WVFB Mourns Members
Bollenbach, Carter

West Virginia Farm Bureau recently lost two stalwarts of agriculture, William A. “Bill” Bollenbach, of Alderson, WV, and Harlan “Ted” Carter, of Wheeling, WV.

Bill Bollenbach and his wife, Peggy, were fixtures at the WVFB West Virginia State Fair booth, greeting visitors and promoting Farm Bureau memberships. Bollenbach served as chairman of the WVFB Membership Committee. Bill was also elected Supervisor of the West Virginia Southern Conservation District where he served as chairman of the board for eight years. The Bollenbachs loved to travel and attend bluegrass festivals.

Ted Carter and his wife, Jeanne, carried on the family tradition of farming at Everbreeze, which dates back to 1796. A retired counselor, Carter helped to restore the historic Blaker Mill at Jackson’s Mill State 4-H Camp and was a longtime supporter of the Ohio County Country Fair. In 2011, he was inducted into the WVU Davis College Hall of Fame along with his wife.

WVFB Membership Renewal Change

Due to a recent class action lawsuit filed in the state of Ohio, Nationwide Insurance Company has asked WVFB to help them to comply with the court’s decision. This has required a change in how past due memberships are processed. Beginning with memberships processed in March, 2014, members who have allowed their membership to lapse beyond 60 days will be given a new anniversary month. Their new anniversary month will be the month in which their membership is processed.

With this change, members should be aware that this break in membership will affect them if they wish to keep their years of continuous membership going, as well as if they wish to take advantage of the GM Discount Program. Regarding the GM Discount Program, if there is a break in their membership, they will have to wait 60 days from the new anniversary date before they can be eligible for the discount.

WVFB will try to accommodate those who wish to maintain their original anniversary date. As long as the member lets us know at the time of renewal (*not after the membership is processed*), we will allow that member to retain his original anniversary date.

WVFB understands this is a big change in how we have handled membership in the past. Due to the legal system, it was a necessity for our partnership with Nationwide Insurance Company. We appreciate your understanding.
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The federal government is in the process of effectively seizing control of all land in this country through a proposed rule by the EPA and the Corps of Engineers that gives the agencies regulatory power over farms, ranches, timberland and more. The rule, released on March 25th, expands the powers of the EPA and Corps, by declaring the definition of “waters of the U.S.” under the Clean Water Act, to include areas no reasonably thinking person would consider to be bodies of water. These agencies will be able to prohibit normal farming practices such as fence building and applying fertilizer, as well as any other land use they deem necessary to achieve their objectives.

In 1972, Congress passed the Clean Water Act, giving the federal government authority to regulate “navigable” streams – hence the term “waters of the U.S.” The power to regulate all other waters was left to the states. But this newly proposed rule would wipe out nearly all state control of water issues, and would give the EPA and Corps authority over land use as well, by claiming that all waters are connected – even ditches that are dry most of the year! If this is allowed to stand, farmers, loggers, homebuilders, well drillers, etc., would be required to apply for permits to conduct basic practices such as applying herbicides and pesticides, building fences, constructing roads, cutting trees, building homes – the list of activities requiring permits would be never-ending.

We cannot allow this proposed rule to be enacted. We must contact our elected representatives and express our outrage over such a power grab by the federal government. This is one of the greatest threats to private property rights our nation has ever seen.

At our April board meeting, the West Virginia Farm Bureau Board of Directors deemed this proposal to be such a clear and present threat that the decision was made to authorize a special publication this month, focusing on the issue. We hope to explain this proposed rule in greater depth, and solicit your full support for stopping it. The end of the comment period is July 21, so immediate action is needed. It is crucial that we inundate the EPA with comments opposing this enormous encroachment on our private property rights.

For more information, see our website at www.wvfarm.org, or http://ditchtherule.fb.org
Something to Think About

Don Michael, WVFB Director of Governmental Affairs

Last month I attended several “meet the candidate” events and continue to be amazed, and thankful, at the number of individuals – both incumbents and newcomers – who have a burning desire to make a positive difference in the lives of our citizens. For the winners the journey entails a 24-7, 365 day per year commitment to public service in a political atmosphere that can be quite volatile at times. When true public servants – driven by the people and not self – are elected, the ultimate winners will be all West Virginians.

With the Primary Election behind us, both major political parties and their candidates are pushing forward with hopes of victory in the fall. It is more important than ever for Farm Bureau members to study the issues and candidates on all levels – local, state and national – so you can make informed decisions on November 4 (or before if you take advantage of the early voting period running from Wednesday, October 22 through Saturday, November 1). Our Farm PAC will be meeting in the future to review candidates and announce endorsements for the General Election.

Farm Bureau is one of 60+ trade associations and businesses that comprise the West Virginia Business and Industry Council (BIC). The key focus of the group is to enhance the business climate in our state. WVFB Executive Secretary Steve Butler and I recently participated in a BIC regional meeting at the Bridgeport Conference Center where the focus was on economic development and legislative excellence. We listened to economic updates from local and state business leaders, visited with friends from the business community, met with candidates for state office, and were treated to a most informative overview of the recent legislative session by Jason Pizatella (Director of Legislative Affairs for Governor Tomblin) and Senators Sam Cann (D-Harrison), Roman Prezioso (D-Marion) and Bob Williams (D-Taylor). Senator Cann was honored at the meeting with BIC’s annual award for legislative excellence, showcasing a distinguished record of extensive public service spanning 20+ years.

Discussions continue to take place regarding Senate Bill 373, which established the Water Resources Protection and Management Act and Aboveground Storage Tank Act. The bill requires the WV Department of Environmental Protection to propose rules for consideration during the 2015 Legislative Session regarding the implementation of the regulatory program addressed in the legislation. We commend DEP for soliciting input from all stakeholders in preparing their first draft of the rule. Farm Bureau leaders joined with WV Department of Agriculture staff on May 7 to review the legislation’s implications for agriculture and offer suggestions to DEP for rule development. Stakeholder suggestions were due by May 15. Around mid-July DEP plans to send their draft rule to stakeholders for review and further comment. This will be followed by a stakeholders’ meeting to discuss and debate the rule. Written comments may be directed to DEP at any time during the process. After processing the comments and making appropriate revisions, DEP plans to file the draft rule (as an emergency rule) with the Secretary of State no later than December, 2014 – stay tuned!

By now most are likely aware of EPA’s latest attempt to do an end-run around Congress with their March 25 release of a proposed new rule that would greatly expand its regulatory authority under the Clean Water Act. The consequences could be devastating for much more than agriculture. For complete details go to our website (www.wvfarm.org) and scroll down the right side to STOP EPA – DITCH THE RULE! Until next time, KEEP SMILING FRIENDS, God bless you and your loved ones, and God bless America.
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3 Things Parents Can Do to Discourage Texting While Driving

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Steve Uhlman | Sponsor Relations Sales Manager
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According to the National Safety Council an estimated 25% of car accidents are caused by cell phone distractions. And that number is likely higher among younger, inexperienced drivers whose cell phones are practically an extra appendage. Here are a few simple things you can do as a parent to encourage your teen to put down the phone and drive.

1. Lead by example

You may not realize it, but while your teen is learning to drive, he or she is paying close attention to your driving habits. For your safety as well as to set a good example, make a point of never using your phone behind the wheel. This shows your teen that ignoring the phone while driving isn’t a punishment for inexperienced drivers: It’s a precaution everyone should take, like buckling a seatbelt.

2. Talk to your kids

Don’t rely on your teen to notice that you’re not using your phone behind the wheel. Take a few minutes to explain the dangers of texting while driving and be sure to remind them that it’s OK to take an emergency call or text in the car – just pull over first.

3. Explore high-tech solutions

There are several smartphone apps that can reduce the temptation of picking up the phone while driving. Most of these apps work by limiting the functionality of the phone when the car exceeds about 25 mph. Research a few options on the smartphone platform your teen uses; if your son or daughter doesn’t have a smartphone, encourage them to get into the habit of turning their phone off before getting behind the wheel.

As a parent, there’s a lot you can do to influence your teen’s driving behavior. Making sure your teen understands the dangers of texting while driving can go a long way toward keeping your son or daughter safe.

Contact your local Nationwide agent, call 1-877-OnYourSide, or visit nationwide.com/WVFB.
TIME TO DITCH THE WATER RULE

CHRIS CHINN
My husband, Kevin, and I farm in Northern Missouri with his parents and brother. We are the 5th generation of farmers in our family and we raise hogs, cattle, corn, soybeans and rye. We are also raising our children on our farm and clean water is important to us. Regardless of whether Environmental Protection Agency requires it, protecting our water is one of our priorities. We want to pass our farm onto the next generation so it only makes sense that we care for our natural resources in a responsible manner.

EPA’s proposed Clean Water Act rule will significantly affect our family farm. The proposed rule will expand the scope of “navigable waters” subject to Clean Water Act jurisdiction by regulating ditches, small and remote “waters” and ephemeral drains where water moves only when it rains. Most of these areas look more like land than like “waters” and they are dry most of the year. This proposed rule means any ditch on your land will be regulated by the EPA, even if it only holds water one day a year. This will prohibit farmers from using land that is in or near a ditch unless they have a Clean Water Act permit.

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Congress writes the laws of the land, not federal agencies. When Congress created the Clean Water Act, it clearly limited federal regulatory power to “navigable” waters. Congress did not intend to allow EPA and the Army Corps of Engineers to regulate farmland just because water occasionally flows across it. EPA should respect the limits set by Congress.

Some people are saying farmers and ranchers should have no concerns because we are “exempted” from the rule but this is not the case. The “normal farming and ranching” exemption only applies to a specific type of Clean Water Act permit for “dredge and fill” materials. There is also no farm or ranch exemption from Clean Water Act permit requirements for what the EPA would call “pollutants,” but I would call plant nutrients and protection products. This means under the proposed rule, many common and important practices like weed control and fertilizer spreading will be prohibited in or near so-called “waters” unless you have a Clean Water Act permit. This further complicates my situation due to the fact we frequently use recycled fertilizer from our hog barns.

Another startling fact is the EPA and the Corps have interpreted the word “normal” to mean only longstanding operations in place since the 1970s – not newer or expanded farming and ranching. Does this mean when we pass our farm onto the next generation’s hands that they will no longer be able to farm that land? This rule would appear to me to be detrimental to new and beginning farmers – exactly the type of farmer that many of us in agriculture have been working hard to support. That just makes no sense.

The proposed Waters of the U.S. ruling is a bad idea and it will cripple the ability of farmers and ranchers to continue to produce food. If the proposed rule prevails, it will be illegal for farmers to spray for weeds or apply fertilizer to their ground unless they have a permit. Routine tasks like building fences will even require permits if they will be built in or near a ditch. Many farming practices are time-sensitive and farmers cannot afford to wait on a government agency to process a permit.

Common sense goes a long way and it is desperately needed when looking at this proposed ruling. If dry farm fields and ordinary farm ditches and ponds are allowed to be regulated as “waters of the U.S.,” farming and ranching will suffer and so will those who depend on agriculture for food.

We need to make our voices heard. It is time to ditch the water rule. You can share your comments and make your voice count by visiting the FBAct Insider page: http://capwiz.com/afb/issues/alert/?alertid=63192396.

Chris Chinn formerly served as chair of the American Farm Bureau Federation’s national Young Farmers & Ranchers Committee. She is currently a “Faces of Farming and Ranching” spokesperson for the U.S. Farmers and Ranchers Alliance.
Now is the time to have your tractors repaired during the off season!

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- Clutches
- Transmissions

Herbal Formula Eases Farmer’s Aches & Pains

“I keep a jar of Steuart’s Pain Formula by my bed and reach for it at night when my knee pain flares up. It knocks the pain right out,” says Mike Marsden of Mabel, Minn. Marsden’s been using Steuart’s Pain Formula for about 4 years and says he’s constantly recommending it to other people.

Steuart Laboratories originally developed Steuart’s Pain Formula for race horses. Over the years, it has gained a following for treating other animals and humans. Rickey D Snow of Hood, Calif., says, “I hurt my shoulder January 18, 2013, and had constant pain through the middle of March-doctors could do nothing. Within 10 minutes of applying Pain Formula, the pain was completely gone.” The cream contains extract of the herbs comfrey and arnica in a liposome base that penetrates the skin rapidly, says Gary Steuart, who founded the company in 1982. “People now use the product to relieve joint and muscle pain associated with arthritis and injuries,” Steuart says.

Rose Johnson of Hazleton, Iowa, uses Steuart’s Pain Formula to relieve the tissue pain caused by fibromyalgia, a disorder characterized by widespread pain and tenderness in joints, muscles, tendons, and other soft tissues. In addition to pain relief from Steuart’s Pain Formula, she appreciates that the product causes no side effects.

Betty Brooks, Buhl, Idaho, read about Steuart’s in a farm magazine reported. “I put the Pain Formula on my knees about 10 AM this morning, and it’s now 9 PM and I’m still pain free. I’ve had knee surgery-and tried just about every product on the market-this works-I’ve had a very good day! I could feel it working as soon as I put it on.”

Warren Ward of Pemberton, Minn., says his knees ached so terrible at night that he couldn’t get to sleep without taking painkillers. “An orthopedic surgeon told me both my knees were shot, I had bone rubbing on bone, and I needed knee-replacement surgery. Then someone told me about Steuart’s Pain Formula. I started using it and in three days I had no pain in my knees, I went right to sleep at night, and I haven’t taken a pain killer since. “I like Steuart’s product because there’s no odor, it doesn’t stain your clothes, and you don’t feel a thing when you apply it. It’s an excellent product and I know it works,” Ward says.

Steuart Laboratories, P.O. Box 306, 203 N. Main St. Mabel, Minn. 55954 (ph 507 493-5585; 877-210-9664; www.steuartlaboratories.com).

5 oz. Pain Formula: $29.90
Shipping or Mailing: $8/order
By the time you read this, ramp season will only be a memory. But as I write this, I am dreaming of a trip to the woods to get myself a “mess of ramps.” On a national Farm Bureau trip a few months ago, I was actually accused of making ramps up. What is a “ramp” I was asked – did I mean a truck ramp? I wasn’t surprised that farmers from out west had never heard of this smelly little member of the leek family, but I was surprised that folks from as close by as Tennessee and North Carolina had never heard of it. After all, a good friend of mine who grew up in Washington, DC and now owns an upscale restaurant in New York City begs me each spring to send her ramps!

With a little research, I have learned that ramps can actually be found across much of the eastern United States and eastern Canada, from Alabama to Nova Scotia and Manitoba to Oklahoma. However ramps are so rare in most of these states that they are considered a species of “special concern” for conservation. In Canada, ramps are considered rare delicacies and are actually listed as a threatened species in Quebec.

This spring, I took special delight in a beautiful ad put out by the Beef Check Off, encouraging beef eaters to “ramp up” their steak. The picture of a delicious flank steak beside a handful of fresh green ramps has had me dreaming about ramps ever since. Naturally I’ve had to share the ad with all my skeptical non-West Virginian friends. It’s funny how things so familiar to us can be something completely alien to others. And that’s true for us both as West Virginians and as farmers.

I remember the first time I brought some city-dwelling friends home to the farm several years ago. They couldn’t get over the fact that our roads weren’t built on flat land, but right on the sides of the mountain or even between two mountains. I try to remind myself each day how lucky I am to live on a farm and in this special part of the state. But sometimes, I will admit, I take it for granted and forget how blessed I am.

And so I am extremely excited that the Young Farmer and Rancher Committee is hosting our Annual Spring Farm Tour in Pocahontas County. I invite everyone to come out on May 31st and join us for a day in our beautiful mountains. It will be a little late for ramps, but I hope that we can share with you a little bit about what makes agriculture here unique. We will be meeting in Green Bank at the National Radio Astronomy Observatory at 9:30am to begin our day. We will be learning about grafting fruit trees and blueberry farming, as well as visiting two cattle and sheep farms. Lunch will be provided but you are encouraged to bring a potluck dish to share. An RSVP is required, so let Nicole Sattler or I know if you plan to attend by May 29th. Nicole can be reached at 456-5039 and I can be reached at 651-8569.

Hope to see you soon!
Quality gates. All sizes, most weights, and extra tall gates. Also sheep panels and corral panels.
Lingering effects of winter: winter injury of plants

Some plants may endure lingering ill effects from West Virginia’s harsh winter.

Winter injury of landscape and fruit trees or shrubs is a result of extreme weather conditions, including fluctuating temperatures and scorching winds. Excessive applications of fertilizer, particularly nitrogen, during late fall can make plants more susceptible to winter injury.

Spotting winter injury
Injury symptoms range from brown or dead branches or limbs to complete death of the plant or fruit buds. Evergreen plants, such as azaleas or boxwoods, are particularly vulnerable to winter injury and will show leaf scorch or burn symptoms as a result of drying winter winds. Older leaves will often fall off of azaleas during cold winters, but new leaves will emerge in the spring.

Perennial fruits, such as grapevines, can have damage to fruit buds when temperatures are at or below 0 degrees F. Fruit buds on the upper section of the branches or canes are most susceptible to winter injury.

Branches or buds that have winter injury can also be detected by scraping lightly on the stem. Live tissue will be green, and winter-injured tissue will have a necrotic, brown color. Dead leaves or branches can be pruned off the plant in early spring and discarded; however, it is best to wait until buds emerge to get an accurate assessment of the damage before pruning. In most cases, the plants will fill in the injured area with new leaves or branches.

Preventing winter injury
To reduce the effects of winter injury, plant species according to the recommended USDA hardiness zones. While it is tempting to plant southern adapted plants in West Virginia, extremely low temperatures can damage them during the winter.

Planting on a sheltered area away from wind also reduces winter injury. If plants are in containers, the containers should be placed in a sheltered area during the winter. Containers can also be buried in the ground or wrapped with row cover or burlap. Mulch can be placed around the roots or crowns of plants for further protection.

Avoid planting in low spots. They hold water and cold air during the freezing and thawing of winter. Some plants can be placed in cold frames during the winter months for protection. Choosing cold-tolerant plant varieties and cultural practices will also help to reduce winter injury in the future.

By Lewis Jett, WVU Extension Specialist – Commercial Horticulture
Who hasn’t had that moment, driving on the expressway behind a truck full of cattle, when they wondered, “What would happen if that truck crashed?”

The answer is now clearer thanks to a team led by experts from WVU Extension Service, WVU Davis College of Agriculture, Natural Resources and Design, and North Dakota State University.

Dave Workman, WVU Extension agent in Hardy County, and Jerry Yates, manager of the Davis College’s Reymann Memorial Farm in Wardensville, have worked with a national network of experts to create a Bovine Emergency Response Plan (BERP).

When Workman and Yates announced an early-February training session based on the BERP plan at the Cattlemen’s College of the National Cattleman’s Beef Association, Workman’s e-mail inbox exploded.

The training session was announced on a website for bovine veterinarians, and a cascade of enthusiastic inquiries followed. Interest in and demand for the plan has been building steadily ever since.

According to Yates, the impetus for the plan came from a colleague at North Dakota State University, Lisa Pederson with the Dickinson Research Extension Center in Bismarck, North Dakota. Pederson had dealt with an accident with human fatalities, bringing into sharp focus the need for well-trained first responders.

More than 50 million head of domestic and imported cattle and calves are transported annually in the United States. Nearly all of these cattle are transported via semi-truck and trailer. It’s estimated that there are 400,000 head of livestock on the road on any given day. As the number of livestock being transported has increased, so has the number of accidents.
Effective round bale storage methods

Large round bales can be a relatively low-cost method for harvesting hay.

Indoor storage
When round bales are properly stored in a barn, they have no significant storage loss. However, storing them uncovered on moist ground results in significant storage and feeding losses. Storing bales in a barn or under a tarp on a well-drained, dry surface saves hay and hay quality, and it can be very cost effective.

Outdoor storage
Unprotected outdoor storage losses occur due to rain and melting snow penetrating the top of the bale and water wicking up into the bottom of the bale from the soil.

Most losses occur in the winter when the bales cannot dry out between storms, which causes the water to soak deeper and deeper into the bales.

In general, large round bales incur higher losses in wet years than in dry years. More loss occurs in grass-legume hay than in grass hay, and bales left out all year have more loss than bales stored for a short time.

When storing round bales outside, it is important to prevent rain from entering the bale from above and from below. Even though barn storage is convenient, it is expensive. Woven tarps provide a low-cost, flexible storage alternative. When storing bales outside, place them on a raised, well-drained area covered with 4 to 6 inches of clean gravel to keep water from wicking up into the bales.

Costs for proper storage
The cost of improved storage is inexpensive when compared to the cost of harvesting hay. The following example shows the estimated savings provided by improved hay storage methods.

We have a herd of 20 cows, averaging 1,300 pounds of live weight. For a 100-day feeding period, we want the cattle to consume hay at 2.5% of their body weight in order to cover maintenance and a little extra for cold, winter days. That is about 33 tons of hay going into the cows (1,300 × 0.025 × 20 × 100 / 2,000 = 32.5).

If we store hay outside on the ground at a storage loss of 33% (Table 1), we need to start with 49 tons of hay before storage loss (32.5 / 0.67 = 48.5). With a portion of the hay being damaged, we can expect an additional 15% feeding loss – meaning that we actually need to start with 57 tons of hay to cover storage and feeding losses (48.5 / 0.85 = 57.1).

If we store the hay under a tarp on a gravel pad, we only have a 10% storage loss and a 10% feeding loss; therefore, we would only need to start with 40 tons of hay (32.5 / 0.90 / 0.90 = 40.1). This is a savings of 17 tons of hay.

When all costs for harvesting hay are calculated (machinery, labor, fertilizer, etc.), it costs about $120 per ton to harvest dry hay. This adds up to a cost of $2,040 in storage and feeding loss per year due to outside storage on the ground. Woven tarps to cover 120 bales of hay (about 40 tons) costs $700 to $1,400 and last two to four years depending on the quality of the tarps (a cost of about $350 per year). This is a fraction of the cost of the lost hay.

For additional resources and information on hay storage, visit WVU Extension Service Agriculture and Natural Resources website at http://anr.ext.wvu.edu/forage.

By Ed Rayburn, WVU Extension Specialist – Agronomy

Table 1. Summary of storage losses from alternative storage systems for large round hay bales.

<table>
<thead>
<tr>
<th>Storage Method</th>
<th>Range of Loss (%)</th>
<th>Average Loss (%)</th>
</tr>
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<tbody>
<tr>
<td>In barn</td>
<td>3 to 8</td>
<td>5</td>
</tr>
<tr>
<td>Outside covered on pallets</td>
<td>5 to 10</td>
<td>8</td>
</tr>
<tr>
<td>Outside covered on pallets</td>
<td>28 to 39</td>
<td>34</td>
</tr>
<tr>
<td>Outside uncovered on gravel</td>
<td>4 to 46</td>
<td>22</td>
</tr>
<tr>
<td>Outside uncovered on ground</td>
<td>7 to 61</td>
<td>33</td>
</tr>
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A father’s role impacts his child’s well-being

Oftentimes, a mother’s role in a child’s life is viewed as more important than that of a father; however, research shows that the role of mothers and fathers are equally important but different. Fathers serve a more significant role in the home than just a second adult. An engaged father has a unique role and promotes growth in his child that no one else can. It is crucial for a father to completely involve himself in his child’s life. When a child recognizes a father’s effort to foster a relationship, the child learns to trust and realizes that he/she is worthy of positive attention.

There are a variety of activities that a father can do to foster engagement with his child.

Great ideas for father and child activities

**Wow! Look at the stars.** One night each week take a walk and identify the constellations. Plan a special walk for nights with a full moon.

**Play ball!** Invite your neighbors, friends, and family members for a parents-versus-kids kick ball competition. The winning team earns local bragging rights.

**Swim, swim, swim.** Break out the sunscreen and head to the pool. Instead of spending all day laying on a float, see who can swim the fastest, hold their breath the longest, or jump the farthest.

**Take me out to the ball game.** Nothing encourages being active more than being around other active people. Remember to pack some healthy snacks and avoid the foot-long chili cheese dogs.

**Don’t forget the dog.** Take the dog for a walk as a family. If you don’t own one, ask your neighbors if you can borrow theirs. Caring for a pet teaches children responsibility.

**Explore waterways.** Take a canoe or kayak trip and discuss the unique attributes of the waterway. Remember, water safety is key.

**Go for a ride.** Find places in your community to ride a bike. Children who grow up with active parents are more likely to be active themselves.

**Take a nature walk.** How many plants and animals can your child identify? Nature walks can be a great opportunity to introduce your child to the beauty of nature.

**Pack a picnic.** Schedule a family outing focused on physical activity and healthy foods. Pack a picnic lunch and spend the afternoon at a local playground or park.

**Join 4-H!** Check with your local WVU Extension office about upcoming 4-H events. 4-H offers many opportunities, such as camps and community activities, for kids and families.

By Eric Murphy, WVU Extension Agent – Families and Health, Monongalia County and Dave Roberts, WVU Extension Agent – Families and Health, Boone and Lincoln Counties
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Customers of the Marquette Agencies in Bridgeport and Philippi, West Virginia know that they will be treated with first-class service whenever they call. But what they don’t know is that agency owner Doug Marquette has worn many different hats working for Nationwide before becoming an agent, giving him a unique perspective that serves his customers well.

Marquette started his career with Nationwide in 1981, after selling life insurance for a competitor. He started in claims - and learned that role directly affects how the customer feels about the company. If customers believe they’ve been treated fairly, that’s a win for both parties. A year later, he was promoted to field adjuster, and says both positions provided him with great training. It also helped him see the “big picture.”

Other promotions followed, and then in 1993 he came to Charleston, WV as a claims manager. Still more promotions took him to the Eastern Panhandle, where he eventually became a sales manager for Nationwide. “Sales managers are like a coach,” said Marquette. “The better job a sales manager does, the better the agents do. But after a while, I didn’t want to coach anymore. I wanted to play.” And so it was ten years ago Doug Marquette found himself merging two separate agencies in Bridgeport and Philippi into the Marquette Agency.

Marquette has found great satisfaction in caring for his customers, and takes the responsibility seriously. He recalls in the middle of a Mountaineer game, a policyholder called - he’d had an accident, and his car was not driveable. The customer didn’t know what to do. Marquette dropped everything on the spot and made some calls to arrange for repairs and a rental car. “Stuff happens,” he says. But he takes pride in knowing his customers can count on him to be available when he’s needed - 24/7. “They get my personal service, not some 800 number. That’s what we sell.” And he says Farm Bureau helps his value proposition: “If you give me $48 (for a FB membership) and I give you $150 (savings on your Nationwide policy), wouldn’t you think that’s good?”

Marquette tries to instill his sense of hard work and personal responsibility in area students. “I’ve never been the smartest or best looking in anything I’ve done, but I made my career from...”
maximum effort. Anyone’s success or failure is related to the degree of effort.” Marquette created the “I Can” program, which he takes to area schools, encouraging kids to reach for the top. Teachers and principals in local elementary schools choose a student in each grade who would really benefit from the encouragement. The child receives a certificate and a gift card to a local bookstore. These are the students in the middle - who often don’t get attention, but they’re trying. I can look back and say I did well because I worked hard. I want them to know they can do that too.”

Undoubtedly, Marquette’s customers would agree, because he works hard for them, too.

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WVU Davis College of Agriculture Recognizes WVFB for Establishing Scholarship

Dr. Dan Robison, above right, Dean of the West Virginia University Davis College of Agriculture, Natural Resources and Design, presented a Major Gift Award to West Virginia Farm Bureau at the 2014 Alumni Banquet on April 12. The plaque reads: “West Virginia Farm Bureau Inc. for its generous contribution that established the West Virginia Farm Bureau Inc. Agriculture Scholarship.” Accepting the award on behalf of WVFB is board member and Monongalia County FB President Mike Morris. The scholarship was created to encourage those pursuing a career in an agriculture-related field.

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Veterinarian Warns Farmers to Watch for Pig Virus

A virus new to the United States is proving to be fatal to pig populations according to West Virginia University Extension Service’s veterinarian Darin Matlick. Experts are urging farmers to be on the lookout for symptoms of the porcine epidemic diarrhea virus, also known as PEDV, in their pigs. PEDV results in pigs suffering from diarrhea, vomiting and high death rates – proving particularly harmful to piglets that have not been weaned. It transmits only to other pigs and does not infect humans or other livestock.

The virus poses no risk to food safety. However, food prices may be affected if the supply for pig products like ham and bacon is limited due to high death rates from the virus.

The virus spreads when pigs make oral contact with infected feces. Even trace amounts of feces from boots or truck beds could result in an outbreak of PEDV.

“Farmers have to be cautious that they aren’t cross contaminating areas by walking through potentially infected materials, like manure, and then entering into the area where their pigs are kept,” Matlick warns.

Matlick says farmers should be particularly cautious in the upcoming fairs and festivals season. “Many of the fairs and festivals organizers are putting in new procedures to help limit the risk for contamination,” he explains. These procedures may include eliminating a central weigh-in location, avoiding animal co-mingling or keeping the pigs on the trailers in which they arrive.

Pigs exposed to PEDV will begin showing symptoms within 24 hours. The infected animals are then contagious to other pigs for three to four weeks. Farmers should care for infected pigs by keeping the animals hydrated and providing them with clean, draft-free environments. High quality drinking water with electrolytes may be beneficial. The virus can be diagnosed by most veterinarians by sending a pig intestine sample to a pathology laboratory, or by checking the feces for a polymerase chain reaction.
The New Appalachian Farm and Research Center seeks Input from West Virginia Farmers and Farm Families

The New Appalachian Farm & Research Center (NAFRC) is examining producers’ interest in farm expansion and the feasibility of siting regional food hubs here in West Virginia.

NAFRC, with the assistance of Downstream Strategies, is conducting a study to assess the feasibility and propose location(s) for creating regional food hubs in West Virginia. A food hub is a business or organization that actively manages the aggregation, distribution and marketing of food products sourced locally and regionally for the purpose of satisfying larger buyers such as schools, grocery, and retail outlets.

“The absence of regional local food hubs is a major barrier to agricultural growth in West Virginia,” says Rob Hinton of NAFRC. “Food hubs can address many of the challenges that West Virginia producers face and can provide more sales outlets to new and existing farms.”

NAFRC is seeking input from West Virginia farmers and farm families about their interest and challenges in expanding their farm operations. With their help, the New Appalachian Farm and Research Center and its partners will be able to collect critical information and guidance from state producers to help identify the best locations for these added markets and how to support increased production.

If you are a producer who is interested in growing more products or if you know producers who may be interested, please sign up to fill out the producer survey at the following link: http://goo.gl/nE4229.

The information that you share can be completely confidential if you prefer. The survey will be administered later in the spring by the NARFRC with assistance from Downstream Strategies. Participants will receive a $10 thank you gift card for completed surveys. Farms that sign up also have the option to be listed in a producer directory for buyers in West Virginia. This information will be separate from your survey answers and will include your contact, location, certifications, and product information only. This project will connect farms with more buyers and customers who demand the high quality products West Virginia farmers produce.

If you have any questions contact: Rob. NAFRC@gmail.com, (330) 703-0328 or check out www.newappalachian.org for more information.
In the Spring of 2013, I tried SumaGroulx, SumaGrow Inside on one Wheat & Hay Field, while my father did his field the regular way. At harvest, the SumaGroulx, SumaGrow Inside Wheat field went 82 bushel while Dad’s field went 74 bushel. We also baled 840 bales of straw off 110 acres which is EXTREMELY good. We seeded two Hay fields. Dad’s field was done two weeks prior to my field, but with SumaGroulx on my field, mine had already passed Dad’s field in height and looked overall, healthier. I am VERY impressed!

Lawrence Hurst,
Plymouth, Ohio

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Want to Know How the Farm Bill Works? AFBF Videos and Website Help Explain

The American Farm Bureau Federation has produced a new series of videos and launched a website (http://goo.gl/ujjnny) to help farmers, landowners and other stakeholders better understand the provisions of the 2014 farm bill. Featured content includes videos on key commodity program and crop insurance provisions of the farm bill.

“We have distilled down a massive and complex piece of legislation – the 2014 farm bill – into several ‘bite-size’ pieces, with the goal of helping farmers and managers understand how it will affect their farms,” said John Anderson, deputy chief economist with AFBF.

“Now that safety net and risk management tools important in crop planning are in place, along with the new program for dairies, the next step is for farmers to be able to move forward with confidence in determining the best options for their individual farms,” Anderson said. “We created the farm bill video series with that goal in mind.”

The videos include a farm bill overview describing the basic provisions of the commodity title, including a description of the decisions related to program participation that will need to be made by farmers and landowners. Four other videos go in-depth on the Price Loss Coverage and Supplemental Coverage Option, the Agricultural Risk Coverage Program, the Stacked Income Protection Program for Cotton and the Dairy Margin Protection Program.

Links to useful farm bill information from USDA, land-grant universities, and other organizations also are available on the website at http://goo.gl/ujjnny.
This grilling season, choose lean, tender lamb as the centerpiece for your summer entertaining menu.

Once served only for Easter, there’s no reason why lamb can’t be enjoyed all year long. Just as turkey has moved beyond Thanksgiving to become everyday fare, the same is true with lamb meat — it’s readily available for all seasons and easy to prepare, allowing for lamb kabobs, burgers, thinly sliced leg of lamb and chops to be a delicious addition to your grilling occasions.

Myths behind the meat

“In my career as a cookbook author and cooking instructor, I have never seen a more misunderstood ingredient than lamb,” said Amy Riolo, award-winning author, chef, television personality and culinary educator. “While prized in most other places in the world, lamb remains a mystery to most Americans.”

If you haven’t tried lamb in a while, you may be surprised by this flavorful protein. While often confused for mutton, the tougher meat of older lamb, young lamb is tender. Others may shy away from this choice protein, believing it has a gamey taste. But modern lamb is raised differently than in the past, resulting in a sweeter, succulent taste. Can lamb fit into a healthy diet? Sure! This rich-tasting meat contains, on average, 175 calories per 3-ounce serving. Lastly, people assume it’s expensive; but value cuts, such as the shoulder, leg and ground lamb can fit into any grocery budget.

A better-for-you selection

Serve up lean lamb cuts — including the leg, loin and rack — for a protein- and nutrient-packed dish. In fact, on average, a 3-ounce serving delivers almost 50 percent of your daily protein needs and is a good source of iron. Also rich in zinc, selenium and vitamin B-12, a 3-ounce serving of lamb can provide nearly five times the amount of essential omega-3 fatty acids when compared to beef. Lamb is also raised without the addition of synthetic hormones.
**Kale & Pomegranate Salad with Grilled Lamb**

Yield: 6 servings

For marinade:
- 1 1/2 cup pomegranate juice
- 3 tablespoons olive oil
- 3 cloves garlic, chopped
- 1 tablespoon ground ginger
- 1 tablespoon cinnamon
- 2 teaspoons cumin
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 (4-pound) leg of lamb, deboned, butterflied and trimmed of visible fat

For dressing:
- 2 teaspoons Dijon mustard
- 2 tablespoons pomegranate balsamic vinegar
- 1/4 cup olive oil
- Salt and pepper

For salad:
- 5 cups baby kale
- 1 bulb fennel, thinly sliced
- 1/2 cup pomegranate seeds or sliced red grapes
- 1/4 cup crumbled Gorgonzola cheese
- 1/4 cup walnut halves, toasted

Combine marinade ingredients in large plastic zip top bag; add lamb and place in refrigerator 8 hours or overnight.

Remove lamb from marinade, pat dry and set on tray.

On gas grill, turn all burners to high, close lid and heat until hot, about 15 minutes. Scrape grates clean and brush with oil. Grill lamb, fat side down, over medium-high heat 25 to 35 minutes total, turning half-way through cooking, depending on desired doneness, about 145°F for medium rare and 160°F for medium. Remove from grill and loosely cover with foil, let rest about 15 minutes and thinly slice. While resting, prepare salad.

In large bowl, whisk together all dressing ingredients. Add kale, fennel, pomegranate seed or grapes and toss to coat. Arrange dressed salad on platter and top with sliced lamb, Gorgonzola cheese and toasted walnuts.

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**Lamb Loin Chops with Green Bean & Potato Salad**

Yield: 6 servings

For salad:
- 1/2 cup fat free plain Greek yogurt
- 1/4 cup extra virgin olive oil
- 1 lemon, zested and juiced
- 2 tablespoons chopped fresh dill
- 1 tablespoon chopped fresh chives
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 pint cherry tomatoes, cut in half
- 1 pound green beans, ends trimmed and cut in half
- 2 pounds small red new potatoes, larger potatoes cut in half

For lamb:
- 4 cloves garlic, minced
- 3 tablespoons olive oil
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 1/2 pounds lamb loin chops (or 10 loin chops)

In large bowl, whisk together yogurt, olive oil, lemon juice and zest, dill, chives, salt, pepper and cherry tomatoes; set aside. In large saucepan bring 6 cups water to a boil. Add green beans and cook until tender, 3 to 5 minutes. Remove with slotted spoon and add to bowl with dressing. Add potatoes to already simmering water and cook until tender, about 10 minutes. Drain potatoes and add to bowl. Toss to coat.

Combine garlic, olive oil, salt and pepper in small bowl. Place lamb chops on large tray and rub garlic oil mixture all over lamb loin chops; set aside while grill heats. On gas grill, turn all burners to high, close lid and heat until grates are hot, about 15 minutes. Scrape grates clean. Grill lamb chops about 6 minutes per side or until cooked to 145°F for medium rare. Move to clean plate and let rest 5 minutes. Toss potato salad again and serve with lamb chops.
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United, we value taking the time to teach and learn safety in all aspects. Call 866-670-1765 or visit nationwide.com/wvfb to learn more.