

All Around Kentucky

OFFICIAL PUBLICATION OF THE KENTUCKY FARM BUREAU FEDERATION



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animals' well-being
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FARMER ADVISES AND SUPPLIES BREWER OF UNIQUE SOY SAUCE



Photo courtesy of Bourbon Barrel Foods

MATT JAMIE USES LIMESTONE WATER FROM CENTRAL KENTUCKY AND SPECIAL VARIETIES OF SOYBEANS AND WHEAT RAISED BY CHRIS KUMMER IN SOUTHERN KENTUCKY TO PRODUCE SMALL-BATCH SOY SAUCE IN AN OLD SEED-PLANT WAREHOUSE IN LOUISVILLE. JAMIE DEVELOPED A TASTE AND TECHNIQUE THAT HAS CAUGHT THE ATTENTION OF INFLUENTIAL FOOD EDITORS AND TELEVISION PRODUCERS.

By Rachael Kamuf
KENTUCKY FARM BUREAU

A farmer in rural Simpson County provided the key ingredient when a Louisville entrepreneur came up with a concept for a soy sauce with a unique Kentucky twist.

Matt Jamie's idea was to microbrew soy sauce in used bourbon barrels. Before Jamie, there were no small-batch soy sauce producers in the United States. He is the only one even now, but there are about 1,500 microbrewers in Japan — the largest importer of American soybeans — but none use discarded oaken barrels

after aging bourbon as he does.

"I did my research. I knew I could do it," said Jamie, a self-taught chef.

His biggest hurdle was finding an affordable source of a specific variety of food-grade soybeans. He said he solved that problem when University of Kentucky College of Agriculture professors recommended he talk with Chris Kummer.

Jamie lined up more than a supplier when he contacted Kummer, a former chairman of the Kentucky Farm Bureau Young Farmers Advisory Committee. He also found a creative, forward-thinking farmer with experience supplying soy sauce

See SOY, page 12

Private screening

*KFB sponsoring free
prostate cancer tests
at Kentucky State Fair*

By Rachael Kamuf
KENTUCKY FARM BUREAU

Kentucky Farm Bureau is a sponsor of private prostate cancer screenings during the Kentucky State Fair to provide free testing for the disease.

"This will give fairgoers an opportunity to have an important test at no charge to detect a disease that is striking men at a younger age now," said John Hendricks, chairman of the Kentucky Farm Bureau Health Care Task Force. "It can cost \$150 to \$250 at a doctor's office, and this will be free."

Prostate cancer is the second-leading cause of cancer deaths of Kentucky men, and an estimated 1 in 6 more men will be diagnosed with the disease this year. If the cancer has not spread beyond the prostate gland, the survival chances are excellent.

That is why early detection is critical, said Hendricks, Kentucky Farm Bureau's first vice president. "Testing is important," he said. "If we save one life, it will be worth the expense."

A specially equipped van staffed by phlebotomists to draw blood and urologists to conduct prostate exams under strict privacy conditions will be set up in the Health Horizons area of South Wing C at the Kentucky Exposition Center. The mobile medical unit will be open daily from 10 a.m. to 6 p.m. during the fair, which runs Aug. 20-30.

A similar van, which is provided by the American Prostate Cancer Coalition, has been at previous fairs but only for four days.

The stay was extended because of the support of Kentucky Farm Bureau and other sponsors, said former Lt. Gov. Steve

See SCREENING, page 13

Sixty-six students receive KFB scholarships

Staff report
KENTUCKY FARM BUREAU

Sixty-six Kentucky students are receiving scholarships totaling \$99,300 from county and state programs administered through the Kentucky Farm Bureau Education Foundation, which has distributed more than \$1.6 million to member-families' children since its inception in 1953.

The 2009 recipients, who received individual scholarships, ranging in value from \$500 to \$4,000, were:

Marshall Coyle Scholarship (\$2,000): Whitley Hill, daughter of Robert and Marsha Hill of Grayson; Grayson Jenkins, son of Michael and Mariga Jenkins of Greenville; Catherine Martin, daughter of Gayla Martin and the late Billy Joe Martin of Olmstead; Beth Pyles, daughter of Lynetta Greer of Monticello; and Alexander Richardson, son of Homer and Kaye Richardson of Brandenburg.

Sam Moore Scholarship (\$4,000):

Ashley Bradford, daughter of Troy and Mary Ware Bradford of Cynthiana.

Leadership in Agriculture Award Scholarship (\$3,000): Kacie Arnold, daughter of Mickey Arnold of Lancaster; and Tyler Miller, son of Donald and Pamela Miller of Science Hill.

Kentucky Farm Bureau Mutual Insurance Company (\$2,000): Ellie Doom, daughter of Mark and Patsy Doom of Benton; and Stephanie Gray, daughter of Randy and Carol Gray of Eddyville.

Kentucky Farm Bureau Insurance Agents Association (\$2,000): Devan Brooks, daughter of Mark and Debbie Brooks of Shelbyville.

Kentucky Farm Bureau Federation (\$1,000): Kory Brocious, son of Robert and Kathleen Brocious of Campbellsburg; Kayla Buntin, daughter of Curt and Melody Buntin of Marion; Samantha Clark, daughter of Thomas and Sharon Clark of Campbellsburg; Megan Fallen, daughter of Peggy Brown and Arnold Fallen of Morehead; Sara Funk, daughter of David

and Becky Funk of Hartford; Brian Garcia, son of Paul and Robin Garcia of Fisherville; Laura Johnson, daughter of Daryl and Judy Johnson of Bowling Green; Marion Jones, daughter of Michael and Jeanne Jones of Bardstown; Joseph Kelly, son of Jim and Joetta Kelly of Murray; Jessica Kinman, daughter of Michael Kinman and Barbara Deaton of Crittenden; Ashley Marcum, daughter of Teddy and Cindy Marcum of Winchester; Rachael Mason, daughter of Esther and Franklin Mason of Pineville; Erin Oakley, daughter of William Gregory and Connie Sue Oakley of Cadiz; Kristi Potter, daughter Sheila Potter of Frenchburg; Sarah Rowe, daughter of Mark and Janet Rowe of Waynesburg; Craig Schadler, son of Steve and Diane Schadler of Walton; Stacy Thacker, daughter of David and Barbara Thacker of Lancaster; Ariel Waldeck, daughter of Robbin and Margaret Waldeck of Upton; Maegan Weatherly, daughter of David and Marsha Weatherly of Hickman; and Laura Wenz, daughter of Chuck and Leigh Wenz of Dover.

Allen County Farm Bureau (\$1,000): Nicholas Carter, son of Ricky and Lisa Carter of Scottsville.

Boone County Farm Bureau (\$1,000): Ryan Berg, son of Robert and Judith Berg of Petersburg; and Savannah Briggs, daughter of Robert and Catherine Briggs of Union.

Bullitt County Farm Bureau (\$2,000): Heather Kelly, daughter of William and Bonnie Kelly of Shepherdsville; Kristin Nation, daughter of Michelle and Sean Littlejohn of Mt. Washington; Jessica Reed, daughter of Paula and John Reed of Shepherdsville; and Molly Turner, daughter of David and Sheila Turner of Mt. Washington.

Christian County Farm Bureau (\$1,000): Chelsea Barnett, daughter of Kim Overton and Roy Barnett of Hopkinsville; and Cheyenne Willis, daughter of Patrick Leonard and Maryanne Willis of Hopkinsville.

Crittenden County Farm Bureau (\$1,000): David Drennan, son of Roger

See SCHOLARSHIPS, page 14

KENTUCKY FARM BUREAU CERTIFIED ROADSIDE FARM MARKETS



West

Broadbent B & B Foods
Cates Farm
D & M Produce
J Potts Nursery & Greenhouse
Lost Valley Farm
Metcalf Landscaping
Poore's Nursery & Farm
Scott Hams
Stone Hill Honey Country Store
The Country Barn
Trunnell's Farm Market
Turner Valley Produce
Zook's Produce

North Central

Antioch Daylily Garden
Ayres Family Orchard
Beech Springs Farm Market

Benton Farms U-Pick
Bi-Water Farm & Greenhouse
Blue Ribbon Market
Bray Fruit
Bray Orchard & Market
Boyd's Orchard
Callis Orchard
Caswell Farms
Cheek's Produce
Country Corner Greenhouse
Deutsch Farm
Elk Creek Vineyards
Evans Orchard
Farm Haven
Fisherville Farms
Foxhollow Farm Market
Gallrein Farms
George Gagel Truck Farm

Interstate Greenhouse
Kinman Farms
Lan Mark Farm
Morrison's Greenhouses
"R" Farm Pumpkins & More
Reed Valley Orchard
Ridgeview Greenhouse
River View Greenhouses
Sherwood Acres Beef
Sweet Home Spun in the Low Dutch Meetinghouse
Sunny Acres
The Greenhouse in Gertrude
Thieneman's Herbs & Perennials
Tower View Farm & Nursery

South Central

Acres of Land Winery
Back Home Farms

Burton's Nursery & Garden
Chaney's Dairy Barn
Chateau de Vieux Corbeau Winery
Cravens Greenhouse
D&F Farms
Dennison's Roadside Market
Double Hart Farm
Flaggy Meadow Fiber Works
Habegger's Amish Market
Haney's Appledale Farm
Hettmansperger Farm
Hinton's Orchard & Farm Market
Jackson's Orchard & Nursery
Kenny's Farmhouse Cheese
Lee's Garden Center
Mammoth Cave Transplants
Maple Hill Manor Fiber Farm
Shell Farms Greenhouses
Sinking Valley Vineyard & Winery

St. Catherine Farm
Stephens' Nursery & Fresh Produce
Stonemeadow Farm Fresh
Three Springs Farm
Warren Farm Greenhouse
Wonder of Life Farm

East

Alley Farms
Bennett's Mill Covered Bridge
Black Barn Produce, LLC
Bramble Ridge Orchard
C2H2 Farm Market
Croppars Greenhouse & Nursery
Fannin's Vegetables
Imel's Greenhouse
Townsend's Sorghum Mill

Visit www.roadside@kyfb.com/federation for more market information or call (502) 495-5106 for a free Roadside Market Directory.

Proper animal care is a top priority for farmers

While humans and animals depend on each other, day-to-day contact with animals has become increasingly limited. Today, the vast majority of Americans live in urban areas where they are largely limited to pets and exotic creatures at zoos.

As a result, the public is often unaware that many of the food and fiber products that we value are the result of the hard work and quality care provided by farmers who care for animals day and night.

The life of a farmer is driven by the needs of his animals and crops. Rain or shine, hot weather or cold - herds and flocks require their attention. Most farmers are up before sunrise and work well into the night to manage their business and ensure the well-being of their animals.

Modern technology has made it possible for family farmers to care for more animals than they did a century ago. However, technology will never be a substitute for the hands-on care and commitment that farm families bring to their work.

Quality animal care remains at the heart of livestock operations; farm families devote their lives to providing for and marketing their animals so that we may have an ample supply of food and fiber. Farmers know that nutritious feed, a clean and comfortable environment and proper medical attention will produce healthier animals which, in turn, provide high quality products.

In Kentucky and elsewhere, farmers utilize humane animal care and responsible environmental stewardship because they understand the importance of protecting their resources. Indeed, concern for animal welfare and respect for the earth continue to be the guiding principles for farm families.

If you're involved with agriculture, you know what I mean. If not, then it's important for you to gain some knowledge about animal agriculture because there are radical extremist groups who want to mislead you.

With an expressed agenda to abolish our animal agriculture industry and establish a vegetarian society, The Humane Society of the United States (HSUS) has launched a crusade against livestock and poultry production. HSUS, which is well-financed and organized, would like you to confuse them with The Humane Society, which is a wonderful group dedicated to protecting animals. HSUS, however, is radical and adept at using unfounded scare tactics to promote its agenda.

Just last year HSUS stirred up a hornet's nest in California by asserting that the com-

KENTUCKY grassroots

MARK HANEY | PRESIDENT | KENTUCKY FARM BUREAU



mon, approved housing system for laying hens was inhumane. That campaign led to a measure banning the housing practice. As a result, California is losing its egg industry.

HSUS and similar groups have had a role in the adoption of punitive, unfounded livestock production guidelines in four other states. It now appears that Ohio is a target.

Agriculture organizations throughout the nation have had enough of these attacks.

Armed with the facts and an exemplary record of stewardship, we're mounting an offensive. Movements are afoot to train farmers in how to effectively communicate with the media and the non-farm public. We are developing plans to counteract the attacks. We're doing this despite the fact that recent surveys show that Americans continue to trust farmers and view them in a highly positive light.

Here in Kentucky, farm organizations have come together to protect our valuable animal agriculture industry. Kentucky Farm Bureau has established a task force to develop recommendations. The Kentucky Soybean Association has formed a partnership with other farm commodity groups. The goal is to ensure that our citizens, and the lawmakers

who represent them, have the facts about how farm animals are raised.

Decades of research and generations of experience have helped us create practices that serve the best interests of our animals and our businesses. These include practices regarding food, water, disease prevention and veterinary care. They include humane practices regarding animal transport, including confinement practices designed to protect animals and ensure their health and proper feeding. Yet, these are issues likely to put farmers in the news.

We understand how important all these issues and practices are. We continually examine what we do and how we do it. Now, others outside of agriculture have joined the discussion.

Farmers and ranchers only ask that decisions about raising livestock still be based on science, not emotion. Consumers tell us they agree. The health and welfare of animals, as well as of an entire industry, deserve a fact-based discussion and rational resolution.

Getting farmers together to enable consumers to join in combating the extremist onslaught on animal agriculture is crucial to that end.

A.M. Best gives KFB insurance superior A+ grade

Kentucky Farm Bureau Mutual Insurance Co. again has received A.M. Best Co.'s superior rating for its financial strength.

A.M. Best graded the company at A+ for the fifth consecutive year for 2008 performance, despite declines in investment income because of weak economic conditions and \$140 million in underwriting losses resulting from record payouts of \$227.4 million to policyholders from damages during a year of severe winter, summer and fall storms.

Kentucky Farm Bureau ended 2008 with more than 1.2 million policies in force and \$1.6 billion in assets.

The company maintained its A+ rating, A.M. Best said in its grading report, because of its "superior capital position" following three years of double-digit surplus growth.

A.M. Best said the continued superior rating reflects low underwriting leverage, solid operating performance, moderate investment risk and consistently favorable loss reserve development.

Brad Smith, the new executive vice president and chief executive officer of Kentucky Farm Bureau's insurance operations, said the 2008 loss was actually a gain for the company because it reinforced its message of commitment to serving members during difficult times.

He also said the A+ rating is a "compliment for the conservative approach to investments and steadfast pursuit of enhancing the surplus in recent years."

A.M. Best is the oldest and largest worldwide insurance rating and information agency.

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Apples bloom into farm market for Mt. Sterling couple

By Kara Keeton
KENTUCKY FARM BUREAU

Cindy and Terry Peake had the opportunity to make a dream come true in 1994 when Cindy's great aunt and uncle's farm was put up for sale in Mt. Sterling. The two urban dwellers had always had a love for the farming lifestyle, and they decided to take a leap into the unknown and relocate to the farm from Chicago.

The Peakes went through a variety of agriculture endeavors before finding one that fit their personalities.

They tried cattle, chickens, and had a horse named Sassy for awhile. Then one Saturday couple decided to take apples from old apple trees to a farmers' market, and they realized an orchard just might be the path they were meant to travel in their farming adventure.

"We thought we would just plant 12 standard size apple trees in the side lot to start

our orchard," said Cindy. "After talking with Dr. John Strang at UK, our county extension agent, Ron Catchen, and then finally a nursery in Pennsylvania they put us in touch with, those 12 standard trees turned into 3,000 dwarf trees."

A new career path opened up for Cindy, a former teacher, and Terry, who works fulltime as a quality manager for a global company during the week and farms on weekends.

They determined they should have a wide variety of apples that ripen at different times in the orchard, so they ended up planting 13 varieties. A few years later they added 300 dwarf peach trees. "We have loved learning and working with the trees, and taking our fruit beyond the orchard to the customer," Cindy said.

After the Peakes had the orchard up and

running, they turned their attention to marketing, and Terry eventually hit upon the idea of converting a tobacco barn on the property into their own store, Bramble Ridge Market.

"We already had established bee hives on

importance of agriculture."

The Peakes have incorporated agriculture education into every aspect of their operation, from school tours to agriculture trivia on the menus at the Green Apple Tea Room, which open Monday through Saturday. (The tearoom is closed January, February and March.)

This year the menu is like an express-train tour of the United States, with specialty dishes made with fresh local foods. The stops (menus) change every two weeks - every time the "train leaves a station and goes on to the next stop." Lunch reservations are required whenever the tearoom is open for business; the phone number is 859-498-9123.

For more information on Bramble Ridge Market and Green Apple tearoom, visit the Web site at www.brambleridgeorchard.com.

Being prepared to answer questions under the shade of fruit trees in the tearoom or the market, Cindy said, has helped build credibility and friendships with customers over the years. Consumers' growing interest in locally produced fruits and vegetables and the Peakes' commitment to their second careers combined with her classroom experience led Cindy to develop a curriculum focused on preschool to fifth grade to share with teachers visiting for school tours.

She gives them a guide that includes preliminary information they can share with the class before they leave school, as well as materials focused on core curriculum areas such as math and reading that teachers can use in the classroom to follow-up on what they learned at the orchard.

The educational opportunities don't stop with children. "We also do tours for church groups, senior citizen groups and a multitude of other organizations each year," Cindy said. "We give the same tour for all ages, from a content standpoint, but it doesn't matter the age of a visitor as they all seem interested in learning about everything from the honeybees to the apple trees when they come to the orchard."

(Details and locations on Bramble Ridge and all other participating locations in Kentucky Farm Bureau's Certified Roadside Markets program, can be found at kyfb.com/federation/program-links/roadside-farm-markets.)



Photo by Kara Keeton

Cindy Peake and her husband, Terry, have built a new life in Mt. Sterling, turning a family farm into an orchard, classroom and roadside market.

the farm, so the market gave us a place to sell our apples, honey and beeswax," Cindy said. "From there we just evolved as we started to give tours and expanding our product line to jams, jellies and other farm fresh items."

The Peakes equipped a certified kitchen their enterprise, which has qualified as a Kentucky Farm Bureau Certified Roadside Farm Market, in 2005. They expanded again in 2007, when Cindy opened the Green Apple tea room to offer customers local and fresh lunches during their visit to the market during the months of April through December.

She said: "You have to always think outside the box and ask yourself, 'What else can we do to bring people to the orchard?' Every year we have new products we offer. For example, this year we have a dedicated apple cider vinegar area with Wi-Fi where you can come and sit next to the vinegar aging in bourbon barrels, enjoy coffee, eat a doughnut and bring your computer to work if you want."

Cindy doesn't consider herself a retired educator, she said, because "I've just walked away from one classroom and now I have a greater classroom. I have the opportunity to educate everyone that walks through the door of the orchard on the

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Last time we checked, bad weather wasn't known for keeping business hours.

Weather is unpredictable, but your insurance agent shouldn't be. That's why Kentucky Farm Bureau has agents in every county in the state, so you can count on a quick response and great service when you need it. This commitment has helped us grow into the state's largest property and casualty insurer. So if you need home, auto or business insurance give us a call or drop by. We're there when you need us.

KENTUCKY FARM BUREAU



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Scholarships help county Farm Bureaus' families pay college costs

Staff report
KENTUCKY FARM BUREAU

County Farm Bureaus throughout Kentucky awarded individual scholarships to children of members enrolled in college or planning to begin this fall.

Counties that provided information on their 2009 scholarships, amounts and winners were:

Anderson County (\$1,500): Ashley Crane, daughter of Julie and Robert J. Crane II; and Lucas Brent Stevens, son of Sherry and Brent Stevens.

Bell County (\$1,000): Barrett Brittan, son of James and Shelia Brittan; Evan Harrell, son of Sonya and Steve Harrell; Felicia Mason, daughter of Phyllis and Franklin Mason; Kendra Partin, daughter of Melissa and Kelly Partin; Tayler Partin, daughter Janet and Lenis Mason; Kristopher Patterson, son of Karen Mayes; Sophia Robinson, daughter of Keely Shattuck; Jonathan Stanley, son of Jennifer and Robert Taylor; and Jamie Turner, daughter of Paula and Kevin Turner.

Boyd County (\$1,000): John Timothy Bush Jr., son of Gina and John Bush of Ashland.

Breckinridge County (\$1,000): Ashley Lee Burks, daughter of Melissa and Lee Burks; and Julia Catherine Critchelow, daughter of Penny and Joe Critchelow Jr.

Bullitt County (\$1,000): Molly E. Turner,

daughter of Sheila and David Turner of Mt. Washington.

Campbell County (\$1,000): Rebecca Bezold, daughter of Cyndi and Terry Bezold; Ryan Chaplin, son of Connie and Gary Chaplin; Miranda Schack, daughter of Milissa and Jim Schack; and Michelle Simon, daughter of Alice and Rick and Alice Simon.

Clay County (\$1,600): Kendra Lynn Allen, daughter of Vickie L. and Kenneth W. Allen; Jonathan Ball, son of Tamara and Tim Ball; Jacob Cheek, son of Karen and Rick Cheek; and Matthew Jackson, son of Diane Jackson.

Cumberland County (\$500): Kasey Murphy, daughter of Cindy Murphy.

Fayette County (\$20,000): Amanda Conley, daughter of Anne and Robert Conley.

Floyd County (\$1,000): Chelsea Lafferty, daughter of Teresa and Paul Lafferty. (\$2,000): Alyssa Allen, daughter of Marsha and James Allen; Brittany Holliman, daughter of Trina and Kevin Holliman; Elizabeth Hughes, daughter of Tamyra and Bryon Hughes; and Christopher Schoolcraft, son of Sharon and Richie Schoolcraft.

Garrard County (\$2,000): Kacie Arnold, daughter of Mickey Arnold and the late Jan Arnold.

Hardin County (\$1,000): Matt Adams, son of Jayne and Ken Adams; Catherine Adkins, daughter of Debbie and Terry Wise; Casey Booker, daughter of Laura Wise; Kristin Cardin, daughter of Kimberly and Martin Cardin;

Whitney Churchman, daughter of Gayle and Richard Churchman; Tiffany Evans, daughter of Mary Jo and Wally Evans; Rachel Goodman, daughter of Carol Caswell and David Goodman; Sarah Hawkins, daughter of Debbie and Samuel Hawkins; Zach Heibert, son of Vickie and Kenneth Heibert; Drew Langley, son of Jeannie and Scott Langley; Terra Lucas, daughter of Patty and Freddie Lucas; Caea Mayo, daughter of Tammy and Kenneth Mayo Sr.; Amanda Thomas, daughter of Lisa and Greg Thomas; Zachery Thomas, son of Rose and Mark Thomas; Caitlin Timberlake, daughter of Cindy and Kenny French and Mark Timberlake; Ariel Waldeck, daughter of Margaret and Robbin Waldeck; Ryan Wethington, son of Sandy Wethington; Tyler Wilcox, son of Angela and Dale Wilcox; and Kayla Wimp, daughter of Phyllis and Terry Wimp.

LaRue County (\$1,000): Holly Enlow, daughter of B.J. and Robert L. Enlow. (\$500): Allison Lenaye Dixon, daughter of Sandra G. and Jackie K. Dixon; Jessica Brooke Gusler, daughter of Jerrina and Kerry Gusler; Whitley Rae Lawless, daughter of Denise and Kelly Lawless; and Aletha Nicole Tharp, daughter of Cale Tharp.

Lewis County (\$1,000): Amanda Applegate, granddaughter of Nancy and Doug Applegate; Grace Bentley, daughter of Jennifer and Dale Bentley; and Mollie Caskey, daughter of Lori and Barry Caskey.

Livingston County (\$1,000): Emily LouAnne Choat, daughter of Connie Lou and Thomas Hickman Choat; Derrick Collin Ford, son of Tabby Edmonds and Larry Ford; Jammie Hope Wright, daughter of Linda Louise and Kenneth Wayne Suits.

Marion County (\$500): Lindsey Nicole Blanford, daughter of Mr. and Mrs. Joseph S. Blanford; Abby Browning, daughter of Mr. and Mrs. Charles Browning; Stephanie Helm, daughter of Mr. and Mrs. Leonard Clifton Helm Jr.; Haley Mattingly, daughter of Mr. and Mrs. Alan Mattingly; Lauren Purdom, daughter of Mr. and Mrs. John M Purdom; and Loren Taylor, daughter of Mr. and Mrs. Greg Taylor.

Mason County (\$2,000): Nicholas Cropper, son of Cathy and Tony Cropper; and Ashley Lawrence, daughter of Angie and Ronald Lawrence.

Nelson County Farm Bureau (\$500): Jordan Ball, son of Felicia Rogers and James Ball Jr.; Steven W. Baron, son of Teresa and Gary Baron; Elizabeth F. Brussell, daughter of Catherine and Joseph Brussell; Paul J. Colvin, son of Laketa and Wayne Colvin; Daniel S.

Drake, son of Jackie and Roy Drake; Mallory Jo Downs, daughter of Kelly and Joseph Downs Jr.; Mary J. Greenwell, daughter of RoseMary and Stephen Greenwell; Sarah E. Hahn, daughter of Rebecca and William T. Downs III; Corey L. Hall, son of Marlene and Bryan Hall; Alyson M. Hamilton, daughter of Gayle and Donnie Hamilton; Denise E. Hill, daughter of Nancy and Michael Hill; Robert T. Hobbs, son of Barbara and Gary Hobbs; Anna C. Humphrey, daughter of Brenda and James Humphrey; Demetrius L. Maddox, son of Mary and Kenny Maddox; Michael Martin, son of Martha and Lex Martin; Holly B. Mattingly, daughter of Sheila and Mark Mattingly; Victoria C. Mattingly, daughter of Sandra and David Mattingly; Savannah M. Reyna, daughter of Lisa and Jorge Reyna; Diana M. Riggs, daughter of Benita and Glenn Riggs; Sean M. Smith, son of Nancy and Dennis Smith; Alyssa M. Stone, daughter of Terri and Mitchell Stone; and Joseph N. Wheatley, son of Sarah and Adam Wheatley.

Pendleton County (\$1,000): Bethany Fay Clifford, daughter of Fay Clifford and the late Roger Clifford; and Alison L. Godman, daughter Sandy and Mike Godman.

Pulaski County (\$1,200): Angela Dawes, daughter of Becky and Nelson Dawes; Bryson Fry, son of Angela and Thomas Corder; Tyler Miller, son of Pam and Don Miller; and Emily Whitaker, daughter of Amy Whitis and Brian Whitaker.

Scott County (\$1,000): Ethan Gerard Bowling, son of Doris and Joseph Bowling; Amanda Lewis Conley, daughter of Anne and Robert Conley; Holly Parrish, daughter of Melissa and Wallace Parrish; and Charles Mason Tackett, son of Sandy and Charles Tackett.

Spencer County (\$1,000): Kathryn Baxter, daughter of Robyn and Charles Baxter; Logan Gray, son of Darylyn Gray; and Erica McGaughey, daughter of Kay and Ronnie McGaughey.

Taylor County (\$1,500): Samantha Renae Clark, daughter of Sharon and Thomas Clark. (\$1,000): Christopher W. Thomas, son of Sheila and Wayne Thomas; and Makenzie Paige Thompson, daughter of Kim and Greg Thompson.

Union County (\$1,000): Nicholas Christian Hancock, son of Amy and John Hancock.

For more information on scholarships administered by individual county Farm Bureaus, visit their Web sites by going to kyfb.com and click on counties to select a specific county Farm Bureau.

Deadline set for applying for Excellence in Ag award

Young part-time farmers are encouraged to take part in Kentucky Farm Bureau's annual Excellence in Agriculture Contest and earn the chance to compete for national recognition as well, like Curt and Carrie Divine of Morganfield.

The Divines were runners up in the American Farm Bureau's competition in January as Kentucky's representatives.

The program recognizes part-time farmers who are involved in agriculture and active as young leaders through their participation in Farm Bureau and other organizations.

Curt Divine a wildlife technician at the Kentucky Department of Fish & Wildlife. Carrie Divine is director of the Henderson Community College Herron Technology Center.

The contest is open to men and women between 18 and 35 who are active in farming, agriculture education, extension service or ag-related businesses.

The state winner will be announced in December at the Kentucky Farm Bureau annual meeting.

The national Excellence in Agriculture Award will be presented in early January during the American Farm Bureau annual meeting in Seattle.

The top prize will be a 2009 Dodge Ram1500 pickup truck. The winner also will have expenses paid to attend the 2010 American Farm Bureau Young Farmer and Rancher Leadership Conference.

The deadline for applying to compete is Oct. 30.

More details on the contest are available at each county Farm Bureau office in the state. Jay McCants, director of Kentucky Farm Bureau's young farmer programs, also can be contacted for information. He can be reached by calling 502-495-5000 or by e-mail at jmccants@kyfb.com.

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State parks campgrounds attract 'the nicest people'

By Mac Lacy

SPECIAL TO KENTUCKY FARM BUREAU

It's been my experience over the years that campers tend to be some of the nicest people in the world.

Maybe it's their laid back approach to sleeping amid the outdoors. Maybe it's the campfires they often share. Maybe it's the food, which seems to taste better when eaten in the open air or beneath a rustling tarp or shady awning. Or maybe it's the flip-flop cadence of unhurried walks to the pool, camp store or bathhouse.

Whatever the secret is, you usually have to look pretty hard to find a surly camper.

Kentucky's state parks have nearly 3,000 camping sites at 32 different locations. That means on any given night during the summer and well into the fall, thousands of campground visitors are enjoying a fire, or a book, or — on the other extreme — a Netflix movie on a big screen television, all demonstrating that camping is as popular today as it has ever been.

"Oh, there's no question about it," said

Sam Devine, director of customer services for Kentucky's State Parks, "camping is economical, a break from the everyday hassles of life and very family-oriented. From big rigs that (cost) as much as some houses, to tent camping, it's a pastime that keeps drawing new fans every year."

The state parks also have a national camping reputation and four were named to ReserveAmerica's 2009 list of Top 100 Family Campgrounds. (See related story on Page 9.)

A few Kentucky state parks have camping resumes that really stand out: Natural Bridge State Resort Park has Hoedown Island, where hundreds of campers and lodge guests gather on weekends for popular square dances. It's not unusual to see a crowd of several hundred on the island, dancing to the strains of "Old Joe Clark" and "Blue Moon of Kentucky."

Cumberland Falls enjoys a similar tradition at its square dance pavilion, which rests in the shade of one of its two camping areas.

Prefer riding to dancing? Dale Hollow Lake and Taylorsville Lake state parks have well established horse camping operations,

Scenic views, like the water and shorelines of Yatesville Lake, hook-ups for RVS, hitches for horses and boat moorings can be found at state parks throughout Kentucky. There are about 3,000 camping sites in the system's 32 resorts and parks.

set up with people and their mounts in mind; riders haul horses to the parks and ride during the day before bedding down at night.

"At both those parks, riders have up to 16- to 18-mile trails to ride on," Devine said. "We have hitching posts near their campsites for their horses."

Boating enthusiasts have various options as well as several state parks have waterfront campsites for recreational boaters and fishermen.

"Green River Lake has one of the nicest waterfront campgrounds," Devine said. "There are tent sites and full-service sites plus a very attractive beach for campers. Nolin Lake has a loop with pull-up sites where you can leave your boat tied up beside your camp."

"We also have some 'boat-in' sites at Yatesville Lake that are currently underutilized. They are accessible only to boaters, and we'd love to see more people take their boats and camping gear there to enjoy that lake."

Anyone who has camped before knows that the change of seasons can be embraced at an outdoor campground more than many other places.

Fall is a particularly wonderful time of year to relax and sleep in the great outdoors. Bright, sunny days and crisp, cool nights make Kentucky autumns a favorite time to go, and some Kentucky State Parks have become hotspots for late October camping, offering "scary good" fun for families with young children.

"Fort Boonesborough and Blue Licks Battlefield are two parks that have developed really popular Halloween camp-out

See CAMPGROUNDS, page 9



Photos courtesy of Kentucky State Parks

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New book details parks' attractions

The University of Kentucky Press has a new book full of four-color photographs detailing the beauty of the Kentucky state park system.

Appropriately named "The Complete Guide to Kentucky State Parks," the 225-page book was written by Susan Reigler, a former writer at The Courier-Journal, with photography by Pam Spaulding, an award-winning photographer at the Louisville newspaper.

The guide groups the parks geographically, with Reigler offering vignettes about an area's history and points of interest as well as details on their camping and lodging amenities.

The book can be purchased at Kentucky State Parks gift shops for \$19.24 and at retail stores for \$24.95. It is also available through on-line booksellers.

Campgrounds

Continued from, page 8
programs," Devine said. "There are prizes for the best camp-site decorations and best costumes and the kids go trick or treating from one site to the next just like they would at home. Reservations fill up early for Halloween at those campgrounds."

Traditionally, state park campgrounds operated on a first-come, first-served basis but over the past few years most of that has changed.

Camping in the parks today, like many other leisure activities, is best arranged via the Internet before pulling up to a destination. You simply go on-line with your credit card and reserve your spot for as many as 14 days. And you can do that up to a year in advance.

Veteran campers are most likely to know which sites are best, so the sooner you get out there and start learning the different campgrounds, the better off you'll be.

Still, Devine said, last-minute arrangements are a definite possibility. You can call the park the day you decide to go and learn which locations are available at that time.

There are cancellation fees. Your card will be charged \$10 for canceling reservations

15 days; within 15 days, there is an additional charge for the first night's site fee.

IF YOU GO

Most Kentucky State Park campgrounds are open year-round. Go to the parks.ky.gov Web site to confirm that specific campgrounds are open during the off-season.

Tent sites at most parks cost about \$12 per night; the charge for standard sites with electric and water hookups is \$17 and \$28 per night depending upon day of the week and which park you are visiting. Lakefront sites are pricier: between \$28 and \$32 a night. Sewer hookups at selected parks statewide are available for \$26 to \$33 per night.

For on-line reservations and related information, go to parks.ky.gov.

For phone reservations and related information, call 1-888-459-7275.

Kentucky state campgrounds make 'top' list

Four Kentucky State Park campgrounds made the list of the best in the United States by a national recreation reservation service.

Included in ReserveAmerica's "Top 100 Family Campgrounds" for 2009 were: Columbus-Belmont State Park in Columbus; Fort Boonesborough State Park near Richmond; Green River Lake State Park near Campbellsville; and Levi Jackson State Park in London.

Parks were evaluated on numerous criteria, including scenic beauty, educational programming, visitors centers and amenities.

Other Kentucky parks were also honored in specific categories:

Amazing spots: Carter Caves and Cumberland Falls; Bird watching: John James Audubon; Canoeing: Blue Licks Battlefield;

Educational and historical facilities: Big Bone Lick; Columbus-Belmont, Columbus; and Fort Boonesborough; Fishing: Greenbo Lake and Lake Cumberland;

Hiking: Cumberland Falls and Natural Bridge; Horse friendly: Dale

Hollow Lake and Taylorsville Lake; Kid-friendly: Fort Boonesborough and Barren River; Romantic: Cumberland Falls and Pennyryle Forest; Scenic views: Cumberland Falls and Natural Bridge; Tours and events: Carter Caves; and Water recreation: Lake Barkley and Lake Cumberland;



Music often fills the night-time air at state camping grounds.

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KFB adds Emmy nominee to its television notices

Staff Report
KENTUCKY FARM BUREAU

“Kentucky Farm Bureau’s *Bluegrass & Backroads*” is a nominee for two prestigious Emmy Awards.

The 30-minute weekly television show is being considered for Emmys in the Best Overall Magazine and Best Photography categories in the 45th annual Ohio Valley regional competition sponsored by the National Academy of Television Arts and Sciences.

The awards, which will be presented in late July, recognize the best television and media professionals for work produced in 2008.



“Win or lose, we’re excited be recognized by our peers as we begin to work on ‘Bluegrass & Backroads’ season seven, said Bob Shrader, Kentucky Farm Bureau’s video production coordinator. Many magazine shows have 10 to 12 people working on them at one time.”

Kentucky Farm Bureau has just two people in its video department: Shrader and video production specialist Matt Hilton. They share writing, filming, interviews and editing duties. Mike Feldhaus, director of broadcast services, is the host of the program.

“Bluegrass & Backroads” recently was selected for broadcast overseas as one of only a handful chosen to air on RURAL TV - the world’s first 24-hour international television network dedicated to crossing borders with farming, equine, rural lifestyle and traditional country music entertainment programs in Great Britain and western Europe.

The Kentucky Farm Bureau television show is broadcast in the United States on RFD-TV, which is carried by Dish Network and DirecTV, and most major cable outlets. It is aired weekly in most Kentucky television markets. For a complete schedule or to watch “Bluegrass & Backroads” online, visit kyfb.com/federation.

Ham breakfast starts KFB's Day at the Fair

Staff Report
KENTUCKY FARM BUREAU

Escape the summer heat of late August during Kentucky Farm Bureau Day at the 105th annual Kentucky State Fair, which will be held Aug. 20-30 at the Kentucky Exposition Center in Louisville.

Kentucky Farm Bureau Day is Thursday, Aug. 27, beginning with the traditional Kentucky Country Ham Breakfast and Auction that begins at 7:30 a.m. in the Exposition Center's South Wing B Conference Center.

The sale of the grand champion country ham is a highlight of the breakfast, with the proceeds benefiting the winning bidder's charity of choice.

Kentucky Farm Bureau sets no goal for the event, which has raised millions of dollars for charities since the first breakfast 46 years ago. "We try to generate as much money as possible, but since 100 percent of the proceeds go to charity any amount we raise is beneficial," said Jeff Harper, Kentucky Farm Bureau's commodity director and ham breakfast event coordinator.

Tickets to the breakfast are \$22 and can be ordered by contacting Susan Ellis at 502-495-5000 (ext. 7226). The price does not include admission to the fairgrounds or parking.

The annual Gospel Quartet Contest will follow the breakfast at 9 a.m. on the South Wing stage. The winning group will represent Kentucky in the National Quartet Contest and will perform at the Kentucky Farm Bureau annual meeting in December.

The Farm Bureau picnic will again be held in the cool indoors of South Wing C. The cost is \$12 a person. To register for the lunch, call Jennifer Aponte at 502-495-5000 (ext. 7222).

The Kentucky State Fair gates will open daily at 7 a.m., with exhibits set up from 9 a.m. to 10 p.m. Adult admission to the fair is \$6 in advance and \$8 at the fairgrounds. Children ages 3-12 and seniors age 55 and up will be admitted for \$2 in advance or \$4 at the gate. There also is the additional parking charge of \$6.

Advance tickets are available at Kroger stores throughout Kentucky and Southern Indiana and online at the Kentucky State Fair Web site (www.kystatefair.org).

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ST. LOUIS (Special) - Thousands of years ago ancient healers trusted apple cider vinegar, and modern research shows - *vinegar truly is a wonder cure!*

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Since even the earliest of times a daily vinegar cocktail was used to help control appetite to lose weight and continue good health.

And now after years of continued research all across the globe, over 1000 new vinegar super-remedies and tonics are available in the brand new 208-page *Vinegar Anniversary Book* by famed natural health author, Emily Thacker.

Author of the very first book of its kind since the 1950's, Ms. Thacker brings her unique wisdom, experience and down-home flavor to this complete collection.

From the Bible to Cleopatra to the fierce Samurai warriors of Japan, vinegar has been documented as a powerful tonic to ensure strength, power and long life.

In China, the health system that has been in place for thousands of years recognizes the value of vinegar. Traditional Chinese Medicine (TCM) oversees the health of millions of Chinese - not with modern drugs - but with proven remedies that include vinegar.

Today's research studies and scientific reports continue to praise the healing powers of vinegar to maintain good health and well being.

Even grandma knew that her old remedies worked even if she wasn't able to explain why. And scientific research confirms this.

For instance, grandma said putting diluted vinegar in the ears would ward off infections. The American Academy of Otolaryngology's doctors - who specialize in treating infections like swimmer's ear - now recommend using a vinegar mixture as a preventative.

The Yale-New Haven hospital uses vinegar as a hospital disinfectant. When after-surgery eye infections became a problem, their Department of Bacteriology solved it with vinegar.

Food poisoning? Some doctors suggest that regular vinegar use can prevent it!

The 208-page *Vinegar Anniversary Book* will amaze you with its over 1000 natural remedies, secrets, tonics and cure-alls for a healthier, happier life. You'll get easy recipes that mix vinegar with other common household items to help:

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- Reduce sore throat pain
- Relieve itchy skin
- Lower blood pressure & cholesterol
- Eliminate bladder infections
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- Treat burns
- Reduce infection
- Aid digestion
- Improve memory
- Soothe sore feet
- Treat blemishes & age spots
- Remove corns & calluses
- Replace many household cleaners

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50 years ago a daily dose of an apple cider vinegar and honey tonic was used to ease arthritis. During the last 30 years or so, many wonder drugs have replaced this time-tested home remedy. Now vinegar, along with countless other old-time tonics, have new supporters including many medical professionals. *The reason?* Almost everybody has experienced the negative side of some of the powerful new drugs.

Strep and Staph infections? Vinegar is a powerful antiseptic and kills even these dangerous bacteria on contact.

Headaches will fade away with this simple vinegar concoction.

Feel good and look good with these hair and skin-friendly vinegar remedies.

You'll learn when you should *and should not* use vinegar.

Can apple cider vinegar really do all this? The answer is yes because it is such a marvelous combination of tart good taste, germ-killing acid and an

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SOY SAUCE

Continued from page 1

microbrewers in Japan. Kummer almost immediately became a trusted advisor for Jamie's Bourbon Barrel Foods company.

"I have the perfect person here in Kentucky," said Jamie, who already had devoted numerous hours to Internet research.

The Japanese customers that Kummer had at the time bought shipping container loads of his soybeans — considerably more than the few bags that Jamie needed to create his first batch of sauce. It was a barely break-even transaction for him, but Kummer was intrigued by Jamie's proposed business venture.

"Like Matt, I have a passion for producing food-grade crops in Kentucky," said Kummer, who has traveled in Japan and met producers of small batch soy sauce. "They are very much like Matt's operation."

Kummer, who also raises other varieties of soybeans, said he lost his Japanese customers a few years ago when freight and energy costs eliminated his export market for premium-priced varieties. Jamie's growing business may never replace them in quantity, but Kummer sees nothing but benefits in the relationship. "Kentucky farmers grow crops

to feed people. We will grow what you want, and I like what he is doing."

Jamie researched a variety of recipes before settling on a concoction that includes water from limestone caverns in Central Kentucky, a special variety of wheat — also raised by Kummer on his 2,000 acre farm near Franklin — and, of course, bourbon barrels from Kentucky distillers.

"Everything is from Kentucky," Jamie said. "If you think about it, we have the perfect conditions — soil, water, crops and climate, whether it's for bourbon or soy sauce."

Consumers seem to agree with him as he ships the soy sauce — one of 20



Photo courtesy of Bourbon Barrel Foods

Chris Kummer produces the special variety of soybean that is the key ingredient in Bluegrass Soy Sauce developed by Matt Jamie as a unique Kentucky product. Kummer also supplies Jamie with wheat he raises on his Simpson County farm that is combined with Kentucky limestone water to make the artisan sauce.

products now in the Bourbon Barrel line — to chefs, wholesalers and retailers in 30 states.

He had no customers lined up when he started his trial batch at his Louisville home in 2005.

Following a process he still uses, he dried Kummer's soybeans, roasted and cracked wheat provided by the farmer, added spring water from what is now Cosmos Creek in the Lebanon area, mixed in special yeast from Japan and poured the concoction in an old bourbon barrel. Then he waited, while stirring at least once a week for six weeks. The mixture then rests for another six to

seven months.

When he finally pressed out all the "mash" from a 20-gallon barrel, he had six gallons of liquid and that "aha" moment when he knew that he had a product that would appeal to chefs and home cooks looking for something different from the mass-produced soy sauce that was introduced to the United States in the 1950s.

His wife, a physician initially reluctant for the Jamies, who have two preschool-age children, to take on the initial \$250,000 debt to finance the start-up company, asked, "How fast can you sell it?" he recalled. "She was harder to convince than the banks."

He had some initial success selling 5 oz., hand-numbered bottles for about \$5 each but thought he could do much better. "I spun my wheels for awhile. I knew how to cook and make foods taste good, but I didn't know how to sell."

Jamie has learned how to market his concept and products. "Matt has become very good on the PR and marketing side," Kummer said. "He is very savvy and has thought carefully about every step he has taken."

Jamie still calls on some customers himself but has retained a food broker to contact restaurants and a variety of specialty retail outlets.

Sales took off after a New York Times article appeared in October 2008. "That totally changed everything," Jamie said.

Bourbon Barrel Foods and Kummer since

have been featured in stories on "Kentucky Farm Bureau's Bluegrass and Backroads," which airs throughout the United States and in parts of Europe, and in publications in Japan as well as the Jamies' hometown. And the Discovery Channel is planning a fall or winter visit to the plant/warehouse/research and development center/office in Louisville's historic Butchertown area for a story for later broadcast on the cable network.

This summer, Jamie was invited to speak to a group of French-trained chefs touring a Kentucky vineyard, and has been contacted by people interested in producing specialty soy sauces in other states. He has happily responded but said, "I don't think anyone can replicate what I have in Kentucky."

Before the New York Times publicity, Jamie had already moved to the one-time seed plant/tannery/butcher market/soap factory on the edge of downtown Louisville. There he primarily uses equipment he and his father have made and other recycled wooden materials for drying boxes and storage bins that complement the dark texture of the bourbon barrels.

Bluegrass Soy Sauce and other Bourbon Barrel products absorb no alcohol from the time they spend in the barrels or other containers made from the wood. In a brochure, Jamie describes the sauce as "smoky, brothy ... with hints of oak and a mild sweetness."

By starting new batches weekly, Jamie has a consistent supply and now has 50 barrels of soy sauce in various stages of fermentation and aging.

Although his concern now is "not being able to meet the current demand," Jamie said, he hopes to add more products to the Bourbon Barrel line, which already includes Worcestershire sauce, Kentucky sorghum, sea salt, paprika and other spices.

Jamie and Kummer also pointed out that food tastes change and what is successful in a niche market this year may lose its luster when a new boutique product is introduced.

Nonetheless, the farmer and the chef agree that there might be a future for Jamie's company to venture into agritourism, perhaps locating production and a farmers market along Kentucky's Bourbon Trail.

"There are people who want to know where their food comes from, to see it growing in the fields," Jamie said. "There is a mystique about Kentucky and bourbon. It's our Napa Valley," where wine production has led to farmers diversifying into cheeses, breads and other foods that appeal to tourists. "We can borrow so much from the rich Kentucky heritage."

For more information on Jamie's business and products, visit www.bluegrasssoysauce.com or www.bourbonbarrelfoods.com on the Internet.

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Prostate screening

Continued from page 1

Henry, who approached the organization about joining in the effort to reduce prostate cancer deaths throughout the state.

Henry, a physician and prostate cancer survivor, said Kentucky Farm Bureau seemed an ideal partner because of its extensive reach throughout the state. It is the third largest Farm Bureau in the country, with more than 470,000 members in the state's largest and smallest communities.

"This is an opportunity to have a major impact on a large number of people," said Henry, who formed the Kentucky Prostate Cancer Coalition with his wife, veterans activist and former Miss America Heather French Henry.

With 10 days of testing, he expects more men to take advantage of the screenings which will be available to anyone. Last year, 1,700 men were examined during the State Fair — most for the first time in their lives — and about 200 had

abnormal PSA (prostate specific antigens) levels, he said. This year, Henry is expecting at least 2,500 men to be tested.

Henry urges anyone 40 and over to check the health of their prostates, at least to establish a baseline PSA reading. If the results are normal, he recommends annual check-ups after age 45.

"This is not an old man's disease. It is striking younger and younger men every year, and it is more aggressive in younger men," said Henry, who was 49 when he was diagnosed in 2003. Age 50 previously was thought to be the threshold for a first-time prostate screening, and his doctors told French Henry that the disease probably had been present in her husband's body for several years.

He said there are some high risk factors beyond age. The rate of prostate cancer is higher for African American males, obese men and Vietnam veterans. Family history also is a factor; Henry's father and grandfather were diagnosed with prostate cancer.

"If this can happen to me — a doctor,

who is suppose to know about these things — it can happen to anyone," he said.

The State Fair check-up takes about six minutes. Hendricks and Henry emphasized that strict privacy guidelines are followed, and all results are mailed to the individuals.

A "normal" PSA reading is considered to be 1 to 4, but varies with age. Fairgoers with higher numbers than the average for their age group or results showing a significant increase from previous levels will be contacted by telephone with a recommendation to go to a family doctor or clinic. Cancer diagnoses are not made using the numbers and physical exams, but the results are clues to when more extensive,

follow-up testing should be done.

Blood tests are done by qualified technicians checking for PSAs, and physicians do private prostate examinations to detect enlargements or other abnormalities. The Henrys acknowledged that the rectal exam required can be "uncomfortable" but is nothing compared to the physical and emotional distress of a cancer diagnosis.

The Henrys were parents of a toddler when he was diagnosed — just before the birth of their younger daughter. He waited until she had the baby before telling her, French Henry said. "Of course, I was scared. ... Anytime you hear the word cancer, your first thought is death. ... I don't want anyone to go through what we did."

She has since learned that early detection before the cancer has metastasized to other parts of the body can push the survival rate to almost 100 percent. "There are so many success stories."

No more than 15 percent of Kentucky men have been tested for prostate cancer, Henry said. The goal — through educational campaigns and mobile testing such as during the State Fair — is to reach and then exceed the national average of about one-third of the male population.

The State Fair mobile unit removes at least two obstacles for men, Hendricks said. There is no charge for those concerned about the expense and it is convenient for fairgoers who may have not have access to a

doctor in their hometowns.

"If men don't do this for themselves, they should do it for their loved ones," Hendricks said.

He said Kentucky Farm Bureau's involvement in the screenings is a natural extension of the health care task force's ongoing review of issues affecting medical care and costs in the state.

"This is a wellness program, and we are looking at how we can promote healthier lives for all Kentuckians," Hendricks said.

A final report, which will be compiled

against the backdrop of the national debate in Washington over health care reform, will be presented during the Kentucky Farm Bureau annual meeting in December.

"It is a very complex problem, and so many people — from consumers to doctors and other providers to insurers to drug companies — are involved," Hendricks said. "No one group or individual has all the answers. But by working together, we can make a difference in how we take care of ourselves as individuals, a state and a country."



Photo courtesy of Kentucky Prostate Cancer Coalition

Steve and Heather French Henry, shown with daughters Taylor Augusta and Harper Renee, make family a central theme in their campaign education Kentucky men on the importance of prostate cancer screening.

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Scholarships

Continued from page 2

and Donna Drennan of Marion; Mary Hollamon, daughter of Greg and Dawn Hollamon of Marion and Janson James, son of Tony and Janet James of Marion.

Hopkins County Farm Bureau (\$2,000): Cory Coble, son of Tim and Tammy Coble of Madisonville; and Kristina Pyles, daughter of Dana and David Pyles of White Plains.

Knott County Farm Bureau (\$1,000): Kara Slone, daughter of Ralph and Karen Sue Slone of Amburgey.

Laurel County Farm Bureau (\$2,400): Laura Claiborne, daughter of Todd and Carla Claiborne of London; and Candace Kirby, daughter of Robert and Mary Kirby of London.

McCracken County Farm Bureau (\$1,000): Jacob Hancock, son of Dale and Catherine Hancock of Paducah; and Benjamin Knaus, son of Stan and Joy Knaus of Kevil.

McLean County Farm Bureau (\$1,000): Miles Puckett, son of Logan and Michele Puckett of Livermore.

Mercer County Farm Bureau (\$1,000): Christa Prather, daughter of Greg and Donna Collier of Harrodsburg.

Monroe County Farm Bureau

(\$1,000): Morgan Deckard, son of Alvin and Tina Deckard of Tompkinsville; and Morgan Proffitt, daughter of Jeff and Tammy Proffitt of Tompkinsville.

Oldham County Farm Bureau

(\$1,000): Brandon Kulengowski, son of Timothy and Deborah Kulengowski of La Grange.

Russell County Farm Bureau

(\$1,000): Kelsey Sullivan, daughter of Margaret Sullivan of Russell Springs.

Shelby County Farm Bureau

(\$1,000): Tiffany Chappell, daughter of Scott Chappell of Shelbyville; Coy Phillips, son of Douglas and Myra Phillips of Shelbyville; and Kelly Samples, daughter of John and Michelle Samples of Bagdad.

Trigg County Farm Bureau (\$500): Hanna Gorman, daughter of Michael and Christy Gorman of Cadiz.

Warren County Farm Bureau

(\$4,000): Mary Estes, daughter of Jeff and Kim Estes of Smiths Grove; Matthew King, son Kerry and Tina King of Rockfield; and John Turley, son of Malcolm and Janet Turley of Bowling Green.

Webster County Farm Bureau

(\$500): Barrett Ranes, son of Greg and Jana Ranes; and David Stubblefield, son of Ronny and Cindy Stubblefield of Slaughters.

Whitley County Farm Bureau

(\$3,000): Danielle Harp, daughter of Gary and Donna Harp of Corbin.

Doug Langley representing KFB as state's 2009 Farmer of the Year

Shelby County farmer Doug Langley will represent Kentucky in the Southeastern Farmer of the Year competition this fall at the Sunbelt Agricultural Exposition in Georgia.

Langley is eligible for the contest as the 2009 Kentucky Farmer of the Year program sponsored by Kentucky Farm Bureau. Bill Payne of Stanford and Gregory Ritter of Glasgow were finalists.

The program recognizes farmers of all ages for their commitment to excellence in the agriculture industry and their efficiency in farming practices, sound financial management and leadership in civic organizations.

Langley, who started his first crop of tobacco with six plants in his parents' back yard when he was 5 years old, and wife have steadily grown to 5,200 acres that includes 200 acres of burley tobacco, 2,800 acres of corn, 2,400 acres of soybeans and 60 acres of wheat. They also raise 2,000 head of feeder steers annually.



Theirs is very much a family operation, involving their children: 17-year-old Bruce, is a recent high school graduate, and plans to pursue a career in agriculture; Christopher, 13; and Elaine, 9.

Doug Langley also is active in agricultural issues at the national, state and local levels serving on National Southern States, Shelby County Farm Bureau, the local Phase I Agricultural Development and Shelby County A&M Fair boards, and in other ag- and community-related organizations.

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