4th Annual Regional Cookout & Meet the Candidate Night

Farm Bureau is providing a terrific opportunity for folks to meet and become more informed about candidates running for office in 2016, while enjoying delicious food and fellowship!

On Saturday, August 1, 2015, the 4th Annual Regional Cookout will be held at the Roane County Fairgrounds, on highway 119 south of Spencer.

Social hour begins at 5:30 and the meal will be served at 6:30.

Bring a chair and a covered dish to share – Farm Bureau will provide meat & the cooks!

For more information, call Don Fleming at 304.464.4261 or Marge Marshall at 304.927.2086. Don’t miss this chance to be more informed about the choices you make at the ballotbox!

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 joanhwvfarm.org.

60th Annual Forestry Camp for Youth in July

Young adults, ages 16-20, who are interested in forestry can attend Forestry Camp, held July 19-25 at rustic Camp Mahonegon, on the Upshur/Randolph County line. The camp provides the perfect natural setting needed to study forests and streams, with five full days of rigorous forestry training including: Chain Saw Safety; Cruising Timber; Fire Protection; Forest Insects & Diseases; Forest Management Techniques & Plans; Leaf Collecting; Monitoring Water Quality; Studying Forest Ecosystems; Tree Identification; Wilderness Areas & Forest Recreation and Wood Industry Tour.

Evening recreational activities include softball, volleyball and camp meetings. The camp culminates in a Woodmen’s Competition where campers compete in events that include log rolling, cross cut sawing, tree identification and pacing.

Full scholarships are available. To apply for a scholarship or for more information contact: West Virginia Forestry Association, P.O. Box 718, Ripley, WV 25271 or call (888) 372-WOOD; or download the application at http://www.wvforestry.com/summercamp.cfm. The deadline is June 29.
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**On the cover**
Cow 3
Joan Harman

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West Virginia Farm Bureau News
The Voice of Agriculture in the Mountain State

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American Consumers Should Have the Right to Choose

Charles Wilfong, President, West Virginia Farm Bureau

On May 18, the World Trade Organization (WTO) issued its final ruling on the challenge by Canada and Mexico of the United States’ COOL (Country of Origin Labeling) requirements for beef, pork and chicken. The requirements would make retail outlets label where the beef, pork and chicken they sold were born, raised and slaughtered.

These requirements were implemented in 2009 and were challenged to the WTO shortly thereafter by Canada and Mexico. In 2012, the WTO initially ruled in favor of Canada and Mexico. The U.S. appealed, and made modifications to the requirements last year. The May 18th decision denied the appeal, and gives Canada and Mexico the right to implement sanctions and tariffs on a variety of U.S. products, including agricultural products.

Congress is already moving toward repealing COOL. In other words, we are surrendering. This is the wrong approach.

The United States should never have entered into a trade agreement that did not allow for consumers to have the basic right to know where their food comes from. Canada and Mexico claim that COOL puts their products at a disadvantage. But why should our consumers not be allowed to choose? As long as Canada and Mexico produce worthy products, what is the problem? Or do they want to hide behind the proven quality of U.S. products? American farmers should be able to capitalize on the good job they do, producing products of high quality and purity.

We do not want to have a trade war with our two largest trading partners, but we shouldn’t surrender our sovereignty, either. Surveys show 9 out of 10

see Wilfong, page 20

Planting the Seeds for Smart Corporate Policy

Bob Stallman, President, American Farm Bureau Federation

These days it seems as much policy comes from the corporate boardroom as from Congress. Some corporate directors are hurriedly bowing to pressure not from their customers, but from vocal activists. The result is corporate policies that forbid farmers and ranchers from using tools to maximize production, protect the environment or care for animals.

Smart companies listen to their customers – and their suppliers. They collect all the facts before making decisions, rather than just responding to whoever is complaining the loudest. Through our corporate advocacy program, Farm Bureau is working to help companies understand the reasons why farmers and ranchers use certain production methods, and how blanket prohibitions can harm farm profitability and therefore sustainability, as well as the reliability and even the safety of our food supply.

We don’t expect large corporations – even the ones that make their living selling food – to be experts in what it takes to run a farm every day. That’s our job. Farmers and ranchers are committed to providing customers what they need and want. But companies need to better understand how we keep store shelves and dinner tables full, and what it takes to do so while protecting the environment and keeping animals healthy.

see Stallman, page 20
As summer approaches, discussion is beginning to heat up regarding West Virginia’s next gubernatorial election, as well as our nation’s 2016 presidential race. Prepare to be smothered by an onslaught of facts and fiction, including some well-planned character assassination, as various unscrupulous parties get involved in the campaign process. I thought West Virginia House Judiciary Chair John Shott nailed it when defending a piece of legislation during our recent legislative session – “Come November, sometimes the truth is a stranger to what is reality!”

It is easy to be turned off by media overload going into an election, particularly when it starts so early and often focuses on misinformation, laced with the negative. But it is critical for voters to be “turned on” throughout the process – studying the candidates and issues, sorting through the mixed messaging to make informed, responsible decisions come next May and November. Many local Farm Bureau organizations will provide “meet and greet” opportunities involving those running for public office. Be sure to take advantage of those occasions when one comes to your area. One such event, a regional “meet the candidate” cookout, will be hosted on Saturday, August 1, by Roane County Farm Bureau. Details will be forthcoming.

My wife and I had the opportunity recently to participate in a meeting of the Constitution Advocates, another group that takes elections very seriously. For those unfamiliar with the group, it consists of conservative-minded citizens from northwestern and southwestern West Virginia – Democrats, Republicans and Independents. Their stated purpose is: “To educate ourselves and others on the Constitution and the principles that were used by the Founding Fathers as the building blocks for its development. Our group believes that once individuals understand the Constitution and the principles upon which it stands that they will elect representatives who will live by the principles and the Constitution in the process of governing this great nation.” On this particular night at the public library in St. Marys, eleven counties were represented (including state and federal government) as the Advocates hosted a recognition party to commemorate Senator Donna Boley’s milestone of 30 years of dedicated public service to the citizens of our state. One common theme surfaced as various individuals made comments – Donna Boley is the people’s senator! Numerous constituents applauded her efforts to listen and take action. I often note most of the public has no clue of the sacrifices made by the dedicated public servant – on call 24-7, 365 days a year; 12-16 hour work days during the legislative session; often eating on the run, if at all; countless emails, phone calls and meetings; and thousands of miles traveled per year. Depending on the volatility of the issues being debated, you can also include being subjected to character assassination and death threats. Multiply all of the aforementioned by 30 years and counting, and it equates to a remarkable commitment to the citizens of West Virginia. Congrats Senator Boley!

Speaking of being on call 24-7, 365 days a year, I leave you with my favorite church marquee of the month – “God Chats 24-7; Knee Mail Him!” Have a great summer FRIENDS, God bless you and your loved ones, and God bless America . . . and of course, KEEP SMILING.
When drivers are negligent, they can cause accidents and claim lives. But even everyday habits can have the same effect. The Insurance Institute for Highway Safety estimates over 32,000 auto accident deaths occurred in the United States in 2013. Let’s look at some all-too-common habits that can cause auto accidents and tips for avoiding them.

1. Driving Under the Influence

Driving under the influence of drugs or alcohol is the leading cause of auto fatalities in the U.S. A study by the CDC blamed alcohol for about 30% of traffic-related deaths in 2012. Alcohol isn’t the only substance that can impair drivers – in a 2013 study, nearly 10 million drivers reported driving under the influence of illicit drugs. Alcohol and drugs impair reasoning and reflexes, which is why many drunk drivers (or “buzzed drivers”) overestimate their ability to drive safely or believe they won’t get caught. Planning ahead can save lives – take a cab or designate a sober driver, and make sure your friends do the same.

2. Distracted Driving

Distracted driving is any activity that involves drivers looking away from the road, including talking, eating and adjusting the radio – but smartphones have taken distracted driving to a new level. Cell phone distraction is responsible for up to 1 in 4 car crashes in the U.S. Cell phone use poses a special threat because it involves high-attention activities like texting, surfing the internet, and even taking selfies while driving. Using cell phones while driving is so pervasive (and deadly) that drivers of all ages are pledging to not text and drive.

3. Speeding

Speeding has been a consistent factor in motor vehicle crashes and fatalities for decades. Although the number of speeding-related fatalities has dropped over the years with tighter restrictions and safer vehicles, the IIHS reported that speeding was a factor in 29% of traffic fatalities in 2013. Driving faster than the posted speed limit increases the chances of collision on its own, but often occurs with other risky behavior, such as distracted driving, aggressive driving (or “road rage”) and even drunk driving.

4. Driving Without a Seatbelt

Wearing a seatbelt can dramatically reduce or prevent injuries, yet many drivers don’t consistently wear one. According to the CDC, seatbelts can reduce serious crash-related injuries and deaths by about half. Not wearing a seatbelt is particularly common in young people (ages 18-34), who are less likely to wear one than other age groups. Furthermore, men are 10% less likely than women to wear seatbelts.
“My Friends all hate their Hearing Aids. I love mine!” Here’s why...

“Hearing aids cost thousands of dollars! That’s too expensive!” Not with MDHearingAid. Our FDA-Registered hearing aids have the same digital technology and advanced features as the expensive brands to provide clear sound and effortless natural hearing for a fraction of the cost.

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“You need to go back to the office so often for adjustments.” MDHearingAid hearing aids come shipped to your door pre-programmed for the most common types of hearing loss. You simply choose the volume settings that best suit your needs in the comfort of your home.

“My friend had hearing aids that whistled all the time. It was embarrassing!” The MDHearingAid AIR has advanced feedback technology that virtually eliminates whistling.

“You have to change the batteries every few days.” Batteries can last up to 3 weeks in the MDHearingAid AIR (amongst the longest in the industry).

“I don’t want anyone to know I am wearing hearing aids.” The MDHearingAid AIR fits discreetly behind your ear. With clear tubing and a small size, no one will know you are wearing them.

“My friend just put her hearing aids in the drawer and never wears them.” At MDHearingAid, we want our customers to hear everything they have been missing and love their new hearing aids; which is why we have doctors, audiologists, and hearing instrument specialists available 24/7 to help you get the best possible result.

“What if they don’t work for me?” With MDHearingAid you have the reassurance of a generous 45-Day return policy. If you are not fully satisfied with your MDHearingAid, you are eligible for a 100% refund. Even the shipping is free!

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For more than 40 years, the U.S. Fish and Wildlife Service has been tasked with the protection of plants and animals facing the threat of population decline, habitat loss and extinction. As the nation’s attention turned to environmental issues in the 1970s and 80s, Congress began to take on popular concerns and passed a number of bills that continue to govern the way we protect America’s resources today. While our environment has seen many benefits since that time, recovery of threatened and endangered species continues to be an abysmal failure.

Lawmakers, however, have done little to change this course. Congress has been unable or unwilling to provide meaningful changes to the Endangered Species Act in more than 25 years. Meanwhile the FWS and the National Marine Fisheries Service have free reign to fundamentally alter and increase the regulatory strength of the ESA through rulemaking after rulemaking. Today, the ESA provides “protections” for nearly 1,600 domestic species at a cost of $1.75 billion annually. Nearly 300 new species have been listed during the Obama administration.

The primary goal of the ESA today is to list new species. Radical environmental groups monopolize the petition process with sue-and-settle tactics that bully the government into addressing hundreds of species petitions. And taxpayers are left with the legal bill. More than 120 species have been listed as a result of these sue-and-settle tactics, with another 100, or more, court-mandated listing decisions scheduled by 2018.

Federal agencies are then left tangled in bureaucratic red tape and financial constraints: The FWS and NMFS are unable to do their primary job of actually recovering and, ultimately, delisting threatened and endangered species. Rather, an endangered or threatened listing has become a death row sentence for species with little to no hope for recovery.
The new status quo is unacceptable. While the environmental industry rakes in millions of taxpayer dollars, endangered species are left with meaningless federal protections that provide no pathway to recovery. While federal agencies craft new regulations to expand their authority and control more land, business owners and rural communities are excluded from creating workable conservation plans.

It’s time for a change of direction. Congress needs to work with states and the agricultural community to create and pass legislation that reforms the ESA with four key components:

1) Prioritize active recovery of currently listed species over adding new listings;
2) Empower state and local governments to lead local species recovery and management plans;
3) Ensure that sound, peer-reviewed science and economic analysis is required in all ESA decisions;
4) Incentivize private landowners’ voluntary species conservation efforts.

During a recent Senate Environment and Public Works Committee hearing, FWS Director Dan Ashe noted that it is possible to bring people of goodwill together to find practical solutions for overdue improvements to the ESA. We agree with Director Ashe that legislative reform of the ESA is indeed possible, and argue that these substantive reforms are long overdue.

The scope and reach of the ESA is far more expansive today, covering activities and situations not contemplated when it was originally enacted. But Congress can improve the processes and procedures it put in place 40 years ago so that the ESA better serves both the needs of endangered species and the people most affected by implementation of the law. AFBF will continue to seek out new partners in Congress as we work together to identify and pursue timely improvements to the ESA.

Ryan Yates is a director of congressional relations at the American Farm Bureau Federation.
Farming is a business of uncertainty, but here’s something you can count on.

Chevrolet presents this exclusive $500 private offer towards the purchase or lease of an all-new Chevy Silverado — the 2014 North American Truck of the Year. From the family of the most dependable, longest-lasting full-size pickup in America, rest assured your Silverado will keep you working without skipping a beat.

Call us today to learn more about our current promotions.
Tell us about the place where you live: Bridgeport, West Virginia is my mailing address; however, we live outside of town (about 10 minutes) on a 180-acre beef cattle farm in the community of Brushy Fork.

What values do the people in your community share? Bridgeport is a community of givers. No matter the cause, we seem to always have the resources (whether they be financial, necessary tools and/or equipment, man and/or woman power) to do what’s needed. Whether it is to re-work a youth baseball field or come together to support one of the members of our town who has been diagnosed with an illness, the town of Bridgeport always comes together. Another prime example is the “Light Up” night that our city and local businesses put together to begin the celebration of the Christmas season. It is truly remarkable the amount of people that come out for this event and the sense of town spirit and pride one feels as they walk down Main Street and hear the holiday music and see everyone conversing with each other.

How important is community involvement to your agency? It is of the utmost importance! You want to give back and support those who support you and your business.

How do you continually provide the On Your Side experience to customers? Through customer service! We aren’t an internet business; we are in our community with an open door, ready to be there if needed. No automated answering machine – it is personal service. When buying insurance through our agency you are paying for a service and we differentiate ourselves from everyone else by the “ON YOUR SIDE” experience. I like to think that we still offer that old-school, small town feel to the business, even in today’s hustle and bustle. Our policyholders come in our office and we discuss their families, their business and what is going on in their lives...they are not just a number. If we see something when their policy crosses our desk and we feel it needs to be addressed, we get on the phone and let them know. It

*see Home Grown, page 23*
Farmland Movie DVD Available for loan to County Farm Bureaus

County Farm Bureaus that want a great program for their regular or for special meetings can now borrow a copy of the movie “Farmland” from the WVFB office.

From the promotional website: “Through this film from award-winning director, James Moll, you’ll step inside the world of farming for a first-hand glimpse into the lives of young farmers and ranchers. Learn about their high-risk/high-reward jobs and passion for a way of life that has been passed down from generation to generation, yet continues to evolve.”

This is a powerful movie that helps the public understand the work farmers do. Invite non-members to your meetings and use this as a tool to reach out and help others understand agriculture better.

Call Steve Butler at 800-398-4630 to reserve a copy for your next meeting!
Identification and control of invasive knotweeds

*Introduced from Asia in the late 1800s, invasive knotweeds are prevalent throughout West Virginia, especially along stream and river banks.*

Based on their ability to spread and regenerate through extensive underground rhizomes and to displace native plants, they are considered to be highly invasive and obnoxious.

**Identifying knotweed**

Invasive knotweeds are recognized by their hollow stems, tall-growing habit, prominent leaves, and vibrant autumn displays of white flower clusters. There are three knotweeds: 1) giant knotweed with large, heart-shaped leaves the size of printer paper; 2) Japanese knotweed with spade-shaped leaves half the size of printer paper; and 3) Bohemian knotweed with characteristics that fall in between.

Similar approaches may be followed to manage all species of invasive knotweeds. Age and extent of the infestation, sensitivity of the area to a control method, and availability of equipment and professional services should be taken into consideration prior to managing knotweeds.

**Mechanical control**

Mechanical knotweed control methods are time-consuming and labor-intensive. Frequent removal of top-growth by repeated cutting may eventually kill a knotweed colony. Digging, grubbing, hoeing, and cultivating are not recommended unless all the underground parts are completely removed and burned.

**Chemical control**

Chemicals provide a cost-effective method of knotweed control if applied carefully and consistently. Established stands may require multiple herbicide applications over several years. For best results, cut back knotweeds after complete emergence in spring, allow them to regrow, then apply an herbicide in late summer or early fall. Do not apply the herbicide under drought-like soil conditions.

Effective herbicides for knotweeds are 1) glyphosate (Roundup® with various formulations for terrestrial use or Rodeo®/Shore-Klear® when spraying near water) and 2) imazapyr (Arsenal for terrestrial use or Habitat for aquatic use).

If using 4 lb/gal (41%) glyphosate formulation, a 4% spray solution (5.1 oz product/gal water) may be used. If using a 5.5 lb/gal (49%) formulation of glyphosate, a 3% spray solution (3.8 oz product/gal water) may be used. Add a surfactant (sticker) such as methylated seed oil at the rate of 1.25 oz/gal water, especially if a generic formulation is used. Spray to wet most (>80%) of the foliage without creating dripping droplets.

Due to its persistent nature and potential to cause injury to nearby vegetation, imazapyr is best applied by a professional. Foliar applications require a 2% solution (2.6 oz product/gal. water) of Arsenal or Habitat, with surfactant at 1.5 oz/gal of water for Arsenal, and 2.5 oz/gal of water for Habitat.

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*continued on page iii*
Baleage best management practices

Plastic-wrapped round bale silage or “baleage” is forage that is preserved by anaerobic (without oxygen) fermentation. Bacteria ferment forage sugars into acids which lowers the pH (preferably to ≤ 5.5) and preserves the forage. Good anaerobic fermentation needs proper bacteria, a high sugar content, and no oxygen.

Farmers are advised to follow these best management practices (BMPs) to make high quality baleage:
1. Harvest early growth forage high in sugar.
2. Mow without conditioning into a wide swath for exposure to sunlight.
3. Wilt to 50 to 60% moisture.
4. Don’t ted forage.
5. Bale a tight, dense bale to remove oxygen.
6. To exclude oxygen, wrap bales in plastic within 2 hours, using 6 mils of plastic (8 mils is better) with 50% overlap and 50% stretch.
7. Store bales with the multi-layer plastic end on the ground.
8. Inspect stored bales weekly. Repair tears and holes to prevent spoilage.

Moisture and pH
Moisture was the most important management factor determining good fermentation. Baleage within the 50 to 60% moisture range fermented well (pH 4.9) but baleage with <50% moisture did not (pH 6.0). There were two exceptions:
Baleage in the 50 to 60% moisture range that was rained on following cutting did not ferment well (pH 5.8).

Bales should be covered tightly with 6 to 8 mils of plastic for best results.

Baleage with <50% moisture fermented well (pH 5.3) if bale density was 20 to 30 lb/ft³.

When moisture was >50%, bale density had little effect on pH. As moisture dropped from 50 to 30%, bale density had to increase from 20 to 30 lb/ft³ to maintain a pH below 5.5.

Baleage with higher total digestible nutrients had lower pH since there was more sugar in these early cut fields. Cutting forage without conditioning tended to result in lower baleage pH. Not tedding tended to reduce heat damage but had little direct effect on pH. Since tedding requires another field operation, we don’t recommend tedding when making baleage.

Baler equipment and pH
Variable chamber balers generally produced better fermentation than fixed chamber balers (0.2 pH units below vs. 0.6 pH units above average). However, when we looked at like balers on different farms, we found wide variation in pH (from 0.3 units below to 0.6 units above average), indicating that baler adjustment, maintenance and operation are as important as baler design in limiting baleage pH variation.

Thickness of plastic
WV farmers wrap baleage with too little plastic, averaging <6 mils of plastic on...
Rethink Your Drink campaign for making healthy choices

An easy way to improve your health is to drink more water.

In light of the popularity of unhealthy sugar-sweetened beverages in the U.S., health organizations tell us: “Rethink your drink!” Americans have a huge appetite for sugar-sweetened beverages (SSBs), including soft drinks, sports drinks, coffee, energy drinks, juice, teas, punch, flavored milk, or any drink with added caloric sweeteners, and our waistlines, wallets and landfills can prove it.

Trends and statistics
Half of Americans drink SSBs daily, and the average American drinks 39 to 50 gallons of SSBs a year. This equates to 14 to 17 ounces a day, or 9 to 12 pounds of sugar a year. Compared to other drinks, soft drinks create the greatest revenue.

Impacts of SSB consumption
Drink choices have a big impact on personal health, finances and the environment.

- Overconsumption of SSBs is associated with unhealthy weight. SSBs have accounted for at least 20 percent of Americans’ weight gain in the past 30 years. They are also linked to higher risks of developing type 2 diabetes, high blood pressure, gout, and certain cancers. Sugars and acids in drinks, even diet drinks, often lead to costly dental problems.

When SSBs replace nutrient-rich milk and foods, additional problems may occur, such as poor bone health.

- SSBs can drain a household budget. A family of four that buys $5 twelve packs and drinks eight SSBs a day could save $608 if they all cut back to one drink a day. Buying just one $3 coffee a day costs $1,095 a year. Switching to tap water in a refillable water bottle could move that cash back into your pocket.

- A household of four can generate 1,460 pieces of garbage a year if each member discards just one SSB bottle a day. Americans toss 35 billion plastic bottles annually. These often end up in landfills or along roadsides, especially in rural areas that lack recycling services.

- Aluminum cans and plastic bottles can take 200 to 500 years or up to 1,000 years respectively to degrade in a landfill. Choosing a reusable water bottle instead can make a huge difference in reducing waste and landfill use.

Making choices
Be a role model. Encourage your children, family and friends to try these simple tips:

1. Talk with your family about SSBs and their negative health, financial and environmental impacts.

2. Make note of day-to-day habits and monitor your progress. Children like to track their choices on a refrigerator chart.

3. Drink water and milk with meals.

4. Keep a dispenser of water or ready-to-go reusable water bottles handy.

5. Make plain water tasty with slices of fruits, cucumber, mint, etc.

6. Dilute juice with sparkling water.

7. When you do opt for a sweet drink, go for the smallest size.

8. Read labels. Every four grams of sugar equals one teaspoon.

Make every sip count. Improve your health, budget, and the environment by choosing water and low-fat milk instead of sugar-sweetened beverages.

For additional information contact your local WVU Extension office or go to fh.ext.wvu.edu/food/recipes/beverage-recipes/fruit-infused-water or cdph.ca.gov/programs/wicworks/Pages/WIRC rethinkYourDrink.aspx

By Elaine Bowen, WVU Extension Specialist – Health Promotion; Emily Cobun, WVU Graduate Research Assistant; Lauren Prinzo, WVU Marion County Families and Health Extension Agent

Identification and control of invasive knotweeds

Stem injections are appropriate if the stand is smaller than an acre and relatively sparse (less than 2,500 canes/acre). A stem injector may be used to apply 3 to 4 ml of the concentrated glyphosate to the base of as many canes as possible, slightly above the soil level.

Monitor and reseed
Monitor the treated area during the following season to determine the need for repeat applications. After knotweed is controlled, the exposed areas may be reseeded with a desirable seed mixture. If imazapyr was used, collect soil samples and test for seed germination to ensure the absence of herbicide residues.

By Rakesh Chandran, WVU Extension Specialist – Weed Science
Try this new leafy green vegetable

New types of leafy greens are suited for growing in West Virginia.

Leafy greens are popular in both the diets and gardens of West Virginians. Typical leafy greens grown in our state include lettuce, spinach, chard, kale and mustard.

Over the past five years, I have been evaluating new types of leafy greens to determine their suitability for production in West Virginia. A specific leafy green performs well in both the cool and warm temperatures of the Mountain State.

Asian greens

With the common name “komatsuna” (Brassica rapa var. perviridis), this Japanese mustard has a very mild flavor and can be prepared like spinach. Unlike spinach, however, komatsuna will not easily bolt (go to flower) in high temperature growing conditions. Komatsuna’s flavor can be described as a cross between cabbage and a mild mustard green. Asian greens are high in vitamins A and C as well as calcium, iron and fiber and may be incorporated into any healthy diet.

Growing and harvesting

Komatsuna is a versatile green that can be planted as early as spring cabbage and as late as fall spinach. It can also be direct-seeded or transplanted. If you plan to harvest the greens as small leaves, broadcast seeding is recommended, no thinning is necessary, and leaves can be harvested after four weeks. If you prefer to harvest full-sized leaves, komatsuna can be seeded or transplanted every 12 to 18 inches. If transplanting, use a 4- to 6-week-old plant.

The full-sized komatsuna leaves are harvested similarly to kale and are ready approximately 45 days after seeding. Store leaves in a plastic bag and refrigerate immediately after harvest. A full-grown komatsuna plant will be about 18 inches tall and can be of the red or green variety.

Mulching

I don’t recommend mulching komatsuna with hay or straw since this promotes slugs. Flea beetles and cabbage worms can also be pests of komatsuna. Spinosad and Dipel can be used to suppress or eradicate these pests.

Sample seeds

Komatsuna seed is not yet found at local garden centers in West Virginia. Small samples of seeds are available to interested gardeners while supplies last. For more information or to request seeds, please email Lewis.Jett@mail.wvu.edu.

By Lewis W. Jett, WVU Extension Specialist – Commercial Horticulture

Baleage best management practices

– continued from page ii –

the sides of the bales. Producers should check the adjustments on their wrappers to ensure that adequate plastic is being used, especially if they intend to hold baleage over a second season.

This study confirmed that following BMPs is important when making baleage; particularly harvesting high quality forage, wilting it to 50 to 60% moisture, baling it tightly, and wrapping it with adequate plastic within 2 hours.

By Ed Rayburn, WVU Extension Specialist – Agronomy
Is there something missing?

How about cash back from your lender?

Since 2001, we’ve returned more than $183 million to farmers like you. In addition to our already competitive rates, our refunds further reduce your cost of borrowing, which means a few more horses, a new tractor, a tropical vacation, or whatever else you happen to be missing.

Only one lender shares its profits with its customers—Farm Credit. Call us. We’re the experts.

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NMLS# 456965
Never Mind the Will – What About Joint Accounts?

Emily R. Lambright
In my most recent article for the West Virginia Farm Bureau News, we discussed what happens when you die without a will. Based on the number of follow up telephone calls that I received after that article was published, it is clear that many of you have concerns about what it means to die without a will.

A will can be the most important document that you ever sign, so naturally you want the will to do what you intend it to. Which it should, unless the title to your property or bank accounts contradicts the will. Many people do not know that as important as a will is, a will only controls the part of your assets that is considered to be the “probate estate.” So, what property may not be controlled by the will?

Your farm or house, possibly depending on what your deed says. When you buy real estate in West Virginia with another person (such as your spouse), you can hold the title as either:

“Tenants in common” which means that if your spouse dies before you, his or her share goes into their probate estate and is controlled by the terms of the will (or by state law if there is no will); or “Joint tenants with rights of survivorship” which means that if your spouse dies before you, his or her share goes directly to you and bypasses the probate estate entirely. A will would not control the property in this event.

Your bank accounts, depending on what the bank signature card says when you opened the account. Just as with the deed on your real estate, some joint checking accounts pay automatically, at your death, to the other person on the account. Some joint accounts go into the probate estate and pass by the terms of the will. Accounts can also be “payable on death” or “transfer on death,” which means that at your death, the account will automatically become the property of the person you name. It will not pass through the probate estate and a will does not control the property. The same is true for stock accounts and other brokerage accounts.

Life insurance, unless payable to the estate, is not controlled by the will. When you sign up for the life insurance, your insurance agent will ask you to name a beneficiary (and normally a secondary beneficiary as well, in case the first beneficiary you name is not living when you die).

Retirement/pension accounts are rarely controlled by the will. As with life insurance, when you start a retirement account like a 401(k) or IRA, the company administrator will ask you to name a beneficiary. The same is true if you are one of the few people who can still claim a traditional pension benefit. Please make sure you know who your beneficiary is, particularly if you have been divorced and your ex-spouse is still listed as your beneficiary!

Your vehicle, depending on what your car title says. Just as with real estate and bank accounts, a vehicle can be titled jointly, in which case the survivor owns the entire car at the death of the other person named on the title. The will does not control the vehicle in that case.

Using a joint account or naming a beneficiary is not wrong. In fact, people in West Virginia are more likely to do that as a way to pass on their property than to have a will made. However, if a person is going to have a joint account or name a beneficiary, then that person needs to make sure that the account titles do not contradict information in his or her will. If you put your will in one corner, your joint accounts in the other corner and let them “duke it out,” the will loses every time. Since the will contains what you really want to have happen to your property, you need to make sure your accounts and beneficiaries designate the same information. So, next time you stop into the bank, please take a minute and check the bank signature card on your account(s).

As always, this material is for informational purposes only and is not meant as legal advice. Please consult with your legal advisor regarding your personal situation.

Emily R. Lambright is a senior associate attorney in the Charleston office of Bowles Rice LLP. Licensed as a certified public accountant (CPA), she has experience in wills, trusts, estates and business succession planning. For more information, please contact Ms. Lambright at (304) 347-1100.
Driving, continued

Whether you’re going on a road trip or going around the corner, wearing a seatbelt is one of the easiest ways to keep safe on the road.

5. Driving While Tired
According to the NHTSA, more than 83,000 crashes, and over 1,000 fatalities a year are the result of drowsy driving. Driving while tired has similar effects as drunk driving: slower reaction times, decreased awareness and impaired decision-making. Drowsy driving also includes falling asleep behind the wheel, which can be fatal even if it only lasts a few seconds. Commercial drivers and young drivers (ages 16-25) are more likely to drive tired. Drinking coffee, listening to music or opening a window can help energize drivers; so can pulling over to a safe area and taking a short nap.

6. Driving in Bad Weather
Snow, rain, sleet – bad weather conditions can affect even the most careful drivers. The Federal Highway Administration estimates that 23% of crashes are related to weather and result in 6,250 deaths a year. Wet pavement is the leading cause (74%), followed by rain (46%) and snow/sleet (15%). When driving in inclement weather, make sure your tires have adequate traction, your headlights are working and you use chains or snow tires in the winter. One of the easiest ways to stay safe in bad weather is to simply slow down.

Wilfong, continued

Americans support COOL labeling. Organizations such as the WTO should not be able to deny the ability of Americans to know where our food comes from. Little by little, we appear to be allowing ourselves to be dictated to by international groups who seem to give the advantage to other countries.

Hopefully, future trade agreements will allow for all of us as consumers to make informed decisions about the products we buy.

Stallman, continued

Real corporate responsibility begins with listening to the people on the ground. Companies need to hear from farmers and ranchers on how policies could affect our ability to grow affordable food. Sweeping gestures such as Chipotle’s recent announcement that it is eliminating all or most genetically modified ingredients from its menu are shortsighted. They fail to count the cost to consumers, farmers and the environment. Catchy but vague slogans touting “natural ingredients” and “integrity” too often mislead consumers, and have nothing to do with keeping food safe and healthful.

There are companies that are going against the flow and looking beyond the trendy rhetoric. Kellogg’s is a good example. They are providing a variety of options for consumers, not insulting their intelligence with simplistic, cartoonish marketing campaigns. They are stepping up to the challenge of explaining why these issues aren’t as simple as one production method being bad and another being good. That’s a bit more challenging than jumping on the latest “all natural” bandwagon, but consumers should understand how the application of science and technology to farming allows us to grow more food with less fuel, water and land and cultivate crops that withstand drought, require little-to-no pesticide and benefit the soil. They need to know that banning modern farming methods means throwing away those benefits.

Farm Bureau is reaching out and recognizing those companies for their responsible decision-making on agricultural practices. And we are letting companies know that we and, more importantly, the men and women who actually produce our food are a source of information for them. Farmers and ranchers make hard choices each day – not based on what is popular at the moment, but on what is good for their families, land and animals.

Every food company has a responsibility to provide safe and healthful products. We bring them the information and insight they need to be responsible partners in feeding our growing population.
Planning Ahead

Deborah Miller, JD, Sr. Director of Planned Giving, West Virginia University Foundation

Planning Ahead

After all of the appropriate documents are signed and you let out a sigh of relief, one additional aspect of estate planning is communicating your ideas and plans to loved ones.

Rather than taking the stance of “they’ll figure it all out when it’s time,” it can be more helpful to go over what you want to have done with those who will be involved.

This can be difficult to do, but discussing your medical and financial power of attorney documents, your funeral planning, and your choices for medical care can help your family understand what you want and why. It is appropriate to provide originals or copies of the documents. Keeping it all “top secret” can lead to misunderstandings and conflicts later on.

Also, choosing to explain the content of your will or revocable trust can be beneficial, especially to those who will serve as your executor(s) or successor trustee(s). They may have questions that allow you to clear up your intent.

It is helpful to discuss what assets will be a part of your estate to be sure any specific directions you want to give are passed on.

Asking these individuals you communicate with to keep your plans confidential, since the documents can be changed, is fine to do.

Your charitable beneficiaries will definitely appreciate your letting them know of the future gifts you have planned, and this will give them the opportunity to express their gratitude to you.

To make things easier later, you should have a list of where important papers, including deeds, checkbooks, financial account statements, tax returns, and the like, are located. Adding your computer and website passwords and location of keys can help then.

Providing personal insights about your plans can show others that you have chosen wisely, and they can understand your priorities better. Knowing that your plans will be honored can provide peace of mind to you.

That’s good planning.

Editor’s note: After 20 years, Deborah Miller will be retiring from the West Virginia University Foundation. We thank her for her valuable contributions to this publication, and wish her well. Cheers, Deb!
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Home Grown, continued

may be a coverage issue or claim follow up, a change in premium or even a birthday wish.

**What does “customer focused” mean to you?**  Simply, “Customer Service.” Going above and beyond for your policymaker, treating them the way you would expect to be treated. Each customer is different and has different issues or circumstances surrounding their visit of phone call to our office. We listen to their questions or concerns and offer the professional service/advise they request. We may not always know the answer right then and there, but I guarantee you...we will find out the correct answer and get right back to them immediately.

**Why do you work for Nationwide?**  Because Nationwide is a financially strong company (Rated A+ by A. M. Best and A1 by Moody’s) that is going to be here for the long haul and have the ability to pay claims, plus they let me go and build my book of business the way I wanted, by selling Farm Insurance. Don’t get me wrong, I do and love to sell personal auto, homeowner, life and commercial insurance....but I have built my book on selling Farm Insurance. Nationwide was started by farmers and ranchers more than eight decades ago and is the largest insurer of farms and ranches in the United States.

**What is the most rewarding part about what you do?**  Dealing with people. I am a people person first and foremost. When selling insurance you are selling peace of mind, so when that customer calls or comes into your office with a claim and you advise them of the claims process and have a role in restoring them to the way they were just prior to the loss or accident...that is rewarding and very satisfying.

**In addition to Nationwide policy discounts, why should your customers join Farm Bureau?**  The Farm Bureau is a great organization, and it is not just for farmers. It deals with real issues in our state and federal government that affect us all. It is present on all levels...county (where I sit on the board for Harrison County), state, and national. It gives any member, farmer or not, a larger voice to be heard! Plus members receive great discounts from other companies than Nationwide.
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Everyone will be bringing something to the 4th of July picnic, but you can bring the grand finale. Each of these tasty sweet treats captures the flair of the 4th without the fuss. In just a little time, you can add patriotic color and fun flavor to classics like cupcakes, ice cream cones and cookies.

**Dipped Ice Cream Cones:** Add color and crunch to your cones with a dip in red, white or blue melted Candy Melts candy and a variety of patriotic sprinkles. The Cone Cakes baking rack holds the cones for drying and serving.

**Red, White and Blue Swirled Cupcakes:** Everyone loves picnic treats they can grab and eat, and these July 4th cupcakes also bring pyrotechnics to the plate. Each is topped with an explosive three-color swirl of icing, easily created with the Color Swirl Three-Color Coupler.

**Creamy Coconut Cookie Flag:** Give the day a flag-waving finish with red, white and blue royal iced cookies that hold up to the heat using the Color Right™ Performance Color System. The tropical taste combination of toasted coconut and creamy vanilla is just right for summer.

It’s a great feeling to bring a dessert that can’t miss. The Wilton Test Kitchen developed these deliciously easy ideas to go with your summer celebration so you can enjoy the fireworks with everyone else. For more party ideas, visit www.wilton.com.
Dipped Ice Cream Cones
Yield: 12 ice cream cones
1 bag (12 ounces) Bright White Candy Melts Candy
Sugar ice cream cones
Jimmies 6-Mix Sprinkle Assortment
Rainbow Jimmies
Melt candy in microwave safe bowl. Dip cones about 1 inch deep around opening of cone. Tap cone lightly to smooth, and sprinkle with jimmies. Position cone in cone rack. Let chill, about 10–15 minutes. Add ice cream scoops at party and serve in cone rack.

Red, White and Blue Swirled Cupcakes
Yield: 12 cupcakes
Favorite cupcake recipe or mix
1 4.5-pound tub White Ready-To-Use Decorator Icing
Color Right Performance Color System
Icing Colors
Red (formula 186): 2 cups icing + 40 R
White: Reserve 2 cups icing
Deep Blue (formula 647): 2 cups icing + 26 B + 8 R + 4 P
Bake cupcakes according to package directions in red, white and blue standard baking cups.
Tint icing following color formulas above. Prepare Color Swirl 3-Color Coupler according to package directions, filling one decorating bag each with red, white and blue icing and fitting with tip 1M. Pipe a swirl on each cooled cupcake top.

Creamy Coconut Cookie Flag
Yield: About 3 dozen 3-inch cookies
Cookies
1 cup (2 sticks) unsalted butter, softened
1 1/2 cups granulated sugar
1 egg
1/4 teaspoon Toasted Coconut Treatology Flavor
Concentrate
8 drops Creamy Vanilla Custard Treatology Flavor
Concentrate
3 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon salt
Icing
3/4 cup + 3 teaspoons water
12 cups (about 3 pounds) confectioner’s sugar, sifted
6 tablespoons Color Flow Mix
Color Right Performance Color System (see colors tinted below)
Icing Colors
Red (formula 32): 1 1/2 cups icing + 62 R + 8 O
Deep Blue (formula 647): 1/2 cup icing + 27 B + 5 P + 6 R
White: Reserve 2 cups icing
Note: Make and decorate cookies 1 day in advance to allow for drying time.
Heat oven to 350°F.
In large bowl, beat butter and sugar with electric mixer until light and fluffy. Beat in egg and flavors. Mix flour, baking powder and salt; add to butter mixture 1 cup at a time, mixing after each addition. Do not chill dough. Divide dough into 2 balls.
On floured surface with rolling pin, roll each ball into a circle approximately 12 inches in diameter by 1/8 inch thick. Cut cookies with star nesting metal cookie cutter. Dip cutter in flour before each use.
Bake cookies on ungreased cookie sheet 8–11 minutes or until cookies are lightly browned.
Prepare Color Flow icing. Tint icing following color formulas above. Use tip 3, a parchment bag and full-strength icing to outline cookies: 32 in red, 21 in white and 16 in blue. Let cookies dry 1–2 hours.
Thin 1 cup red, 1/4 cup blue and 1 cup white icing. Use thinned icing and disposable decorating bag to fill in cookies. Fill in 8 of blue outlined cookies with white icing and remaining cookies with matching outline color. Let dry 8–12 hours.
To serve, arrange cookies on tray in stars and stripes design.
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