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UTAH FARM BUREAU NEWS

WINTER 2012

Countryside Edition

O Christmas Tree • Iconic Symbol *of the* Season *p. 24*

Christmas Ham Tradition p. 10 • Convention Highlights p. 14 • Real Food Rising p. 18

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AMERICA'S FISCAL CLIFF

By Leland Hogan, President, Utah Farm Bureau Federation

Heading into the November elections, the idea of a fiscal cliff couldn't get much traction with the mainstream media. Now the major news outlets are all abuzz! CBS News reports "A Fiscal Cliff Looms as Congress Returns to Work" and ABC News suggests the Democrats and Republicans are doing lots of posturing as the "clock ticks down." Morgan Stanley tells investment bankers to urge lawmakers to find agreement. Even the liberal Washington Post is reporting the President is launching a public relations effort to avoid the fiscal cliff that could "jolt the nation back toward recession."

So, what is the "fiscal cliff" and how did we get here?

Efforts to get our nation's fiscal house in order have failed and failed miserably in recent years. There have been major and contentious showdowns between Congress and the White House over the last few years, headlined by the debt-ceiling fight in August 2011. That political showdown threatened America's ability to meet our financial obligations and rattled our financial markets. The stalemate ultimately ended with an unprecedented downgrade in our nation's credit rating by Standard and Poor's.

Personally, I don't believe it's a tax problem; I believe it's a spending problem. I also don't think it's totally the fault of one political party or the other. The federal government today accounts for 26 percent of U.S. economic activity. By comparison, as our nation was dealing with the Great Depression and Roosevelt expanded government's role, spending remained below 10 percent of Gross Domestic Product (GDP). In a free market economy, should federal spending account for more than one-quarter of the entire U.S. economy?

A look at recent history tells us the national debt doubled during George W. Bush's eight-year watch. Not to be outdone, Barack Obama's spending spree has added more than $5 trillion in just four years. America's debt has skyrocketed to more than $16.1 trillion, eclipsing the entire U.S. annual GDP. As a nation, to keep the federal government in business, we are borrowing 40-cents of every dollar we spend from China, Russia, Saudi Arabia and anyone else who will buy our debt. Analysts predict that unless, as a nation, we get our fiscal house in order, we can look forward to trillion dollar deficits every year for a decade or more. This is a debt we are unfairly saddling our children and grandchildren with, which will ultimately cripple our economy.

A result of last year's debt-ceiling fight was a legislative compromise agreed to by both parties and signed by President Obama – The Budget Control Act of 2011. At midnight on December 31, 2012 a bundle of momentous federal tax increases and spending cuts go into effect.

On January 1, 2013 all of the Bush-era tax cuts expire. Those include lower income tax rates, investment taxes, and taxes on married couples and families with children. For farmers, ranchers and small businesses, death taxes increase dramatically from the current 35 percent to 55 percent and the exemption drops from $5 million to $1 million. In short, all tax breaks since 2001 are set to expire on December 31st, raising taxes on the average American household by $2,500.

As Americans, we elect our President and members of Congress to deal with the business of the people, not to position themselves for the next election cycle. We have the right to expect of them to do what is in the best interests of our country. We need statesmen to step into what has become a void of leadership in Washington, D.C. For the sake of our nation and our children's future, get America's financial house in order!

A FARMER'S CHRISTMAS PRAYER

By Randy Parker, Chief Executive Officer, Utah Farm Bureau Federation

As we ponder Christmas and those we remember best, generally they have little to do with the contents of the presents that were so nicely wrapped and neatly placed around the Christmas tree. The Christmases that bring a smile are more about family, service, compassion and love.

This is a wonderful time of year that has its origins more than 2,000 years ago. For the Christian World, Christmas has deep meaning as we contemplate the birth of our Savior Jesus Christ and his gift to all mankind. This is a time of family traditions, service and giving that fills our hearts with memories. All the love and gifts that we enjoy during the Christmas holiday are but symbols of the greater love of our Father in Heaven.

"For God so loved the world that He gave His only begotten Son, that whosoev er believeth in Him should not perish, but have everlasting life." (John 3:16)

Over time, what we see as a celebration of Christmas seems to have drifted far from our childhood memories and from those simpler times. The Twelve Days of Christmas has morphed into the "Two Days of Christmas" – Black Friday, the media-hyped in-store shopping rush, and the increasingly popular Cyber Monday alternative for the online shopping experience.

Wouldn't it be nice to slow down and take time to enjoy life's journey? Reflection and giving thanks is what the Christmas holiday season is about. Christmas is a time of joy, of tradition, of generosity and a time to serve our fellow man. Christmas gives us the opportunity individually and collectively to recognize the gifts we enjoy as Americans –freedom and abundance.

As a young boy growing up on a small farm in Pleasant Grove, I recall one Christmas morning and the excitement of opening a present that contained my first transistor radio. For the young reader, a transistor radio is kind of like an iPod, but 1960's style. It was so cool to plug in your own personal earphone and tune into KSOP for some County Christmas music.

One of my favorite tunes played on that transistor radio that Christmas morning was "A Farmer's Christmas Prayer" by Walter Brennen of The Real McCoys television fame. Walter's ballad told the listener of a simpler time and a farmer's heartfelt thanksgiving:

"You know Lord it's been awhile since I talked with you.
I've been so gall-dar ned busy with that crop and all and
Well, I guess I just forgot to take time out.

But I ain't a-forgettin' that crop you done give us this year
Hmm, and that little heifer you brought us is growing like a weed.
Yes sir, without that crop Lord, I'd guess I'd a had to do without that new plow
And, ma wouldn't have that new Sunday dress she's so proud of now…"

As we gather our family together for Christmas dinner around a plump turkey or juicy ham or roast with all the trimmings, let's remember the hard work and sacrifice of America's food producers. For more than 200 years, the foundation of America's freedom has tied directly to the abundance provided by America's farmers and ranchers. From the soil comes new wealth, jobs and prosperity.

Christmas is the time to ponder our blessings. It is a time to tenderly recall the past, embrace the present and hope for the future. As we enjoy our freedom and abundance this holiday season, let's remember to keep America's food producers and those serving in our Armed Forces in our prayers.

Merry Christmas and
God Bless America!

THE HOLIDAYS ARE HERE AND THE DUCK IS LAME

By Bob Stallman, President, American Farm Bureau Federation

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

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

Deck Congress' Halls

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

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

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

With Boughs of Folly

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

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

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

Until then, have a happy and safe holiday season.

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O Christmas Tree

The Iconic Symbol of the Season

BY MATT HARGREAVES, EDITOR, UTAH FARM BUREAU COUNTRYSIDE MAGAZINE

CONTRIBUTIONS BY AFBF PR STAFF

Few symbols produce such immediate cultural resonance as does the Christmas tree. Displayed in homes, public squares and office lobbies, the Christmas tree symbolizes the peace and joy of the season.

The first decorated Christmas tree was said to be in Riga, Latvia in 1510, more than 500 years ago. The story goes that men of the local merchants' guild decorated a tree with artificial roses, danced around it in the marketplace and then set fire to it.

In the United States, German settlers introduced the Christmas tree in the early 19th Century. They quickly gained in popularity, and in 1851 Christmas trees began to be sold commercially in the United States. Just two years later, President Franklin Pierce is credited with bringing the first Christmas tree to the White House.

In 1901, the first Christmas tree farm began when W.V. McGalliard planted 25,000 Norway spruces on his farm in New Jersey. Another presidential tidbit noted that President Franklin D. Roosevelt got into the farming practice, staring a Christmas tree farm on his estate in Hyde Park, New York during the 1930s.

Today, Christmas tree farming is a big business with about 31 million farm-grown trees sold in 2011, at a value of $1.07 billion. Live Christmas trees are grown in all 50 states, with more than 350,000 acres in production.

The fact that these symbols of Christmas are grown on farms may surprise some people. Unfortunately for these farmers, many consumers still believe (wrongly) that choosing real Christmas trees is not environmentally friendly due to fears of deforestation.

While it is true that federal land management agencies like the Bureau of Land Management and Forest Service do offer some permits for families to go and cut down their own tree, this number pales in comparison to the number of trees grown on farms.

"A real tree is grown on a plantation, it's not from a forest but grown on a farm just like corn or anything else, it's just that it takes seven years to harvest it," said farmer Tom McNabb of Yule Tree Farms in Oregon. "They take in the carbon dioxide to produce oxygen. So they're scrubbing a little bit of the environment."

The State of Oregon produces the most Christmas trees in the country and supplies many of the Christmas tree lots in Utah and the west. Other big players include North Carolina, Pennsylvania and Washington.

Though smaller in stature, Utah does have a few farms dedicated to growing Christmas trees, mostly in Davis, Morgan and Utah Counties. USU Forestry Extension maintains a webpage with information on how to purchase a Utah-grown Christmas tree (http://bit.ly/UIvMzB), which also has information on caring for your tree.

While it may have surprised you that most Christmas trees are farmed, it will come as no surprise that America's Christmas tree farmers are a giving lot. You need to look no further than the Christmas SPIRIT Foundation, a charitable organization created by the National Christmas Tree Association in 2005. Since its inception, America's Christmas tree farmers have used the Christmas SPIRIT Foundation to generously provide a gift of live Christmas trees to military families through the Trees for Troops program.

Since 2005, the Trees for Troops program has touched many lives, with approximately 18,000 live Christmas trees being delivered to military. Since its inception, more than 103,000 trees have been donated to troops and military families at more than 62 bases in the United States and overseas. FedEx has provided the in-kind service of shipping these trees, while logging more than 291,600 miles.

In addition to the growth of Christmas tree farming, the decorating of Christmas trees has evolved over the years. Initially, trees were laden with berries, apples, nuts and other edible decorations. Most decorations today are usually plastic, glass or wood, while some still adorn their trees with strands of popcorn and berries. Some families have traditions of making their own ornaments, while some families with frequent business flyers have started traditions of collecting ornaments from the various cities they visit.

In the 18th century, candles were used to light the trees, which also prompted another often-used item…decorative skirts to cover the base of the tree. These were initially used to catch the wax dripping from candles. Though the candles were replaced by electric lights, the skirts have remained.

While the list could go on of why we love Christmas trees or what traditions are associated with them, one of the best things about the tree is simply the fact that it often spurs on other family traditions. Whether it is the tradition of when to put it up or take it down, whether to have it flocked, or who gets to put the star or angel on top, the bringing together of families has got to be the most valuable contributions encouraged by the tree.

Merry Christmas to families everywhere.

Photo by Ruth Bailey

The CHRISTMAS HAM

It's a Tradition!

BY MATT HARGREAVES,
EDITOR, UTAH FARM BUREAU
COUNTRYSIDE MAGAZINE

Do you know where your family's tradition for eating that Christmas meal came from? Odds are, it follows the line of logic from the musical Fiddler on the Roof. When Tevye was asked how some of his family's Jewish traditions were started, he simply replied that he didn't know, but that they were traditions, so he kept doing it that way. Such is the case often with the family meals served around the holidays, but a little review of history sheds some light into one of the holiday's traditional meals.

While the Thanksgiving holiday feast is quite uniformly centered on the turkey, there is some variety as to the main course around the Christmas dinner table; however, most meals involve another turkey, a beef roast, or the Christmas ham. Well, what gives the ham the privilege of having the Christmas name attached to it? The answer is part ancient tradition and part Hollywood.

A Christian Holiday?

While centered today on the Christian holiday of Christmas, honoring the birth of Jesus Christ, the origins of the feast came from Norse tradition of killing a boar and serving it as an offering to Freyr – the Norse god of the harvest and fertility.

Often depicted by offering a boar's head, as pagans were converted to Christianity, they took their tradition with them and turned it into a celebration for St. Stephen on the 26th of December.

As the tradition continued and was celebrated, the serving of the boar's head came to take on a status symbol among the upper class living in England. Those of lesser economic means were only able to afford the rear haunches of the pig, which is where the ham cut comes from. This economic reality comes to mind when thinking of holiday feasts in Charles Dickens' classic, A Christmas Carol or the many Norman Rockwell paintings.

The early Victorian era in Britain, depicted in the Christmas Carol, is where many of today's Christmas traditions in both England and the United States come from. From there, families simply carried on the traditions from one generation to another.

A Practical Use

Another factor influencing the serving of a ham at Christmas – which also influences eating ham at Easter – came about as a way to make efficient use of a family's food resources. To understand this, a brief dive into butchering 101 is needed.

The ham cut is a general term to refer to the rear haunches of a pig or boar. This back cut of meat is divided in two. The top portion is referred to as the butt half, and the bottom portion is the shank half. Both are considered ham. The cuts from the butt half still have bones included, but they are typically larger – making it easier to cut. The shank half typically has more smaller bones and tendons and is sometimes cheaper. Some claim the shank cut is better used for making soups, but it is still flavorful and can be used for typical ham dishes just as the butt half.

Early settlers in America would butcher their livestock in November and December after the animals had put a good amount of weight on. One portion of meat would be eaten soon after, such as at Christmas, with the other cut being dried, smoked and preserved. That process could often take months, with the ham being ready around Easter.

What Makes it a Christmas ham?

With the cuts established, there are a few other characteristics that set a Christmas ham apart from other pork products. Fresh ham (cooked of course) would taste just like pork. The unique flavor – and color – comes in the curing process. Curing is a form of food preservation that has been practiced since ancient times, often using salt, sugar, nitrites, nitrates or smoking. The curing process is done often to draw out water from meat to prevent it from going rancid or to prevent bacteria from forming. Curing meats made it possible to preserve food for long periods of time and was very useful on sailing ships and used in America's western migration. Today; however, curing is mostly done for flavor purposes rather than preservation.

Tricks of the Trade

• Hams are labled according to the amount of water added to the ham during curing. For best tasting ham, select one with "natural juices", which means little water has been added.

• Because the leg muscle (where the ham is found) is a well-exercised part of the hog, ham is quite low in fat

• Country-style ham is typically served in small portions because of the saltiness

• Heat your oven to 325 degrees Fahrenheit. For partially-cooked ham, cook to an internal temperature of 145 degrees, or 140 degrees for a fully-cooked ham.

• Utah is 15th in the nation for pork production. Visit a local butcher shop to ensure selecting a Utah-raised ham.

• Visit porkbeinspired.com/recipes for holiday and other inspiring recipes involving ham and other cuts of pork.

There are two main methods of curing ham today – a dry method and wet method. Dry curing is what is typical for Country-Style ham, often found in the southern United States. The dry curing involves salting and drying, and can take several months to complete. Prior to serving a dry cured ham, the meat needs to have any outside mold scrubbed off and be soaked in water to reduce the salt taste.

Most hams served in the western region of the United States are going to be baked hams, using the wet curing method. This involves either soaking or injecting the ham with brine that includes salt, sugar, nitrates or nitrites. The wet curing method does not take as long as the dry.

Most baked hams are prepared with a form of sweet glaze. There are many varieties, with the most common involving brown sugar or honey. Baked hams can come either bone-in or bone-out, and some are spiral cut, which makes it easier for carving.

The last thing to remember upon purchasing your ham is to check to see whether it is partially or fully cooked. This will influence how long you'll need to have your ham in the oven (or whether you just want to eat it cold as they do in Australia). Once you have your ham, heat your oven to 325 degrees Fahrenheit. Place your ham in a roasting pan and cook to an internal temperature of 145 degrees (for uncooked ham) or 140 degrees (for fully cooked ham). Bake times will vary based on the size of the ham. Once the ham has reached the desired temperature, allow for three minutes of rest time after being removed from the oven before carving.

To plan your meal, the National Pork Board recommends two-t0-three servings per pound.

Local vs. National Hogs

Most of Utah's pigs are raised in Beaver County and the surrounding areas. On a larger scale, Utah is 15th nationally in terms of the number of hogs raised. But the way hogs are marketed makes it difficult to know if the pork products you're buying from the grocery store are from a Utah family's hog farm or a farmer from somewhere else in the country. While ham from another part of the U.S. is still delicious, there are definite economic and cultural benefits to buying your food from Utah farm family.

According to the Utah Pork Producers Association, the best way to ensure you're buying a Utah pork product for your family is to go to your local butcher and ask for Utah pork. While not every town may have its own butcher shop, most are within a short drive to a butcher who'll be able to provide the best quality and exact cuts you want.

With the history of why we eat ham at Christmas in your back pocket, and the details of what you're cooking and how, your upcoming holiday meal will be a tradition that will surely be carried on through the generations; and now you'll know why! Bon appétit!

Photos appear courtesy of National Pork Board.

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2012 ANNUAL CONVENTION
Building Bridges for a Brighter Future

Celebrating its 96th annual convention, farmers and ranchers throughout the state gathered at the Davis Conference Center in Layton to talk about issues confronting agriculture in Utah, including Utah's agricultural economy, water development, implications of the recent federal and state elections and the ever-present battle against the elements.

The Farm Bureau delegate body also deliberated and came up with policy recommendations to address issues impacting agriculture, including agricultural protection areas, water & air quality and more.

Utah Farm Bureau President Leland Hogan greeted convention goers with an optimistic attitude about the challenges faced today and encouraged Farm Bureau members to reach out in sharing with others what we do in agriculture as well as the reasons why.

Chief Executive Officer Randy Parker also congratulated Farm Bureau members on their many achievements throughout the year. Parker also showed a video presentation commending volunteer members and staff on the many awards and recognitions earned throughout the year and the Farm Bureau's success at the state legislature.

Utah Jazz President Randy Rigby spoke to convention attendees on Friday. Rigby, who comes from a farming family and holds agriculture dear to his heart, has worked for the Utah Jazz since 1986 and in his current role, works with many boards and organizations in the community to position the Utah Jazz as a force for good in the community. This building of bridges within our communities is something all Farm Bureau members can learn from and implement, further helping those few working in agriculture to further a correct understanding to their non-farming neighbors and friends.

A change in how break-out sessions were held took place this year; with Farm Bureau members attending their choice of six break-out sessions. These classes were limited to 15 minutes each, and were repeated four times.

A post-convention survey showed the vast majority of attendees preferred the shorter, frequent break-out sessions because it allowed them to learn about more topics. Those breakouts included sessions on improving photo taking, resources for family fun, and learning how to manage stress better in our lives, along with the more traditional topics like water rights, ensuring against litigation and wildlife damage management.

In addition to the learning and sharing of ideas, Farm Bureau members participated in a round-table discussion on ways to make Farm Bureau an even better advocate for agriculture in its next 100 years. Called the Centennial Development Project, Utah Farm Bureau received training from American Farm Bureau staff on this refinement process that the larger organization is also undertaking.

Concluding the convention, Farm Bureau members and invited guests were treated to a delicious banquet dinner and the presentation of the 2012 Leopold Conservation Award to the Ray & Karl Keaton families of Kane County, and the 2012 Friend of Agriculture Award to State Representative John Mathis.

Thank you to all Farm Bureau members that made the sacrifice to attend the convention, and we look forward to seeing many more at the convention next year in Davis County.

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2012 LEOPOLD CONSERVATION AWARD

Sand County Foundation, the Utah Farm Bureau Federation, the Utah Cattlemen's Association, Trout Unlimited and Western AgCredit were pleased to name the Heaton Ranch as the recipient of the 2012 Leopold Conservation Award. The Heatons were presented the Leopold Conservation Award at the Utah Farm Bureau Convention in Layton last month.

"The Heatons have made conservation a family tradition," said Brent Haglund, Sand County Foundation President. "Through adaptive management techniques, innovation and outreach, the Heaton family are going a long way to ensure that the agricultural operation and its natural resources will, not only endure, but thrive for future generations."

The Leopold Conservation Award, named in honor of world-renowned conservationist Aldo Leopold, is comprised of $10,000 and a Leopold crystal. The award is presented annually in eight states to private landowners who practice responsible land stewardship and management.

The other 2012 finalists, listed were Junior Goring of Box Elder County and H.A. Farms (Dennis Stowell family) of Iron County.

The Heaton Ranch, located in Alton, Utah, is family owned and operated by Karl and Raymond Heaton – first cousins. The ranch's 140,000+ private and federal acres support abundant wildlife populations – including sage grouse and a premier trophy mule deer herd – and 1,250 head of cattle. Each fall, the ranchers trail cattle 100 miles to the south and graze on winter forage on the Arizona Strip – the area of land north of the Colorado River and Grand Canyon in Arizona.

The Leopold Conservation Award in Utah is made possible through the generous support of Western AgCredit, Utah Farm Bureau Federation, the Lynde and Harry Bradley Foundation, the Natural Resources Conservation Service (NRCS), Trout Unlimited, Utah Association of Conservation Districts (UACD) and Ag Credit.

For more information, please visit www.leopoldconservationaward.org.

FRIEND of AGRICULTURE

The Utah Farm Bureau Federation paid tribute to State Representative John G. Mathis at the recent Utah Farm Bureau convention in Layton. John is an advocate for agriculture and rural Utah and a longtime friend of Farm Bureau.

Mathis grew up on a small dairy, beef and sheep farm in Monroe, Utah located a few miles south of Richfield. He attended South Sevier High School and was active in FFA and chores on the family farm. He attended one year at Snow College before leaving to serve an LDS mission to the Alberta Saskatchewan Canada Mission. He returned to Snow College where he completed his Associate Degree. John then married his wife Wendy and moved his educational pursuits to Brigham Young University where he earned a Bachelor's Degree in Animal Science. Not done yet, Mathis moved east across the Rocky Mountains to Colorado State University where he earned his DVM – Doctor of Veterinary Medicine degree.

Since his youth John had a strong interest, love and respect for those who care for God's natural resources – primarily the soil, water and air. John couldn't remember a day when he wasn't on the farm.

Strong family values and an understanding of the value of hard work helped mold John Mathis into a natural leader and an honest, good man.

Following veterinary school, Mathis moved to Vernal where he opened his own large and food animal veterinary practice. He immediately made friends and established trust in the nearby communities. John's many community, county and state leadership positions have included: Mayor of Naples for eight years, State Community Impact Board, Chair of the Uintah Basin Association of Governments and President of the Dinosaur Round-Up Rodeo Board. He was elected to the Utah House of Representatives in November 2004 and has served on numerous legislative committees that directly impact Utah's farmers and ranchers. He currently serves as Chair of the Natural Resources, Agriculture and Environment Appropriations Committee and on the Natural Resources, Agriculture and Environment Standing Committee. He also serves as Chair of the Utah Legislature's highly respected and influential Rural Caucus.

John and Wendy have been married 38 years and have five children and eight grandchildren. For John, there is satisfaction in owning and caring for livestock. For John, it is a blessing and opportunity to be "God's partner" in caring for His land, water, air and animals. John's relationship with his family and those in the agriculture industry are what he treasures most.

The Utah Farm Bureau proudly recognized Representative Mathis with its Friend of Agriculture Award for dedicated service to family, faith, industry, community, state and nation.

Utah Farm Bureau Members Elect Farm and Ranch leaders at Annual Convention in Layton

Members from Utah's 28 County Farm Bureaus met November 14-16 in Layton to select leaders for the state's largest farming and ranching organization. Delegates re-elected Summit County sheep rancher Steve Osguthorpe to another two-year term as vice-president of the Utah Farm Bureau Federation. Osguthorpe is also involved in agritourism at his home in Park City.

Scott Sandall, a grain farmer and rancher from Tremonton, Box Elder County, was re-elected to a two-year term on the Utah Farm Bureau Board of Directors. There were also new faces added to the Board of Directors. Flint Richards of Tooele County and Nan Bunker of Millard County retired from their positions on the Board of Directors. Having served for many years, their contributions are difficult to full appreciate. Replacing Richards in District 3 is Ken Patterson, a hay and corn farmer from Syracuse, Davis County. Replacing Bunker in District 7 is Craig Laub, a hay farmer from Beryl, Iron County.

Jordan Hatch, a cattle rancher from Huntington, Emery County was elected to the board for District 5. Tragically, Hatch died less than a week later after an automobile accident on the mountain ranges in Emery County after working with his cattle. In accordance to State Farm Bureau bylaws, the existing members of the State Board of Directors selected a replacement for the remainder of Jordan's term in 2014. Scott Chew, a sheep rancher from Uintah County, was selected to maintain the seat on the Board of Directors. Chew has previously been serving on the Board of Directors for District 5.

Brandon and Jennifer Hadley, dairy farmers from West Weber, Weber County; Russell and Heather Kohler, dairy farmers and cheese makers from Midway, Wasatch County; and Brett & Jenna Madsen, turkey & crop farmers from Chester, Sanpete County were selected to be on the state YF&R committee.

Re-elected to the State Farm Bureau Women's Committee were Waneta Fawcett of Henefer, Summit County for District 2 and Alice Johnson of Orem, Utah County for District 4. Newly elected to the State Farm Bureau Women's Committee was Cassie Lyman, from Escalante, Garfield County for District 6. Cassie and her husband work on the family cattle ranch, with Cassie also working as the County 4-H advisor.

YF&R EXCELLENCE IN AGRICULTURE

Kelby and Kathie Iverson of Hurricane, Utah were the winners of the Utah Farm Bureau Young Farmer and Rancher 'Excellence in Agriculture' award. The award was presented at the Utah Farm Bureau Annual Convention in Layton in late November.

The Excellence in Agriculture award is a competition that was initiated a number of years ago to recognize young farmers and ranchers involved in agriculture, but who don't necessarily derive a majority of their income from an owned production agriculture operation.

Raised in Hurricane, Kelby and Kathie are the proud parents of three thriving boys and one girl. Together as a family they own and operate Western Legacy Farm and Ranch which involves boarding horses, a Summer Farm Camp for Kids, a Fall Pumpkin Patch & Headless Horseman, hosting guests at their cabin in the mountains, Spring Easter Egg Hunts, Cattle Drives, Western Riding Lessons, Farrier Services, and more.

In addition to the ranch, Kelby works full-time as the Director of Physical Facilities for Diamond Ranch Academy – a private high school with many activities including equine therapy and vocational agriculture. Kathie is a stay at home mom and piano teacher, and wears many other hats!

The Iverson family, representing the Washington County Farm Bureau, competed with 10 other contestants for the award. The Iversons received a plaque, a $500 check from the General Motors, a 2012 Polaris Trailboss ATV courtesy of Zions Bank Ag Group, an insurance policy for the ATV from Farm Bureau Financial Services, and an expense-paid trip to the American Farm Bureau Federation (AFBF) annual meeting in Nashville, Tennessee.

The Iversons will compete at the American Farm Bureau annual convention in January. National winners of the Excellence in Agriculture award are presented their choice of either a Chevy Silverado or GMC Sierra Truck, courtesy of General Motors.

YF&R ACHIEVEMENT AWARD

Jake and Sara Harward of Mapleton, Utah were the winners of the Utah Farm Bureau Young Farmer and Rancher 'Achievement Award'. The award was presented at the Utah Farm Bureau Annual Convention in Layton in late November and is considered the top honor for young farmers and ranchers in Utah.

The Achievement Award is a competition that recognizes those young farmers and ranchers that have excelled in their farming or ranching operations and honed their leadership abilities to superiority.

Jake and Sara Harward are the owners of Harward Farms Sweet Corn and Jaker's Jack-O-Lanterns and farm in Springville. Jake has been farming since he was eight years old at his family's farm. He and Sara began managing the family's 10 roadside stands selling sweet corn in 2001 and since that time have expanded to 31 stands. They also expanded by growing tomatoes, watermelons and cantaloupes.

In 2005, they started growing pumpkins to sell to grocery stores throughout the western United States. They also saw the opportunity for a U-pick pumpkin patch – called Jaker's Jack-o-Lanters. They have since added a petting zoo, corn pile, straw maze and hay rides to entertain kids in Springville.

Jake and Sara have four children, and the couple is very involved in their kids' schools. Sara has been a volunteer for many years, participating in Utah State University's 'Ag in the Classroom' program, where farmers and ranchers provide agricultural resources to teachers and students. Jake has also been a staunch supporter of the Springville FFA Chapter, and was also awarded the 2012 Utah FFA Leader of the Year award at this same conference.

The Harward family, representing the Utah County Farm Bureau, competed with seven other contestants from around the state for the award. Jake and Sara received a plaque, a $500 check from the General Motors, a 2012 Polaris Ranger ATV from Polaris Industries, an insurance policy for the ATV from Farm Bureau Financial Services, and an expense-paid trip in January to the American Farm Bureau Federation annual meeting in Nashville, Tennessee.

The Harwards will compete at the American Farm Bureau annual convention against Achievement Award winners from across the nation. National winners of the Achievement Award their choice of either a Chevy Silverado or GMC Sierra Truck, courtesy of General Motors.

YF&R DISCUSSION MEET WINNER

Steve Styler of Delta, Utah won the Utah Farm Bureau Young Farmer and Rancher Discussion Meet. The competition was concluded at the Utah Farm Bureau Annual Convention in Layton.

The Discussion Meet contest is designed to simulate a committee meeting where discussion and active participation are expected from each participant. This competition is evaluated on an exchange of ideas and information on a pre-determined topic.

The competitors talked on topics such as how to develop a fair and comprehensive immigration reform policy; the challenges young farmers face in terms of sacrificing urban amenities to live and farm in rural areas; how to work with family farms facing the issue of asset transfer and estate planning; educating young people on the values of agriculture; and other issues.

Steve and his wife Lindsey live, farm, and work in Delta, in Millard County along with their two children. Together, they farm 350 flood-irrigated acres, producing primarily alfalfa hay and grains. Their children now make up the 5th generation of their family to run the farm that was originally developed by Steve's great-grandfather.

To fund Steve's farming addiction, he works as an agriculture and water attorney, where he gets to work with and learn from other farmers who have dedicated their lives to agriculture.

Styler, representing the Millard County Farm Bureau, competed with more than 18 other contestants from around the state in the competition. For winning the competition, Steve received a plaque, a $500 check from the General Motors, a 2012 Polaris Trailboss ATV courtesy of IFA, and an expense-paid trip to the American Farm Bureau Federation (AFBF) annual meeting in Nashville, Tennessee.

Styler will compete at the American Farm Bureau Discussion Meet against Discussion Meet winners from across the nation during its annual convention in January. National winners of the Discussion Meet have their choice of either a Chevy Silverado or GMC Sierra Truck, courtesy of General Motors.

REAL FOOD RISING

UTAH KIDS FARMING TO FIGHT HUNGER

PHOTO CREDIT: MICHAEL TALLMAN

BY MARIESA BERGIN, PROGRAMS ASSISTANT, UTAH FARM BUREAU FEDERATION

One in six Utahns suffer from food insecurity. This portion of the population that has access to food stamps lives on an extremely tight budget and affording a healthy, balanced, diet is next to impossible.

This summer, 10 youth in Salt Lake City applied and were accepted into the Real Food Rising farming program. The farming program piloted this year with a focus on anti-hunger work, youth alternative education, and of course, farming.

Co-founder, Mike Evans teamed up with Utahns Against Hunger earlier this year to launch the non-profit designed to educate the community about food production, provide fresh food access locally, and to offer job training to youth.

Real Food Rising is modeled after The Food Project, a program that Evans was very involved with in Boston. This is the second time that he has re-designed The Food Project's vision to meet the needs of his community. Prior to moving to Utah, Evans co-founded Urban Roots in Austin, Texas and now he is in Salt Lake City starting once again.

All three of these projects have operated with the understanding that there is a need for affordable access to fresh food, as well as an opportunity for educating youth about the people and needs in their community as they fight for this cause.

The multi-faceted project offers job and life skills training for the youth who participate and has a strong leadership development program in place so that participants can take what they learn back to the community.

The youth, ranging from 14-17 years, commit to working for the full 7-week summer program, and earn a daily stipend of $40.

To say that their summer was spent learning to grow and harvest food is insufficient. Over the course of the growing season, youth were involved in countless workshops regarding food systems, agriculture, social issues, and food insecurity. It was even arranged for a financial planner to come give a presentation and answer questions on the day that participants were to receive their first checks.

Guests from the community were invited to lunches designed to promote awareness of the program's outreach efforts. Youth met with local chefs to learn how to prepare the food they had grown, and then cooked full course meals and served it to guests.

The youth were also involved in a number of volunteer related activities including service at farms in the area as well as at the

local soup kitchen and food pantry. This year, 80 percent of the thousands of pounds of food produced at Real Food Rising was donated. It included a large variety of organically grown fruits and vegetables.

One of the goals of Real Food Rising is to bridge communities by bringing together a variety of people. This is carried out as youth and adults work with charity organizations, farmers, restaurant owners, and volunteer workers. As part of this goal, the final 10 youth chosen for this year's Pilot Summer Youth Program were intentionally comprised of an equal number of boys of girls. Some were refugees; some came from low-income households, and others from higher socio-economic statuses.

Emily Hodgson-Soule, a summer intern from Utah State University's Master Gardening program, found the most rewarding part of her experience with Real Food Rising was seeing kids of such diverse backgrounds come together to work for a common cause.

"It was incredible to watch them gain self-confidence, and to become passionate about the knowledge they were gaining," Hodgson-Soule said. "All of them are now excited to be involved in something so much larger than themselves. They are learning that they can really make a difference."

Real Food Rising's main plot of land is a quarter of an acre located behind the Neighborhood House in Salt Lake City. With other plots in the community, its total "farm" land comprises a meager half-acre.

Evans combats the notion that Real Food Rising is merely a garden project by affirming that it is only in its first year.

"I always use the term farming because we are looking to grow," Evans said. "It is our hope, that in the near future, we will be able to grow into the word."

The project wants more land so that they can staff double or even triple the number of youth that were working on the farm this summer. This way they can reach more people through both food donations and youth leadership going back to the community.

They have already acquired another acre of land to prepare for planting in the spring, so they are well on their way to fulfilling that vision.

Currently Real Food Rising is preparing for the coming season by looking for farmers to host the youth on working field trips, setting-up a number of educational workshops, and reviewing applications for the coming season.

In just a few months a new group of kids will be knees-to the soil planting for the next year. Several of the first season's youth have received trainings and are excited to return as mentors next year.

For information about volunteering or to schedule a field trip, email Mike Evans directly at evans@uah.org.

REAL FOOD RISING'S WISH LIST

- *Soil and lumber for building raised beds on our Neighborhood House site*
- *Hand pruners*
- *Windows OS laptop computer*
- *20 harvest bins*
- *2 rolls of irrigation drip tape*
- *8 rolls of produce bags*
- *Compost for next year's growing season*
- *Knowledgeable Farmers and Ranchers who Real Food Rising can turn to with farm-related questions*
- *Volunteers to teach a workshop on soil, weed management, insects, composting, etc.*
- *Old bathtub (for a wash station)*
- *Access to a tractor for preparing new plots*
- *Used pickup truck to be used on the farm sites*
- *12 passenger van for transporting youth and produce to the farmers market*

Please email Mike Evans if you would like to donate: evans@uah.org

USING TAXES TO KEEP THE FARM

By Sterling C. Brown, Vice President – Public Policy, Utah Farm Bureau Federation

Agriculture is Utah's single largest and most basic industry. Until the late 1960's, Utah farm and ranch land was taxed on its market value – the price a buyer would pay for it in an ordinary market transaction. As Utah experienced growth and became more urbanized; however, farm and ranch land increased dramatically in value, especially in developing areas. Even if a farmer or rancher never intended to develop their land, its value increased because it could be developed.

Concerned that taxes could become so high that farmers and ranchers would be forced to abandon agriculture, the 1969 Utah Legislature passed landmark legislation allowing qualifying agricultural property to be assessed and taxed based upon its productive capability instead of the prevailing market value. This act is known as the "Farmland Assessment Act of 1969" and has been commonly referred to as the "Greenbelt Amendment".

The Farmland Assessment Act was passed by a constitutional amendment in 1969. Not by a small group of agricultural interests, but rather by a large majority of voters primarily in the populated Wasatch Front. These voters correctly believed that it was important to provide a way to preserve our agricultural land base to produce food and fiber for all Utah. It was also a valuable way preserve some open space around the populated areas, hence the nickname "greenbelt." The act has been continually amended by the legislature to try to ensure that it was being used for its intended purposes and not abused by those who would use it to speculate on future land values.

In an economy like we have today, agriculture is now and has been a stabilizing force throughout years of boom and bust economies. Throughout Utah, particularly in more populated areas, greenbelt has made it possible for farmers to continue to farm and feed Americans with the highest quality food and at the lowest percentage of disposable income anywhere in the world. This was a primary reason why the Utah Legislature passed the greenbelt law. It was recognized that ad valorem property taxation of farms, especially in close proximity to urban areas, was making it harder for farmers to stay in business. An ad valorem tax (Latin for "according to value") is a tax based on the value of real estate or personal property.

Productive values are established by the Utah State Tax Commission with the assistance of a five-member Farmland Assessment Advisory Committee and Utah State University. Productive values apply statewide and are based on income and expense factors associated with agriculture activities.

The production value of each of the major crops for every county is obtained from the latest issue of Utah Agricultural Statistics. A three-year, weighted moving average is used to reflect production in each county and a five-year weighted moving average is used for drylands. Dryland farms grow crops only relying on natural rainfall. A five-year weighted average is also used for prices of the crops produced. The primary purpose of applying weighted averages is to stabilize fluctuations in crop production and market conditions.

Agricultural lands are classified according to its capability of producing crops. As such, soil type, topography, availability of irrigation water, growing season, and other factors determine the classification and capability.

It is true that agricultural lands assessed under greenbelt do not pay as many dollars in taxes as those not so assessed, but it is also important to note that they do not require anywhere near the same level of services. According to a study by The American Farmland Trust, which evaluated the expense to revenue ratios for various classes of land use, we learn that for every tax dollar generated by agricultural lands they demand just 31 cents in services. For every dollar of tax generated by commercial and industrial property, the demand for services is 41 cents. On the other hand, residential property demands $1.21 of service for every dollar of tax it generates.

United States Department of Agriculture figures from 2009 show that on average throughout the country, Americans pay 10 percent of their disposable income for all food. Of that 10 percent, 58 percent is for food eaten at home and 42 percent is for food eaten away from home, further highlighting the value of food we buy for our families. American agriculture is the envy of the world.

The Farmland Assessment Act is a critically important provision in the tax laws of the State of Utah to insure that we will have the opportunity to farm and ranch in Utah. Greenbelt is a bargain for not only farmers and ranchers, but also those who enjoy the fruits of our labors three times a day.

SIMPLE GRATITUDE

BY SUSAN FURNER, EXECUTIVE ASSISTANT, UTAH FARM BUREAU FEDERATION

My friend Caesar told me about the greatest teacher he ever had—his mother. "My mother was always happy," he said. "Growing up in Mexico, we would only get a piece of bread to eat in the morning, and some mornings we didn't even have a piece of bread. My mother would say, 'Even though you are hungry this morning, be grateful you're alive.'"

Caesar's mother taught him how to enjoy the simple things in life. He recounted walking thirty minutes to get water for his family in two buckets that he would carry. But he didn't mind because along the way he would hear the birds singing. He would notice all the beautiful plants, and visit with people along the way. "Now, my children simply walk over and turn on the faucet to get water."

His mother was hired by a wealthy family to work in their home. The lady of house said, "Rosa, the fridge is full and the cupboards are full — feed your family." Caesar remembers, "My mother would take a piece of bread and spread a thin layer of mayonnaise, place one slice of ham on top and then another piece of bread. She taught me, that even when you are invited to help yourself, you never take advantage of the situation. Never take more than you need."

I've thought about that conversation for several weeks. I've thought about what Caesar's mother gave him. Certainly more lasting than material things, she guided him toward values that would become a part of his character. He now teaches those same values to his own children and to the employees he manages. She taught him the value of hard work and how to be grateful for what he had been given.

Gratitude is being conscious of all that you've been given. It's counting your blessings. It's acknowledging and appreciating people who help you along the way. It's noticing and feeling thankful for the simple things in life. It's acknowledging that God gives us good gifts to help us be successful and happy and He also gives us trials that polish and temper us. In every circumstance in life, there is room for gratitude.

Research shows that gratitude improves quality of life. Psychologists Robert Emmons and Michael McCullough have conducted research on gratitude for the past 10 years.

They found that the regular practice of being grateful and expressing gratitude can change the way our brain neurons fire into more positive automatic patterns. Gratitude activates positive emotion centers in the brain.

The study indicates that people who exercise daily gratitude enjoy greater alertness, energy, enthusiasm, determination and optimism. Gratitude also affects our physical wellness. People who practice gratitude consistently, experience stronger immune systems, less aches and pains, and lower blood pressure. They also sleep better and feel more rested when they awake and are also more prone to exercise and take care of their health.

There are also social benefits for people who practice gratitude. They tend to be more helpful, kind, generous and compassionate. They are more forgiving and more outgoing. They tend to feel more connected to people around them and feel less lonely. In short, being grateful makes you happier!

In Robert Emmon's book, Thanks!: How the New Science of Gratitude Can Make You Happier, he reports that practicing gratitude can increase happiness levels by 25 percent. He explains that your body has a certain "happiness set-point." You may have a disappointment that temporarily brings your happiness down, but then you

go back to your personal "happiness set-point." You may experience something good and exciting that will increase your happiness and then your happiness returns to the set-point. But what Robert Emmon's has found in his research is that practicing daily gratitude actually raises your "happiness set-point" so you can have a greater level of happiness.

Being grateful doesn't mean that you have to pretend that everything is always great, it just means that you are aware of the many ways you've been blessed.

Robert Emmons and Michael McCullough suggest three ways you can practice daily gratitude.

1) Keep a gratitude journal where you daily write something for which you are grateful.

2) Imagine losing things that you take for granted like your family, your home your eyesight, your job, your ability to walk or be independent. Then imagine how grateful you would be to have them restored.

3) Write a "gratitude letter" to some important person in your life who you never properly thanked.

Several years ago, at a time that life was really challenging for me, I bought a pocket sized leather journal. It became my gratitude journal. I can tell you that some days I had to think hard about something I was grateful for, but as time passed, thoughts of gratitude began to flow. I began to notice and appreciate the small things.

"I'm grateful for gentle breezes blowing through open windows."
"I'm grateful for endings and new beginnings."
"I'm grateful for last minute miracles."
"I'm grateful for children who love and help each other."
"I'm grateful for the sound of crickets."
"I'm grateful that in my life I have always felt loved."

There on each page was evidence of how blessed I am. I realized that God had not forgotten me. He knows me and loves me. Sometimes just before I go to sleep, I take out that small gratitude journal and read and re-read the entries. It makes me happy.

It seems that Caesar's mother intuitively knew that gratitude brings happiness no matter your circumstances and she gave that gift to her children. Grateful people are just nicer to be around. Maybe as we enter this season of gift giving we could give the gift of a more grateful self — a happier self.

Sources: "Why Gratitude is Good" by Robert Emmons; Thanks!: How the New Science of Gratitude Can Make You Happier, by Robert Emmons.

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Making your WINTER WONDERLAND Safe

By A.J. Ferguson, Vice President – Farm Safety, Utah Farm Bureau Federation

As thoughts turn to winter fun and Christmas joy, remember cold weather brings along its own safety hazards.

The first safety concern is heating a house.
When using a fireplace or wood stove, the flue or chimney should be inspected each year. If you are unsure of whom to contact to inspect it, consider the yellow pages under "chimney cleaning" or contact your local fire department for a recommendation. If using fireplaces, kerosene heaters or wood stoves, have smoke detectors, and battery-operated carbon monoxide detectors near the heated area. Other items to consider:

• Replace batteries twice a year in your smoke and carbon monoxide detectors.
• Where possible, insulate waterlines near or that run along exterior walls to prevent freezing.
• Add weather-stripping, and insulation to needed areas.
• If you have outdoor pets make sure they have access to unfrozen water.
• Don't use generators indoors, inside the garage or near a house's air intake to prevent carbon monoxide poisoning.
• Avoid placing space heaters within three feet of bedding, furniture, drapes, or anything that may catch fire.

The second safety concern is for you when outdoors.
Not drinking alcoholic or caffeinated beverages is a good way to stay warm. These beverages cause your body to lose heat more rapidly. Eating healthy meals will also keep your body warm and add a little broth during the day to help maintain your body temperature. Don't forget cold weather puts an added strain on the heart. If you have high blood pressure or heart disease, talk to your doctor about shoveling snow or performing other hard work in cold weather. Don't underestimate wind chill; it can cause serious winter health problems including frostbite.

Other safety tips to remember are:

• Keep dry.
• Wear a hat, scarf or knit mask to cover face.
• Use gloves and mittens (mittens are warmer).
• Wear several layers of clothing.
• Ensure your coat & boots are water resistant.
• When shoveling snow, pace yourself.
• Take the time to warm up before shoveling.
• It is easier to shovel freshly fallen snow.
• Pushing snow is easier on your back than lifting.
• When lifting the snow on shovel, do not over load the shovel, lift with your legs bent and keep your back straight.
• Avoid working to the point of total fatigue.

The third safety concern is for sledding and tubing.
According to the National Safety Council, there are close to 74,000 admitted to the hospital due to sled or inner tube accidents. The most commonly injured are children between the ages of five to nine. They like adventure but don't always understand the potential dangers that are associated with this type of fun. Consider these safety tips:

• Help children understand that good decisions can prevent major injuries.
• Encourage riders to go feet first helping to avoid many head injuries.
• Review the terrain for potential hazards prior to letting riders go down the trails. This can include looking for rocks, trees, and other hazards such as sliding into a road or street.
• Snow ramps can be fun but make sure the ramp is appropriate for those in your group. Remember they can cause serious injuries or even be deadly.
• Have children come in for water breaks. Heavy winter clothing and physical exertion leads to sweating and dehydration.

COLLEGIATE FARM BUREAUS KEEP GROWING WITH ADDITION OF NEW CHAPTER AT SNOW COLLEGE

By David Bailey, Vice President – Organization, Utah Farm Bureau Federation

The Utah Farm Bureau welcomed its third collegiate Farm Bureau chapter this past year. The Snow College chapter officially joined the Farm Bureau family by adopting by-laws and electing officers to oversee the program. The Snow College Farm Bureau chapter plans to build on the currently operating Ag Club to jump-start the newly chartered Farm Bureau chapter.

Jay Olsen who works as Director of Agriculture and Farm/Ranch Business Management at Snow College will serve as advisor to the group. Olsen, a longtime Farm Bureau member, started attending Farm Bureau meetings as a Young Farmer and Rancher (YF&R) member himself. He was active in the YF&R program and placed as runner-up in both the discussion meet and Achievements Award together with his wife Lauri. Olsen is a native of Sanpete County, growing up on a cattle ranch in Manti. He graduated from BYU with BS and MS degrees in Ag Economics and Animal Science respectively. He has served in his current position with Snow College for the past 16 years.

Utah Farm Bureau started its first Collegiate Farm Bureau chapter just a few years ago with the students at Utah State University. Southern Utah University got into the game a year later and both programs have seen an increase of activity since they were established.

The Farm Bureau collegiate chapters are designed to give students an opportunity to further develop their leadership skills and transition them into the Young Farmer and Rancher program after graduation. Each chapter operates in its own unique way but serves to strengthen their students' communication and leadership abilities. One of the primary functions of the chapters is to facilitate a Collegiate Discussion Meet.

The Collegiate Discussion Meets are hosted by the district Young Farmer & Rancher (YF&R) county chairs and committee members. They line up the judges, time keepers, moderators, etc., and make sure each contestant knows when and where to be for each round. Each collegiate chapter is involved with planning the date and times of the meets and they help advertise for the event and encourage fellow students to compete. Chapters also provide time for contestants to practice their discussion meet skills in preparation for the competitions.

The Collegiate Discussion Meet is a 25-minute, round table discussion involving 4-6 participants per group. Contestants are ranked on their cooperative attitude, analysis and problem solving skills, and ability to articulate the issues with others. Except for an opening and closing statement addressed to the audience, the conversations are focused on those in the group. There are typically three independent judges who score the contestants based on the-before mentioned criteria.

The USU and SUU Chapters have already completed their discussion meet competitions and have selected their winners. Trevor Knudsen was the winner from USU. He has participated in the USU chapter and the discussion meet for several years now and was able to beat out seven other participants. Trevor Knudsen grew up in Hyrum, Utah and is pursuing his degree in International Agribusiness and Spanish. He serves as the vice president of the Ag-business club and has participated in several intercollegiate marketing competitions in this position. He enjoys agriculture and has worked on a hog farm, a couple dairies, and has operated his own farrier business and vegetable farm. When he is not involved with school, he enjoys playing the guitar, shooting pool and riding his horses.

Julia Bowell competed with more than 30 SUU students to take first place at the SUU discussion meet. Julia grew up in Goshen – southern Utah County – on a horse farm where her dad trains horses for a living. Her major is agricultural science and animal science. She is a junior at SUU and competes in horse reigning along with ranch rodeos and roping. She also runs track for SUU, specializing in the 100-meter hurdles. In the summers, Julia is employed with Ag Reserves as an Ag tech on the Elberta Valley Ag Dairy. Her duties include breeding cows and working in the maternity ward. While in school at SUU she works part-time at the local livestock auction.

Trevor and Julia and the winner from the Snow Chapter will receive an expense paid trip to the National Young Farmer & Rancher Leadership Conference in Phoenix, Arizona where they will compete against college students from around the country for a $2,500 scholarship. The competition is scheduled for February 9-10 at the JW Marriott Resort & Spa. If you or your college student would like more information about getting involved with any of the Collegiate Chapters please contact me at 801-233-3020.

ACCIDENT TAKES THE LIFE OF JORDAN HATCH, RECENTLY ELECTED BOARD MEMBER

It is with sadness and deepest sympathy that we share the news of the passing of the Jordan Hatch, former Emery County Farm Bureau President and recently elected UFBF Board Member. Jordan passed away on November 21, 2012 due to injuries sustained in an automobile accident while working with the family's cattle.

Jordan graduated from Emery High in 1984 and earned an Associate Degree from College of Eastern Utah and a Bachelor of Science Degree in Animal Science from Utah State University in 1989. He later earned a second Bachelor of Science Degree in Agriculture Education from Utah State University.

Jordan is the son of Ira Wallace and Elaine Brasher Hatch. He married Joël Jensen on August 5, 1989. Jordan and Joël raised two children, Holly and Hadan. Holly is a student at the University of Utah and Hadan is serving as an LDS missionary in the France, Paris mission.

Jordan loved to farm and ranch and loved his cows. Jordan loved to work more than most people. Many quality hours were spent as a family working hard on the land and with livestock.

Jordan worked for Kerwin Jensen and KFJ Trucking for three years as a truck driver and for Savage Industries for two years. He was currently employed as Department Head and Associate Professor of the Heavy Equipment and Trucking Department at USU Eastern, holding this position for 15 ½ years. Jordan was fortunate to have a job he loved and was able to make a difference in the lives of those he taught.

Jordan and Joël served as the Young Farmers and Ranchers (YF&R) for Emery County Farm Bureau and were the District Chairmen for the state YF&R Committee. Jordan later served as the Vice-President of Emery County Farm Bureau for several years. He was the current President of the Emery County Farm Bureau and was recently elected to the Utah Farm Bureau State Board of Directors. He held the agriculture seat on the RAC Board for many years and served the community in many other capacities.

He is survived by his wife, Joël; children, Holly (Jeff Dennis) and Hadan; his parents Ira and Elaine; sisters, Margaret (Ted) Wells and Yvonne (Ty) Jensen; nieces and nephews; father- and mother-In-Law, Willis (Bill) and Kathy Jensen.

Jordan is buried at the Huntington City Cemetery.

ON THE EDGE *of* COMMON SENSE

THE OSAMACONOMY

By Baxter Black, DVM

Grandpa Tommy was reminiscing, "It's a shame everybody couldn't go through the Great Depression."

I know what he meant. I think. He didn't mean it like "It's a shame everybody hadn't been in a concentration camp or had polio." He was remarking that most of us Baby Boomers and younger are unable to appreciate how technology has pampered us. There was no safety net back then. Grandpa Tommy spent the Dirty 30's in the depths of the Dust Bowl in Syracuse, Kansas. Then the first half of the 40's he was on a Navy vessel in the Pacific.

He passed away without seeing our OsamaConomy The hard times that today's generations are suffering under, began on 9/11/2001. We sank to the bottom immediately. Unemployment in 2002 was 7.5%. We pulled ourselves out and by 2007 unemployment had fallen to 4.5%. Then we over-reached and crashed again in 2008, where we have wallowed for four years with 8-10% unemployment. But this whole series of events in the last 11 years began on 9/11/01.

During this OsamaConomy, a large percent of our population has had to tighten our belts, however a smaller 10% has suffered mightily. But, in Grandpa Tommy's defense, just a very tiny percent of those of us caught in the vise of OsamaConomy have gone hungry or have no roof over their head. Present-day technology has allowed the majority of the unemployed access to computers, cell phones, vehicles, televisions, emergency health care and school for their kids.

The safety net that is helping these "victims" includes family, friends, churches, private giving and government programs financed by those still working and paying taxes. This safety net has prevented any mass migration of the unemployed seeking work. If there had been a mass migration, North Dakota and Wyoming would have doubled in population! The ten percent unemployed have been able to stay in familiar surroundings and are able to get temporary assistance to ride it out.

The Great Depression had 25% unemployment at its peak and lasted 9 – 10 years. Only the outbreak of World War II brought an end to it.

It is the prayer of all of us, that our founding leaders will get their collective heads out of the mud, step out of the way and let America go back to work. It took us 5 years to recover after 9/11. In 2007 the federal government collected a record-high annual tax revenue from the private sector. That money came from people working and paying taxes, from Bill Gates to the legal immigrant mowing his lawn.

We all breathed a sigh of relief when our soldiers finally sent Osama Bin Laden to hell. There seems to be a lot of blame thrown around about who should bear the burden of our toxic economy. I don't have any doubt. It was him. Osama was this generation's Hitler, Ho Chi Minh, Yamamoto and Small Pox.

In 2005 I went to New Orleans after Katrina to muck out houses. There were two kind of people that showed up; those who came to help and those who came to blame. In this OsamaConomy we've been barraged with ads and debates by those who come to blame. My head is ringing. But I know we will get out of this mess. Not because I have faith in the government, but because I have faith in those who get up every day and come to work, like Grandpa Tommy did, just doin' his part.

Happy New Year and God bless you.

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WHERE WOULD YOU BE WITHOUT AGRICULTURE?

Utah Farm Bureau Women's Leadership Committee is sponsoring a Creative Story Contest and a Video Contest, which will help answer question above. The state deadline for both contests is April 1, 2013, with earlier dates for each county contest. Only first place winners in each county will be eligible for the state contest. *Don't let that far off date fool you. It is coming soon.* "Celebrate Agriculture: From Farm to Fork" is this year's theme for both contests. Let us know what agriculture does for you!

There is a need for the correct methods of production our farmers and ranchers use to be spotlighted. We have entered a whole new world of technology. As that evolves there are new and better ways to spotlight and tell how agriculture affects our life. If a picture is worth a thousand words, than a video is worth even more. A story lives on as the reader sees and visualizes the subject. We need agriculture's story told, often. We need YOU to participate. Each one of us has a unique story. We all are a part of agriculture whether we live on a farm or ranch or in a city.

If you have a school age child or grandchild, grades 3-8, the story contest is an opportunity to let them teach their lifestyle or how a farm lifestyle touches them with a creative story. The Video Contest is broken into divisions. These divisions allow all ages to participate. Entering either contest is a great opportunity to make a classroom or a family project happen.

Details for each contest can be found at utfb.fb.org, and look for the creative story contest or video contest tabs on the left, or visit http://bit.ly/TSCHCB. Complete rules and deadlines, as well as Core Standards for the Utah Department of Education are also there. Each county contact person and contest deadline is listed also.

Each county determines the prizes awarded to their county winners. Each grade level in the State Creative Story competition will be judged separately. Awards are as follows: 1st place, $100; 2nd place $50 and 3rd place $25. Western Ag Credit will sponsor a Pizza Party to each 1st place winner's classroom. There will be classroom resource materials for the teachers of first place winners. The awards for the State level Video contest will be per division as follows: 1st place $150, 2nd place $100 and 3rd place $50.

Your story is waiting to be told!

MONEY MATTERS

How to Save on Winter Driving Fuel Costs

BY RICHARD BEARD, USU EXTENSION AGRICULTURE ENGINEERING

Fuel-efficient driving is a challenge not easily achieved during winter months when weekly gasoline bills can increase by as much as 50 percent. Of course the best way to reduce fuel consumption is to drive fewer miles, but not everyone has the freedom of this option.

Those who commute to and from work or take children to and from school, quickly master the techniques of combining trips, planning stops for efficient travel and carpooling. Many of us schedule our departures and arrivals, and plan travel routes to minimize the delays caused by traffic congestion. These fuel saving strategies are very good and when combined with the following suggestions can help reduce your weekly fuel bills:

Tune up the engine.

A regularly maintained engine runs more efficiently and is more dependable. Improperly serviced engines waste fuel and can leave you stranded at the coldest, most inconvenient times.

Purchase gasoline with the appropriate octane rating.

Follow the manufacturer's recommendations when selecting fuel. If your car does not require a high-octane fuel, hundreds of dollars can be saved each year by purchasing the lowest grade (octane) of gasoline. If your engine does not knock or ping when a lower octane fuel is used, changing your buying habits will save money.

Inflate tires to the corr ect pressure.

Cold temperatures decrease the air pressure in tires, which in turn increases tire rolling resistance and tire wear. Tires should be inflated to the pressure recommended by the manufacturer. Regular tire balancing, alignment and rotation are important and when selecting new tires, keep in mind that radial designs provide better fuel efficiency.

Remove unnecessary weight from the vehicle.

Limit the excess weight to necessary equipment. Gas mileage decreases a mile or more per gallon for each 300 pounds of additional weight. The spare tire, equipment to change a tire, a few important car repair tools, a shovel and basic cold weather emergency supplies (including a cellular telephone) are important, but removing that 400 pound toolbox from the trunk will lower your fuel costs. Also, snow and ice add both weight and wind resistance to vehicles and should be removed for improved fuel economy.

Speed increases fuel consumption.

Most of us remember the extensive propaganda that accompanied the nationally imposed 55 miles per hour speed limit a few years ago. Well, the part about fuel savings is still true. At speeds greater than 40 mph, your car's engine must overcome significant wind resistance. Traveling at 55 mph rather than 70 mph can result in fuel savings approximating 20 percent. Slow down and reduce your fuel consumption.

Drive with fuel economy in mind.

Those who embrace a "0-to-60" attitude are first in line at the next stoplight, but pay for this in higher fuel costs and more repair bills. When you accelerate slowly and avoid unnecessary braking you are rewarded with fuel savings and less frequent tire and brake replacements. Fuel economy is directly related to conservative driving techniques.

Remove the roof rack when it is not in use.

Roof mounted skis and racks reduce a vehicle's aerodynamics. Weekend skiers who use their cars for commuting during the week will improve fuel economy by removing skis and racks when the equipment is not being used.

Pay cash if credit costs more.

Some service stations sell fuel at a lower price when customers pay cash, so pay cash and save money on gasoline purchases.

Engine warm-ups require 1 minute.

Waiting more than one minute to warm up your engine on cold mornings is not necessary and wastes fuel. One minute of idling for passenger cars burns as much fuel as starting the engine. An engine block heater is recommended if cold temperatures reach the negative teens, but a timer should be used so the engine is only heated for a couple of hours prior to operation.

Melting ice and snow is expensive.

A sure way to increase winter fuel costs is to allow the car engine to melt snow and ice from the car windows. If your car cannot be parked in a garage or shelter, use a combination of sweeping, scrapping and defrost heat. Allowing the car's engine to do all the work may be convenient, but it is expensive. Also, police caution vehicle owners that an unattended, unlocked, idling automobile is both attractive and convenient for joy riders or car thieves, not to mention the danger it presents to the general public.

Resist the convenience of the drive through.

For those who regularly use a drive through, the best choice is to park the car and go into the restaurant or business rather than sit in the car and allow the engine to idle. Five to 20 minutes of fuel is consumed each time the drive through is used and for those who use a drive through often, this is an unnecessary waste of fuel.

The simplest way to r educe winter fuel costs is to drive fewer miles.

Replace that regular weekend outing or out of town shopping excursion with an activity close to home. If rising gasoline prices present a problem, consider purchasing an energy efficient car for long-term fuel savings and overall economy on a per mile basis.

What is the estate tax?

The estate tax applies to property transferred after the death of the property owner when the value of the property exceeds the exemption. In 2013, the estate tax exemption will be $1 million.

The value of the farm or ranch is usually tied to assets such as farmland, buildings and equipment, which can force families to sell these assets in order to pay the tax. Protecting these farms from the estate tax is important in order to keep these farms operating for future generations.

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- Farm Bureau member & member National Cattlewomen
- Passionate about agriculture

Come Learn, Network and Have Fun!

Registration: $24.00/per person due by March 8, 2013.
Call Aurline Boyack at 801-233-3010 to register.

Hotel accommodations: CottonTree Inn, 10695 S. Automall Drive in Sandy. 801-523-8484. $74.00 per room for up to 4 guests. Continental breakfast included. Request a room in the Farm Bureau block before March 8 to get the Farm Bureau rate.

LEARN WHO AGRICULTURE'S HEROES REALLY ARE • NETWORK WITH OTHER FARM BUREAU WOMEN • EXPLORE NEW IDEAS FOR SUCCESSFUL AITC CLASSROOM VISITS • DISCOVER NEW WAYS TO ADVOCATE FOR AGRICULTURE

UTAH FARM BUREAU NEWS
CLASSIFIEDS

IMPORTANT NOTICE

1. Non-commercial ads for Utah Farm Bureau members selling items they grow or make themselves, or used machinery, household items, etc., they themselves have used in the past. Each member family is entitled to one such ad free in each three-month period. Ads can be up to 40 words or numbers such as phone number or Zip. Words such as "For Sale" are included, initials and numbers count as a word. **All words over 40 cost 25 cents each. Ads over 40 words not accompanied by the extra payment, or not meeting the above requirements, will be returned to the sender.** Family memberships cannot be combined to create larger ads, nor can a membership be used for free classified ad purposes by anyone other than immediate family members. Ads run for three months.

2. Commercial ads for Utah Farm Bureau members where the member is acting as an agent or dealer (real estate, machinery, handicraft items made by people outside the member family, etc.) cost 25 cents per word. Payment MUST accompany such ads or they will be returned to the sender. Members are entitled to one such ad. Ads run for one month.

3. Ads for non-Utah Farm Bureau members cost 50 cents per word. Payment MUST accompany such ads or they will be returned to the sender. Ads run for one month.
In all ads, short lines requested by the advertiser, extra lines of white space, and lines with words in all caps count as 6 words per line. Ads with borders and bold headlines may be submitted and placed within the classified section, but will be charged the display advertising rate. Please contact the classified advertising department for further information. No insurance ads will be accepted.

*****DEADLINE: ALL ADS MUST BE RECEIVED BY THE 15TH OF THE MONTH IN ORDER TO APPEAR IN THE NEXT ISSUE. EXCEPT FOR THE JANUARY ISSUE, WHICH HAS A CLASSIFIED DEADLINE OF DEC. 5.**

Only free ads (Category 1 ads of 40 words or less) will be accepted by telephone at 801-233-3010, by fax at 801-233-3030 or e-mail at aboyack@fbfs.com. Please include your membership number. Ads must be received no later than the 15th of the month

Mail ads, typed or neatly printed, with any payment due, to Utah Farm Bureau News, Classified Ad Department, 9865 South State Street, Sandy, UT 84070-2305. Free ads must be resubmitted by mail, telephone or fax after running for three months. Ads for which there is a payment due will be run as long as payment is received in advance.

ALL CLASSIFIED ADS will be listed on the Utah Farm Bureau web page unless the Utah Farm Bureau member specifies otherwise when placing the ad. The ads on the web site will run concurrently with the classified ads in the Utah Farm Bureau News.

NOTE: The appearance of any ad in the Utah Farm Bureau News does not constitute an endorsement or approval of the service or merchandise offered. While every effort is made to ensure the legitimacy of services or merchandise advertised, the Utah Farm Bureau News or the Utah Farm Bureau Federation accepts no responsibility or liability for services or products advertised.

AUTOMOTIVE

1987 VOLVO Forward Cab Moving Truck. 28,000 LWB Model FE613 6-Cylinder Diesel. Low mileage- 80,000 Miles. 22 flip box. Call Ray E. Child: 801.825.1701
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FOR SALE: 2006 Roto-mix vertical feed box. Model 1355. Rear unload. Stationary. Equipped with scales. Excellent condition. Call 801-514-9959 or 801-514-9962.
FOR SALE 6410 John Deere tractor 90hp 4500 hrs 2wd 16powerquad rh reverser open station with canopy 18.4xR38 rear 11.00x16 front 90% 3pt 540/1000 pto good condition 22000.00 435 678 2984.

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FOR SALE: Wyoming 160 acres. $20,000. Will finance with 10% down for 5 years or offer. Located 11 miles from Wamsutter, Wyoming. I-80 Exit 184 then 17 miles gravel rd. Tax ID 23913510004900. Brent at 801-731-3819 or bpjorg@msn.com.
FOR SALE: 115 acres irrigated farmland and dry pasture north of Ephraim, UT. Gravity-fed sprinkling system. Appraised by Western AgCredit for $515,000. Asking $468,000. Call Gerald at 801-225-0665.
FOR SALE: *Trenton, Utah: 77.5 acre sprinkle irrigated farm. Borders two State Highways with culinary water, natural gas and power. Fenced and cross-fenced. Zoned Commercial and Agriculture. ***Thatcher, Idaho** 160 acre gravity sprinkled ranch with home, machinery, good fences and year round stream. Irrigation water under $1 per acre. ***Bear Lake** 49 acre recreational retreat North of Liberty with trees, wildlife and privacy. ***Preston, Idaho** 191 acre gravity sprinkled farm with home, outbuildings and corrals. ***Preston, Idaho** 400 cow Grade A Dairy on 56 acres with 5 bedroom 5000 square foot home. 414 lock-ups and double 9 parlor. ***Malad, Idaho** 79 acre flood irrigated farm on paved county road. Power available. Samaria water. Owner financing possible. *Several other great properties also available. **Contact Vaughn Benson at Benson Realtors, Logan 435-753-0960.** bensonrealtors@yahoo.com website: bensonrealtors.com.
@HOME REALTY, BRENT PARKER, (435)881-1000 18.75 Acres in Cache Valley. Artesian well already dug. Secondary gravity pressure irrigation. **2.56 Acres in Cache Valley.** Country lot with plenty of irrigation water. **16.49 Acres in Weston.** Borders Bear River with views. Irrigation water. Mini ranch. Additional 12.28 acre parcel adjoins. **2 Lots in Paradise.** Well permit and secondary water. Horse property. **119 Acres South of Hyrum Reservoir.** Excellent views of Cache Valley and mountains. Can be subdivided. **170.82 Acre Farm in Grace Idaho.** Great farm ground. Very scenic. Early water right. **242.93 Acre Farm in Grace Idaho**. Borders Bear River. Gravity pressurized irrigation. **Dairy Farm in Cache Valley** 41 acres. Irrigated. Updated home, excellent crops. Double 5 Herringbone parlor. **185.38 Acres in Cache Valley** with views. Can be divided. Located in popular Maple Rise area. Borders national forest. **10 acres in Cache Valley** above Hyrum Reservoir. Breath-taking 360 degree views. **37.91 Acres located on the foothills of the Wellsvilles.** Can be divided in up to five lots. Water shares. Canal runs through. **40 Acres Outside Soda Springs.**
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WANTED to purchase: summer grazing permits or lease long-term private pasture within 70 miles of Interstate70. For 100-600 head of cattle. Please call Cody at 435-260-1846 or Don at 435-260-9982.
733 ACRE DAIRY FARM Juab County. Owners must sell. This modern dairy includes the following: 1,770 cows, calves, heifers; double 16 herringbone milk barn with room for expansion; modern clean milk handling equipment including tanks, cooler, etc; hospital for sick animals, maternity barn, calf barn, flush system for manure, corrals with headlocks, calf hutches, large repair shop, 3 homes and much more. This property offered exclusively through Utah Farm Realty, PC. Call Roger Olson 801-372-6016, 801-491-2244.

MISCELLANEOUS

FOR SALE: Box Stapler: Bostich, Model: F94ED Serial# 20035. $200. Electric Container Stapler: Box Stapler. Excellent unit. $400. Call Ray E. Child: 801.825.1701
FOR SALE: 1995 Bayliner Boat: 1954CW30, open bow with cover, bimini cover, down riggers, new battery, custom guides on Escort trailer, shed storage. $6800.00 (435) 723-6704.
BUYERS PRODUCTS: TOOLBOXES (2) topside toolbox Black, locking, 13"X16"X96",steel,DBL DR REC,T-LATCHES $600.00. 435-979-5018.

AGRICULTURAL EMPLOYMENT OPPORTUNITIES

PART-TIME WORK: The National Association of State Departments of Agriculture (NASDA) needs part-time survey interviewers to contact agricultural producers for the National Agricultural Statistics Service, an agency in USDA. We are in particular need in **Utah and Iron Counties.** Applicants must have a valid driver's license and access to a vehicle. Starting pay is $10.26 per hour. Paid work time includes training and travel, and mileage is reimbursed at $0.555 per mile traveled. A farm background is desirable but not essential. If you are interested please contact Jan Anderson at 801-494-3906.
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ALERT: New Membership Payment Process

We are updating our membership online payment software to be integrated with our membership system in Iowa. When you go to the link under Make a membership payment on our website (http://utbf.fb.org), you will be prompted for only your membership number and last name. It will then bring up your current membership information, which you will verify, change, or add to, including the farm, employment, and issues of interest questions that are sent to you now in your renewal packet. When you make this payment it will be posted to your membership account that same day. We are accepting VISA and Mastercard, but NOT electronic checks. If you have any questions or problems you can call Jane Ashby at 801-233-3008 or Linda Erb 801-233-3009.

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PARK CITY MOUNTAIN RESORT

$71 per adult single day lift ticket, no blackout dates, non-refundable.

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Regular Ticket Prices: $33, $25, $17, $10
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