

West Virginia

Farm Bureau News

June 2024





West Virginia Farm Bureau News

*The Voice of Agriculture in
the Mountain State*

June 2024

Volume 32 Number 6

West Virginia Farm Bureau News (ISSN 1076-8556) (USPS 011-537) is published monthly by the West Virginia Farm Bureau, Inc., 62 Farm Bureau Road, Buckhannon, WV 26201 Annual subscription rates: \$3.32 (included in annual dues).

Advertising rates and circulation information furnished upon request. Periodicals postage paid at Buckhannon, WV and additional mailing offices.

Postmaster: Please return all forms 3579 to West Virginia Farm Bureau, 62 Farm Bureau Road, Buckhannon, WV 26201.

Printed by Ralston Press, Inc., Buckhannon, WV.

Members: Address Change? If your address or phone number has changes or is about to change, please contact the West Virginia Farm Bureau. They will update your membership and subscription information.

All advertising is accepted subject to publisher's approval. Advertisers must assume liability for the content of their advertising. The publisher assumes no liability for products or services advertised. The publisher maintains the right to cancel advertising for non-payment or reader complaints about products or services.

Editor/Graphic Designer: Ron Williams

West Virginia Farm Bureau Officers:

President: Charles Wilfong

Vice President: John Pitsenbarger

Secretary/Treasurer: Steve Butler

Board of Directors:

Region 1: Kory Harmison, David R. Parker

Region 2: Dennis Funk, Steve Conrad

Region 3: Herb Kwasniewski, John Pitsenbarger

Region 4: David W. Ash, Mike Merinar

Region 5: Mike R. Morris, Pat Nestor

Region 6: Audra Cunningham, Woody Ireland

Region 7: Clyde Bailey, Danielle Grant

Region 8: Charles A. Wilfong, Joe Clay

Women's Leadership Committee Chair: Pam Hessler

Young Farmers Committee Chair: Michelle Wilfong

© 2024 West Virginia Farm Bureau

No portion of this publication may be reproduced in any manner without prior written permission

web site: www.wvfarm.org

email: contactus@wvfarm.org

phone: 800.398.4630



4 **The Way I See It**

— Charles Wilfong

6 **Around the Dome**

— Dwayne O'Dell

7 **County Corner**

News from our county boards from across the state

8 **The Zipline**

— Zippy Duvall

Viewpoints from our AFBF President

10 **God, Farming, and Sourdough Bread...Stories from the Farm**

— Susan Wilkins Taylor

Getting by with Faith and Family

12 **Transforming West Virginia's Economy: The Tri-State CCS Hub Advantage**

14 **FB Insurance — Insurance Insights Fireworks Safety: 4 Keys To Having A Dynamite Fourth Of July**

15 **WV Extension EXPERT REVIEW Reaping the Health and Economic Benefits of Improving Food Access Through a Stronger and More Sustainable Local Food System**

— Gina Wood, WVU Extension Specialist
and Family Nutrition Program Co-Director

20 **NRCS Conservation Corner Farmers, Homeowners Can Help Pollinators Prosper**

— Rebecca Haddix, NRCS-WV Public Affairs Specialist

22 **Zenith Solstice**

— Mike Snyder

24 **Growing a State and A Nation**

Telling the History of Ag in WV Through Pictures & Stories

27 **Come Sit a Spell**

Puzzles, Wit, and Wisdom



8



15



20



24

On the Cover: Johnstown Road Farm, Harrison County. Photo by Al Tucker



Eastern Ag Innovation Stockman & Stewardship Training

Friday, June 14, 2024 | 10 A.M. - 3 P.M. | Attendance Fee \$20
Tri-County Fair Grounds in Petersburg, WV

Our 2024 Stockmanship Training will be conducted by Curt Pate from Wyoming, <https://curtpatestockmanship.com/>. Curt has conducted clinics on stockmanship for decades. His personal experience with stockmanship principles supports a "for profit" mindset and focuses on economic benefits of handling livestock correctly, which contributes to the sustainability of the cattle industry.

Biosecurity for Your Beef Operation: Join Dr. Erika Alt (WVDA) and Dr. Kellie Hough (USDA) for a presentation on Secure Beef Supply Plans for mitigating Foot and Mouth Disease, interact with a 3D farm model to visualize security principles, and practice mapping your own line of separation and perimeter buffer areas. Arm yourself with the knowledge to protect your herd in the face of disease outbreaks.

Upon completion of this training event, you will obtain 5 contact hours. Lunch will be provided.

Contact: aginnovation@easternwv.edu and call 304-434-8000 ext. 9606
to register for these trainings and learn more!



Ag Innovation Trainings

www.easternwv.edu/ag-innovation/



EASTERN
West Virginia Community & Technical College

Eastern is an EOE, ADA, AA institution. Higher Learning Commission Accredited.

The Way I See It

Charles Wilfong, President, West Virginia Farm Bureau



The legal system that has been the backbone of our republic took a terrible blow today with the totally political conviction of President Trump. The kangaroo court trial was manipulated by operatives of Biden and company for purely political purposes.

This case, as well as cases in other states against Trump, are making a mockery of our treasured legal justice system. Various prosecutors ran for office on a "GET Trump" platform. Biden and his cohorts will do anything in order to stay in power, even if it means destroying our judicial system. This weaponization of our justice department by Biden against political opponents is something you would only expect to happen in third-world banana republics, and certainly not here in the United States of America.

The prosecutors and the judges in the sham New York cases are political opponents of President Trump. The judge in this most recent trial, Judge Juan Merchan, has exhibited extreme bias with virtually every ruling during the trial. Judge Merchan is a Biden supporter and financial contributor and could actually put President Trump in prison in an effort to destroy his Presidential campaign. As if that is not enough, Judge Merchan's daughter, Loren Merchan, has been fundraising for liberal democrats. Her company, Authentic Campaigns, raised over 100 million dollars for various clients and has even used the case against President Trump in her solicitation emails. Does anyone see a conflict of interest here?

One of the craziest aspects of the Trump trial was that he was not even told what exactly the charges against him were until the closing arguments, at which time Trump's counsel was not even allowed to respond. In effect, the jury was told, "If you don't like Trump, just convict him, and we will find a crime to pin on him." This trial will go down in history as a textbook case for a "kangaroo court."

In the end, they convicted President Donald J. Trump of 34 felonies, all stemming from a single legitimate legal expense, which was listed on his books as a legal expense. To top off this outrageous verdict, it all happened outside of the statute of limitations. What a joke!

Liberal politicians and many in the news media are rejoicing about his conviction. I hope their joy is short-lived. I have no doubt that if there is any justice left in this country, Trump's convictions will be reversed on appeal. I believe that the Supreme Court should step in and correct this totally rigged and manipulated trial.

I believe that the country will rally around President Trump like never before. It is more important than ever to re-elect him and stop the corrupt Biden regime from absolutely destroying this country. We owe it to our children, grandchildren, and future generations to leave them a country where they can continue to be free. Think about it. If liberal democrats can do what they have done to President Trump, imagine what they will do to any of us who dare to challenge what they are doing.

President Trump is an exceptional leader and a very strong individual. Not many people could deal with the injustice that has been afforded him. If there is one thing that he is guilty of, it is his love for this country. He is truly committed to making America great again. Please join me in doing anything and everything possible, including financial support, to ensure that Trump is not only the 45th President but also the 47th President.

May God continue to bless this country and give President Trump the strength to fight the evil forces that are against him.





\$500
Exclusive Cash Reward*

Farm Bureau Members Receive a \$500 Exclusive Cash Reward* on an Eligible New Super Duty®, F-150®, Ranger®, or Maverick®.



MATHENY
Ford

308 3rd St., St Marys, WV 26170
Sales: 681-612-6047
Service: 681-612-6049

Visit FordRecognizesU.com/FarmBureau today for complete offer details!

*Farm Bureau Recognition Program is exclusively for active Farm Bureau members who are residents of the United States. \$500 Exclusive Cash Reward on the purchase or lease of an eligible new 2022/2023/2024 Ford Maverick, Ranger, F-150 or Super Duty. This incentive is not available on F-150 Lightning, F-150 Raptor, F-150 and F-150 Super Duty. This offer may not be used in conjunction with most other Ford Motor Company private incentives or AEDS Plans. Some customer and purchase eligibility restrictions apply. Must be a Farm Bureau member for 30 consecutive days prior to purchase or lease and take new retail delivery from an authorized Ford Dealer's stock by January 2, 2024. Visit FordRecognizesU.com/FarmBureau or see your authorized Ford Dealer for qualifications and complete details. Note to dealer: Claim VINCENT using #18856.

RIDGE®
PEAK PREMIUM PERFORMANCE

Kawasaki
Let the Good Times Roll®



RIDGE® side x sides are built for advanced work and play. Experience off-roading like never before with game-changing performance and premium automotive-inspired features.

- **New Kawasaki-Built 999cc, 92 HP*, In-Line Four-Cylinder Engine**
- **Factory Standard Full Cab w/ Heating, Ventilation & Air Conditioning (HVAC Models)**
- **On-The-Fly Electrically Selectable 4WD & Rear Differential Lock**

*This vehicle's HP was measured according to ISO standard 4106. This ISO standard measures HP differently than the SAE standards by which the horsepower of many cars is measured, and as a result the referenced HP measurement may be higher than if it were measured by an SAE standard. WARN® VRX 45, the WARN logo and THE RED HOOK STRAP are registered trademarks of Warn Industries, Inc.

BERKELEY SPRINGS

RIDERSVILLE CYCLE

304-258-1449

www.ridersvillecycle.com

ELKINS

ELKINS MOTORSPORTS

304-636-7732

www.elkinsmotorsports.net

BRIDGEPORT

LEESON'S IMPORT MOTORS INC.

304-842-5469

www.leesonsarcticcat.com

HUNTINGTON

ALL SEASONS POWERSPORTS

681-204-5007

www.allseasonsatv.com

CHARLESTON

DOHM CYCLES

304-342-5148

www.dohmcycles.com

MINERAL WELLS

ALL SEASONS POWERSPORTS

304-489-9824

www.allseasonsatv.com

NEW MARTINSVILLE

ALL SEASONS POWERSPORTS

304-455-1304

www.allseasonsatv.com

KAWASAKI CARES: Read Owner's Manual and all on-product warnings. Warning: The RIDGE® side x side can be hazardous to operate. For your safety: Always wear a helmet, eye protection and protective clothing. Never operate under the influence of drugs or alcohol. Avoid excessive speeds and stunt driving. Be extra careful on difficult terrain. Protect the environment. The Kawasaki RIDGE side x side is an off-highway vehicle only, and is not designed, equipped or manufactured for use on public streets, roads or highways. 2024 Kawasaki Motors Corp., U.S.A.

Scan with camera
to view videos,
key features
and more.



Around the Dome

Dwayne O'Dell, WVFB Director of Government Relations



I hope each of you are doing well as summer approaches. Please consider the following issues.

The 2018 Farm Bill expired last year, and Congress passed a one-year extension. It appears a new farm bill will receive review this summer. Each of the 12 titles will be examined extensively. Historically, farm bills have been bipartisan. Currently, divisions still exist on inclusion of California Proposition 12 pre-emption proposals, funding lines for SNAP, investment in agricultural research, conservation funding, and risk management programs. The Farm Bill is reauthorized every five years, and the current extension expires September 30, 2024.

In 2022, Congress passed the Inflation Reduction Act that included a historic \$18 billion in programs for America's farms. Most of the funding was diverted to address "climate smart" farming. The funding level is also being reconsidered in the proposed new farm bill.

Avian influenza has plagued the poultry industry for a number of months. Recently, the H5N1 virus was found in dairy cattle. USDA has revised animal health rules to address limiting the spread of the problem. In mid-May, USDA tested the cooking of hamburger patties artificially inoculated with high concentrations of H5N1. Technicians tested the meat at various cooking temperatures and found that medium and well-done burgers had no virus. The test was done in an effort to review "experimentally infected" burgers. USDA recommends cooking to 145 to 160 degrees F to ensure no exposure to the virus, and has long recommended that consumers cook hamburger to an internal temperature of 160 degrees. USDA has found no infection from animals at slaughter houses at this time.

The Organic Trade Association reports a record of nearly \$70 billion in sales of organic food in 2023. Compared to 2022, sales were up 3.4 percent. Organic fresh fruit and vegetable sales grew by 2.6 percent, with a total value of \$20.5 billion. Organic produce accounts for 15 percent of total U.S. fruit and vegetable sales. Top organic sellers included berries, apples, carrots, and packaged salads.

In two years, the United States of America will be 250 years old (1776 – 2026). On July 4, many Americans will celebrate our continued independence with parades,

picnics, fireworks, ball games, and other activities. The Declaration of Independence on July 4, 1776, stated, "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness." Furthermore, the document says, "That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed."

The words in the Declaration were designed primarily to encourage Americans to put their lives on the line for the cause of the hope of a vision of a better life. Certainly, the people of the era had a great vision for America to be a place of freedom with the hope of great opportunities.

On a personal note, I stand amazed at the bravery and vision of the founders of America. We certainly live in a great country, and I believe America is still worth the fight. I encourage you to read the Declaration of Independence, the Constitution, and the Bill of Rights. At times, we have great challenges. We would be wise to look back to the past so that the future can be met with the same vision as our founders had in 1776. President Ronald Reagan said, "We've been blessed with the opportunity to stand for something—for liberty and freedom and fairness. And these are things worth fighting for, worth devoting our lives to."

Have a great day!



 HUSTLER Rethinking the Everyday  Round Bale Feeder SL360X	The world's best livestock feeding solution	 Priefert Cattle & Horse Equipment  Round Bale Feeder SL360X	Priefert's #1 selling Squeeze Chute of all time, the S04 has everything to help make cattle working safer, quicker, and easier than ever before.
 Bush-Whacker Durability. Precision. Quality.  ST-180 Elite 15 Foot Flex-Wing Rotary Cutter		 Mahindra  Mahindra Tractors The official tractor of tough with heavy-duty frames, more built-in weight and mComfort Seats.	Get Superior Performance with a Mahindra. Higher lift capacities. Use bigger implements.
D&G Equipment Sales • 304-496-8685 • 1-800-681-5670 DandGEquipment.com • dges4@hotmail.com • Augusta, WV • M-F 8-5 • Sat. 8-Noon			

County Corner *News from the Fifty-Five*

Taylor County

Poster Contest Winners

Taylor County Farm Bureau recently selected the poster contest winners for 2024.




First Place went to Kathryn Holley, 4th grade student from Flemington Elementary School.



2nd Place poster by Kayla Breedlove, 10 year old from West Taylor Elementary



3rd Place poster by Kailee Jacobs from West Taylor Elementary

**U.S. DEPARTMENT OF AGRICULTURE**

Nicholas County Producers May be Eligible for Emergency Conservation Program Assistance

Nicholas County is accepting applications for the Emergency Conservation Program (ECP) to address damages from the storms that ripped through the southern portion of Nicholas County on April 2nd, 2024. ECP sign-up will begin on May 20th, 2024, and end on June 20th, 2024. Producers are encouraged to call ahead and schedule an appointment.

For convenience, an FSA staff member will be present at the USDA office in Summersville, WV, located at 834 Broad St. Summersville, WV 26651 every Tuesday during the sign-up period. *(Other times may be available by appointment).*

To be eligible for assistance, producers must be an active farmer and have farm records established at FSA. Calling ahead will help staff determine eligibility and documents needed for sign up.

The approved ECP practices under this authorization include EC1- Removing Debris from Farmland, and EC3- Replacing or Restoring Permanent Fences.

ECP assists producers with the recovery cost to restore the agricultural land to pre-disaster conditions. Approved ECP applicants may receive up to 75 percent of the cost of approved restoration activity. Limited resource, socially disadvantaged and beginning farmers and ranchers may receive up to 90 percent cost-share. FSA county committees will evaluate applications based on an on-site inspection of the damaged land, taking into consideration the type and extent of the damage. An on-site inspection does not guarantee that cost-share funding will be provided.

For more information on ECP, please contact the Braxton County FSA office at 304-364-5103 or visit farmers.gov/recover.

Location
Braxton County Farm Service Agency
748 Airport Rd. Sutton, WV 26601
304-364-5103

Contact
Robin Ward, County Executive Director
robin.ward@usda.gov
Lilly Stout, Program Technician
lillian.stout@usda.gov

USDA is an equal opportunity provider, employer and lender.

**MASSEY FERGUSON**

SMALL TRACTOR. BIG VERSATILITY.



\$217 / MONTHLY PAYMENT
0% FINANCING FOR 84 MONTHS
on The Massey Ferguson® GC1700 Series tractor
5 YEAR POWER TRAIN WARRANTY
22.5 H.P. • LOADER • 3 CYLINDER DIESEL
60" DRIVE OVER MOWER DECK

BORN TO FARM
www.masseyferguson.us

**KNIGHT'S
FARM SUPPLY**

Fork Ridge Rd • Glen Easton, WV
304-686-2525 or 304-845-1525
www.knightsfarmsupply.com

The Zipline

Zippy Duvall, President, American Farm Bureau Federation



Tilling the Soil for Agricultural Education

Summer break is just around the corner, but learning is always in season. The American Farm Bureau Foundation for Agriculture is abuzz with resources, activities and literacy items for learners of all ages to continue their education after that last bell rings for the school year.

I'm especially excited about "The Soil in Jackie's Garden," the newest release from our Foundation's book publishing arm, Feeding Minds Press. Written by Peggy Thomas and illustrated by Neely Dagget, this engaging picture book brings young readers along with Jackie and her garden friends as they discover the wonders of gardening, soil secrets and the magic of composting. An excellent way for our next generation to learn how to care for a garden, understand a plant-life cycle, the role of pollinators and decomposers, and the importance of environmental stewardship. This science-rich book is now available, and you can order your copy today from our Foundation.

"We need to ensure we can continue to plant the seeds that yield a harvest of knowledge"

Did you know that today, May 29, is National Compost Day? Well, it's no coincidence that this book on soil was released today for kids to dig into. After learning about soil health with Jackie, kids and their parents might be inspired to work in their own gardens or to start a compost pile. Thanks to the Foundation team, the book also provides practical information for families looking to boost sustainability in their own backyards. There are also plenty of other great learning resources and materials for educators and parents.

This latest title will grow the Feeding Minds Press library to 10 as it continues to produce educational books and materials which help kids, and their parents, better understand where their food comes from. The Foundation's previous titles, "I Love Strawberries"

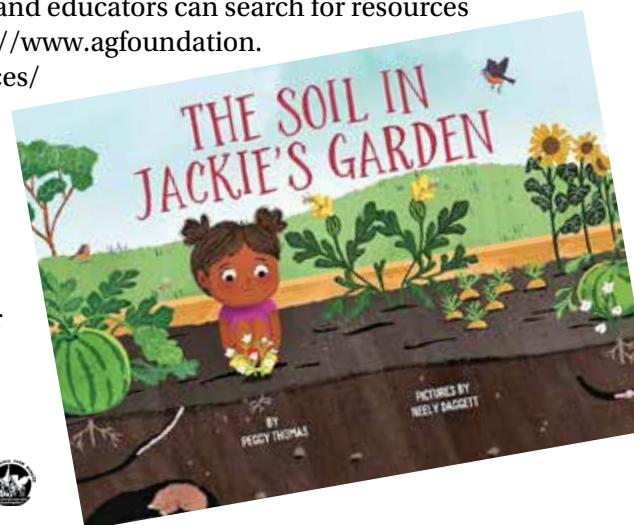
and "Tales of the Dairy Godmother: Chuck's Ice Cream Wish," to name a couple, have already garnered national recognition and numerous awards. "I LOVE Strawberries," alone, is a winner of seven awards, including the Good Housekeeping 2022 Best Kids' Book Award. We also recently saw one of our 2023 publications, "Farm Boots," be awarded the GOLD Benjamin Franklin Award, one of the highest national honors in independent publishing.

In addition to these great books, the Foundation continues to provide an array of educator resources from special conference and resource grants to On the Farm STEM training. The Foundation's classroom resources cover various agricultural topics and allow teachers to connect agriculture as an integral part of science and technology education, through STEM lessons, activities and videos.

I couldn't be prouder of our staff and board at the Foundation for their dedication to growing awareness and understanding around agriculture. If we are going to educate and inspire the next generation to appreciate and perhaps even pursue careers in agriculture, we need to ensure we can continue to plant the seeds that yield a harvest of knowledge.

So whether you're a parent looking for some summer activities, a teacher looking to plan ahead for bringing ag into the classroom, or someone simply wanting to learn something new, I encourage you to join in and check out everything the Foundation has to offer. Parents, volunteers and educators can search for resources here: <https://www.agfoundation.org/resources/search>.

You might even grab a copy of "The Soil in Jackie's Garden" for the young readers in your life.



BUILT TO GET WORK DONE

can-am

© 2023 Bombardier Recreational Products Inc. (BRP). All rights reserved.
TM and the BRP logo are trademarks of BRP or its affiliates.

ELKINS

ELKINS MOTORSPORTS
304-636-7732
www.elkinsmotorsports.net

HUNTINGTON

ALL SEASONS POWERSPORTS
681-204-5007
www.allseasonsatv.com

MINERAL WELLS

ALL SEASONS POWERSPORTS
304-489-9824
www.allseasonsatv.com

NEW MARTINSVILLE

ALL SEASONS POWERSPORTS
304-455-1304
www.allseasonsatv.com

GET THE BEST DEAL
NOW!

1.9% UP TO 60 MONTHS

or Cash Discount*

ON MOWERS, TEDDERS, RAKES AND ROUND BALERS



Hurry In For Great Savings!

Effective 2023 - 2024 Policies and programs in this document are subject to change.
All policies and procedures are valid until cancelled by Krone NA, Inc.

KRONE

SCHROCK
FARM EQUIPMENT

211 Wes White Rd., Oakland, MD 21550

SALES: 240-321-0999 • 301-616-0761 | PARTS: 301-334-9060

schrockfarmequipment.com

email:es91sfe@gmail.com

READY FOR
THE NEXT
CHALLENGE



**The Most Advanced Ram
Heavy Duty Pickup Ever**



RAM.COM/AGRICULTURE

Based on standard and available
features offered. Always tow within vehicle
capability. Properly secure cargo.

PARKERSBURG
ASTORG AUTO CHRYSLER DODGE
JEEP RAM
304-485-8585
www.astorgdodgechryslerjeep.com

RIPLEY
DUTCH MILLER CHRYSLER DODGE
JEEP RAM OF RIPLEY
304-609-4034
www.dutchmillercdjrifle.com

God, Farming, and Sourdough Bread

....Stories from the Farm

Susan Wilkins Taylor



I love Springtime. But it is nearly impossible for me to pick my favorite thing about it. When the first calves began to hit the ground in March, I thought, “This is my favorite part of Spring.” Over the next couple of weeks, the grass slowly started to green up, and I decided that was my favorite. Practically overnight, the mountains were awash in green and leaves in May and *that* is my favorite part of Spring. Then Sherman tilled up my garden, and I began laying out my rows. It was then that I decided, “No, *this* is my favorite part.”

But *then*, we hauled cows and calves to what we call “the mountains” in Randolph County. Quickly, all my other favorite parts took a back seat. Each first trip of the year, my eyes eagerly take in the view from the top of the mountain. Scanning for anything different; always feeling such profound relief and gratitude when it looks exactly the same (except for maybe a few new rose bushes popping up here or there.)

It occurs to me that all these favorite things of Spring are such obvious signs of God:

New calves and the miracle of life – I see you, God.

Green grass after rains from Heaven – I see you, God.

The mountains come alive – I see you, God.

The promise of a tilled garden plot; food to sustain us – I see you, God.

The farm in Randolph County, where I truly feel closer to Heaven than anywhere else on Earth – I see you, God.

Where do you see God? How often do we take our daily lives and chores for granted, or see work just as work? How can we start to see God every day? He’s there. Every day, everywhere. In the mundane and the extraordinary. We just have to look. Sometimes, it helps to say the words out loud: I see you, God.

I have challenged myself to start seeing God more. And the more I look, the more I see Him.



MAKE HAY THE VERMEER WAY.



MOW IT

- Disc mowers
- Trailed mowers
- Mower conditioners

DRY IT

- Tedders

RAKE IT

- Twin basket rakes
- Wheel rakes
- Rotary rake

BALE IT

- Round dry hay balers
- Round silage balers
- Self-propelled baler

PACKAGE IT

- Vermeer® Net

WRAP IT

- Inline bale wrapper
- Single bale wrappers

FEED IT

- Bale processors
- TMR mixers
- Feed wagons

**Forage innovations for
your cattle operation.**

AUGUSTA

D & G EQUIPMENT SALES

800-681-5670

www.dandgequipment.com

dges4@hotmail.com

MORGANTOWN

KING & SONS LLC

304-296-0180

kingandsonslc@gmail.com

Vermeer, the Vermeer logo and the Black, White, Green bale wrap color scheme (Vermeer Net) are trademarks of Vermeer Manufacturing Company in the U.S. and/or other countries. © 2020 Vermeer Corporation. All Rights Reserved.



MASSEY FERGUSON

**SMALL TRACTOR.
BIG VERSATILITY.**

\$217 / MONTHLY PAYMENT
0% FINANCING FOR 84 MONTHS
on The Massey Ferguson® GC1700 Series tractor

5 YEAR POWER TRAIN WARRANTY
22.5 H.P. • LOADER • 3 CYLINDER DIESEL
60" DRIVE OVER MOWER DECK

BORN TO FARM

www.masseyferguson.us



KNIGHT'S
FARM SUPPLY

Fork Ridge Rd • Glen Easton, WV

304-686-2525 or 304-845-1525

www.knightsfarmsupply.com

BEAUTIFUL FARMLAND FOR SALE

(9 Miles South of Morgantown)

2 Pieces of Property

Approx. 50 Acres

(Sold Together or Separate)



POND FIELD

Approx 15 Acres with

1.7 Acre Pond • **\$202,500**



MEADOW FIELD

Approx 35 Acres

\$420,000

TOTAL: \$622,500 (50 Acres)

(Home already sold on separate property)

PRIME PROPERTY

Peaceful countryside with abundant wildlife...
deer, turkey, great fishing & more.

Call: 304.288.4244



Transforming West Virginia's Economy: The Tri-State CCS Hub Advantage

As champions for our state's dedicated farmers and agricultural sustainability, the West Virginia Farm Bureau recognizes the importance of embracing innovative solutions that protect our environment while supporting economic growth. The Tri-State CCS Hub project, led by American energy company Tenaska, embodies this spirit of economic growth, promising transformative benefits for West Virginia and beyond.

Carbon capture and sequestration (CCS) is a proven technology designed to capture carbon dioxide (CO₂) emissions from industrial processes, such as power generation and manufacturing, and store them securely underground. This process aids regional businesses in meeting environmental regulations and climate mandates, allowing these facilities to remain stable regional employers and taxpayers.

Strategically located in the heart of Appalachia, the Tri-State CCS Hub will transport captured CO₂ from different industrial sources across the intersection of Ohio, Pennsylvania and West Virginia, including power plants and

manufacturing facilities, for storage deep, deep underground. The West Virginia portion of the project – dubbed Tri-State Redbud – is proposed for Brooke, Hancock and Marshall counties.

Key Components of the Project:

- **Capture Technology:** State-of-the-art carbon capture technology will efficiently secure CO₂ at the source before it enters the atmosphere.
- **Storage Site:** Deep underground storage, verified by comprehensive geological studies, guarantees the safety and integrity of CO₂ sequestration.
- **Transportation Infrastructure:** A small network of pipelines will safely transport CO₂ to a secure site, ensuring seamless and cost-effective transportation.

The Tri-State CCS Hub will create jobs, attract clean energy investments and position West Virginia as a top destination for employers seeking innovative solutions to help them comply with federal requirements.

In addition to its environmental benefits, the Tri-State CCS Hub presents a unique opportunity for



farmers to diversify their income streams with little to no disruption to their above-ground operations. By joining the project, farmers can enjoy a passive income while continuing their agricultural activities without interference.

A CCS project like this can coexist with existing oil and gas production in the region, demonstrating a harmonious approach to energy development that supports economic growth. This collaboration underscores the project's commitment to supporting rural communities and fostering sustainable practices across various industries.

Overall, the Tri-State CCS Hub in West Virginia is estimated to have significant economic benefits for the state. A third-party economic benefits study estimates the key economic benefits of the project would include:

- Across the entire three-state footprint, an estimated economic impact of nearly \$1.1 billion over three years of construction, with nearly \$250 million of that in West Virginia
- The average annual employment impact during the construction period is estimated to be 372 workers
- The total labor income generated by construction activity in West Virginia is estimated to be over \$75 million
- Construction activities in West Virginia are estimated to support nearly \$17 million in state and local tax revenue over the three-year period
- Across the entire three-state footprint, an estimated economic impact of more than \$22 million over each year of operations, with approximately \$6.3 million of that in West Virginia

- The Tri-State CCS Hub will support over 14 jobs in West Virginia annually, including one job directly supported at the CCS facilities and an additional 13 jobs in related industries
- The proposed CCS well sites in West Virginia will support a total of \$1 million in employee compensation
- The proposed CCS well sites in West Virginia support just over \$438,000 in tax revenue annually to the state government and local governments within the state

For more information, please visit the project website at <https://tristateccs.com/> or visit Tri-State CCS Hub's West Virginia office:



TRI-STATE CCS HUB
BUCKEYE • REDBUD • OAK GROVE

210 Three Springs Drive
 Suite #2
 Weirton, WV 26062
 Office Hours: 11 a.m.-1 p.m. Thursdays or by appointment

Local Representative: Ben Keeler
 Email: community@tristateccs.com
 Phone: 330-934-4155



FIREWORKS SAFETY: 4 KEYS TO HAVING A DYNAMITE FOURTH OF JULY

Bottle rockets, Roman candles and sparklers are all synonymous with one thing in America: the Fourth of July. There's no doubt that fireworks are fun, but they're also the culprit of more than 10,000 hospital visits in the U.S. each year. This holiday should be a celebration of our country's independence, not a reason to go the emergency room. The FB Insurance Company – West Virginia encourages everyone to educate themselves on the rules and risks of fireworks before embarking on your own backyard pyrotechnics show.

1. Handle with care.

Each year, thousands of celebrations fizzle out early due to injuries. Mishandled fireworks can result in severe burns, fractures, disfigurement or, worse yet, death. Even a sparkler, usually handed to small children and thought by many to be harmless, burns at 1,200°F. To put that into perspective, wood burns at 575°F and glass melts at 900°F. The tip of a sparkler is hot enough to easily cause third degree burns, thus accounting for more than one-fourth of emergency room fireworks injuries.

Follow these tips to keep you and your family safe while handling fireworks:

- Buy your fireworks from a licensed dealer and read all instructions before lighting. Don't experiment with homemade fireworks. Sure, they might provide a few seconds of enjoyment, but that's not worth the risk of injury, scarring or even death that may occur as a result.
- Alcohol and fireworks aren't a good recipe. Choose an adult who is not consuming alcohol to be the designated fireworks handler.
- Always supervise the kiddos! The risk of fireworks injury is highest for young people ages five to nine.
- Keep a bucket of water on hand and make sure there's a water hose connected nearby.
- Douse the duds! Wait 20 minutes after attempting to light a dud and soak it in a bucket of water. Never try to relight fireworks that don't work the first time around!

- Light one firework at a time.
- Never point fireworks at people.
- Keep a safe distance when watching fireworks.

2. Light the sky, not your property.

It's not uncommon for fireworks to send wooded areas, homes and automobiles up in flames. Fire departments annually respond to an average of 18,500 fires caused by fireworks, including 1,300 structure fires, 300 vehicle fires and almost 17,000 outside and other fires.

Fireworks-related fires cause at least \$20 million in property loss each year. Bottle rockets or other rocket-type fireworks are an especially large risk to your home, as they can land on rooftops or wedge within a structure while still retaining enough heat to cause a fire.

3. Know the law.

A little Fourth of July fun can turn into a run-in with the police in a flash. Laws and ordinances regarding fireworks vary from state to state, and even city to city. To view each state's fireworks laws by the American Pyrotechnics Association, visit their website: americanpyro.com/state-law-directory.

4. Don't forget Fido.

While most humans find the earth-shaking boom of fireworks to be enjoyable, many pets do not. In fact, so many frightened pets try to escape the sights and sounds each Fourth of July that lost pet intakes at animal shelters skyrocket.

Remember that pets are much more sensitive to the sights, sounds and smells of the holiday than you are. Keep them indoors and away from fireworks displays. If possible, turn on a TV or radio to help drown out the commotion. If your pet seems particularly sensitive to the celebrations, consult a vet who can offer calming techniques and medications to alleviate your pet's anxiety.

If you keep these tips in mind, we think your Independence Day celebration will be a real blast!



Reaping the Health and Economic Benefits of Improving Food Access Through a Stronger and More Sustainable Local Food System

By Gina Wood, WVU Extension Specialist and Family Nutrition Program Co-Director

We've all heard the old proverb, "An apple a day keeps the doctor away."

It's a deceptively simple idea: eating healthy foods on a regular basis can have a direct and positive impact on our health. But what if the "apple" — or any fresh produce, for that matter — is hard to come by in your town? What if you have no access to transportation to get that healthy food, or you have trouble affording fresh food?

That's no proverb. It's a reality for many West Virginians who experience social, economic, and structural barriers that make it challenging to access and afford fresh, nutritious food.

Around 12% of West Virginians are food insecure, meaning they face challenges in meeting their basic food needs, according to Feeding America, a national non-profit organization that provides a network for more than 200 food banks. In addition, one in five children of West Virginia's children lives in food-insecure households. That's something that the West Virginia University Extension Family Nutrition Program (FNP) strives to address through its mission to connect limited-resource individuals and families with fresh, locally-grown produce.

FNP is funded by two federal grants from the United States Department of Agriculture: the Supplemental Nutrition Assistance Program – Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP). These grants have unique but complementary goals. SNAP-Ed focuses on changing policies, systems, and environments that increase access to healthy food, and EFNEP is focused on providing hands-on, practical nutrition education and culinary instruction to help folks stretch what they have and prepare nutritious meals for their families. FNP provides programs and services all over the state through over 40 county-based nutrition educators and a wide network of partners.

FNP co-director Kristin McCartney and I are both registered dietitians with public health backgrounds. We recognize that many factors beyond personal choice influence dietary habits, and many of those factors can drive overconsumption of nutrient-poor foods that can negatively affect health. In our work with the Family Nutrition Program, we strive to reduce those barriers so that everyone, regardless of circumstance, has access to nutritious food.

Giving Kids the (Purchase) Power

Working with local growers and aggregators to increase access to fresh produce has been something that FNP has been working on for over a decade. This started in 2013 with "Kid's Markets" in McDowell County. FNP partnered with local farmers who set





Across all programs, FNP educators provide taste tests, recipes and age-appropriate nutrition education lessons.

up pop-up markets at schools and childcare centers. Each student received \$4 in tokens and a youth-sized farmers market bag so they could “shop” for their own foods. This gave students complete autonomy over their food choices — and the ability to taste items they may have always wanted to try or even something new that was unfamiliar to them. FNP educators were on-site to help the markets run smoothly and to provide taste tests, recipes, and age-appropriate nutrition education lessons.

One of the added benefits of this program is that FNP was able to pay the farmers up front for all the produce for each market, based on the number of students expected to attend. Farmers didn’t need to worry about how much they were going to sell because we agreed on the amount in advance. This guaranteed payment is a rarity in the agricultural sector.

Since 2013, Kids Market programs have been held in every county in

West Virginia. Many are now sustained through a variety of funding sources, including county boards of education, private foundations, and Mountaineer Food Bank, which picked up the program several years ago.



As part of the Kids Market program, the children determine how to spend their allotted tokens each week on fresh, locally-grown fruits and vegetables.

The Kids Market program was re-conceptualized during COVID when schools were closed and hosting market-style events was unsafe. That's when FNP shifted Kids Markets from the education setting to a retail-based model, and the Kids Market @ The Store program was born.

Parents or adult caregivers can register children from ages two to 17 for the program, which runs during the summer in select counties when schools are out of session, and access to school meals is limited. Each family receives \$20 to \$60 in tokens, a value based on the number of children participating in the county. Participants spend their tokens at a dedicated Kids Market @ The Store display, placed inside a locally-owned retailer in their community.

Displays are stocked each week with fresh fruits and vegetables grown by West Virginia farmers. At the checkout, store clerks place a sticker in the child's Kids Market @ The Store passport booklet. This allows families to track which foods they've tried throughout the program. At the end of the program, they can mail back their passports in exchange for WVU-themed prizes. Adults are invited to complete a survey at the end of the program that asks questions about the child's eating habits and requests feedback used to improve the program. Kids Market @ The Store has created new outlets for locally-grown food through its partnership with retailers, many of whom have not previously carried fresh produce and are located in areas designated as food deserts. Over the past three years, Kids Market @ the Store has served over 11,500 youths and paid local farmers over \$260,000 for their produce. What's more, there have been 21% and 25% increases in children's willingness to taste fruits and vegetables.

"Our youth-serving programs create future consumers for our state's agriculture industry," McCartney said. "Someday, they will be adults who grocery shop and make food decisions for their household, so if we introduce students at an early age to these foods and the farmers who grow them, they'll be more likely to become lifelong customers."

Fresh Produce — Just What the Doctor Ordered

Another group of healthcare-based programs that has gained momentum on a national scale and taken root in West Virginia over the past five years is known as "Food is Medicine." Consisting of strategies that include medically tailored meals, medically tailored groceries, and produce prescriptions, "Food is Medicine" programs are a way to incentivize healthy food consumption and help prevent or treat diet-related conditions among those who may experience challenges accessing or affording fresh, nutritious food.

FNP has been instrumental in expanding one such initiative in West Virginia: FARMacy WV. This 15-week produce prescription program runs throughout the summer months across 25 counties in partnership with many federally qualified health centers, rural health centers, free and charitable clinics, and rural hospitals. Healthcare providers recruit patients who have been diagnosed with at least one chronic condition and are also at risk for food insecurity and give them a written prescription for fresh fruits and vegetables valued at \$25 per week. Patients redeem these prescriptions on-site at the clinic during weekly pop-up farmers markets. This allows patients to interact with clinic staff, fellow participants, the growers who provide the food and FNP nutrition educators.



The FARMacy program has paid West Virginia farmers more than \$400,000 for approximately 323,000 pounds of produce.

FNP staff are on-site each week to lead participants through a series of hands-on nutrition education and cooking classes. Participants prepare and taste new recipes that feature the produce they receive.

These classes are an essential part of produce prescription programs because families with limited food budgets are not going to spend their money on foods their families won't eat. While that seems obvious, it is a factor many health initiatives do not consider. FNP is removing that barrier by giving participants these foods — free of charge — and teaching them how to prepare them once they get home.

FNP also supplies each participant with enhancement items, such as cutting boards, measuring cups, water bottles, weekly recipes and a cookbook, to help participants practice healthy habits in their daily lives. Patients complete clinical assessments at the start and end of the program, including hemoglobin A1c (a measure of diabetes control), cholesterol, blood pressure and weight. They also complete a series of surveys to assess changes in fruit and vegetable consumption and other health-related behaviors.

Since 2020, the FARMacy WV program has served over 1,100 patients in 20 counties. Participants report eating more fruits and vegetables, cooking more at home, and eating less fast food and pre-prepared meals. They also express more confidence in their food preparation skills. In addition to losing weight, many patients have also experienced improved diabetes and blood pressure control. Overall, the average hemoglobin A1c across all participants decreased by 0.3 percent. The program has also paid West Virginia farmers more than \$400,000 for approximately 323,000 pounds of produce, which is purchased either directly from the grower or through local aggregators.

While FARMacy WV is the most well-known, other “Food is Medicine” programs are offered through health care organizations, such as Vandalia Health, WVU Medicine, and Charleston Area Medical Center, and the state’s two largest food banks, Mountaineer Food Bank and Facing Hunger Food Bank. FNP has partnered with most of these programs to provide nutrition education, connections to local growers, and other technical assistance.

Facing Hunger Food Bank partners with healthcare providers in the southern region to provide medically indicated food boxes for patients with chronic kidney disease, diabetes, high blood pressure, heart disease, and cancer. They consult with registered dietitians to determine which foods are appropriate for each medical condition and deliver food boxes directly to patients at home. Boxes contain fresh produce, shelf-stable items, and frozen and lean proteins.

WVU Medicine operates its Farm to You program in the state’s Eastern Panhandle. This clinic-based program serves low-income families by providing fresh produce, medically tailored recipes, nutrition education, and mobile services. The Family Nutrition Program also provides financial backing for SNAP Stretch, a program that multiplies SNAP users’ buying power at farmers’ markets in West Virginia. All SNAP users can receive double their benefits when shopping from a local grower — but senior citizens and those shopping with children are eligible to triple their benefits.

Grow Your Own

Finally, one of FNP’s most successful endeavors is Grow This, a social media-based campaign promoting home food gardening through its annual giveaway of seeds, planting guides, and educational outreach. Participation in the campaign exploded during the COVID pandemic, and it now attracts upward of 100,000 participants each year.

Grow This has created a robust online community with passionate followers all over West Virginia. To turn that online enthusiasm into real-world change in 2024, the campaign added the Grow This Throwdown: a statewide competition where participants are encouraged to engage in acts of food citizenship by participating in a county-based team and completing challenges, such as seed donations, seed swaps and establishing edible landscapes that win them points for their team. The counties with the most points at the end of the growing season will win grants to complete improvement projects in their communities.

But even though this initiative primarily focuses on home gardening, Grow This is a food access program at its heart. More than 40% of Grow This participants told us they worry their family won’t have enough food to make it through the month. By making gardening as accessible as possible, we can break down barriers of affordability and accessibility that keep West Virginians from incorporating fresh produce into their diets. Through the Grow, This Throwdown, FNP is also raising awareness for these issues and mobilizing West Virginians of all socioeconomic statuses to tackle them head-on. Grow This, along with the other programs and partnerships the Family Nutrition Program supports, is building a stronger local food system for all West Virginians.

Any producers who might be interested in working with one of WVU Extension Family Nutrition Program’s initiatives can contact me at Gina.Wood@mail.wvu.edu or Kristin McCartney at Kristin.McCartney@mail.wvu.edu.



RIGIDPLY RAFTERS INC.
 MANUFACTURERS of
 LAMINATED TIMBERS
 and WOOD TRUSSES




301.334.3977
WWW.RIGIDPLY.COM
 1283 Joni Miller Road, Oakland MD 21550

Upgrade your
 productivity,
 not your price tag



TYM
 TRACTORS

**Stop in and check
 out our selection!**



With Models available ranging from 20 HP to the 111 HP
 TYM has the tractor to fit your needs.

McConnellsburg
 Motor & Implement

SINCE 1939

875 Lincoln Way East ▪ McConnellsburg, PA
(717) 485-3181 ▪ www.mcconnellsburgmotorandimp.com

Wide range of models currently in stock from 20 to 75 HP

JULY 13 & 14

COME EXPLORE
 THE FARMS AND
 SMALL BUSINESSES
 OF PRESTON
 COUNTY, WV



**FARM
 CRAWL**
PRESTON COUNTY

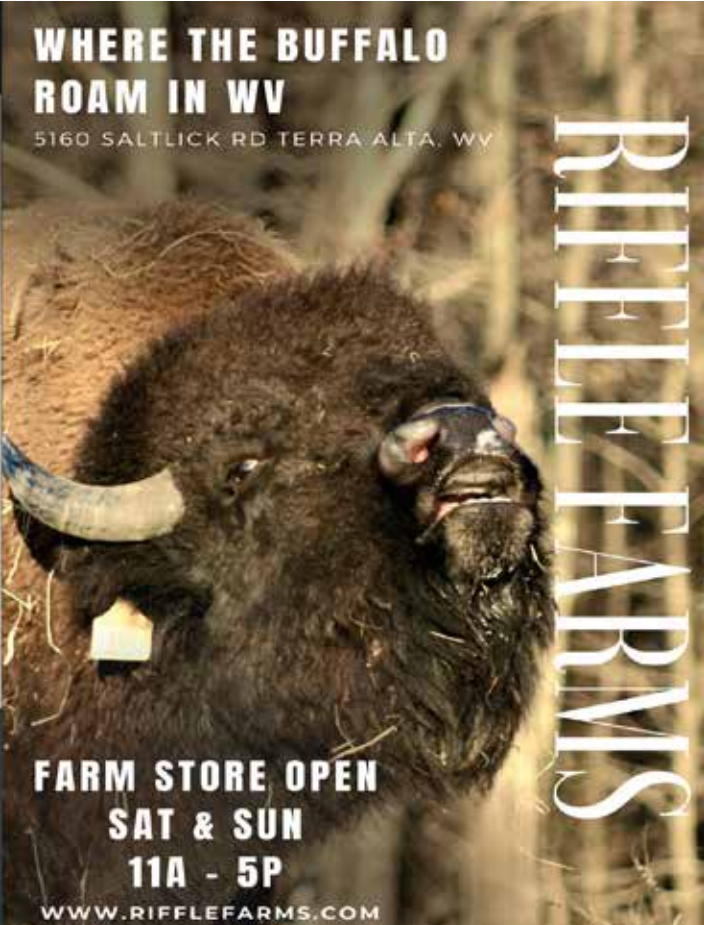
WWW.PRESTONCOUNTYFARMCRAWL.COM

**Tour the Farms & Buy
 the Local Products**
 10 AM - 4 PM

@PRESTONCOUNTYFARMCRAWL

**WHERE THE BUFFALO
 ROAM IN WV**

5160 SALTICK RD TERRA ALTA, WV



RIFFLE FARMS

**FARM STORE OPEN
 SAT & SUN
 11A - 5P**

WWW.RIFFLEFARMS.COM

Farmers, Homeowners Can Help Pollinators Prosper

— submitted by Rebecca Haddix, NRCS-WV Public Affairs Specialist

Why are pollinators so important? That's easy - Food. One out of three bites of food can be attributed to these important creatures – such as bees, butterflies, moths, birds, beetles, bats, and a few other small mammals. Pollinators provide crucial assistance to fruit, vegetable, and seed crops, as well as other plants that produce fiber, medicine, and fuel. Many plants would be unable to reproduce without the help of pollinators.

But as you may know, pollinators are in trouble. Many are seeing decreasing populations because of habitat loss, disease, parasites, and pesticide use. But there's good news. There are simple ways you can help. It can be as easy as selecting high-quality pollinator plants for your landscaping. To find the best plants for your area, visit the websites of NRCS partners at the Xerces Society Pollinator Conservation Program or Pollinator Partnership, (www.pollinator.org).

If you operate a farm, NRCS can help you create habitat for pollinators. This not only benefits pollinators but also provides ample perks for farmers. More pollinators can increase crop yields.

cont.



Pollinators can be increased by planting wildflowers in and around fields and choosing the right cover crops. NRCS offers more than three dozen conservation practices that assist in building healthier landscapes for pollinators. NRCS can also help fund the implementation of these practices.

Habitats used by pollinators attract beneficial insects (insects that eat crop pests), and they

may provide habitat for other wildlife, reduce soil erosion, and improve water quality. If you are implementing conservation practices to prevent soil erosion or protect stream banks, consider including wildflowers, shrubs, and trees that support pollinators.

For more information, contact your local USDA Service Center or visit nrcs.usda.gov/pollinators.



USDA is an equal opportunity provider, employer, and lender.



Celebrate Pollinator Week! June 17-23, 2024.

Pollinator Week is a time to raise awareness for pollinators and to spread the word about what we can do to protect them. Popular events include planting for pollinators, hosting garden tours, participating in online bee and butterfly ID workshops, and so much more. Explore more resources at www.pollinator.org.

**POLLINATOR
PARTNERSHIP**



CALL NOW
FOR CURRENT
SPECIALS
(800) 825-0316

**Looks like
Mother Nature
finally met her match.**

The strongest most versatile
steel building kits available.

worldwidesteelbuildings.com/farm

50 YEAR STRUCTURAL WARRANTY!

Singleton Trailer Sales

304-765-7822 • 1232 Brush Camp Rd. • Exchange, WV 26619

 <p>Reiser Gooseneck trailer, 14k 20' +4' w/popup dove tail. \$8,650.00</p>	 <p>Valley Gooseneck, 20' 14k stock trailer. \$13,500.00</p>
 <p>Reiser Equipment, 18'+2' 82" wide w/dove tail 14K. \$6,150.00</p>	 <p>Valley stock trailer, 16' bumper pull W/center gate, slider, escape door, rear gate. \$7,450.00</p>

Zenith Solstice

— by Mike Snyder

Monroe County is one of our state's little-known treasures. Its green, rolling limestone hills, historic springs and farms spell respite for residents and visitors alike.

The limestone soil of the county and the type of people it sustains are in sharp contrast to the old adage of "sorry land, sorry people." Monroe, as well as Pocahontas and Greenbriar counties, all sided with the Confederacy during the Civil War. That heritage is still present for those who have a mindset for history. The Greenbriar in White Sulphur, the General Lewis Inn in Lewisburg, and the traces of antebellum spring resorts in Monroe County all reflect that legacy.

Decades ago, Monroe County won my heart and made a very strong impression on my young mind. It is such a beautiful and tranquil locale that I resolved to live there someday.

Margaret, a young lady whom I met at WVU (now deceased), lived in Union, the county seat. Her father, Forrest Roles, was a lawyer there, and every Wednesday, he would close his law office and go fly fishing for trout. The sweet limestone spring streams (mostly private) were a perfect blend of nutrient-enriched cold water for trout. I have been hooked on trout and their environs since my high school days.

I did not have a clearly defined goal or direction during my college years, but after visits to Greenbriar and Monroe, I figured that a country lawyer's life in that mellow limestone country and its spring creek trout would be worth pursuing. Monroe County's pull on me was such that I applied to and was accepted into Law School at WVU to achieve that goal.

But I never showed up and headed out West instead. The trout still called my name, and I pursued them in Colorado and later here in Randolph County where I ended up blacksmithing on a sheep farm beside a trout stream. I had been given a grant from the late Don Page of the state Department of Commerce to attend and learn smithing because it was dying out in

West Virginia. I pounded hot iron on the anvil for six weeks at Turley Forge in Santa Fe, New Mexico. My grandfather and great-grandfather were blacksmiths, and this ancient craft was my ticket to the rural life instead of law school.

I am very attached to life here in the mountains where we raised our children. My friend Don owned McClung's Mill in Monroe County in tiny Zenith. Scarcely a blink in the road, it proved to be the locale of one of those special times that remain in the hearts and memories of our family.



McClung's Mill

It was on the summer solstice in June in the early 1980's that Jill and I, with our two young kids, found our way to Zenith. There was a little store on the country road next to the old mill. We were camped at the mill but spent part of the time sitting on old bus seats on the store's wooden front porch. Inside was a cold water pop case. The kids reached into the cooler and pulled out a glass long-neck bottle of their choice. At the mill, a large pipe of limestone water from the hillside poured out a torrent of water that turned the large mill wheel.

In the small stream below the mill was a promising pool of water that beckoned me. I just knew there had to be a nice trout there if I could fool one with the right fly. I put on a dry fly and started making cast after cast

without a strike. Finally, on the thirty-first cast (I kept count), it struck. It was a fighting wild rainbow with a vivid red stripe along its side in prime condition--a trout I've never forgotten and never will. Nor will I ever forget that longest day of the year and the starry night that followed long ago. Magical, a cherished gift from God.

Jill and I recently returned from a Monroe County visit. Farming is the largest occupation in rural Monroe. We saw some horses, but mainly grazing cattle in fertile pastures, along with tractors cutting winter wheat on the gently rolling landscape. Majestic Peter's Mountain forms an eastern wall for most of the peaceful countryside.

We ate most of our meals in Union's Kalico Kitchen, where farmers and stockmen usually meet for breakfast. I was able to join several of them and hear about their lives there. I didn't meet any members of our West Virginia Farm Bureau, but I told them what our bureau was about. I told one elected county official, "We are a conservative Christian network of 17,000 members strong in all 55 West Virginia counties."



Indian Creek Covered Bridge

I learned that Dr. Maggie Ballard's house and log cabin were still there, where Jill and I stayed shortly after our marriage. Dr. Maggie was one of this state's first women doctors. She was also a member of the historical society and led a group of us on a tour of Old Monroe's numerous historical sites. On that tour, we visited the Indian Creek covered bridge and some of the

numerous spring spa resort sites that dotted Monroe County, where southern planters and their families retreated during the hot summer months.

Dr. Maggie led us into a vast limestone cavern where Confederates built wooden hoppers to leach saltpeter for gunpowder from the ancient deposits of guano (bat droppings) that covered the bottoms of the cavern passages. Their wooden hoppers were still present, as were the plainly visible embedded tracks of their wagons. Some of these limestone caverns are large and long, stretching for indefinite distances. There were quite a number of us on the tour when Dr. Maggie whispered to me in utter, pitch darkness beyond our flashlight lanterns, "Don't say anything because they'll panic--we're lost." I'm not too swift oftentimes, but this

time, I figured the wagon tracks had to lead out as well as in. So we followed them and finally emerged into the bright summer sunshine.

Monroe County was once celebrated for its warm healing springs. The springs' names come from the color and taste of the water--red, blue, gray, sweet and salt. I once topped a hill in Monroe, and in the middle of a pasture field stood a domed circular palladium with white columns, all that remained of a pre-Civil War spring resort. One of the largest is at Sweet Springs. The large, classical brick structure, just east of Gap Mills, was a grand resort that later became a state-owned sanitarium and home for the aged. It is now privately owned, with plans to reopen sometime in the future.



The grand hotel (the Jefferson Building) at Sweet Springs is believed to have been designed by Thomas Jefferson

On a hilltop south of Union, stands a statue of a Confederate soldier facing south. Will tiny Union grow large enough to encompass that statue sometime in the future? In the meantime, life in bucolic Monroe County continues today in pastoral peace and harmony.

Be still, and know that i am God; I will be exalted among the nations, I will be exalted in the earth!

—Psalms 46:10

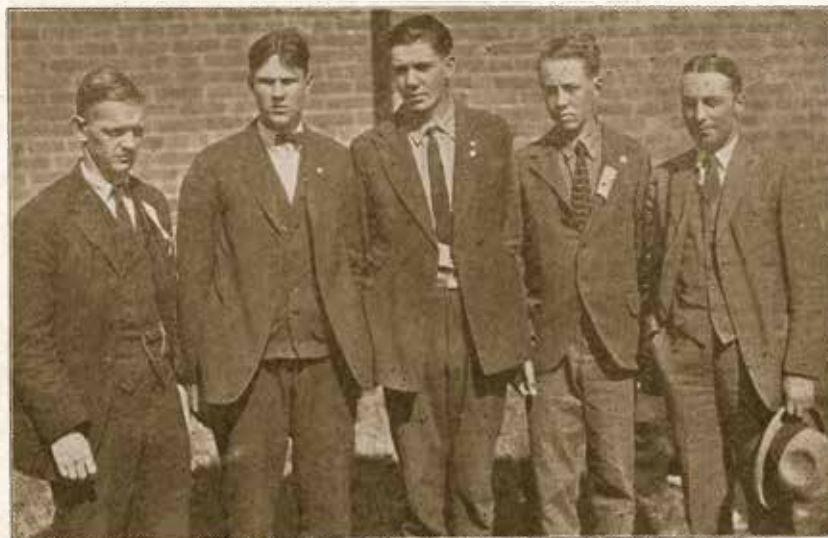


Growing a State and a Nation...

Telling the History of Agriculture in
West Virginia Through Pictures and Stories



Clips in Time...Reprints from Our Past Newsletters



Counting Out the Two End Men in This Picture, the Other Three Must be a Pretty Fair Bunch of Fellows Who Know Something About Guernsey Cattle. Fact is This Team Recently Won Highest Place in the United States in the Judging of Guernseys at the National Dairy Show at Milwaukee. They are, Reading from Left to Right: Lloyd McCulloch, Ralph Hunter, and John Hunter, all From Ohio County.

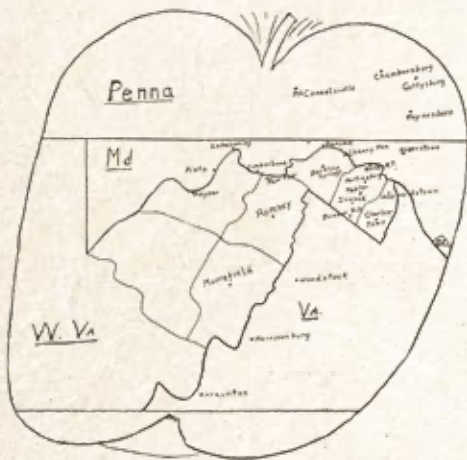
Now, as to the End Men, They are (Left End) County Agent C. W. Mason of Ohio County and (Right End) J. V. Hopkins, Dairy Extension Specialist. We Don't Understand Why Mason and Hopkins Insisted on Crowding into This Picture Unless it was That They Were Simply Determined to Display Their Physiognomies on the Front Page of the Farm Bureau News—Which is a High Honor.

WV Farm Bureau News, November, 1924



Directors of the Hardy County Farm Bureau Warehouse, one of the most successful Farmer-Managed Enterprises of its kind in the State. And on the next page something of the history of the growth and management of the undertaking. Those appearing in the picture are reading from left to right, G. W. Miley, H. C. Harper, J. D. Chipley, F. Weiss, and D. B. McNeill.

WV Farm Bureau News, August, 1923



HOME OF THE YORK IMPERIAL APPLE

The Eastern Panhandle of West Virginia and the adjoining sections of neighboring states are the home of the York Imperial apple which nowhere else grows to such perfection. The York Imperial apple will be featured this fall at the show to be held in Washington. West Virginia fruit growers are finding that their big problem is "TO LEARN WHAT THE CONSUMER WANTS." They are convinced that York Imperial apples is one of these wants and through the Inwood Community Demonstration Packing Plant they are so pecking and grading this fruit that it is reaching the consumer in the most attractive manner.

WV Farm Bureau News, April, 1923

SUMMERS COUNTY FARMERS SUCCESSFUL IN CO-OPERATIVE POTATO GROWING



Spraying the Potatoes on the Farm of Mr. C. N. Vase. Note the improved spray nozzle which not only sprays the tops of the leaves but also the undersides from an angle on the side extension.

WV Farm Bureau News, October, 1923

WORDS BY
STEPHEN MORTON
DOROTHY BRACKET
BESSIE R. SHIPMAN

WEST VIRGINIA BOYS AND GIRLS

COPYRIGHT 1922
P. C. ROUZER, MORGANTOWN, W. VA.

MUSIC BY
P. C. ROUZER AND
BESSIE R. SHIPMAN

1. West Vir-gin-ia boys and girls are ev-er in the lead; They
2. We'll be Four-Fold life ex-am-ples, sturdy, staunch, and true. We're

train their heads to think cor-rect-ly, train their hands to serve di-rect-ly,
prov-ing what the boys and girls who wear the Four-H sign can do. We

O'er their health they're ev-er watch-ful, all ad-vice they heed; and the
form the fourth line of de-fend-ers of our ban-ner bright;

CHORUS
each and ev'-ry heart a-mong them meets an-oth-er's need. So here's to
red and white and blue shall wave be-side gold, blue, and white.

West Vir-gin-ia boys and girls, and the glo-ri-ous Four-H sign. May

gold, blue, and white be ev-er bright as they wave o'er this band so fine. So here's to fine

Making a Good Soap in the Home Is a Real Art

Miss Horsfall of the Extension Division Gives Useful Pointers on How It Is Done.

"Soap making is a real art, yet one that can be easily acquired," was the statement of Miss Hazel Horsfall of the Agricultural Extension Division in a recent interview. "Once you have made your own soap," she continued, "you will readily appreciate the saving you can effect particularly at this time of year due to the butchering season and also the real pleasure there is in making various kinds of soap."

"A good soap is one that is free from alkali and from any coloring which could hide impurities in the soap. Both animal and vegetable fats may be used in soap making. This simplifies the task of saving fats since all fats that can not be used further in cooking may be used in soap making."

"Care, however, must be taken in collecting fats. Scorched or dirty grease can be clarified by melting, straining, then frying a few small pieces of potato in it. Rancid greases may be purified by boiling with a solution of one part of vinegar and five parts of water. Allow it to cool, then skim off the grease."

"For cooking small batches of soap, enameled or granite ware is suitable and for larger batches an iron kettle may be used. Strong lye solutions will attack copper, zinc, and tin to a certain extent. Never use aluminum utensils. A large granite or wooden spoon is best for stirring."

"The soap may be molded in the pan in which it is made, but it is better to pour it into a old. Wooden or pasteboard boxes lined with damp cloths make very good molds. Soap should dry out several weeks before it is used."

Tested Recipes For Hard Soap

- 1 can lye
- 2 qts. hard water
- 5 lbs. meat rinds

Put into granite pan and boil about twenty minutes until thick. Strain and stir until thick. Then mold.

Cold Soap

- 1 can lye
- 3 pts. water
- 5 1-2 lbs. grease

Dissolve lye in water and let cool until luke warm. Stir the lye slowly into the grease. Stir until it is thick and pasty. Then mold.

Soap Flakes

Follow the recipe for cold soap except use 2 3-4 pounds of grease instead of 5 1-2 pounds and stir the mixture until it crumbles.

Toilet Soap

- 5 lbs. mutton tallow
- 1 can lye
- 1 qt. water
- 4 oz. glycerine
- 2 tbsps. powdered borax
- 2 tbsps. ammonia
- 1-2 oz. oil of lavender

Dissolve the lye in cold water, cool to low temperature, beat slowly into grease, add oil, borax and ammonia separately. Beat well each time, whip for a few minutes. Mold into cakes.

In Roane County six demonstrations were held by the county agent during November for the treatment of sheep for parasites. A great deal of interest was shown at these demonstrations. The new treatment of combined blue stone and black leaf forty was used in conducting these demonstrations. Four poultry culling demonstrations were held during the month.

Union Ridge Community in Cabell county was the recipient of a special certificate of merit from the West Virginia University awarded to Union Ridge as one of the outstanding communities of the state to exhibit at the State Four-H Fair at Charleston.



\$15,299

ROY'S RV THE RV GIANT 50
SUPERCENTER & POWERSPORTS DEALER

3437 Beverly Pike, Elkins, WV 26241
1-800-447-7697



\$13,299

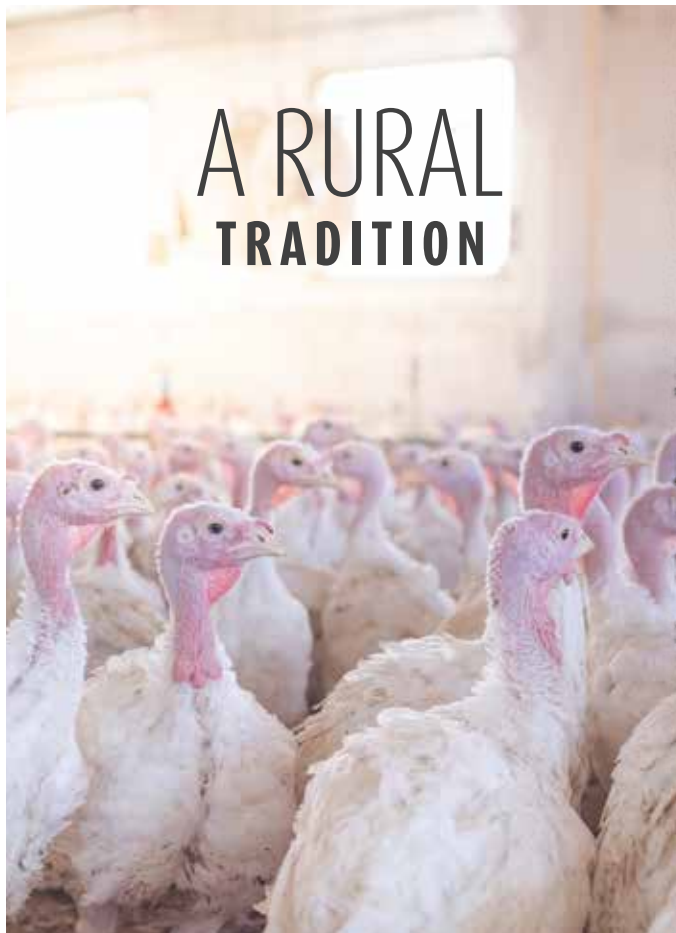
Visit our website for a complete listing www.roysrv.com



ALL ADS FOR CFMOTO ATVs MUST INCLUDE THE FOLLOWING DISCLAIMER WARNING:

CFMOTO recreational vehicles are intended for off-road use only and can be hazardous to operate. Read your Owner's Manual and all product labels before operating. Never operate on paved roads. Operators and passengers must wear a helmet, eye protection and protective clothing. Operators must be at least 16 years old with a valid driver's license. Passengers, if permitted, must be at least 12 years old. Always use seat belts, cab netting and doors (if equipped). Never operate under the influence of alcohol or drugs. Avoid excessive speed and sharp turns, and never engage in stunt driving. Check state and local laws before operating on trails. Take a safety training course before operating. Contact your CFMOTO dealer for more information, call the ATV Safety Institute at 1-800-887-2887, or go to www.atvsafety.org. ©2022 Zhejiang CFMOTO Power Co., Ltd.

A RURAL TRADITION



Whether you own a large farm operation, plant a few acres or just want a dream house in the country, we want to do business with you.

Call us today. We're the experts in rural lending.




FARM CREDIT

Loans for
Farms, Homes & Land!

800.919.FARM (3276)
FarmCreditofVirginias.com



 **NMLS**
 #456965

COME SIT A SPELL

Monthly Puzzles with a Few Words of Country Wisdom Tossed in fer Good Measure!

Theme: Space

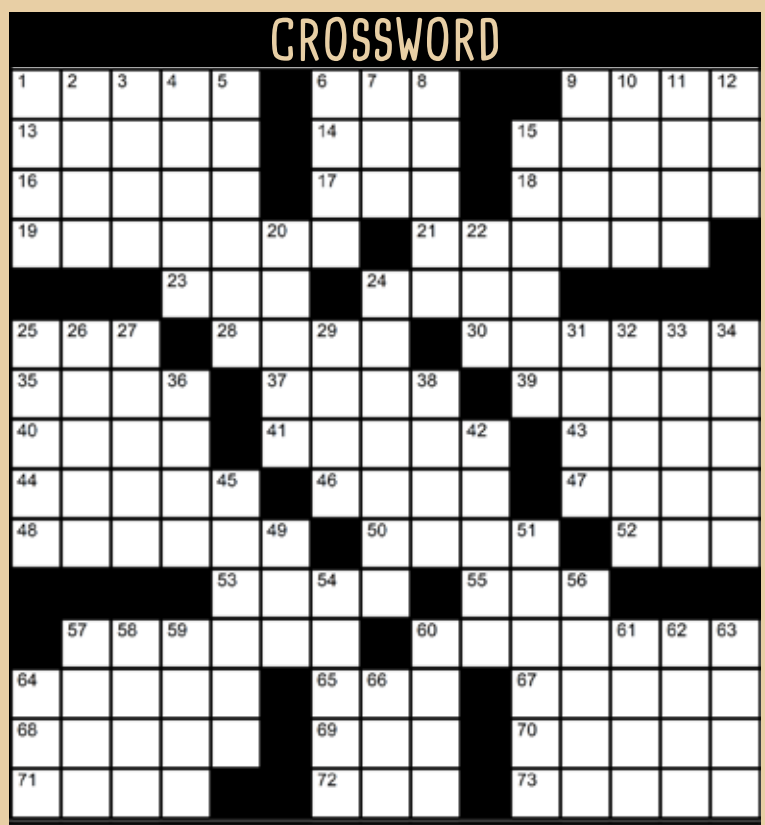
ACROSS

1. House pest
6. Emergency responder, acr.
9. Meme dance moves
13. Below, prefix
14. Swimmer's distance
15. Not urban
16. Take a base
17. Grazing spot
18. Stressful or unnerving
19. *Clint Eastwood's "Space ____"
21. *First U.S. space station
23. Salty dog's domain
24. Fail to mention
25. Spermatozoa counterpart
28. Ukrainian person, e.g.
30. State of submission
35. Network of nerves
37. Muscle or strength
39. ____ Mara, Africa
40. Shapeless form
41. Cliffside dwelling
43. *Saturn's environs, sing.
44. Poetic feet
46. Darn a sock, e.g.
47. Per person
48. Rendezvouses
50. Mine entrance
52. After-tax amount
53. Litter's littlest
55. French vineyard
57. *Sun's outer layer, not beer brand
60. *Second S in ISS
64. Ancient Celtic priest
65. Sun kiss
67. "Mea ____," or "my fault"
68. *From the Earth to the Moon" author
69. In the past
70. Judge
71. Education station
72. Order's partner
73. Food between meals

DOWN

1. Reduced Instruction Set Computer
2. "I'm ____ you!"
3. Not many (2 words)
4. Dungeness and snow, e.g.
5. *Circles of light around sun and moon
6. 90-degree pipes, e.g.
7. * ____ Jamison, the first African-American woman in space
8. Tetanus symptom
9. Two-fold
10. Diva's solo
11. Prickle on a wire
12. Sylvester Stallone's nickname
15. Johnny Cash's "Get ____"
20. Churchill/Roosevelt/Stalin meeting site
22. Model-builder's purchase
24. Gorge oneself
25. *Planet's path
26. Type of consonant
27. Skeleton, archaic
29. Attention-getting interjection
31. Like pink steak
32. Of the Orient
33. Jousting pole
34. * ____-year
36. Opposite of flows
38. *Solar ____, sun's emission
42. Authoritative proclamation
45. Walked with long steps
49. *Solar System center
51. Parcels
54. Birth-related
56. One-eighty
57. Manitoba native
58. Couple's pronoun
59. Dorothy Hamill's turf
60. Jon of "Game of Thrones"
61. Pelvic parts
62. Petroleum-exporting grp.
63. Police informer
64. VHS successor
66. Palindromic title

CROSSWORD



SWITCH & GET
\$25

Off First Month of New Service!
USE PROMO CODE: GZ590

Consumer Cellular

CALL CONSUMER CELLULAR **888-804-0913**

© 2023 Consumer Cellular Inc. For promo details please call 888-804-0913

© StatePoint Media

CoW CUD...



MOON FOLKLORE:

WHEN A CALF IS WEANED IN THE LIGHT OF THE MOON, THE COW WILL NOT BAWL.

PORK KILLED IN THE OLD OF THE MOON WILL SHRINK IN THE SKILLET.

PORK KILLED IN THE LIGHT OF THE MOON WILL TURN TO GREASE.

SOW GRASS SEED IN THE LIGHT OF THE MOON.

FROST WILL NEVER KILL PEACHES THAT BLOOM IN THE DARK OF THE MOON.

FRUIT IS NEVER KILLED BY FROST IN THE LIGHT OF THE MOON.

— FROM WITCHES, GHOSTS AND SIGNS, BY PATRICK W. GAINER, MORGANTOWN, WV, SENECA BOOKS, 1975.



May, 2024 Solution



West Virginia Farm Bureau

62 Farm Bureau Road
Buckhannon, WV 26201



“Selling land everyday the right way.”

FOXFIRE
REALTY

FoxfireNation.com

304.645.7674 Office | 1029 Washington Street East | Lewisburg, WV 24901

— Licensed in West Virginia and Virginia | Richard Grist, Broker —



FOXFIRE REALTY CONGRATULATES GREENBRIER EAST GRADUATES LILY CAROLA AND ALANIS MCCLARY. PLAYING BALL TOGETHER SINCE 8 YEARS OLD, THEIR RELATIONSHIP REPRESENTS TRUST, SUPPORT, FRIENDSHIP, AND TEAMWORK . . . ALL OF THE QUALITIES REPRESENTED BY FOXFIRE REALTY