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FREDDY FARM BUREAU CELEBRATING 50 YEARS AS STATE FAIR ICON



FREDDY FARM BUREAU HAS BECOME A MEDIA STAR SINCE MAKING HIS FIRST APPEARANCE AT THE KENTUCKY STATE FAIR 50 YEARS AGO.

By Rachael Kamuf
KENTUCKY FARM BUREAU

It's 50 years and counting for Freddy Farm Bureau, the most enduring icon of the Kentucky State Fair.

The Kentucky Farm Bureau celebrity, who has a spot reserved for him at the entrance to Freedom Hall during the annual event, will celebrate his 50th anniversary at the 2007 Kentucky State Fair Aug. 16-26 at the Kentucky Exposition Center in Louisville.

"There is probably no better known figure at the State Fair," said Tom Logue, who is responsible for Freddy's well-

being as Kentucky Farm Bureau's director of operations. "He is a true celebrity in every sense of the word."

A special celebration is planned to mark the anniversary, with a candle-topped cake to be presented to the 18-foot Freddy on Aug. 23 during the annual Kentucky Farm Bureau Day at the Fair. (See related story on Page 23.)

Freddy was not available for comment as he is in training for the rigors of 10-hour days spent talking to fairgoers and posing for pictures with the children – and grandchildren – of adults who remember him from their first fair visit.

But Logue and others authorized to

See FREDDY, page 8

Retired farmer leaving legacy of open spaces

Clarence Miller donates farmland to Shelby County

By Rachael Kamuf
KENTUCKY FARM BUREAU

Clarence Miller vividly remembers the day he helped his mother and older half-brother unload their possessions at the Shelby County farm known as Red Orchard, although there was no stand of healthy apple trees there at the time.

"We were enchanted with it. We became a farm family vs. a city family," said Miller, who was born in Louisville but had moved

See MILLER, page 12

KFB lobbies for farm bill that protects state's interests

Lawmakers like to advise constituents that the best way to win them over on an issue is to relate how the issue affects them. Therefore, with the 2007 Farm Bill debate heating up in Washington, Kentucky Farm Bureau representatives visited our congressional delegation last month to press the case for Kentucky agriculture.

Tobacco's decline and our historic agricultural development initiative have made the farm bill more important to rural Kentucky than ever before. That's the message our group delivered to our members of Congress. We underscored that message with accounts of how farm bill programs benefit Kentucky agriculture and rural communities.

Joining me in Washington were fellow executive committee members Mark Haney and John Hendricks; District One director Eddie Melton, who was chairman of a committee that spearheaded last year's development of farm bill recommendations for Kentucky; executive vice president David S. Beck; Public Affairs director Laura Knoth and Joe Cain, director of national affairs.

KENTUCKY grassroots



MARSHALL COYLE | PRESIDENT | KENTUCKY FARM BUREAU

One of the highlights of our trip came when Sen. Mitch McConnell complimented us for our diligence and persistence with the farm bill debate. He noted that he had been around for several previous farm bills, but had never seen Kentuckians express such intense interest in what the nation's farm policy could do for the state.

It was gratifying to hear that because that's exactly what we want to convey in Washington.

Farm Bill proposals already are coming in from all directions of the political landscape. As the nation's largest farm group, Farm Bureau has weighed in with a plan we think is fiscally responsible, benefits all segments of agriculture and conforms to

international trade guidelines.

The recommendations were made to assist Congress with the difficult task of writing a new farm bill in a challenging fiscal environment. Our overriding goal is to maintain a balance that benefits the entire farm sector while remaining within the budget constraints Congress must use to draft the law.

Delegates to American Farm Bureau's annual meeting back in January overwhelmingly voiced support for maintaining the farm bill structure that has been so successful in recent years. But that doesn't mean we are maintaining the status quo in regards to income support levels. Our proposal ensures that farmers will absorb

more of the risks involved in agriculture for a growing share of the production at the same time that they are being called on to supply more of the nation's energy needs.

Heading into this debate, the farm economy is on shaky ground.

Thanks in part to the strengths of the 2002 farm bill, farm income levels soared to a record \$82 billion in 2004. However, rising production costs have been taking a bite in recent years as net farm income plunged to \$72 billion in 2005 and \$67 billion in 2006.

According to U.S.D.A. statistics, farmers' pocketbooks are being squeezed primarily from three factors: (1) Fuel and fertilizer costs have skyrocketed, almost doubling over the past three years. (2) Manufactured inputs have risen by about 20 percent since 2003 and, (3) Interest costs are up about 40 percent from 2003 levels.

The American Farm Bureau believes the strength of its farm bill proposal is with three crucial principles.

First and foremost, it is fiscally responsible in that it proposes offsets for all funding

See GRASSROOTS, page 4

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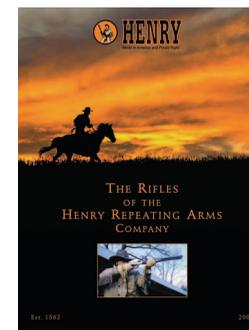
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Grassroots

Continued from page 2

increases within different programs covered by the bill. Secondly, our plan includes changes to comply with existing trade agreements and World Trade Organization litigation rulings, but does not presuppose the outcome of the current round of WTO negotiations. Third, our proposal benefits all sectors.

In addition to the commodity program, Farm Bureau supports standing catastrophic assistance based on county losses for any crop with roots. The focus is on crop losses below 50 percent of normal production incurred by a producer faced with a natural disaster. The payment would be triggered when a county is declared a disaster by the president or agriculture secretary and actual yields are less than 50 percent of the five-year average of county yields. Once this program is enacted, both the catastrophic crop insurance program and the noninsured

assistance program should be eliminated.

Considering the cattle industry's importance to Kentucky, I also want to note that Farm Bureau supports strengthening the U.S. Department of Agriculture's oversight of the Packers and Stockyards Act, as well as enforcement activities to ensure that agribusiness mergers and vertical integration arrangements do not hamper farmers' access to inputs, markets and transportation. We have recommended the establishment of a U.S.D.A. office to investigate the impact of such situations.

Also from a Kentucky standpoint, the American Farm Bureau plan addresses several concerns that emerged from a series of meetings we held with farmers throughout the state last summer.

Foremost is the continuation of the 2002 framework. Other areas include a disaster assistance program, an expanded energy title, increased funding for conservation programs and making horticulture eligible for the crop insurance program.

I believe our trip was a success. Based on the comments that were made, I feel each lawmaker understands what's at stake and is committed to helping us reach our objectives.

EVEN CHICKEN WOULD TELL US HOW LEAN BEEF IS, IF IT WEREN'T FOR THE LANGUAGE BARRIER.

In case you haven't heard, 29 cuts of beef are now considered lean by USDA standards. On average, lean beef has about one more gram of saturated fat than a skinless chicken breast. That's good news in any language.



Based on USDA data using the average of 3 oz. cooked servings of lean beef compared to 3 oz. cooked servings of boneless, skinless chicken breast. Funded by Kentucky's Beef Producers. Visit www.BeefItsWhatsForDinner.com

Part-time farmers wanted to enter ag competition

Staff report
KENTUCKY FARM BUREAU

Kentucky Farm Bureau wants young part-time farmers to take part in the annual Excellence in Agriculture Contest, which is designed to recognize people involved in agriculture who also have full-time occupations.

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.

Entrants are judged on their involvement in agriculture, leadership ability and participation in Farm Bureau and civic organizations.

The state winner will be announced in December at Kentucky Farm Bureau's annual meeting and will receive a John Deere Gator utility vehicle, courtesy of Farm Credit Services, other prizes and an all-expense paid trip to compete against other state's winners.

The national Excellence in Agriculture Award will be presented in January during the American Farm Bureau annual meeting in New Orleans. The top prize will be a 2008 Dodge Ram 1500 pickup truck. The winner also will have expenses paid to attend the American Farm Bureau Young Farmer and Rancher Leadership Conference in February.

The deadline for applying to compete is Oct. 31.

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

Certified roadside markets bursting with fresh foods

By Katie Wilder

KENTUCKY FARM BUREAU

The beautiful colors and pleasant aromas of blooming flowers and homegrown fruits and vegetables greet visitors entering any of the 77 Kentucky Certified Roadside Farm Markets throughout the state.

And anyone ready to browse for fresh foods and flowers can look to Kentucky Farm Bureau's 2007 edition of participating markets to find their locations.

Each market is unique, with offerings at some sites offering such family entertainment as barn dances and corn mazes as well as food. Some are open year-round, while others are seasonal. They all have one thing in common: Their core product must be locally produced.

Dale Crawford, who has been a part of the Kentucky Certified Roadside Markets program for nine years, said participation has helped his Jefferson County business. "Lots of people come that have read about us in the [Kentucky Certified Roadside Farm Markets] brochure," said Crawford, owner of Tower



Photo by Katie Wilder

Handmade crafts as well as fresh fruits, vegetables and flowers are available at Tower View Farm and Nursery in Jeffersontown and other Kentucky Certified Roadside Farm Markets throughout the state.

View Farm and Nursery in the Louisville suburb of Jeffersontown.

At Tower View, homemade fudge – made with fresh cream and butter – is now available near handcrafted furniture, as well as an assortment of fruits, vegetables, trees, shrubs and mulch. Later, Tower View, which is open

year round and also offers tours to acquaint school-age children with agriculture, will stock Kentucky grown Christmas trees.

Jeff Harper, Kentucky Farm Bureau's director of commodity relations, said many consumers have come to look for the organization's Certified Roadside Farm Market logo

because of the reputation for quality that participants have established for themselves over the years.

"You'll find the freshest, highest quality produce available," Harper said.

When the Kentucky Certified Roadside Farm Markets program started 12 years ago, there were 25 locations. Harper said the growth is the result of farmers "diversifying farm operations. . . . It's not just tobacco and cows."

Kentucky Farm Bureau has helped, he said, by advertising in newspaper and magazines throughout the state and producing a brochure that includes a map and details on each certified market. The directory is distributed at locals Farm Bureau offices, tourism centers, each market, libraries and other locations statewide.

The goal, Harper said, is to "make them more visible and increase business," adding that such widespread promotion is more than individual producers can do on their own.

To obtain a copy of the 2007 Directory of Kentucky Certified Roadside Farm Markets, e-mail Harper at roadside@kyfb.com or go to www.kyfb.com on the Internet and click on the Roadside Market link.

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A Class I recall means that there is a reasonable chance that the product will cause serious health problems or death. Most major diabetic meter manufacturers have had a recall in the past 2 years!

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57 students chosen for Farm Bureau scholarships

Staff report

KENTUCKY FARM BUREAU

Fifty-seven Kentucky students were selected from 573 applications for college scholarship grants from programs administered through the Kentucky Farm Bureau Education Foundation, which has distributed more than \$1.4 million to the children of Farm Bureau members since its inception in 1953.

Recipients, who were awarded individual scholarships ranging from \$500 to \$4,000 were:

Leadership in Agriculture Award Scholarship (\$3,000): Sara Elizabeth Holliday, daughter of Phil and Jan Holliday of Olmstead; and Clacey Jade Henry, daughter of Gordon and Shelia Henry of Ezel.

Sam Moore Scholarship (\$4,000): Andrew John-Austin Bennett, son of Barry and Dedra Bennett of Summersville.

Kentucky Farm Bureau Mutual Insurance Co. (\$2,000): Natosha Lynn Mulholland, daughter of Laurrie Mulholland of Hartford; and Lesley Nicole Greenwell, daughter of Jeff Greenwell and Valorie Gray of Midway.

Kentucky Farm Bureau Insurance Agents Association (\$2,000): Christopher Brian O'Brath, son of Troy and Janet O'Brath of Bedford.

Kentucky Farm Bureau Federation (\$1,000): Jacob Daniel Edwards, son of David and Carolyn Edwards of Columbia; Ann-Ashleigh Montgomery Gray, daughter of Brenda Gray and the late Monte Gray of Park City; Meagan Ann Howard, daughter of Darrell and Joanne Howard of Augusta; Kirby Lynne O'Donoghue, daughter of Joe and Lorraine O'Donoghue of West View;

Audrey Jo Popham, daughter of Philip and Kelly Popham of Cloverport; Aaron Michael Richards, son of James Richards of Olive Hill; Carrie Louise Burks, daughter of Jimmy and Teresa Burks of Hopkinsville; Jessica Nicole Beard, daughter of Greg and Janice Beard of Albany; Matthew Franklin Morse, son of Frank and Rose Morse of Princeton;

Calvin Keith Riney son of Keith Riney and the late Cathy Riney of Owensboro; Lauren Ashley McCord, daughter of Donald and Polly McCord of Ewing; Erica Nicole Riley,

See SCHOLARSHIP, page 11

Advertisement

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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.

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- Boost memory
- Reduce sore throat pain
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- 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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All new ideas to put vinegar to work around the home to clean, disinfect and eliminate mold and mildew. Great for those with allergies or asthma!

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UK grad student is recipient of Ison grant

Staff report
KENTUCKY FARM BUREAU

Fran Korthaus, a Smithfield native and graduate student at the University of Kentucky, is the recipient of the \$1,000 Louis F. Ison Memorial Scholarship.

The scholarship is awarded annually to a Farm Bureau member who is a full-time student pursuing a graduate degree at the University of Kentucky College of Agriculture.

The grant, named in honor of a former



FRAN KORTHAUS

Kentucky Farm Bureau president, is one of 59 college scholarships worth about \$90,000 that are being awarded this year by the Kentucky Farm Bureau Education Foundation, to college students and recent high school graduates from throughout the state. (See page 7 for list of Kentucky Farm Bureau scholarship recipients.)

Since 1953, Kentucky Farm Bureau has distributed more than \$1.4 million in scholarship grants.

Korthaus is a graduate of South Oldham High School and earned a bachelor's degree in agriculture, with emphasis in animal science, from Western Kentucky University.

She is currently pursuing her master's degree in ruminant nutrition. She plans to pursue a doctorate in animal science and hopes to teach at the university level.

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Scholarships

Continued from page 7

daughter of Richard and Lucinda Riley of Mayfield; Robert Hughes Foree Jr., son of Robert H. and Jean L. Foree of Eminence; Sarah Katherine Garrity, daughter of Thomas and Rebecca Garrity of Louisville;

Morgan Taray Riley, daughter of Gary and Tami Riley of Berea; Caroline Elizabeth Peterson, daughter of Bernard and Annette Peterson of Bardstown; Callie Ann Hayden, daughter of Mark and Paula Hayden of Calhoun; Ryan Andrew Hicks, son of Pamela Hicks of Livermore; Katelyn Mae Durr, daughter of Terry and Marsha Durr of Harrodsburg;

Hannah Jean Downs, daughter of Ross and Sara Downs of Bardstown; Kelsey Lynn Wright, daughter of Timothy and Michelle Wright of Jenkins; Melissa Hope Pierce, daughter of Martha Pierce of Somerset;

Marlen Ciccarelli, daughter of Andy and Margrit Ciccarelli of Russell Springs; Paige Mathis Brook Walls, daughter of J.B. and

Sue Walls of Taylorsville; and Laura Emily Chandler, daughter of Keith A. Chandler and Terri M. Chandler of Campbellsville.

Allen County Farm Bureau (\$1,000): Lucas Daniel Alderson, son of Roy and Janette Temple of Scottsville.

Boone County Farm Bureau (\$1,000): Alexis Megan Sweigart, daughter of Clay and Renee Newman of Petersburg.

Bullitt County Farm Bureau (\$2,000): Steven Michael Alcorn, son of Michael and Sheila Alcorn of Mt. Washington;

Shana Danielle Peyton, daughter of Gerald and Sandra Peyton of Shepherdsville; Anne Rebecca Thacker, daughter of Eric and Olivia Thacker of Shepherdsville; and Ashton Laurel Wurzel, daughter of Stephen and Susan Wurzel of Shepherdsville.

Christian County Farm Bureau

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

(\$1,000): Clara Elizabeth Heisterberg, daughter of Dave and Jackie Heisterberg of Hopkinsville; and Cara Clark Wimpy, daughter of David and Rita Wimpy of Pembroke.

Crittenden County Farm Bureau (\$500): Trisha Anne Maclin, daughter of David and Joan Maclin of Marion.

Hopkins County Farm Bureau (\$2,000): Natalie Kathryn Pearce, daughter of George and Kathy Pearce of Madisonville; and Joshua Edward Pruitt, son of Byron and Brenda Pruitt of Hanson.

Laurel County Farm Bureau (\$2,000): Janice Elizabeth Vanourney, daughter of Kenneth and Patricia Vanourney of London.

McCracken County Farm Bureau (\$1,000): Aaron Glenn Harned, son of Rick and Ginny Harned of Paducah; and Kristen Victoria Rodgers, daughter of Billy and Anna Rodgers of Paducah.

Mercer County Farm Bureau (\$1,000): John Thomas McMaine, son of Ron and Linda McMaine of Salvisa.

Monroe County Farm Bureau (\$1,000): Justin Ross King, son of Joel and

Connie King of Tompkinsville; and Brittney Maree White, daughter of David and Dee Dee White of Tompkinsville.

Russell County Farm Bureau (\$1,000): Andrew Bryant Rexroat, son of Victor and Kathy Rexroat of Russell Springs.

Shelby County Farm Bureau (\$1,000): John M. Maxey, son of Mark and Radona Maxey of Waddy; and Anna L. Weakley, daughter of Charles and Brenda Weakley of Shelbyville.

Trigg County Farm Bureau (\$500): Caitlin Alyssa Jones, daughter of Mike and Annette Jones of Cadiz.

Warren County Farm Bureau (\$4,000): Stephen Tyler Burysek, son of Craig Burysek and Tabatha Haley of Rockfield; and Emily Brooke Harper, daughter of Carolyn and Jim Gifford of Bowling Green.

R.O. Buchanan – Warren County Farm Bureau (\$4,000): Elizabeth Ann Chaney, daughter of Carl and Debra Chaney of Bowling Green.

Webster County Farm Bureau (\$500): Rachel Michelle Hobgood, daughter of Gary and Nancy Hobgood of Sebree.

Whitley County Farm Bureau (\$3,000): Brittany Sue Nantz, daughter of Clifford and Lori Nantz of Rockholds.

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Miller

Continued from page 1

around as his father was transferred to different towns as a federal tax collector. "The three years we lived in Florida were the longest we stayed anywhere until we moved to the farm. We lived out of suitcases."

Miller, who will celebrate his 95th birthday in November, is still captivated by the 130 acres of gently rolling land that he first saw in 1925 at the age of 12. He visits almost every day, but the property is no longer his. It now belongs to the people of Shelby County.

Miller donated the land and buildings – including the house he left last year to take up residence at a Shelbyville assisted-living facility – to the county in March. For 10 years, he said, he thought about how to preserve the open space as development crept toward his farm and developers contacted him with hopes of turning the pastures into home sites.

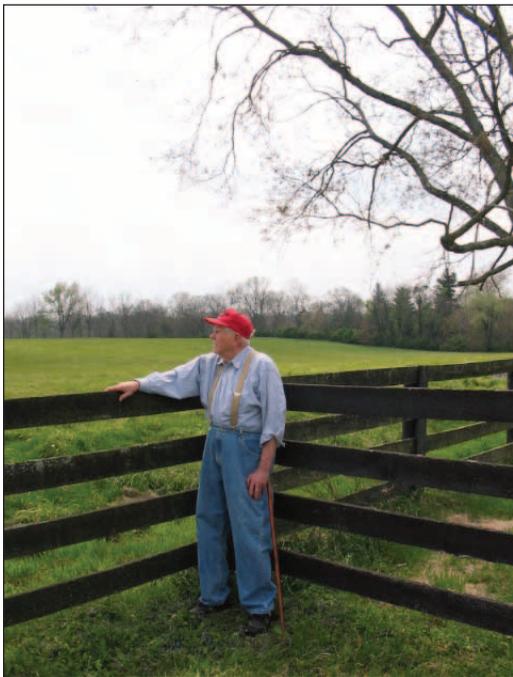
Miller, a former undersecretary of agriculture and agriculture attaché to Spain, said he has never been tempted to sell any of the property – once appraised at about \$6 million if developed. "I didn't want to cut it up. I wanted it to stay the way it was,"

said Miller, who also has served as president of Shelby County Farm Bureau and a director of Kentucky Farm Bureau.

In making the donation, Miller put some restrictions: There could be no cell towers,

no land leased for cattle grazing or crops. He wanted the land to be used as a park.

"It's a tremendous gift that Clarence Miller has given this community," said Shelby County Judge-Executive Rob Rothenburger. "His vision takes this farm that he has loved so much and means it will never be developed. People can come here and enjoy it for years to come."



Photos by Rachael Kamuf

Clarence Miller is preserving Shelby County's heritage with his gift of land once owned by Squire Boone, Daniel Boone's brother, to be used as a 130-acre public park.

'It's a tremendous gift that Clarence Miller has given this community.'

*Rob Rothenburger
Shelby County Judge-Executive*

Shelby County Fiscal Court hired a landscape architect to develop a master plan, which will be unveiled July 10, and invited public comment on possible uses. In the process, Rothenburger said, officials learned there is widespread community interest in the future of what is now referred to as Red Orchard Park.

"There are quite a few public and private groups that want to be involved," Rothenburger said.

Suggestions have included a fish pond, dog walk, hiking trails, campgrounds, fields for children to play and groups to hold festivals and a winter sledding hill.

Rothenburger said a barn with a creek-rock foundation may become an educational center and the main house could be reserved for wedding receptions and other functions.

The walnut trees that Miller planted and now form a summer canopy shading the drive into the property will be preserved. And apple trees that turn a bright red in the fall may be planted there as a

reminder of the orchard established in the late 1700s that gave the farm its original name after the land was acquired from Squire Boone, Daniel Boone's brother, according to local folklore and historic

records.

There was a time when Miller had no interest in preserving the farm's heritage.

His father bought the farm for his wife and sons to live while he continued working for the U.S. Treasury Department and he never lived there (Miller's parents separated in 1933). Responsibility for the farm fell to Miller and his mother when he was a teenager and his half-brother decided he didn't want to be a farmer.

When the Great Depression settled on Shelby County, Miller said, he and his mother made ends meet by selling fresh sweet cream and butter. That meant milking their cows every day and all that goes with maintaining a dairy herd, including chopping ice from a pond to provide fresh water for the animals on the coldest of winter days.

"I hated it," Miller said. "I wanted off that damn farm as quick as I could."

He attended college but dropped out. It is a decision he still regrets.

"You can't do what I did any more," Miller said.

"You've got to have a degree. I still think that (leaving college) was a mistake I made."

With that in mind, Miller put another stipulation in his donation of Red Orchard. If the land is ever sold, all the money is to go to a foundation to fund college scholarships for local students.

After leaving the University of Kentucky in 1937, he returned to Shelbyville and worked as a tobacco compliance officer, measuring acreage for the new price support program.

When World War II broke out, he concen-

trated on farming, producing sheep, hogs, tobacco and seed for Great Britain. It was during that time that Miller said he began to appreciate the special place he called home. "That is the good thing about getting older. The rough days fade into the distance and you just think about the good times."

He also became active in the local and state Farm Bureau organizations and was appointed as a director of the Kentucky State Fair Board as a wedding gift from Gov. Simeon Willis in 1943 when he married a young woman known by the nickname Toddy rather than her given name of Katharine.

In 1953, the couple turned over management of the farm to relatives and moved to Washington, D.C., where he began a career in the U.S. Agriculture Department, including 8½ years in Spain.

Clarence Miller

'That is the good thing about getting older. The rough days fade into the distance and you just think about the good times.'

'You don't own the soil. You just have the use of it in your lifetime.'



When he was asked to take another post back in Washington in 1976, Miller said, his wife told him, "The next time we move it will be back to Red Orchard farm."

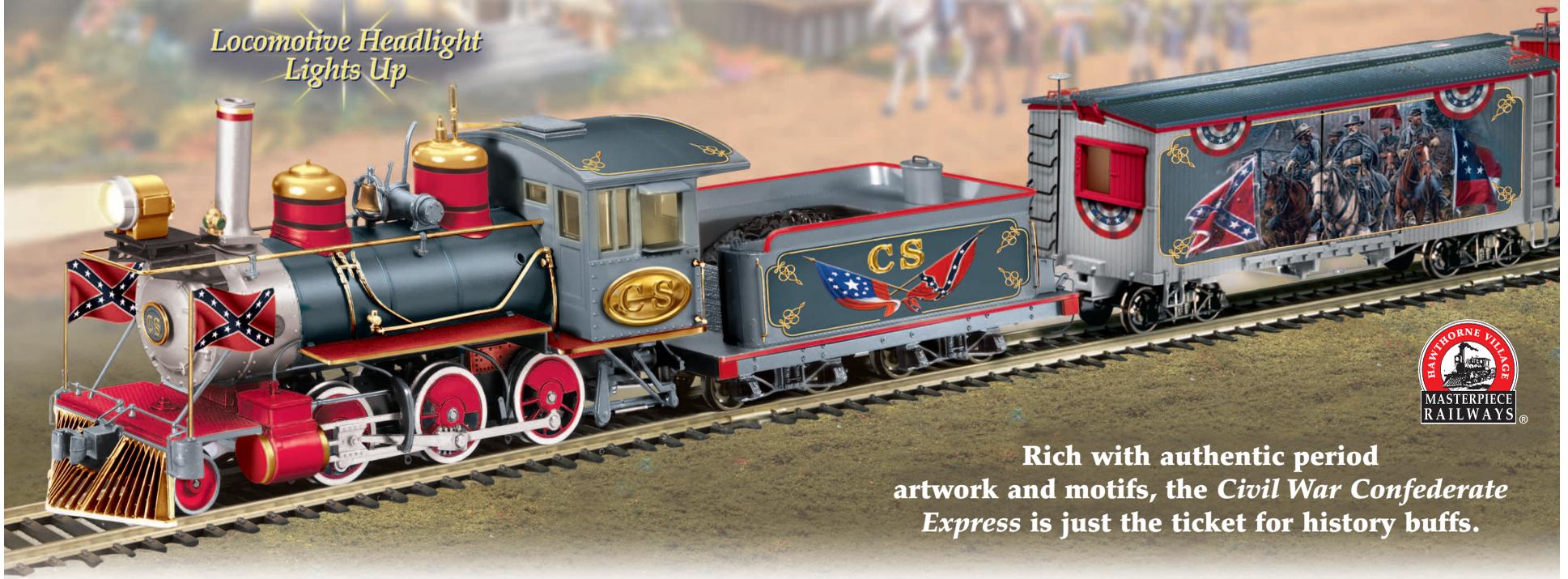
Toddy died in 1992, and Miller continued working the land with the help of a nephew until he was 84 when he was injured in a farming accident.

After 82 years of calling Red Orchard farm home, he is content now to visit, remember days gone by and think of the future when another youngster may create memories made possible by a retired farmer who considers himself a caretaker.

"You don't own the soil," Miller said. "You just have the use of it in your lifetime."

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Kentucky planning big parties for Lincoln's bicentennial birthday

By Mac Lacy

SPECIAL TO KENTUCKY FARM BUREAU

Ed Hamilton envisions an Abraham Lincoln who is at rest, a man seated on a stone with a book in hand, gesturing to a passerby to join him for a moment. Of every American who has ever lived, it could be argued that Lincoln was the most presidential in deed and stature.

Yet Hamilton, a celebrated Louisville sculptor, has chosen to remember him more as a humble humanitarian, a common man, a native Kentuckian for the statue he was commissioned to create for a new \$2 million amphitheater on the city's riverfront.

"As a young kid, I used to go see the statue of Lincoln outside the main (Louisville) library," Hamilton said. "He was so big and tall, and had big hands, big feet. I would rub his feet."

On Feb. 12, 2008, Kentucky and all of America will begin a year-long celebration to commemorate the birth in 1809 of this man who is almost universally acclaimed as our greatest president. The placement of Hamilton's bronze sculpture on Louisville's waterfront park by or on Feb. 12, 2009 will be a highlight of one city's tribute.

Lincoln's ties to Kentucky are numerous.

He was born near Hodgenville on a site that has long been a national park. Known historically as the Sinking Spring Farm, the Abraham Lincoln Birthplace and Boyhood Home National Historic Site includes the one-room log cabin where Lincoln was born.

He spent time as a youth on another small farm on Knob Creek, now also a national park, just outside Hodgenville before his family left Kentucky for Indiana.

Hodgenville has huge plans to honor its native son.

Kentucky's Official Lincoln Museum, housed in two historic buildings downtown, is well into its fund-raising efforts for a projected \$100,000 expansion of books and Lincoln documents for the year-long observance. The museum houses 12 dioramas from Lincoln's life, with 21 wax figures depicting such scenes as his debate with Stephen Douglas and his drafting of the Emancipation Proclamation that freed enslaved African Americans in the south before Union forces defeated the armies of the Confederacy.

"Our town square is being completely redesigned for this celebration," said Iris Larue, executive director of the museum. "We're creating a roundabout where the square was. In May of 2008, we will unveil a new sculpture of Lincoln as a young boy to supplement our existing presidential statue. We're hoping for a presidential visit

The J.B. Speed Museum, which was founded in 1925 by the Speed family, in Louisville will display many Lincoln and Civil War artifacts during the bicentennial year, including a bronze "life mask" of Lincoln created in 1860.

Lexington's primary Lincoln site – the Mary Todd Lincoln House – sits on down-

Kentucky city.

In Springfield, Ky., Lincoln Homestead State Park interprets the ancestry of Lincoln with a number of original and replica buildings including a blacksmith shop that recreates the place where Lincoln's father, Thomas, learned his trade.

"On March 9th and 10th of next year, we're doing a program called 'A Meeting of the Minds of the Presidents of Mount Rushmore,'" said Washington County's Lincoln bicentennial representative Elaine Sims. "We'll have interpreters from Williamsburg, Va., and elsewhere who will portray Lincoln, Washington, Jefferson and Roosevelt. Both programs will be moderated by journalists Al Cross and David Hawpe, and there will be limited seating available to the public.

"On June 14, 2008, we'll recreate the Thomas Lincoln-Nancy Hanks wedding that took place here in 1806. That's at the Lincoln Homestead State Park, and the entire day will be a pioneer celebration of life with interpreters and lots of things for families to enjoy."

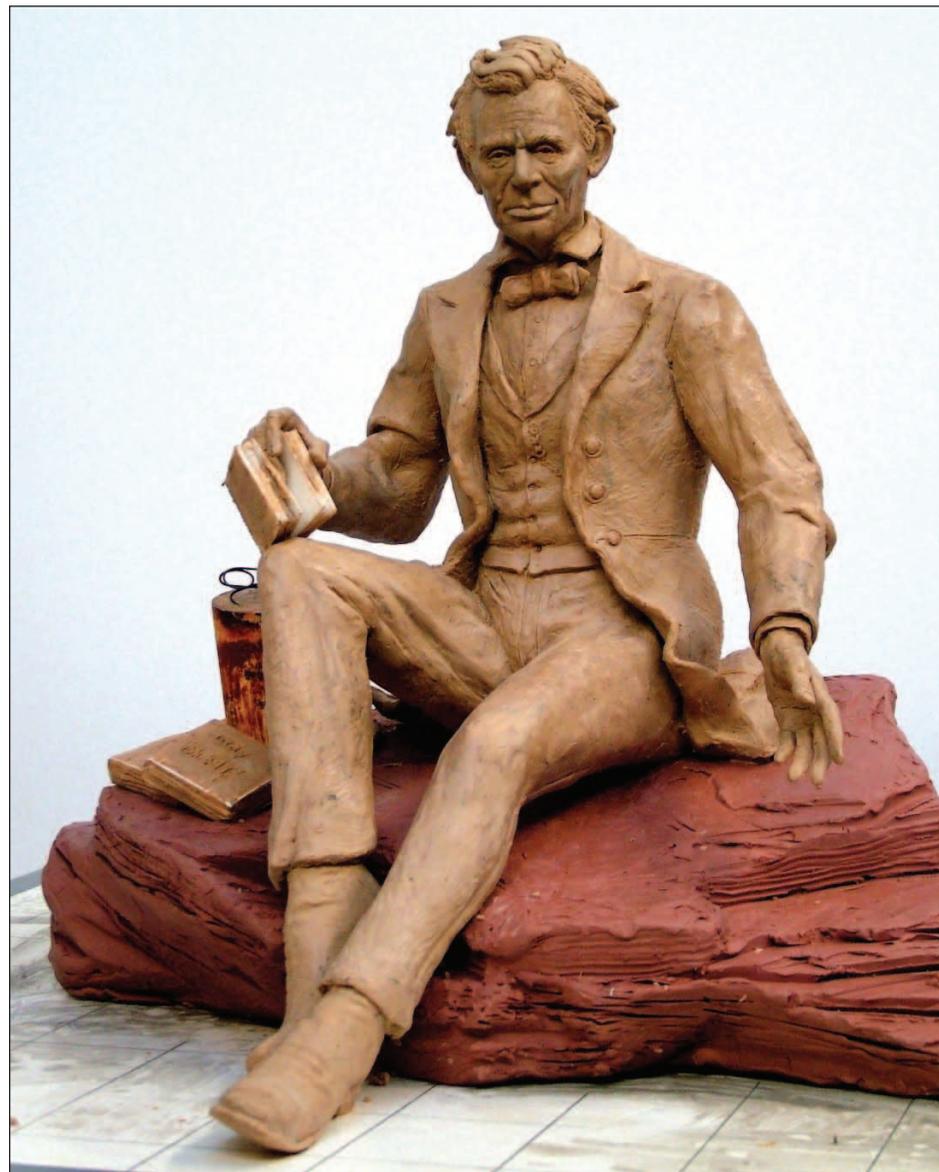


Photo courtesy of Ed Hamilton

for this occasion. ... We're inviting all our living presidents to come as well."

Lincoln's good friend, Joshua Speed, was raised in Louisville at the Farmington hemp plantation. Lincoln and Speed shared accommodations as bachelors in Springfield, Ill., when Lincoln was a state legislator and Speed was a merchant there. Lincoln spent three weeks at what is now the Farmington Historic Home as a guest of the Speed family in 1841. Ironically, at that time, the Speeds owned 60 slaves.

town's busiest thoroughfare, Main Street, just a block or so from Rupp Arena. Lincoln's wife, Mary Todd Lincoln, lived there with her family from 1832 until 1839 when she left for Springfield, Ill., where she met and later married Abraham Lincoln.

Another Kentuckian with strong ties to Lincoln was Henry Clay of Lexington – a national political figure of his era. He was Lincoln's political mentor, but Lincoln never visited his Ashland estate on what was then the outskirts of the Central

IF YOU GO

For more information and updates on the Abraham Lincoln Bicentennial in Kentucky, visit these Web sites: kylincoln.org; lincolnhanks.net; lincolnbirthplace.com; and lincoln200.com.

If you'd like to get a head start on your family's enjoyment of Kentucky's Lincoln heritage, here's a rundown of Lincoln kickoff events already planned for 2007 in advance of next year's official celebration:

- Aug. 4: Clay's Market Speech of 1847 and Lincoln's Eulogy of Henry Clay in 1852 at Ashland, Henry Clay's Estate, in Lexington (859-266-8581 or ebrooks@henryclay.org).
- Sept. 8-9: Civil War Days at Camp Nelson, Ky., which was a Union Army supply depot and African American troop recruitment site (www.Campnelson.org).
- Oct. 6-7: Lincoln Days Celebration in Hodgenville (270-358-3411 or www.lincolnbirthplace.com).
- Dec. 13: Forever Free: Lincoln's Journey to Emancipation at the Louisville Free Public Library (502-574-1845).

Kentucky Farm Bureau approves \$16 million reduction in auto rates

Staff report
KENTUCKY FARM BUREAU

Kentucky Farm Bureau Insurance Cos. has approved auto policy rate reductions worth more than \$16 million to the company's policyholders. The rate reductions, which apply to a variety of coverage and rating factors, will be implemented on renewals and new busi-

ness through early October. Farm Bureau's decision to lower rates is based on its growth in business, profitability and competitive factors, said the company's executive vice president, Roger Simpson. "Kentucky Farm Bureau Insurance has had very positive claim experience this year, and both our retention levels and new business production support this premium adjustment," Simpson said.

The latest round of rate cuts follows payment of \$38 million in policyholder dividends last year and \$40 million of premium reductions and safe-driving discounts in 2005. "Above all we value the relationship we have with our clients," Simpson said. "A strong bottom line for our company translates into positive financial news for Farm Bureau members across the state." Kentucky Farm Bureau is the largest

writer of property and casualty insurance in Kentucky. The company has offices in all 120 counties, and its approximately 350 agents currently have more than 1.1 million policies in force. Farm Bureau offers policies covering homes, autos, farms, boats and other property. In addition, agents provide life and health insurance and several business insurance plans through a variety of carriers.

Travis named Kentucky Farm Bureau's Farmer of the Year

Staff report
KENTUCKY FARM BUREAU

Scott Travis of Spencer County is Kentucky Farm Bureau's 2007 Farmer of the Year. He was a finalist last year in the competition that recognizes farmers for their commitment to excellence in the agriculture industry and their efficiency in farming practices, sound financial management and leadership in local, state and national organizations.

Travis, who now raises tobacco, corn, soybeans, wheat, pumpkins and alfalfa hay on 1,750 acres that he owns or rents, is from a farming family. "I've raised tobacco since I was 6 years old," said Travis, who has cut back on his tobacco acreage to 20 acres from 107 acres in 1997.



SCOTT TRAVIS

Travis, 39, started farming fulltime in 1985 at the age of 17 following his high school graduation, when he and a neighbor formed a partnership to rent a 500-acre farm on Cox's Creek. That same year, he also began purchasing his own equipment and is now a sole proprietor. In 1998, Travis bought 180 acres of the Cox's Creek farm where he started and

lives nearby on another farm with wife Robbie and their children: Collin, Cameron and Conner. Travis is active in agriculture issues at the national, state and local levels, serving on the board of directors for Kentucky Farm Bureau and other agriculture and community related organizations. As the state winner, he will represent Kentucky in the Southeastern Farmer of the Year contest, which is sponsored by Swisher International and the Sunbelt Agricultural Exposition.

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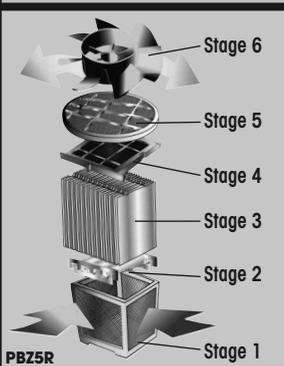
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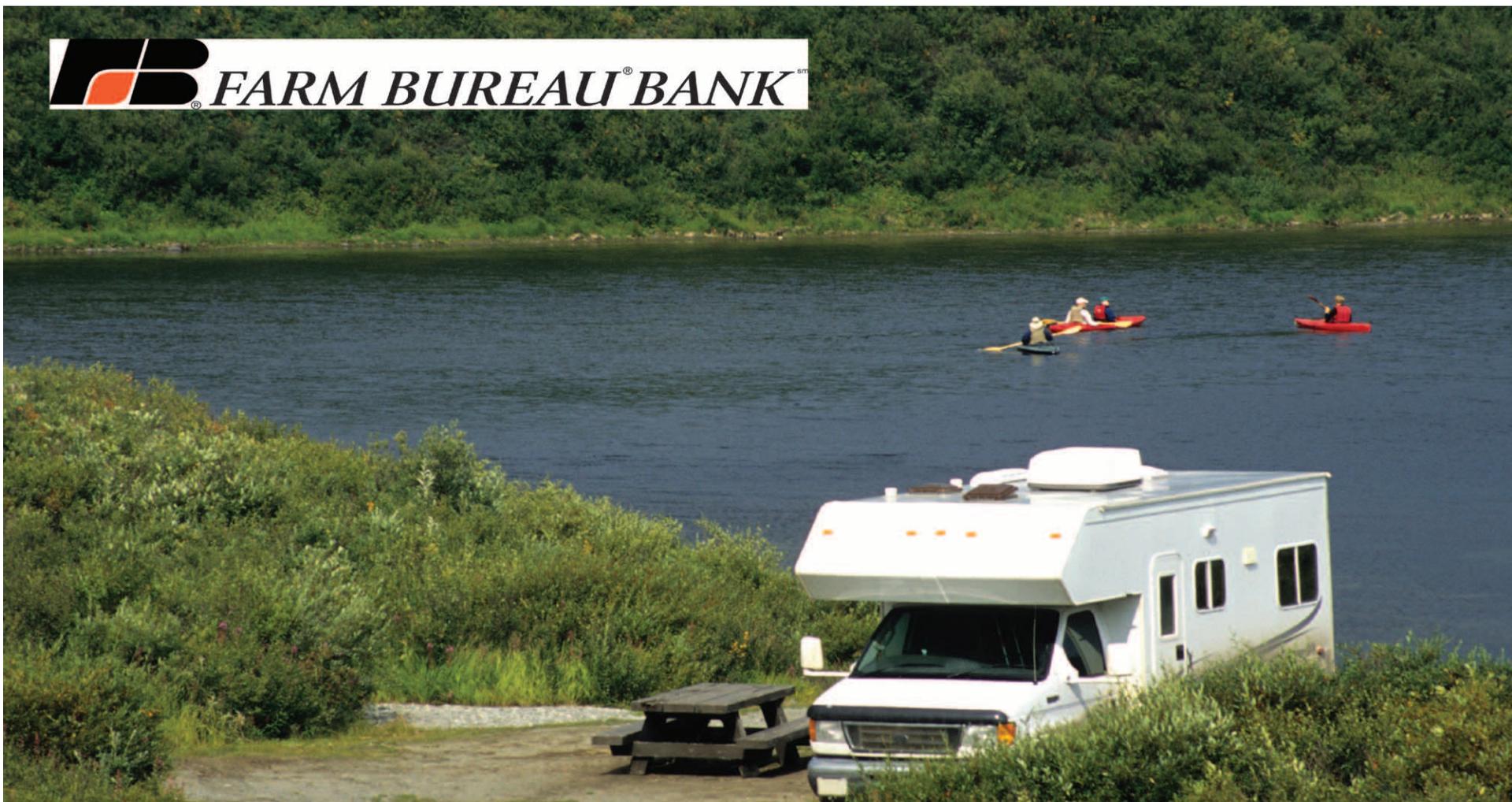
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Health savings accounts shelter income to cover medical expenses

By Rachael Kamuf
KENTUCKY FARM BUREAU

Terry Patterson has joined a growing list of Americans saving money as they provide health care coverage for their families.

Patterson, agency manager at Hardin County Farm Bureau Insurance Agency, took the step by enrolling in a tax-sheltered Health Savings Account insurance plan offered by Anthem Blue Cross and Blue Shield.

The number of people signing up for HSAs, which were authorized by Congress in 2003, is relatively small but growing as consumers look for ways to manage immediate and long-term medical expenses.

HSAs are similar to Flexible Spending Accounts in that money set aside for medical expenditures such as co-payments for doctor's visits, prescription medicines, dental care, glasses and hospital stays is not taxed.

Unlike contributions to those accounts, however, money put into HSAs is not forfeited if it is not used in the same calendar

year; unspent dollars earn interest and there are no restrictions on how much can be rolled over annually.

HSA plans such as Anthem's Lumenos, which is available to Kentucky Farm Bureau members through their local insurance agents, also offer lower premiums for higher deductibles.

David S. Beck, executive vice president of Kentucky Farm Bureau Federation, said Kentucky Farm Bureau Insurance was one of the first insurers to make an HSA health insurance plan available in Kentucky.

At members' urgings through individual requests and resolutions adopted by county Farm Bureaus, he said, the insurance company persuaded Anthem to add Lumenos to its selection of medical insurance plans available to the membership.

"It is an example of how Kentucky Farm Bureau can make a difference in the lives of its members," Beck said.

Federal law does not set premium rates but does require yearly deductibles of \$1,500 for individuals and \$3,000 for families for HSA participants. The maximum contribution level, which has been

increased annually since HSA legislation was enacted, is now at \$2,850 for individuals and \$5,650 for families, said Patrick Lima, Anthem's broker sales manager.

Although Lumenos and other HSA plans mean lower insurance premiums, Lima and Patterson and other insurance specialists described the flexibility the accounts give policyholders, who can opt to spend their annual contributions if needed or save for future – perhaps catastrophic – medical bills as their primary attraction.

"It is in effect a tax-deferred savings account," said John Sparrow, Kentucky Farm Bureau Insurance Cos.' vice president of agency support and marketing. "It is a progressive way to address the rising cost of health care."

Lima said there can be a medical benefit to HSA plans like Lumenos. Unlike many traditional health insurance plans, HSAs do not have a cap on life-time payouts or apply to deductibles for wellness tests and procedures that can identify potential medical problems, he said.

"The biggest push is to get preventative care to address health care issues that may

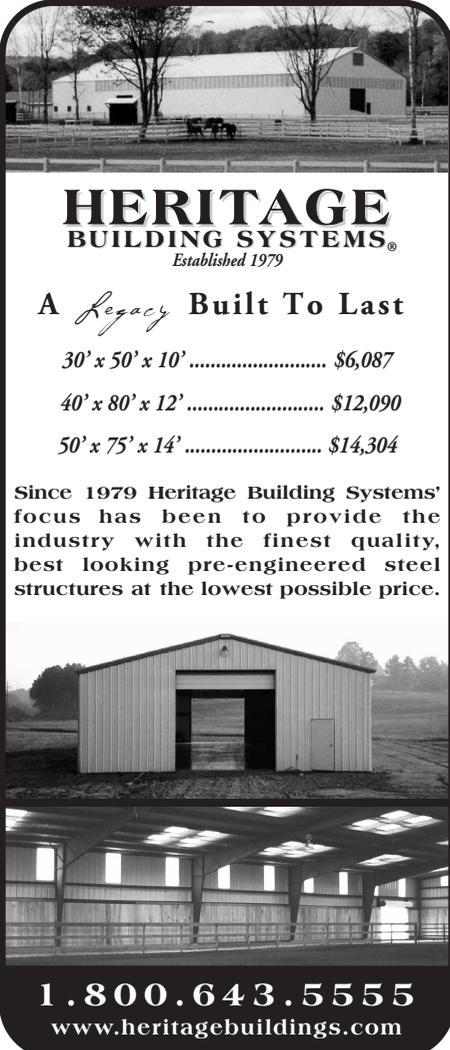
be more easily controlled or diagnosed now than if they are discovered later," Lima said.

Sparrow said Kentucky Farm Bureau agents are marketing Lumenos to self-employed members and employers, who have the option of contributing to workers' HSA accounts.

Anyone who is not eligible for Medicare can enroll in Lumenos. Money can be withdrawn at any time, although there is a penalty for expenditures that are not medical related. After retirement, policyholders can use the money to pay for long-term health care, private insurance to supplement Medicare as well as medical expenses.

Lima, Sparrow and Patterson stressed that Lumenos and other HSAs may not be a fit for everyone, and they said Kentucky Farm Bureau agents are continually being offered training sessions to address the pros and cons of an individual's financial and medical situation.

"It is a progressive way to address health care costs," Sparrow said. "But health insurance isn't a one-size fits all. That is why we have different options for our members to consider."



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Shelby RECC leader has powered career with patience and persistence

She's soft spoken, and she's been shy and quiet most of her life — a good listener, too.

"But if you back me into a corner, I'll come out swinging," says Debbie Martin, president and chief executive officer of Shelby Energy Cooperative Inc.

Born on an Anderson County farm 51 years ago, Debbie has worked her way from a three- to five-acre tobacco patch to the top office of an organization serving 15,000 gas and electric customers.

"Did you cut tobacco?"

"Yes, but I wasn't very fast at it."

"How many sticks a day?"

"Didn't count, but my brothers did."

"Did you climb up into the barn?" I ask, knowing how difficult and dangerous that has always been.

"No. But I helped haul it out of the fields and hand it up."

"Glass ceiling not a problem?" I ask in her office on Old Finchville Road in Shelbyville.

"No," Martin calmly answers, as if the question is one of the least relevant I could ask.

WOMEN KENTUCKY

LALIE DICK | COLUMNIST

"College?"

She smiles again. When others were grooming for sorority life, Martin was cleaning pots and pans for 60-cents an hour at Dudley's Restaurant.

Independent thinking and a strong work ethic were engrained in this Kentucky woman's life and included the influence of a school teacher aunt, Lula Cochran, who always brought boxes of books when visiting.

They represent-
ed feast of ideas, inspiring a little girl to

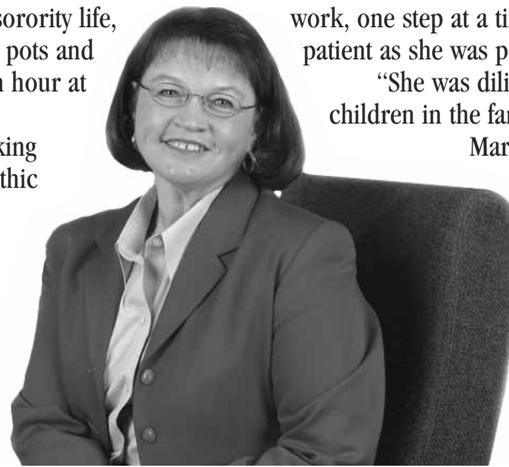
reach intuitively for the top. Not just to dream but to reach for it through hard work, one step at a time. Martin was as patient as she was persistent.

"She was diligent about getting the children in the family educated,"

Martin says of her aunt.

"She still probably has the first dollar she ever made. She had no children, but she helped at least six kids go to college.

"After high school, I worked in banking for 10 years ... everything from bookkeeping to repossession of cars." Self-assured, still



DEBBIE MARTIN

gently smiling, Martin remembers that year in "Repo" as probably one of the worst years of her life. But she did what she had to do — "the right thing" — as she understood and believed it to be.

She paid her way through night classes in administration and management at Kentucky State University and the University of Louisville before obtaining a degree in finance from McKendree College in Louisville.

Sometimes she had to borrow the necessary funds, but she knew what she wanted and stuck with it - like moving down a row of tobacco on harvest days, one stick at a time.

Martin twice applied for a beginning position at Shelby power cooperative, one of 26 serving rural and suburban customers in Kentucky. In 1989, she began in bookkeeping and billing and never looked back.

Today — as president and CEO - Debbie Martin is responsible for leadership in bringing power to all or parts of nine counties (Carroll, Franklin, Henry, Jefferson,

See SHELBY, page 21



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Common garden plants can help stem perplexing bee loss

By Jeneen Wiche

SPECIAL TO KENTUCKY FARM BUREAU

It used to be called Fall Dwindle Disease but the seriousness of the disappearing honeybees has led to a more serious classification: Colony Collapse Disorder.

It is not the demise of agriculture and home gardening as we know it, nor is it the end of honey, beeswax, bee pollen and other related products but decimated beehives and nests presents a serious situation for farmers and consumers alike.

Colony Collapse Disorder is essentially the absence of adult honeybees in hives. There is no evidence of dead bees in or near the hive, and there are no pests or predators that are associated with "robbing" hives of bees, honey or bee bread.

Many beekeepers across the country are confronting this mysterious absence that is not completely understood.

Dr. Tom Webster, Kentucky State University apiculturist, told me that one of the theories being looked into suggests that some pesticides have caused neurological damage in the honeybees which, in essence, makes them lose their memories. In short, they leave the hive in the morning and can't remember how to get home. That means that not only are they unable to

return to the hive with nectar and pollen but they miss their meals and starve to death out on the job, so to speak.

CCD may not be the primary culprit behind empty beehives in Kentucky.

The parasitic varroa mite has had an impact on honeybees since the early 1990s.

Bees returning inadequate amounts of honey to hives can result in poor winter nutrition and subsequent death of bees.

Winter loss is not unusual in a healthy hive, and apiculturists have said that the cold snap in February and the late freeze in April have likely contributed to the disappearance of bees in Kentucky this year.

There are about 4,000 native species of bees in North America and honeybees, orchard mason bees, leaf-cutting bees and bumblebees can take care of pollinating fruits, vegetable and flowers that rely on the insects to do the job.

Honeybees are our primary agricultural pollinators, and we can attract them and other

species by planting heavy nectar and pollen rich plants and flowers (and eliminating the use of pesticides) in our gardens.

Some of our best nectar producing plants includes such native prairie plants as Asclepias (butterfly weed and the milkweeds), Eupatorium (Joe-Pye weed, mistflower and boneset), Echinacea (all the coneflowers), Coreopsis (threadleaf and

tickseed), Solidago (goldenrod), and Liatris (blazing star).

There are many cultivated garden plants that provide pollen and nectar, including one of the most desirable, Nepeta (or catmint). In fact, the Perennial Plant of the Year is Nepeta 'Walker's Low,' which makes it a must for the garden this year. Bee balm, obviously, Salvias, Sedum (especially 'Autumn Joy') and the cultivated varieties of the natives mentioned above will also attract and sustain a healthy bee population.

Landscape trees like the tulip poplar, maple and willow have nutritional value and not surprising, fruiting plants are great sources of nectar. Apples, Chinese chestnuts, raspberries, blackberries and blueberries pack a nectar punch. Forage crops are desirable, and the

much maligned dandelion proves useful, too.

Herbs, like borage, are a virtual smorgasbord for bees and other beneficial insects. Lavender, oregano, thyme and germander, among others appeal to a browsing bee.

Most bees are solitary in their behavior and we can attract them to our gardens by providing both food and nesting sites. If you build or buy a nesting house, hang it in a sunny location, like the south side of the barn, house or fencepost.

The result is more bees next year to pollinate blueberries, cucumbers, holly trees and other flowering plants.

The mutually beneficial relationship between the food-gathering bee and the flower that needs its pollen transported to the next bloom is worth some thought.



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Freddy

Continued from page 1

speak for Freddy said he is looking forward to the festivities. "I think it will be a pretty big deal," Logue said.

Freddy made his first State Fair appearance in 1958 under the design talents of LeRoy Peterson, a Southern Baptist Theological Seminary student and part-time Kentucky Farm Bureau employ. Peterson, who was a retired minister when he died in 2005, used Styrofoam and papier-mache 45 years earlier to style Freddy.

Freddy has aged gracefully over the years as his appearance has changed somewhat after two or three "enhancements" necessitated by the wear and tear of five decades on the job. And he is not as animated as he was in the early years, when he could move his head and right arm.

In the looks department, though, Freddy appears younger than his years.

"I think you could make the case that he looks better than he ever has," said Gary Huddleston, communication director at Kentucky Farm Bureau, who described him as the "Jimmy Stewart of mascots" for his quintessential appeal over the years. Like the film star perhaps best known for his role in "It's a Wonderful Life," Huddleston said, Freddy is "Mr. Wholesome."

His clothing style — jeans and blue work shirt — is similar to the outfit he wore in 1958, but Logue said he did buy a new pair of shoes when Freddy, who measures 13 feet in height when he is sitting, turned 40. "There is a lot of tapping of his feet when he's sitting there, and he finally wore the



Freddy Farm Bureau has been a popular attraction since first appearing at the 1958 Kentucky State Fair.



soles out."

The unflappable Freddy not only poses for thousands of pictures and answers countless questions during the fair but also makes himself available for at least a half-dozen media interviews before and during the 10-day event, Huddleston said. "He has become quite a personality."

Freddy has been so popular that he had his own line of bob-

blehead dolls a few years ago. Before that, there were releases of a soft doll and plastic hand puppets.

The attention has not gone to his head, however. He never complains about the time spent with his fans, despite the heat and humidity of August days at the fair. "Farmers are use to hard work, and a 10-hour day is nothing for them," Logue said.

The only request Freddy has made over the years, Logue said, is that the bales of straw that support him be kept dry. Logue considered that a reasonable expectation

and said that members of the Louisville Ag Club, who keep a watchful eye on Freddy during the fair oblige by covering him with large tarps overnight and during heavy downpours.

From a publicist's point of view, Huddleston also described Freddy as "easy to represent." "He never tires of posing. He's always available to his fans. As celebrities go, he's the best."

Freddy doesn't even seem to mind that he is unable to procure a ticket to the routinely sold-out Kentucky Ham Breakfast that starts Kentucky Farm Bureau Day at the Fair.

His forbearance is rewarded, Logue said. "We take him some ham."



New global economy fueling energy costs

By Rachael Kamuf
KENTUCKY FARM BUREAU

Just like a farmer in West Louisville, an asphalt paver in West Liberty feels the pangs of fluctuating energy prices whether on the job or pumping gasoline in the tank of the family car.

Since Hurricane Katrina heavily damaged refineries along the Gulf Coast, reducing their capacity to turn oil into fuel and petroleum-based products, the wholesale price of asphalt alone has doubled at times, said Charles Lovorn, executive director of the

Kentucky Association of Highway Contractors.

Before Katrina churned into the Gulf of Mexico, Lovorn said, paving companies were paying \$100 to \$150 a ton for asphalt. Since then the figures have hovered around the \$300 mark, occasionally slipping to an average of \$180 per ton.

There is an easy explanation why that has happened. "Asphalt comes from crude oil," Lovorn said. "The sticker shock was ... with Katrina." More refineries are back online, he said, but prices have not dropped to pre-Katrina levels.

On the farm, energy prices have pushed production costs up as well.

The U.S. Department of Agriculture reported that Katrina contributed to the 47-percent increase in fuel expenses between 2003 and 2006; Katrina contributed to a 25-percent hike in 2005 alone.

The U.S.D.A. figures cover more than the cost of fueling vehicles and machinery.

As University of Kentucky economist Carl Dillon pointed out, petrochemicals are needed to manufacture many fertilizers — and some herbicides — that boost plant growth and health. "Not only are they petro-

leum based, but they have their own transportation costs to factor in," said Dillon, an associate professor of economics at UK's College of Agriculture.

At the same time that such expenditures have affected net farm income, the search to wean the United States from dependence on foreign oil has led to a significant rise in the price of corn, which can be distilled into ethanol for blending with gasoline. An estimated 90.5 million acres of farmland were planted in corn this spring — 12 mil-

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Shelby

Continued from page 18

Oldham, Owen, Shelby, Spencer and Trimble).

Thirty-two employees understand her idea about working cooperatively as a group within a community.

"You win people over by working with them," says Martin, who also is a director of the Kentucky Association of Electric Cooperatives. "It means honesty and being fair. It means being tenacious. You have to expect the best to get the best."

Cutting tobacco on a hot summer's day and helping with other family farm chores

'Sticking by what I believe in has been why I am where I am today.'

in every season are in the past. But that hard, sweaty work will neither be forgotten nor regretted.

For Martin, it's been the foundation upon which to build a productive and fulfilling life.

She's anything but typical in a culture of instant gratification and get-rich-quick expectations. There's no time for selfishness but a new season of sharing.

Martin is paying back her Aunt Lula by being a volunteer in the literacy program sponsored by the Business and Professional Women organization.

The people who benefit from this generous caring, may one day remember that it was a young farm girl in Kentucky who made the big difference for many parts of the world.

"It's not about you, but about what you do," says Martin.

That philosophy extends to Shelby Energy Cooperative, with Martin citing its varied contributions "schools and education through appliance programs, home economics classes, youth tours, safety demonstrations and annual scholarships."

The future?

"The very things we hold dear today. Regardless of how times may change ahead, we'll continue with our mission because of our innovative and tenacious natures," Martin says.

"Sticking by what I believe in has been why I am where I am today."

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Fuel

Continued from page 20

lion more than last year.

The conversion of more acreage into bio-fuel crops has not put a corresponding dent

in prices. As of mid-June, the July futures price for a bushel of corn was \$4.04, compared to the \$2 average for grain delivered for processing in 2005, Dillon said.

Consumers are seeing the results on grocers' shelves, too, although increases in food prices have not begun to match what farmers have faced. And Americans contin-

ue to spend less for fruits, vegetables, meats and processed food than any other nation.

While wholesale gasoline prices, for example, rose 10.2 percent in May, food prices – which had been increasing slightly since late 2006 - declined .2 percent that month, according to the latest U.S. Department of Labor producer price index.

Turning to other renewable sources besides corn and soybeans, which can be used to make biodiesel fuel, to reduce dependence on foreign oil likely won't have a major impact on prices in the future, economist Dillon said.

"My gut reaction is that I don't see that happening," he said.

His prediction is based that on a growing global economy that is driving up the demand – and wholesale price – of oil. "We will see ups and downs, but over the

years, I think we will see much higher prices for oil over the years."

Lovorn, who had a 26-year career at Ashland Energy Corp. before joining the highway contractors association, said adding to refinery capacity in the United States would help. No new crude oil refineries have been constructed in more than two decades, and Lovorn said oil companies are unlikely to announce any because of environmental regulations that make them cost prohibitive if not impossible to build in the U.S.

Like Dillon, Lovorn doesn't think there will be any dramatic downward trend in energy prices over the long term because of worldwide competition for oil and the volatile market that has created.

"Crude prices are up because of increasing demand from developing countries such as China and Indonesia," Lovorn said.

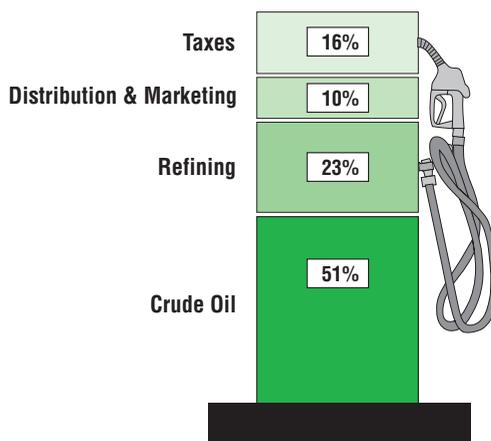
"There was a time when it took forever for gasoline to go up 20 cents per gallon. Now we can see a 20-cent per gallon increase or decrease in a matter of days."

Like farmers and other businesspeople, highway contractors must deal with that new reality.

"They don't have much choice," Lovorn said. "They must pay the price."

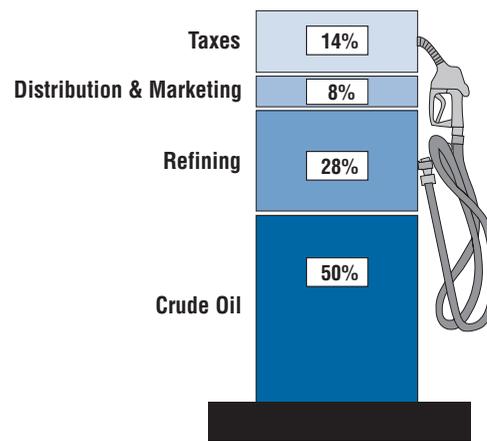
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Staff report

KENTUCKY FARM BUREAU

Will the record \$500,000 sale price for the grand champion country ham be broken at the 2007 Kentucky State Fair? And will Broadbent's B&B Foods' string of taking home the blue ribbon continue?

Those are questions that will be answered on Thursday, Aug. 23, when Kentucky Farm Bureau hosts the 44th annual Kentucky Country Ham Breakfast.

Over the years, the ham auction has raised more than \$2.3 million for various charities. "We have been very fortunate in the level of support that we have had for charitable causes," said Jeff Harper,



Photo by Roger Nesbitt

Kentucky Farm Bureau's director of commodity relations.

First Southern National Bank of Stanford sent gasps through the crowd at last year's event by bidding \$500,000 for the award-winning ham. Republic Bank & Trust Co. of Louisville paid \$340,000 in 2005.

Both hams — and the 2005 grand champion — were produced by Broadbent's B&B owners Ronny and Beth Drennan, who have been presented with the blue ribbon five of the last seven years.

The Kentucky Country Ham Breakfast, which is open to the public, starts off Kentucky Farm Bureau Day at the Fair. Other events include a gospel quartet competition

and a picnic for Farm Bureau members.

The breakfast begins at 7:30 a.m. in the South Wing of the Kentucky Exposition Center in Louisville and is usually a sellout. Tickets, which are \$18 each or \$144 for a table of eight, can be ordered by contacting Harper or Susan Ellis at 502-495-5000, ext. 226. Advance parking (\$5) and State Fair admission tickets (discounted at \$5 adults and \$2 for seniors and children) may be

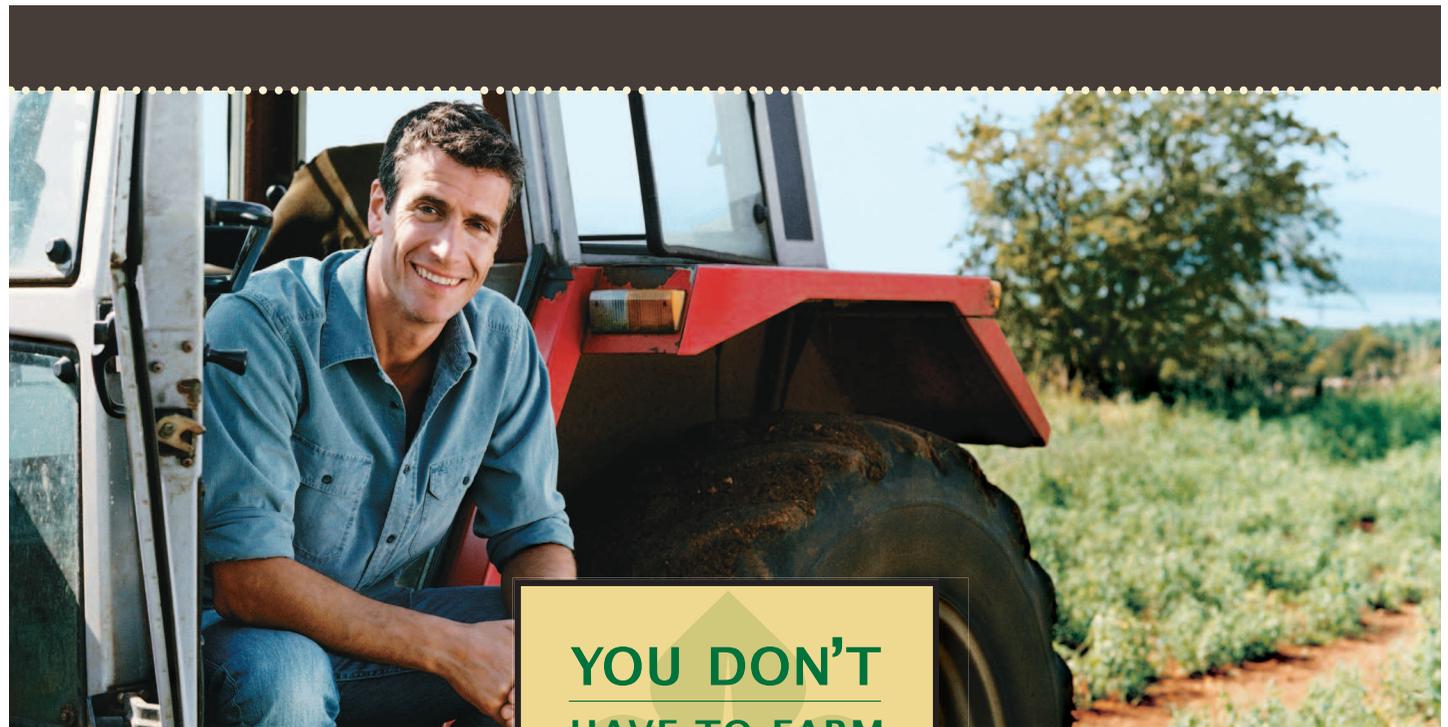
purchased at the same time.

The first performance leading up to the State Fair gospel quartet championship begins at 9:15 a.m. in the South Wing also. The winning group will be announced following performances by the three finalists during the Farm Bureau picnic.

Quartets have until July 27 to sign up to compete. Entry forms are available only at county Farm Bureau offices in the state.

Registration for the Kentucky Farm Bureau picnic — held in a tent on the lawn adjacent to the South Wing — is required to be eligible for door prizes. Guests can register in Lobby B of the South Wing from 8:30 a.m.-noon.

The South Wing also will be the place to visit the Kentucky Farm Bureau's two booths, including the Pride of the Counties exhibit, during the State Fair, which will be held Aug. 16-26.



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“Arthritis Pain Relief Secrets: How Olive Oil, Sunshine, Water and More Can Ease Your Pain Forever!”

(By Frank K. Wood)

If you suffer from joint pain, chronic inflammation, and restricted motion, you need *Arthritis Pain Relief Secrets*.

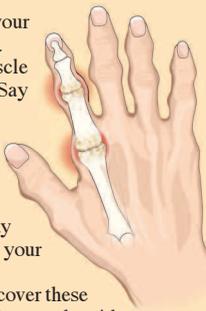
Discover pain-fighting foods that work with your body to ease inflammation and repair damaged joints, get breakthrough medical information, and learn ways to manage your pain without drugs.

- ▶ 7 natural arthritis pain relievers!
- ▶ A powerful anti-aging agent! It improves brain function and joint mobility while it protects you from joint pain.
- ▶ How eating this “miracle meal” can lead to a long life — free from cancer, disease and arthritis pain.
- ▶ Doing this helped improve quality of sleep, increase mobility and ease joint pain in one volunteer group ... it's not addictive, it's cheap and it works!
- ▶ Advice for all households who do not want to grow old suffering from arthritis of the hips or knees.
- ▶ What you should drink if you suffer from arthritis.
- ▶ Free prescription drugs! Arthritis medicines can take a huge chunk of your income, but you can get your prescriptions for free if you know how.
- ▶ A glass of this cheap, refreshing beverage will take the edge off your arthritis pain, as well as ease a world of other hurts.
- ▶ Joint pain? Foods rich in this vitamin may slow the damage of osteoarthritis, and even repair damaged cartilage! Get the facts.
- ▶ Arthritis pain relief! Find it in your spice rack!

- ▶ Eat away arthritis! Ease your pain with this scarlet fruit.
- ▶ Say “goodbye” to muscle aches and arthritis pain. Say “hello” to a free remedy.
- ▶ The tiny seeds with wondrous powers that can alleviate arthritis pain.
- ▶ A smooth and natural way to lubricate and cushion your joints.
- ▶ Eat to end your pain! Discover these 10 pain-fighting foods that work with your body to ease inflammation and repair damaged joints.
- ▶ This delicious, vitamin-packed fruit is proven to relieve arthritis pain even better than aspirin, ibuprofen and other drugs — with no stomach upset or other side effects.
- ▶ How to walk away from arthritic knee pain.
- ▶ Ease your arthritis pain — eat some salmon! Find other natural ways to fight arthritis.
- ▶ Arthritis slowing you down? Try these sensible exercise tips recommended by *The Physician and Sports Medicine* just for you!
- ▶ Arthritis: Stop it now with antioxidants and ... ordinary sunshine!?
- ▶ Foods that help relieve arthritis.
- ▶ Stop osteoarthritis in its tracks! Stride pain-free into your senior years with this delicious fruit!
- ▶ Rebuild your joints and relieve arthritis pain. Natural ways to help your body repair itself.

TO ORDER A COPY

Arthritis Pain Relief Secrets for \$9.99. See



“Foods that ‘EXPLODE’ in Your Bowel!”

Plain Answers about IBS, Constipation, Diarrhea, Heartburn, Ulcers, and More!

(By Frank K. Wood)

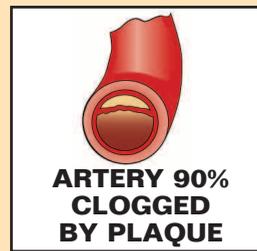
If you suffer from bloating, cramping, chronic constipation/diarrhea, or symptoms of irritable bowel syndrome (IBS), you need *The Complete Guide to Digestive Health*. Learn about important new research that identifies which foods are your allies and which foods are your enemies, and find out which tasty beverage you should sip to soothe an irritable bowel, PLUS ...

- ▶ Two-cent colon cleanser!
- ▶ Eat this kind of cereal daily, and help prevent constipation, colon cancer ... even weight gain!
- ▶ Make these simple changes and be rid of gas!
- ▶ Belching and bloating — they could be warning signs of up to 7 hidden health problems.
- ▶ Constipation? Discover a natural cure that's better than fiber!
- ▶ Simple (and free) way to slash your heart attack risk in half!
- ▶ Lower blood pressure ... fewer ulcers ... less colitis ... just some of the benefits of letting yourself do this.
- ▶ 12 ways to ease stress and calm digestion.
- ▶ Sweep artery-clogging cholesterol out of your body with this type of super-absorbent fiber.
- ▶ Put a stop to constipation with as little as one

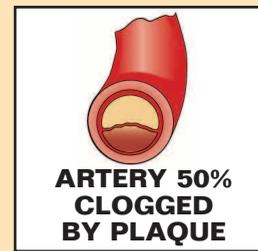
- ▶ tablespoon a day of this mystery food.
- ▶ Does your digestive system benefit more from savory breads and cereals or from scrumptious fruits and vegetables? The answer may surprise you!
- ▶ Vitamins and minerals may keep you from getting colon cancer, even if this awful killer runs in your family.
- ▶ Drop pounds and ditch heartburn with these good fats.
- ▶ Irritable bowel syndrome? Check here for another common disorder that could be your real problem.
- ▶ Like red meat? You can still lower cancer risks by adding this to your plate.
- ▶ Soothing bedtime drink can help you sleep and relieve digestive problems.
- ▶ One tiny seed protects against constipation and diarrhea; soothes stomachaches; eases indigestion and heartburn; relieves cramps; reduces gas ... plus, it lowers your risk of colon cancer!
- ▶ Heal your body, improve digestion, moisturize skin, help control weight, and it's free.

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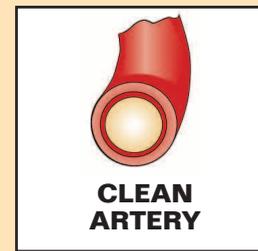
Complete Guide to Digestive Health for \$9.99. See coupon.



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CLEAN ARTERY

“High Blood Pressure Lowered Naturally — Your Arteries Can Clean Themselves!”

(By Frank K. Wood)

If you suffer from high blood pressure, elevated cholesterol, clogged arteries, or other circulatory problems, you need *High Blood Pressure Lowered Naturally: Your Arteries Can Clean Themselves*, an informative new book just released to the public by FC&A Medical Publishing® in Peachtree City, Georgia.

Reduce your risk of heart attack and stroke, discover 6 ways to lose weight that actually work, and learn about Mother Nature's “miracle” heart shield. As amazing as it sounds, it's true. Using an all-natural approach, you can actually lower your blood pressure and cholesterol level without drugs or surgery!

The authors provide many health tips with full explanations.

- ▶ Add years to your life? Doing this can reduce your risk of heart attack or stroke and improve the quality of your life.
- ▶ 6 ways to lose weight that actually work.
- ▶ If your doctor has told you your arteries are clogged, this 10,000-year-old remedy will help clean them out like a natural Roto-Rooter®.
- ▶ Mother Nature's “miracle” heart shield. Studies prove when you add it to salads, pasta, soups — you name it — it prevents the build up of fat and cholesterol in your arteries, reduces triglycerides, and increases your “good” cholesterol.
- ▶ A French study has found that eating this fruit regularly can help prevent hardening of the arteries.
- ▶ Numerous studies found this high-energy enzyme to be so powerful that it not only halts heart disease but also heals hearts already damaged by disease.
- ▶ 6 surefire ways to shed unwanted weight — 10, 20, 30 pounds — you decide how much!
- ▶ “Cleanliness is next to godliness.” That goes for your arteries as well. 7 simple steps to spotless arteries.
- ▶ Help sweep artery-clogging plaque out of your body by adding this fat and fruits and vegetables

to your diet.

- ▶ What you should never drink if you're taking high blood pressure medicine. This fruit juice will drive your blood pressure to toxic levels.
- ▶ Most powerful heart healer on earth. Keeps arteries flexible, improves cholesterol levels, and lowers heart attack risk.
- ▶ Lower high blood pressure using no prescription drugs!
- ▶ Incredible! Lower blood pressure in 2 weeks ... without medication.
- ▶ Two new studies now prove you can control your blood pressure without drugs.
- ▶ Try these cholesterol-busters you can grow right in your garden.
- ▶ Perfect anti-stress exercise! No running, no sweating, no heavy weights. Yet, scientifically proven to relieve tension, reduce your cholesterol, and lower your blood pressure.
- ▶ 3 tips for taking the weight off safely.
- ▶ Save your heart and kick cancer, too. In a four-year study, scientists found that those eating these foods had over 60% fewer deaths from cancer.
- ▶ Another miracle vitamin that Massachusetts researchers found lowers risk of stroke by 40% and lowers risk of heart attack 22%.
- ▶ You can “blast” the bad fat LDL right out of your system with this fabulous fiber.
- ▶ Lower your blood pressure 7 points ... or more! ... with this gentle movement.
- ▶ The “miracle” herb that prevents the build up of fat and cholesterol in your arteries, lowering your chance of heart attack and stroke.
- ▶ This little-known mineral supplement neutralizes fat buildup in the arteries even after eating a high-cholesterol meal.
- ▶ Reverse high blood pressure and hardening of the arteries without prescription drugs.
- ▶ 29 foods that fight high blood pressure.

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Learn all these amazing secrets and more. To order your books, just return this notice with your name and address and a check for \$9.99 per book, plus \$3.00 shipping and handling to: FC&A, Dept. 1716, 103 Clover Green, Peachtree City, GA 30269. You get a no-time-limit guarantee of satisfaction or your money back.

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Quantity _____ BISS *Complete Guide to Digestive Health: Plain Answers About IBS, Constipation, Diarrhea, Heartburn, Ulcers, and More* 1716

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