

# FenceLines

Summer 2011

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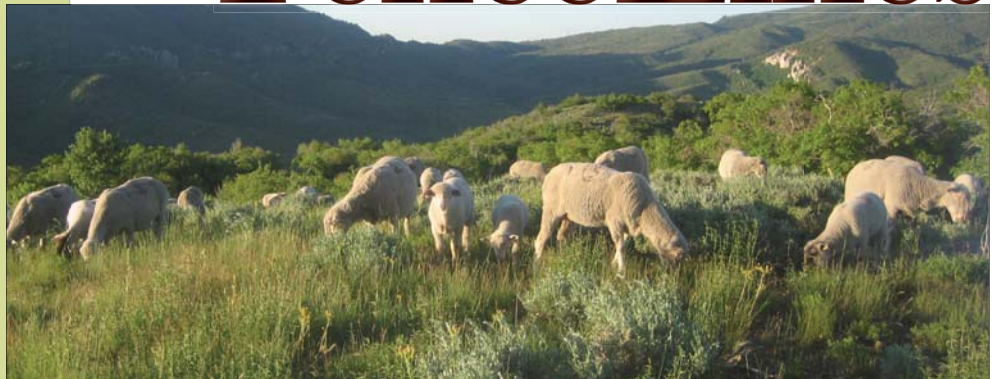
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Cover Photo: Kory and Tina Stephensen's ewes and lambs  
up Water Holler, just northeast of Fountain Green, UT.

- 3 | President's Message
- 4 | Leadership Visits Utah Delegation  
Alarik Myrin Retires from Board of Directors
- 5 | Western AgCredit Welcomes New Employees
- 6 | Introducing Director Scott Wayment  
Scott Wayment, a dairy farmer from Warren, UT, joins the  
Western AgCredit Board of Directors
- 8 | Realizing a Dream  
Young Producers Kory and Tina Stephensen Own and Operate  
Stephensen Sheep Company in Fountain Green, UT
- 11 | President's Message Continued
- 12 | Depression in Agriculture  
Sowing Understanding, Reaping Recovery
- 13 | Glen Brown Elected as VP of Holstein Assoc.
- 14 | Name the Parts of the Sheep Contest Winners
- 15 | Laughing Pen

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# Dear Western AgCredit Stockholders & Friends,



We hope this issue of FenceLines arrives with you and your family doing well. Agriculture is in the midst of an amazing period like never seen before. Prices received by a majority of our commodities are at all-time highs and our stockholders are paying down their loans at accelerated rates. Even though our outstanding loan volume has been reduced because of the pay-downs, we couldn't be happier for membership. Since we are a reflection of the farmers and ranchers who own us, we too will prosper as our membership does.

In spite of the prosperous times we are experiencing, there remain a couple of huge dark clouds over the horizon that are blowing our way. One of the dark clouds we have to rely on others to address and the second is within our control to resolve. The first dark cloud is the National budgetary deficit. It's amazing how the two main political parties that are elected to represent the people of the United States are unable to put "Country" first and resolve our spending problems. Unfortunately the grid-lock has gone on long enough that it now appears that it will take a combination of spending cuts and higher taxes to reverse the death spiral that our economy is in. Until commitments are made that higher taxes will only be applied to deficit reduction and won't be used to increase discretionary or entitlement spending, I support the Republican members of the U.S. House of Representatives in their position of "no new taxes." We have a spending problem, not a shortage of revenue at the Federal level.

The second dark cloud (and the one we do have control over) is immigrant labor. If production agriculture loses access to immigrant labor, most of the commodities we finance will have to be dramatically restructured, or they will have to go out of business. Western AgCredit has a complicated Enterprise Risk Management (ERM) program that we developed to track the various risks that we and our customers

face. We have evaluated 136 different risks within our marketplace. Examples of some of the risks are raising interest rates, changing collateral values, etc. I currently consider the possibility of losing our labor force as the #1 risk facing our membership, Western AgCredit and production agriculture Nationwide.

Utah Representative Bill Wright (District 68) drafted HB116 - Guest Worker Program - that was ultimately approved by the Utah Legislators and signed into law by Governor Herbert. After the bill was approved, various factions within the State (and beyond) initiated campaigns to repeal the law or at a minimum to modify it to the point that it doesn't accomplish any of the intended goals. I'm convinced that most of the people who are raising the strongest objections have never taken the time to read the bill. The opponents are putting forth incorrect statements such as "it's an amnesty bill," "it puts current illegal immigrants at the head of the line for citizenship" (ahead of people applying for citizenship following proper pathways), etc. The bill does none of the negative things it's accused of. If a person reads the bill, they will find out HB 116 does the following:

- ◆ Creates a database of undocumented individuals in the country and identifies where they are located. Today, there is no such database in existence.
- ◆ It makes it a crime to encourage people to come to Utah illegally. Today getting caught in the U.S. illegally is roughly equivalent to getting a parking ticket. This bill increases the severity of the crime.
- ◆ Provides money to prosecute cases of identity theft. With HB 116, the need for illegal immigrants to steal someone else's identity is eliminated, because they get a guest worker PERMIT.
- ◆ All applicants undergo extensive background checks, including finger printing and facial recognition.

*(continued on page 11)*

# Western AgCredit Leadership Meets With Utah Delegation

Every year, Western AgCredit joins with other Farm Credit Associations for the Farm Credit DC Fly-In.

The purpose of the Fly-In is to meet with lawmakers and discuss the issues impacting Utah agriculture, educate them on the vital role our customers and other agriculture producers play in Utah's way of life and educate them on the contributions agriculture makes to the Utah economy.

This year's Fly-In was May 9-11. Chairman Myrin, Vice-Chairman Nielson and President Weathered met with each member of the Utah delegation or one of their staffers and discussed issues such as immigration, the proposed changes in the nutrient management standards, public lands and the national debt. Western AgCredit will continue to be a voice to help preserve and protect Utah Agriculture.



*Alarik Myrin, Richard Nielson and Richard Weathered on the steps of the Capitol in Washington, DC.*

## Director Alarik Myrin Retires from Board of Directors



After 11 years of service, Director Alarik Myrin retired from the Western AgCredit Board of Directors to run for the U.S. AgBank District Board in September.

Alarik has served as Chairman and Vice Chairman and on several committees during his years as a Director. Alarik has enjoyed the opportunity membership on the Board gave him to serve the agriculture industry and keep informed on economic and other issues of interest.

Alarik and his wife, Beth, along with their family, own and operate a third generation ranching and farming operation near Altamont, UT. In addition to his service on the Western AgCredit Board, Alarik has served as President of the Utah Cattlemen's Association, Vice Chair of the National Cattlemen's Young Cattlemen's Council, Chairman of the Utah Agricultural Advisory Board and as a Utah State Senator.

We would like to thank Alarik for the contributions he has made to Western AgCredit and for his years of service on the Board of Directors.

## Annual Meeting Election Results

On June 22, 2011, the results of the Director Election were tabulated and a new Director, Scott Wayment, was named for Region 2. Scott is a dairyman from Warren, UT.

The previous director for Region 2 was Alarik Myrin. He did not seek re-election in 2011 in order to run for the district board. Kim Haws, a hay

farmer from Newton, UT representing Region 1, and Daniel Anderson, a cattle rancher from Oak City, UT representing Region 3 were both re-elected to serve another three-year term on the Board of Directors.

The Western AgCredit Board has eight Member Directors elected by the stockholders and two Outside Directors appointed by the eight Member Directors.

# Western AgCredit is Pleased to Welcome...



Ryan Johansen  
Senior Staff Accountant

In April, Ryan joined the accounting department as a senior staff accountant. Ryan will be performing various functions in the accounting department in South Jordan. He is excited to work in an area of the financial industry with close ties to agriculture.

“I’m looking forward to working for a reputable company while keeping ties to agriculture. I also look forward to working with a great staff and contributing in the accounting department,” said Ryan.

Ryan graduated from Utah Valley University with a bachelor’s degree in accounting. Prior to working for Western AgCredit, Ryan worked for the Utah State Tax Commission as a corporate tax auditor and as a senior accountant for Norbest, Inc.

Ryan grew up in Mt. Pleasant on a family farm where they raised turkeys, cattle and hay. Ryan and his wife, Sheila, have four sons. In his free time, Ryan enjoys camping, hunting, fishing, watching and playing sports and spending time with his family.



Hannah Freeze  
Appraisal Secretary

In May, Hannah joined the appraisal department as the new appraisal secretary. She will help support the appraisal team through various appraisal-related clerical tasks.

“I’m excited to be able to work for our agricultural producers and to learn more about the financial side of agriculture,” said Hannah.

Hannah graduated from Utah State University with a bachelor’s degree in animal science, emphasizing in agricultural production and industry. Prior to coming to Western AgCredit,

Hannah worked for the NRCS.

Originally from Kaysville, Hannah and her husband now call Wellsville home. Hannah has always had a love for horses, and growing up she showed horses and participated in 4-H, FFA, and the Animal Science Club at Utah State. In addition to riding horses, she enjoys other outdoor activities including camping, four-wheeling and shooting. She also likes to play her guitar and cook, especially in Dutch ovens, and spend time with her family



Bonnie Manis  
Communications Specialist

In June, Bonnie joined the South Jordan office as Operations Assistant. She is responsible for various clerical duties and delinquent property taxes.

“I’m excited for the opportunity this job give me to meet new people, and I’m looking forward to organizing the office so that it runs efficiently and smoothly,” said Bonnie.

Before coming to Western AgCredit, Bonnie worked for a CPA and as an office manager at a counseling center. Her and her husband also owned a trucking company.

Recently Bonnie and her husband relocated to Saratoga Springs from Hinckley. Bonnie has always lived in the Delta area; she grew up in Oak City. Bonnie and her husband, Kerry, have four sons, one daughter, four daughter-in-laws, two granddaughters and one grandson. In her free time, Bonnie enjoys spending time with her family. Together they enjoy shooting, hot dog roasts, camping, going to the gym, tractor pulls and diesel drag racing. She also likes to crochet and make blankets for her grandchildren.



# Introducing Director Scott Wayment

*Susan and Scott Wayment  
at their Dairy Farm in  
Warren, UT*

In the 2011 Director Elections held in June, Scott Wayment, a dairy farmer from Warren, UT, was voted in as the new Director representing Region 2, adding another voice for Western AgCredit dairy customers on the Western AgCredit Board of Directors.

Scott is excited for this opportunity to serve on the Board. “I’m looking forward to meeting new people, getting out and seeing the farmers and seeing how Western AgCredit runs,” said Scott.

Scott comes from a long history of dairy farmers. The Wayments’ operation at their current location was started by Scott’s grandfather. Scott’s father worked at Hill Field before returning to the family farm at the request of his grandfather.

While Scott was growing up, his father ran the dairy farm and worked as a school bus driver. In order for his father

to successfully run the farm and fulfill his responsibilities driving bus, he depended on Scott and his siblings to help with the dairy. “We had to chore every morning and night because we had to help him get on the bus,” said Scott. “We grew up with it, I enjoyed it.”

Scott’s opportunity to purchase the farm came when, after 28 years of driving school bus, his father took the position of Supervisor of Transportation for the school system, but Scott didn’t necessarily always plan to dairy.

Scott’s educational background is in banking and finance. While in school, he also went through the program to teach LDS seminary. Upon graduation, Scott was planning on teaching and dairy farming on the side, but the teaching opportunity he had after graduation was in Arizona, so the Wayments made the decision to stay in Utah and farm.

“I think my wife thought she was getting a seminary teacher for a husband, and she ended up getting a farmer,” said Scott. “We had some other options, but we decided to farm. It’s been a good life. We felt like it was a good way to raise a family. I think the fact that my children had responsibilities and we grew up doing things as a family made a big difference.”

Scott and his wife of 38 years, Susan, have six children, three boys and three girls. They also have 14 grandchildren, 11 girls and three boys. Susan grew up in Roy, UT.

During his lifetime, Scott has expanded the family farm and made the improvements necessary to continue in the business. When Scott returned from his mission for the LDS church, the Wayments milked about 60 cows. Today, after adding cows a few years ago when Scott’s son, Trevor, joined the operation full-time, the Wayments milk 250 head of Holsteins, mostly registered animals.

They raise some of their own feed on about 250 acres. They have several small pieces, which makes farming and irrigating a lot of work. Scott and Trevor with two employees, one full-time and one part-time, take care of the animals and the farming.

Just as the family has dairy farmed for generations, they have also worked with Western AgCredit for generations. Scott’s father borrowed money from the Association while he was running the farm, and Scott

has been with the Association since he purchased the dairy from his father.

In addition to his new role as a Director, he is on the Utah Dairy Commission and he serves as President of the Pioneer Irrigation Company. He has also served in the Holstein Association, as a county President for the Farm Bureau and worked with Farm Bureau policy development. For over 25 years, Scott has organized the Weber County Dairy Days All Utah Show.

Although Scott and his family enjoy the lifestyle being a dairy farming provides, he has also faced the challenges that come with a changing industry, “Farming life has changed a lot the last ten years. It’s not like it used to be. It’s much more business oriented and a lot more stressful,” said Scott.

Scott recognizes the increasing obstacles dairy farmers face, citing waste management specifically. “New waste management regulations are like buying a dead horse, you can’t cash flow the cost on something that’s not making money,” said Scott. “These regulations are making the dairy business really tough, and expensive.”

A good manager that recognizes the challenges faced by agriculture operators, Scott will be an excellent addition to the Board of Directors. We are excited to have Scott as a Director, and know he will represent the borrowers, especially the dairy producers, well.



*The view from Wayments’ dairy.*



*Scott with his calves.*



*The Wayments’ new cow housing facility.*

# Realizing A Dream

*Photo Credits: Kory & Tina Stephensen*

## **Young Producers Kory and Tina Stephensen Own and Operate Stephensen Sheep Company in Fountain Green, Utah.**

Kory and Tina Stephensen of Fountain Green, UT, owners of Stephensen Sheep Company, are a great example of building a successful agriculture operation through hard work and excellent management.

As a young boy, Kory enjoyed spending time working on his grandfather, John Aagard's, sheep operation. He recalls summers with his family herding sheep, and he believes this is where his love for the business began. "We were just there as a family. When you're

little like that, it gets in your blood. I've always had a love for it," said Kory.

As he grew, Kory, a fifth generation sheep rancher, spent every summer from the age of 13 until he graduated from high school herding sheep. When Kory was 14, his grandfather retired from the sheep business and the grazing permits were sold. As a young man, Kory had dreams of having the operation back. Knowing the business and how to care for the animals, Kory felt like, "All I really needed to be back in the sheep business were the sheep and permits."

In 1999 at the age of 23, Kory took out his first loan to buy 100 head of sheep. With the small herd size and lack of permits, he ran those sheep with another producer and maintained his full-time employment on the Juab County Road crew.

From a financial perspective, the capital intensive business of ranching can be challenging to start from scratch. The key to Kory's financial success was starting small and building up his business. "I figured if I could just run those first 100 sheep, and they could pay for themselves, I could get started," said Kory. "Through the years, we were gradually building up. The main goal was to pay things off; we didn't try to get in too big of a hurry."

That first year didn't bring financial prosperity, but Kory had expected that. "I knew that first year that lambs weren't real strong. I didn't ever plan on making any money off them, I just knew I had to get them while they were cheap," said Kory.

The following year, Kory purchased another 100 head of running age ewes, doubling his herd size. At



*Kory, Tina, Kysen and Ellie Lynn Stephensen in their lambing shed in Fountain Green.*



this point, he was feeding them through the winter and sending them with neighbors' herds during the summer. Kory received a lot of support from neighbors in the area while he was running sheep and working a full-time job.

In June of 2000, Kory and Tina, who met at Juab High School, were married. This was their third year in the sheep business, and lamb prices were extremely low. Kory sold for only \$.50 per pound. Tina recalls the person they sold to that year saying to them, "I hope you have other jobs." Fortunately, Kory and Tina both had full-time employment outside the sheep operation.

What would be a devastating year for most sheep operators ended up being an advantage for the Stephensens' plans to grow. "Yearlings were real cheap that fall, and I bought another 200 head of yearlings," said Kory.

In the fall of 2002, Kory was able to obtain grazing permits from a retiring rancher in Mt. Pleasant. The retiring rancher sold him his forest permit, half of his desert winter range permit and another 600 head of sheep. The base property he used to obtain these permits was his grandfather's lambing ground, now owned by his parents, Nellie and Jim Stephensens. With permits in hand and an increased herd size, Kory was then able to start running independently.

For two years, Kory stayed at 1000 head. In 2004, Kory was able to purchase the rest of the permits from the retiring rancher and increase his herd size



*Kory as a young boy working sheep with his father, Jim Stephensens (right) and grandfather, John Aagard (left).*

once again. Just four years after buying his first 100 head, Kory was running 2,000 head, which allowed him to quit his job on the road crew.

Tina recalls this change happening shortly after the birth of their oldest child, Kysen. Having a baby and giving up the security and benefits full-time employment brings made her nervous, but Tina, always supportive of Kory and his dream, moved forward and the couple took on ranching as his full-time occupation.

Tina grew-up in Nephi, UT. Growing up, Tina had no experience with livestock, but she has taken to the ranching lifestyle. In addition to working a part-time job as an administrative assistant for Management Solutions Inc. in Fountain Green, Tina also has responsibilities with the ranching operation. She cooks a lot of meals for all the help, moves sheep camps and does whatever else is needed. According to Tina, "There is never a dull moment. The best part about it we are always together. I can't complain; our blessings many, our setbacks few."

Since Tina holds a part-time job, the couple's two children, six year old Kysen and three year old Ellie Lynn, get to spend a lot of time with Kory who cares for them while Tina is working. Both of them love working with the sheep and spending time on the ranch. Kysen knows all about the sheep and the ins and outs of the operation.

Today, the Stephensens have three herds, with total numbers fluctuating from 2,000-2,500. Gone are the days when Kory spends the summer in the

*(continued on next page )*



*Kysen helping with the sheep on the winter range.*

mountains herding the sheep, something that he does miss. Today, three Peruvian herders, along with Great Pyrenees and Akbash guard dogs, take care of the sheep on a day-to-day basis. Kory appreciates the work that these men do, “They are responsible, and we can rely on them,” said Kory. “We treat them just like family. I don’t expect them to do anything that I wouldn’t do. You’ve got to take care of them, and they’ll take care of you.”

Kory now spends his time managing the different camps and overseeing the operation, which keeps him busy. “He works non-stop, from sun-up to sun-down,” said Tina.

Kory loves what he does, and he is grateful he gets to make a living doing something he is passionate about. This love for the business has helped him succeed. “Kory’s heart has always been in it. It’s been real easy. It’s a natural thing, it’s just what he does. He enjoys it more than anything else,” said Alan Stevens, Kory’s loan officer.

Today the Stephensens lamb in Fountain Green on the same ground used by Kory’s grandfather. They summer their herds in the Manti-LaSal National Forest. For some of the animals, spring and fall are spent up Water Hollow, known in the area as Water



*Shipping lambs in the fall.*

Holler. In the spring, Kory also sends two herds up Scofield. In the winter, all three herds are trucked to the west desert. Since it’s imperative that an entire herd is moved in one day so that ewes and lambs don’t get separated, Kory works closely with his neighbors who help each other truck herds to various grazing grounds.

In recent years, the Stephensens’ ability to manage through the ups and downs of the lamb market has paid off, with lamb prices at record highs. They have definitely been fortunate, but a lot of their success is good management. “Kory is truly a young rancher success story. He is an excellent manager, and he has done a tremendous job growing his operation at a pace he could manage financially,” said Alan Stevens.

They are also not without their challenges, in recent years, their predator loss has doubled with the influx in the bear population, but like all agriculture operators, they push on and manage through the difficult times as well.

For the Stephensens, life on a sheep ranch not only provides a lifestyle they love, it is also a realization of a dream that Kory, with the help of family and friends, has worked hard to accomplish and the continuation of a ranching legacy.



*Ellie Lynn and Tina feeding a baby lamb at their lambing grounds in Fountain Green.*

## President's Message Continued from Page 3

- ♦ Fines are incorporated that are up to 10 times higher than current penalties.
- ♦ Requires immigrants to pay their own way. Currently the Government has to subsidize illegal immigrant's medical expenses, education, criminal prosecution, etc. The bill is being modified to require the permit holders to either have medical insurance or prove the ability to obtain the insurance.
- ♦ The permit holders are required to pay either their actual or simulated equivalent taxes. They will be paying their own way just as we do.
- ♦ They are prohibited from applying for unemployment benefits.
- ♦ This program provides individuals with a legal route to work in the U.S. It does not provide them with any pathway to citizenship. Most of these individuals only want to improve the financial situation for them and their family and they don't want to change their citizenship. Seeking citizenship is a separate path than the guest worker program.

The immigrant labor problem isn't limited to agriculture. Industries such as construction, hospitality, manufacturing, etc. all need a willing and able workforce. We hear the argument that illegal immigrants are taking jobs away from American workers. This statement is NOT true. Our customers would love to hire American citizens to work on their dairies, greenhouses, range operations, farms, etc. The truth is, there aren't enough American workers who are willing to work in these industries because the work is hard and the hours are long. These immigrant workers are working along-side the American owners who operate the farm or ranch. A second myth deals with wages. We hear uninformed people say the owners of the agribusinesses pay "slave wages" hence they are unable to attract domestic workers to fill their openings. The slave wages reference is NOT accurate and it is demeaning to our industry. The real problem is we are becoming an entitlement society resulting in people being unwilling to perform manual labor – at any wage. Our Country has an unemployment rate between 8-9%, yet our customers get no applicants for their job openings. I have heard from several customers who say they have hired local individuals to fill an opening and the locals quit after the first morning of their new job. The cost and availability of our food is going to be materially impacted if we don't do something about the immigrant workforce.


What can we as individuals do to help address the immigrant labor situation? Very simply, we must be heard:

1. Contact your local representatives in the Utah House and Senate and tell them you support HB116. They need to be educated about the ramifications of this bill on your operation.
2. Contact your party delegates at the County and State levels and express your support for HB116. They need to hear from people who are directly impacted by the situation.
3. Contact your Federal Congressional Representatives (Both Senators and your member in the House of Representatives) and express your support for HB116 and tell them you want them to pursue the Federal "waiver" that is required for HB116 to be implemented at the local level.

Representative Wright commented that he knows his bill isn't perfect in every situation, so if people have better ideas, they need to propose them. Continuing the status quo is not a viable option. Even if your individual operation doesn't employ immigrant labor, your business is still impacted by this issue because the plant that processes your product likely does employ these individuals. Besides the overwhelming business case to support HB 116, there is another reason to support it: It's the right thing to do.

In closing, I would like to thank everyone for taking the time to consider the contents of this letter, and if you are in a position to contact your delegations at the State and Federal levels, that would be helpful. At the corporate level, Western AgCredit is working with the other agriculture trade organizations and working with other interested parties such as the Chamber of Commerce. The numbers of agricultural entities is small, so we need to work with other industries to gain numbers so our voices will be harder to ignore. Please feel free to contact me if you have any questions or if you simply want to make your opinions known to us. Thank you for your continued support and friendship.

**Together in Agriculture,**



**Richard Weathered**  
**President**

# *Depression in Agriculture:* *Sowing Understanding, Reaping Recovery*

Over the course of my clinical work with farmers and ranchers, I have consistently been surprised how often these community leaders, American icons and local heroes, I've known my whole life will tell me they have contemplated suicide.

These thoughts and associated actions are not exclusive to Utah farmers and ranchers. Nationwide we are three times more likely to commit suicide than our non-farm counterparts. During times of economic hardship, farmers and ranchers are six times more likely to take their own lives.

There is a tremendous burden of stress inherent in agriculture. Much is out of our control. Weather, natural disasters, disease, predators, debt, shifting regulations, unpredictable markets, major health events, aging, injury and disabilities are day to day realities that can destroy years of hard work and planning.

Stress can shorten our lives, create physical problems and lead to depression. The most tragic consequence of untreated stress and depression is suicide.

## **Depression-“The Common Cold of the Brain”**

There remains a perception, particularly in agriculture, that mental and emotional problems are the result of a personal weakness. In reality, depression is a universal reaction to pain, loss and psychological stress. It is a miserable disease, but it is a normal part of being human.

I describe the level of despair in depression as walking through the valley of the shadow of death, being so alone that we feel outside the sight of even God Himself.

Persons struggling with depression often neglect to engage in essential activities. Fields, livestock, equipment and personal relationships suffer. Depression symptoms include an inability to make decisions, difficulty with problem solving and memory impairment. Often there are changes in

eating or sleeping patterns, excessive use of alcohol or prescription drugs. Failing to understand that these are symptoms, not failures, can lead to a lack of self-confidence, anger, self-blame and isolation.

Thoughts and comments such as “every thing I touch goes wrong”, “I can't get anything to work around here,” “I guess I'm just stupid” and “I'm ready to just give up” can be a constant dialogue in the depressed person's mind and generate unbearable negativity.

The most effective solution is to talk about the illness. Because it is an illness, statements such as “the sun will come up tomorrow,” “things aren't so bad,” “just be happy with what you have,” fail to recognize the depth of their struggle and may make symptoms worse. Most of us would not dream of saying such things to a patient with cancer. Likewise, depression and its sufferers need support and understanding. Remind the person of their strengths and goals, that they have people that care, ask them who and what has kept them going this long, and to seek or accept help. I recommend saying a version of “[name], I've known you for a long time, and I care about you. I can see that you're struggling, and I want to help.”

Depression is very treatable. A combination of medication and talk therapy can prompt a remission within weeks for a vast majority of patients. With farmer's, the most effective talk therapy is brief, conducted at their home or farm and essentially teaches skills to manage and reduce their symptoms.

In the Frontline special, “The Farmers Wife,” after meeting with a therapist the farmer said, “It was like talking to God. He knew exactly what was going on.” While that's a lofty compliment for a therapist, the reality is depression and its effects are common human experiences. Therapy is like giving an oil change to the brain.

A family physician is an important, local resource for medicines that can treat or cure. However, this is possible only when symptoms especially

emotional symptoms are described clearly, openly and accurately.

### **Suicide: Depression's Fatal Partner**

Suicide is the most tragic and shocking killer of depressed people. The word suicide has been described as the "most dreadful in the English language." However, just like learning CPR can save lives, so can learning first aid for the suicidal person.

There are three levels to understand to evaluate suicide: thoughts/ideation, plan and intent. The following are effective phrases for evaluating and helping:

1. Thought/ideation: Ask: "Have you ever thought of killing yourself?"
2. Plan: Ask: "Have you thought about how you would kill yourself?"
3. Intent: Ask: "When do you plan to do it?"

If a friend or loved one acknowledges thoughts, plan or intent there are steps we can take to help:

1. If it is thoughts alone, help the person make contact with a doctor or therapist as soon as possible.
2. If they acknowledge having a plan, remove guns, sharp objects, rope or any other means by which they can carry out their plan then seek help as quickly as possible.
3. When there is intent, the person should not be alone and emergency help is needed. Ask your friend or

loved one to come with you to the emergency room. If they refuse, call 911 on their behalf and stay with them until help arrives.

Remember, the sense that you may be 'invading their privacy' and feeling awkward yourself is worth the risk to avoid the devastation of losing someone to this horrible disease forever.

The Utah Young Farmer Apprenticeship Rehab and Mentoring Program (YFARM), is working to remove the shroud of shame surrounding depression in agriculture, it is hoped that the current generation of farmers can remain healthy and productive and the next generation will be informed and supported.

If you need more information about depression symptoms, or ideas to help someone, please contact us. Free, professional and confidential support and consultation are available by contacting us via phone, email or Facebook.

***For immediate crisis assistance call the National suicide hotline at 1-800-273-TALK (8255)***

## **Stay safe out there!**

### **Utah YFARM Program**

**Jennifer J. Hobby, CSW**

**Executive Director**

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## **Glen Brown Elected as VP of National Holstein Association**



Glen Brown of Coalville, UT was elected as the Vice President of the National Holstein Association at their annual meeting held in June in Richmond, VA.

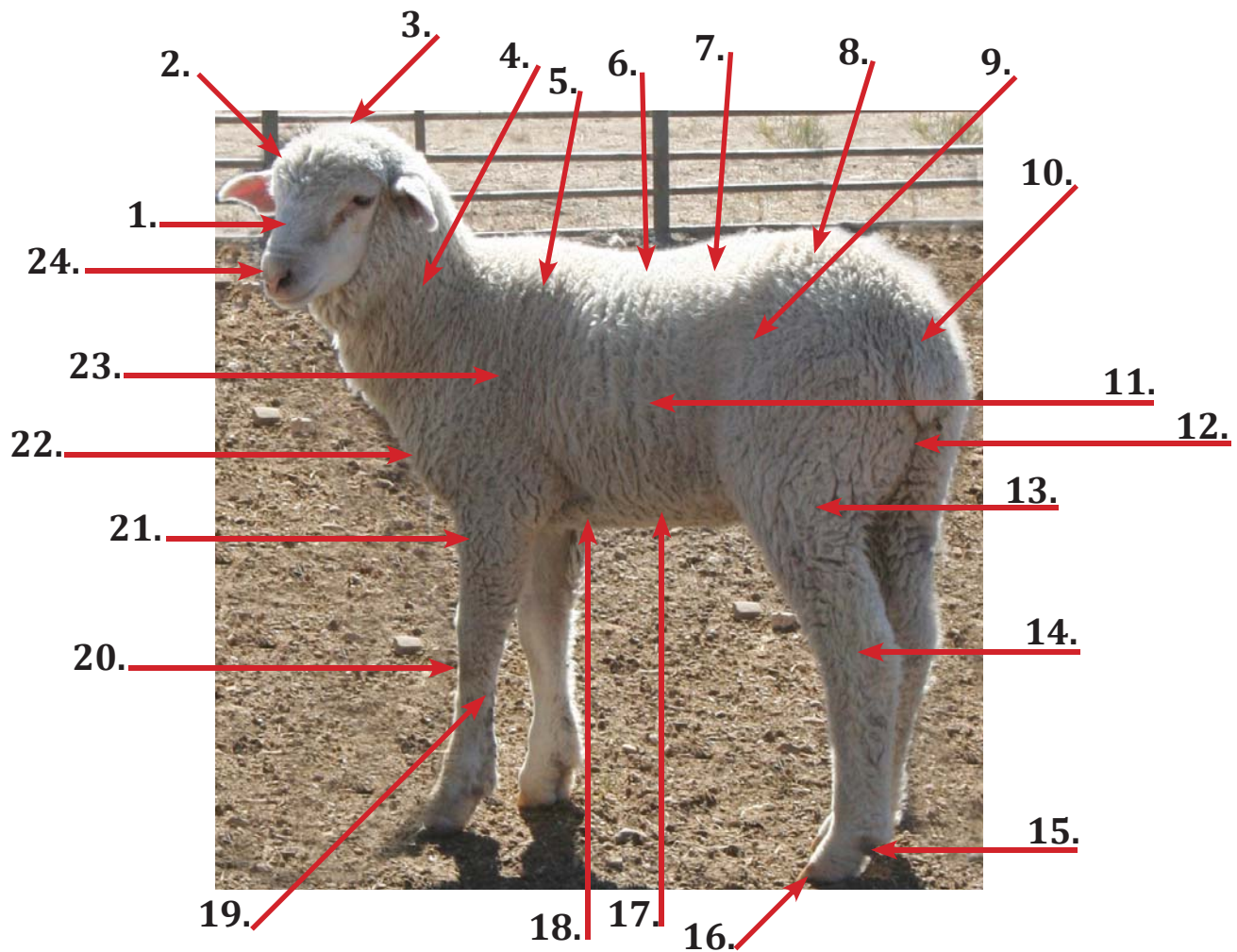
Prior to his election as Vice President, Glen served two terms on the National Holstein Board as a National Director.

Glen is a third generation dairyman and a graduate of Utah State. He has served as a past president of the Utah Holstein Association and he served for 15 years in the Utah State Legislature. Glen and his wife, Frankie, have four children and 15 grandchildren.

Glen's son, Michael Brown, that works on the family dairy, is also active in the national dairy arena. He was recently elected as a National Director of the Red and White Dairy Cattle Association.

Glen is now the second Utahan serving on the National Holstein Board. Utah House Representative Bill Wright of Holden, UT also serves on the 12 member National Board, giving Utah a strong presence on this prestigious national board.

# Congratulations to Kelli Kaufman of Milford & Scott Nelson of Brigham City They each won \$50 to Cabela's!



## ANSWERS:

- |             |             |                |            |                    |
|-------------|-------------|----------------|------------|--------------------|
| 1. Face     | 2. Forehead | 3. Poll        | 4. Neck    | 5. Top of Shoulder |
| 6. Back     | 7. Loin     | 8. Rump        | 9. Hip     | 10. Dock           |
| 11. Ribs    | 12. Twist   | 13. Leg        | 14. Hock   | 15. Dewclaw        |
| 16. Hoof    | 17. Belly   | 18. Fore Flank | 19. Cannon | 20. Knee           |
| 21. Foreleg | 22. Breast  | 23. Shoulder   | 24. Muzzle |                    |



# Laughing Pen

“Agriculture, manufacturers, commerce, and navigation, the four pillars of our prosperity, are then most thriving when left most free to individual enterprise.”

- Thomas Jefferson

## Gather at the River

A preacher was winding up his temperance sermon with great fervor, “If I had all the beer in the world, I’d take it and throw it into the river.”

And the congregation cried, “Amen!”

“And if I had all the wine in the world, I’d take it and throw it in the river.”

And the congregation cried, “Amen!”

“And if I had all the whiskey and demon rum in the world, I’d take it all and throw it in the river.”

And the congregation cried, “Hallelujah!”

The preacher sat down.

The song leader stood up very tentatively and announced, “For our closing song, let us sing hymn #365, ‘Shall We Gather at the River.’”

## Fancy Painting

Mrs. Flanders decided to have her portrait painted. She told the artist, “Paint me with diamond earrings, a diamond necklace, emerald bracelets and a ruby pendant.”

“But you’re not wearing any of those,” he told her.

“I know, it’s in case I die before my husband. I’m sure he’d remarry, and I want her to go nuts looking for my jewelry.”

## You Can’t Sing...

A church had a man in the choir who couldn’t sing.

Several people hinted to him that he could serve in other places, but he continued to come to the choir.

The choir director became desperate and went to the

pastor and said, “You’ve got to get that man out of the choir,” he said. “If you don’t, I’m going to resign. The choir members are going to quit too. Please do something.”

So the pastor went to the man and suggested, “Perhaps you should leave the choir.”

“Why should I get out of the choir?” he asked.

“Well, five or six people have told me you can’t sing.”

“That’s nothing,” the man snorted. “Fifty people have told me that you can’t preach!”

## Nap Time

An older, tired-looking Dalmatian dog wandered into a woman’s yard one day. She could tell from his collar, veterinarian tags and well-fed belly that he had a home and was well taken care of.

He calmly came over to her wagging his tail. She gave him a few pats on his head. He then followed her into her house, slowly walked down the hall, curled up on her leather couch and fell asleep.

An hour later, he went to the door, and she let him out.

The next day he was back, greeted her in her yard, walked inside and resumed his spot on the couch and again slept for about two hours. This continued off and on for several weeks.

Curious, one day the woman pinned a note to his collar reading: “I would like to find out who the owner of this wonderful sweet dog is and ask if you are aware that almost every afternoon your dog comes to my house for a nap.”

The next day the dog arrived again for his nap, with a different note pinned to his collar: “He lives in a home with 6 children, 2 under the age of 3 - he’s trying to catch up on his sleep. Can I come with him tomorrow?”



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