on the farm, that tradition carried into the city until technology forced people inside.

Homes located in older neighborhoods have large front porches with detached garages usually located at the side of the home or in the back. Those homes recall a time when neighbors knew each other and children could play together, freely running and playing in the area. People used their porches to catch a cool breeze or catch up on the latest happenings in the neighborhood.

Today we don’t see our suburban neighbors too often. And two technologies, air conditioning and architecture, are largely responsible for people not knowing their neighbors in cities and suburbs. When central air conditioning was introduced to homes across America, the style of home changed as well. Front porches were eliminated in favor of a small door at the front of the home, and the garage moved from being detached at the rear of the house to being part of the home and usually located in the front. Now people only had to push a button, drive into their garage, close the door and enjoy their sanctuary. It’s no wonder that people today don’t know their neighbors, and this is compounded by privacy fences.

The idea of engaging with your neighbor is not just for farmers but should be for everyone, whether living in a city or the country. Making an effort to meet your neighbors can pay big rewards. People may be a bit surprised at first to be introduced to someone living alongside or across the street from them, but as time passes, the familiarity increases. Common interests are discovered, relationships develop and the true meaning of neighborhood is realized.

One of the lasting benefits of knowing your neighbors is becoming familiar with the routines of the neighborhood. It becomes a more secure living environment when neighbors know each other. An unfamiliar car or strange activity will go unnoticed in a group of houses, but it will stand out in a neighborhood. Knowing your neighbor may be a tradition originating from agrarian roots, but it also has a place in suburbia.

Ken Gordon, a PR professional in Ohio with a long history in agriculture communications, is an occasional contributor to the Focus on Agriculture series.
Leonhardt Thanks FB Members for their Support

The following is an open letter to Farm Bureau members from Kent Leonhardt:

To My Farm Bureau Friends,

November was quite a month for the Leonhardt family. We survived a very close election for Commissioner of Agriculture and watched our country maintain the same division in Washington. After the election, I participated in the WVFB Annual Meeting, followed by a wonderful Thanksgiving visiting with long-time friends and family. Now life is returning to normal on the Leonhardt farm, but there is much to catch up. What else is new with a farm? However, I cannot let the month close without thanking all the new friends and old friends who have become so much more a part of Shirley’s and my life. We are truly grateful for your support and best wishes. The reception I received at the Annual Meeting was truly heartwarming. Reflecting on the race and all my new friends, I believe West Virginia Farm Bureau epitomizes what is right with the United States and our Constitution.

The challenge to become your next Commissioner of Agriculture was a memorable, very rewarding experience despite the results. I am proud of the clean, honest campaign we ran. I wish the West Virginia Department of Agriculture well over the next four years. I also hope Commissioner and Mrs. Douglass enjoy the many benefits and joys of retirement.

Farmer voters comprise less than 5% of the electorate, yet we are so much a part of everyone’s daily lives. In the coming years I plan to stay active with Farm Bureau and help spread the word on the importance of farms and rural communities within West Virginia. I will continue to advocate for our farmers, encouraging them to grow foods for local markets, and I will ask our political leaders to reduce regulatory constraints that decrease the availability of local foods. For those of you who still have some of my campaign signs, please keep them, because you never know what the future will bring!

Thank you all and may you and your families have a safe and blessed Christmas and a prosperous New Year. Semper Fidelis, Kent.

THE #1 RAM DEALER IN THE STATE!

$10,000 OFF MSRP

ALL BRAND NEW 2012 RAM 1500 QUAD CABS & CREW CABS

Ask for Troy Sheets
Commercial Business Mgr. • (304) 629-5631
1-800-690-2780
WWW.URSEAUTOS.COM

LARGEST RAM SELECTION!
STATEWIDE DELIVERY!

BIG FINISH 2012

Up to $10,000 Off MSRP

Business Owners Save An Additional $1,000 Off*

©Must provide copy of business license at time of sale. See dealer for details. In stock vehicles only. Plus tax, title license and fees. Dealer retains all rebates in lieu of APR.
Ladies, we have just finished a wonderful year and one that has been very successful for not only the Women’s Leadership Committee but the entire West Virginia Farm Bureau. The elections are over and our leaders have been chosen. I would encourage you to pray for them, remembering that governments rise and fall at God’s will. Each of us has a great responsibility to this country to help preserve the integrity and values which formed this great nation.

The Women’s Leadership Committee has had a few changes. Region 2 re-elected Frances Alt as chair and Linda Burgess as vice-chair; Region 4 has again chosen Beckie Jack as chair and Robyn Yeager as vice-chair. Region 5 chair is Becky Ammons, and vice-chair is Helen McClain; Region 6 chair is JoEllen Blair and vice-chair is Norma Davis; and Region 8 selected Ethel Nash as chair and Mary Clay as vice-chair. We thank all the ladies for their hard work and extend our appreciation to those who went off the WL Committee.

The board elected JoEllen Blair as state chair; Pam Hessler as state vice-chair and Mary Clay as state secretary. The WLC has a busy year ahead and we can only accomplish this with the help of all the county Women’s Leadership Committees and their input.

We continue to work with Food Check-Out. Next year’s observance is February 18-23, 2013. Remember to collect food, pop tabs, baby blankets and/or stuffed animals for the children. For those of you who are unable to set up food collections, you can contribute monies to aid the Ronald McDonald Houses. If you are able to go to the houses when we distribute food, it truly is a great experience. We will let you know the exact dates when we will be shopping and visiting each house very soon.

Remember our Progressive Agriculture Safety Days, Ag in the Classroom (there are books and information at the state office for ideas for Ag in the Classroom), and also ideas for reaching the people in your counties to help them understand what we are and what we do.

Don’t forget the Flora Turner Youth Speech Contest for 14-19 year-olds. This year was very successful with six contestants, and I congratulate all the counties that participated. The first place winner was Katie Bohrer, from Berkeley County. Second place went to Sierrah Gaddy from Cabell County. Clebe Shaw of Mason County took third place. If you have any suggestions for topics for the 2013 contest, please contact Bill Aiken or any of the members of the WLC. We will be choosing the topics at our March meeting.

A bit of sad news: November 18, 2012, saw the death of Libby Layman, who represented Region 2 for several years. Our sympathies go out to her family. We will present agriculture books to be placed in Libby’s county school in her memory.

I hope each of you had a Happy Thanksgiving and wish each of you a very Merry Christmas. God bless and keep you safe in the new year.

JoEllen

SAWMILL EXCHANGE
North America’s largest source of used portable sawmills and commercial sawmill equipment.
Over 800 ads. Call for a free list or to sell your equipment.
800-459-2148
http://www.sawmillexchange.com
Facts, Friends, Food and Fun at the 2012 Annual Meeting
More than 300 members and friends of the West Virginia Farm Bureau gathered on November 9th - 11th at the Days Hotel and Conference Center in Sutton to conduct their 93rd Annual Meeting.

Elections for state leadership positions were held on the last day of the meeting. The voting delegates once again chose Charles Wilfong of Pocahontas County to serve as president. John Pitsenbarger of Nicholas County was chosen to serve as vice president.

This year, Regions 1, 3, 5 and 7 chose directors to serve on the WVFB board. Elected from Region 1 were Doug Stolipher and David Parker; from Region 3, John Pitsenbarger, Philip Gregg and Roger Hanshaw; from Region 5, Steve Hannah and Mike Morris; and from Region 7, Clyde Bailey, Bill Stewart and Paul Cummings. JoEllen Blair from Wood County will again serve as chair of the WVFB Women’s Leadership Committee, and Charles Wilfong II, from Pocahontas County, will serve as the chair of the WVFB Young Farmer Committee. In addition, both will serve on the WVFB board.
Roasted Lemon-Garlic Chicken
Prep Time: 20 minutes
Cook Time: 1 hour 40 minutes
Yield: 4 servings
Chicken:
- Crisco® Olive Oil No-Stick Cooking Spray
- 1 tablespoon Crisco® Pure Olive Oil or Crisco® Light Tasting Olive Oil
- 1/2 teaspoon oregano
- 1 teaspoon minced garlic
- 1 (4 to 5 pound) whole chicken, rinsed with neck and giblets removed
- Salt and pepper
Gravy:
- 1/2 cup cold water
- 1/4 cup milk
- 1 (0.87 to 1.2 ounces) package chicken gravy mix
- 1/2 teaspoon oregano
- 1 teaspoon minced garlic
- 1 1/2 teaspoons fresh lemon juice

1. Heat oven to 400°F. Spray a shallow roasting pan with rack with no-stick cooking spray.
2. Mix oil, oregano and garlic. Brush mixture over entire chicken. Season chicken liberally with salt and pepper. Place in prepared pan, breast side down; let stand 30 minutes. Turn chicken breast side up.
3. Roast 65 to 70 minutes, basting occasionally. Chicken is done when meat thermometer registers 170°F or when juices run clear when thickest part of thigh is pricked. Transfer chicken to carving board; tent with aluminum foil. Allow to rest 10 minutes.
4. Skim grease from the pan drippings. Place 1/4 cup skimmed pan drippings into small saucepan. Add water, milk, gravy mix, oregano, garlic and lemon juice to pan. Cook, stirring constantly until gravy thickens.
5. Carve chicken. Place on serving platter. Serve with warm lemon-garlic gravy.

FAMILY FEATURES

Roasted Lemon-Garlic Chicken
Prep Time: 20 minutes
Cook Time: 1 hour 40 minutes
Yield: 4 servings
Chicken:
- Crisco® Olive Oil No-Stick Cooking Spray
- 1 tablespoon Crisco® Pure Olive Oil or Crisco® Light Tasting Olive Oil
- 1/2 teaspoon oregano
- 1 teaspoon minced garlic
- 1 (4 to 5 pound) whole chicken, rinsed with neck and giblets removed
- Salt and pepper
Gravy:
- 1/2 cup cold water
- 1/4 cup milk
- 1 (0.87 to 1.2 ounces) package chicken gravy mix
- 1/2 teaspoon oregano
- 1 teaspoon minced garlic
- 1 1/2 teaspoons fresh lemon juice

1. Heat oven to 400°F. Spray a shallow roasting pan with rack with no-stick cooking spray.
2. Mix oil, oregano and garlic. Brush mixture over entire chicken. Season chicken liberally with salt and pepper. Place in prepared pan, breast side down; let stand 30 minutes. Turn chicken breast side up.
3. Roast 65 to 70 minutes, basting occasionally. Chicken is done when meat thermometer registers 170°F or when juices run clear when thickest part of thigh is pricked. Transfer chicken to carving board; tent with aluminum foil. Allow to rest 10 minutes.
4. Skim grease from the pan drippings. Place 1/4 cup skimmed pan drippings into small saucepan. Add water, milk, gravy mix, oregano, garlic and lemon juice to pan. Cook, stirring constantly until gravy thickens.
5. Carve chicken. Place on serving platter. Serve with warm lemon-garlic gravy.

Ripe vegetables, fresh herbs and fragrant spices all lend vibrant, bold flavors to mouthwatering meals that are worth lingering over with friends. This is what Mediterranean cooking is all about.

Add some Mediterranean inspiration to your everyday meals with these recipes using Crisco® olive oils to help you turn an ordinary meal into a memorable one.

Use extra virgin olive oil to add a full-bodied flavor to salads, vegetables and meats. Pure olive oil offers a mild, subtle olive flavor with a hint of fruit to sautés and stir-fries. Light tasting olive oil is ideal as an all-purpose cooking oil that can be used for sautéing, roasting vegetables or in baked goods like muffins, cakes and brownies. For more recipes, visit www.crisco.com.
Mediterranean Essentials

Fresh and flavorful ingredients are the key to great Mediterranean cooking, so keep some of these essential ingredients on hand:

- **Vegetables** — tomatoes, onions, shallots, peppers, carrots, spinach, eggplant
- **Grains** — pasta, couscous, oats, barley, corn, rice
- **Beans and legumes** — chickpeas, cannellini beans, lentils
- **Dairy** — yogurt, unsalted butter
- **Fresh herbs and spices** — cumin, garlic, rosemary, fennel, oregano, basil
- **Cheese** — Parmigiano-Reggiano, pecorino, ricotta, Manchego, feta
- **Condiments** — olive oil, balsamic vinegar, olives, capers, honey

**Mediterranean Linguine with Basil and Tomatoes**

Prep Time: 10 minutes  
Cook Time: 15 minutes  
Yield: 8 servings

2. Heat olive oil in large skillet on medium heat. Add tomatoes and garlic. Cook and stir 2 minutes or until tomatoes are soft. Remove from heat. Stir in vinegar and pepper flakes.
3. Drain cooked pasta. Add to skillet. Cook and stir 1 minute or until pasta is coated and hot. Remove from heat. Season with salt and pepper. Stir in basil and cheese. Serve with additional cheese, if desired.

**Lavender Olive Oil Cake with Honeyed Ricotta**

Prep Time: 20 minutes  
Cook Time: 55 minutes  
Yield: 8 to 10 servings

1. Heat oven to 350°F. Spray a 9 x 5-inch loaf pan generously with baking spray; set aside.
2. Combine flour, baking powder and salt in a small bowl. Whisk together sugar, orange peel, lavender and pepper in a large mixing bowl until evenly distributed. Add yogurt, eggs and olive oil; continue whisking until smooth. Whisk in vanilla. Add flour mixture and gently whisk in until just combined. Scrape batter into prepared pan.
3. Bake 55 minutes or until a toothpick inserted in center comes out clean. Cool in pan 5 minutes; remove from pan and cool completely.
4. Whip cream with an electric mixer until soft peaks form. Add honey and continue to whip until stiff. Add ricotta cheese, a dollop at a time, and beat until fluffy. Slice cake. Top slices with honeyed ricotta and sprinkle with lavender.
You can rely on Nationwide Agribusiness, too. They’re the #1 farm insurer in the U.S. They’re also the only company with On Your Side® Farm Reviews that help make sure your farm has the coverage you need at the right price for you.

Dale Earnhardt Jr.

Farm Bureau members have another reason to choose Nationwide Agribusiness — lower farm insurance costs. Farm Bureau members can save up to 7% on their farm insurance. Call 888-370-3870 today or visit nationwide.com/WVFB