

WARNING! These products contain extremely potent weight-loss compounds: **Use Only if You Need to Lose 20 lbs. – or More!**

Green-Tea fires up your body's "furnace" so you **BURN MORE FAT!**

PLUS: Citrin Wipes Out Hunger For Rapid Slimming!

No Matter What You've Heard... Your doctor will tell you there are only two ways to safely, effectively and quickly lose the weight you struggle with ...

- 1) Boost Your Body's Fat Burning Ability And...**
- 2) End Strong Food-Cravings So You Eat Less.**

That's Why Doctors are Thrilled with this Potent Fat-Destroying Duo! When used together, these compounds work synergistically to help you dissolve stubborn fat. While Green Tea promotes your body's ability to burn fat remarkably fast... Citrin helps control even the most ravenous appetite.

The Result? Food cravings can virtually disappear and you shed pound-after-pound, safely, naturally and without unwanted side-effects.

The #1 Slimming Problem is Stubborn, "Impossible-to-Lose" Fat Deposits. The good news is... Green Tea contains a powerful phyto-nutrient called EGCG. This potent antioxidant possesses remarkable fat burning properties. Recent Medical studies found EGCG to skyrocket your metabolism and help burn-away excess fat – at an astonishing rate!

Once Your Metabolism Increases, your newly revved-up system easily burns excess fat.

Best of all, you flush fat out of your body before it attaches to your hips, thighs, tummy and buttocks. But that's not the only change that will occur. You will witness a rapidly thinning waistline and a tighter, more sculpted body too!

The #2 Problem With Weight Loss Is Controlling How Much You Eat. Because our body relies on food to survive, our natural compulsion is to crave food. Unfortunately, the foods we love to eat, also contain the most calories and often result in ugly, hard-to-rid fat.

Citrin Helps flip your hunger switch to "OFF" by triggering nerve messages between your liver and your brain. It stimulates your liver to produce glucose more efficiently – causing your brain to send fewer appetite signals. Hunger pangs are diminished so you don't eat as much. Nothing works faster or more effectively!

If you have fat you just can't lose ... Don't Wait... Order Now for fast, dramatically effective weight loss!

Not Convinced? Try GREEN TEA & CITRIN At Home Risk-free And See For Yourself! Soon you will love to look at yourself in the mirror! You will feel lighter, healthier and be filled with amazing energy.



No More Weight Loss Frustration!

Don't Wait! Mail the easy order form below or call our TOLL-FREE number today!

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- Yes!** I want to rapidly lose weight with fat-burning Green Tea and hunger-reducing Citrin. Rush me the following supply:
- Best Deal!** 120 day supply Reg. \$74.99 **Only! \$36.99 Save \$38.00 plus FREE shipping**
- Better Deal!** 60 day supply Reg. \$38.99 **Only! \$19.99 Save \$19.00 plus \$3.95 shipping**
- Good Deal!** 30 day supply Reg. \$20.99 **Only! \$12.99 Save \$8.00 plus \$3.95 shipping**

\$ _____ Enclosed by: Check Money Order or charge my Visa MasterCard Discover

Card# _____ Exp. ____/____

Signature _____

Mr.
 Mrs.
 Ms. (Please Print)

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City _____ State _____ Zip _____

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Mail Now To: Botanic Choice - 3401 W. 37th Ave., Dept. OA5DC, Hobart, IN 46342

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CG38

100% Fat Burning Risk Free Guarantee

Use Green Tea and Citrin for a full 90 days and watch the pounds and inches vanish! If you are not 100% delighted with your new slimmer figure, simply send the product back for a full refund. No questions asked! Green Tea and Citrin works best when used with a reduced calorie diet and exercise plan, which is included. Individual results may vary.

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Oklahoma



By Traci Morgan

Horizon

Agriculture reaches broad audience on new television show



Left: Oklahoma HORIZON Reporter/Editor Alisa Hines, right, focused in on Executive Producer Rob McClendon, left, and Oklahoma Farm Bureau President Steve Kouplen during an interview on the set of the new television show. The two discussed Farm Bureau's concerns with opening the Canadian border to beef imports for a show that aired March 19.

Perry Thoele, Oklahoma HORIZON director, watched behind the scenes as Oklahoma Farm Bureau President Steve Kouplen explained Farm Bureau's opposition to flooding the market with Canadian beef at the same time producers would be pulling their cattle off winter wheat during an on-set interview with Executive Producer Rob McClendon.



It's not often you find a television program devoted solely to rural life and economic development in Oklahoma. However, this is exactly the focus of a new show called Oklahoma HORIZON, which highlights agriculture's contributions to the state economy and quality of life.

Oklahoma HORIZON is a 30-minute weekly production partnered by the Oklahoma Department of Agriculture, Food and Forestry and the Oklahoma Department of Career and Technology Education. The show is broadcast statewide and nationally on several media outlets, including OETA and RFD-TV on the Dish Network and Direct TV.

Oklahoma Farm Bureau, a partnering group of Oklahoma HORIZON, hopes to reach new audiences through the scope of this program.

"We are a rural state, but the majority of our citizens live in the urban areas," said Steve Kouplen, president of the Oklahoma Farm Bureau. "We have a huge crowd of urban citizens in the state of Oklahoma that we need to talk to and explain some of the rural issues."

Rob McClendon, executive producer of Oklahoma HORIZON, said the agriculture industry often makes the mistake of "preaching to the choir."

"While it's certainly good to know what's going on in your industry, we want to highlight agriculture as a major industry to everyone in Oklahoma," said Rob. "And this show is airing nationally, too, so from that standpoint we're really trying to promote agriculture all across the country."



Oklahoma Horizon

airs each week on:

- OETA – Saturday at 7 a.m.
- RFD-TV Network (nationwide) on Dish Network (Channel 9409) and DirecTV (Channel 379) – Sunday at 3 a.m.; Monday at 9:30 a.m.; Thursday at 6:30 p.m.; and Friday at 12:30 a.m., 6:30 a.m. and 12:30 p.m.
- Channel 31 (Cable Channel 3) in Stillwater – Monday at 8:30 p.m. and Wednesday at 8 p.m.
- Pegasys Community Television (Channel 11) in Enid – Monday at 8 p.m. and Friday at 8:30 p.m.
- CUTV, Cameron University, (Channel 11) in Lawton – Tuesday and Thursday at 4 p.m.
- KGBN-TV (Channel 20) in Ponca City – Monday at 5:30 p.m.
- KRSC, Rogers State College, in Claremore – Wednesday at 8 p.m. and Saturday at 5:30 p.m.

Oklahoma HORIZON and CareerTech staff members are working with several additional media outlets to broadcast the show. For an updated list, visit www.okHorizon.com.





Clockwise from far left: State Women's Committee Chair Clara Wichert, left, took the opportunity to promote the productivity and efficiency of Oklahoma producers during a Food Check-Out Day interview with Oklahoma HORIZON Executive Producer Rob McClendon, center, and Reporter/Producer Brian Bendele. The story, which aired Feb. 12, included video of the women donating \$1,000 in food items and Braum's gift certificates to the Oklahoma City Ronald McDonald House.



A Jan. 29 episode of Oklahoma HORIZON featured Oklahoma Farm Bureau District 9 Director Mike Spradling during pecan harvest on his Tulsa County farm. The story illustrated how events outside the state's borders can affect the agriculture industry here at home. Oklahoma's bumper pecan crop became even more valuable when hurricanes damaged Georgia's pecans.

Sam Knipp, Oklahoma Farm Bureau Corporate Communications/Public Relations director, videotaped Payne County's John Williams feeding cows for a story highlighting John and Kay Williams as OFB's Farm Family of the Year. The story aired Jan. 15 on Oklahoma HORIZON.

Agriculture is a major player among the state's industries, contributing \$7 billion to the Oklahoma economy; a fact Rob said goes unnoticed by the non-farm public.

"Most people who aren't involved in agriculture simply do not realize that, in terms of economic impact, agriculture is one of the 'Big Three'," he said. "We like to say if you eat, you're involved in agriculture, and that's certainly true. But, especially in this state because it is a rural state; agriculture has a big impact on our pocketbook."

In just four months of production, Oklahoma HORIZON has featured stories from agriculture production to global trade. Shows relating to rural development, including small business opportunities and alternative agriculture, are common. The program also has featured segments on urban sprawl, conservation and management practices, legislative and economic analyses and market information on Oklahoma commodities.

"We try to tell stories from the person's perspective," Rob said. "The people out in the state; they have such great stories. My hat is off to people who live in very small towns. The things they do to keep their town alive and business booming is truly inspiring."

Oklahoma HORIZON has featured several Farm Bureau leaders and their stories since the beginning of production.

Kouplen's visit to China for trade promotion aired on the inaugural show Jan. 8. In February, reporters were on hand to capture the safety and affordability of Oklahoma's food supply during Food Check-Out Day activities with leaders on the state Women's Committee.

Sam Knipp, OFB Corporate Communications/Public Relations director, has produced several stories for Oklahoma HORIZON relating to conservation, production and rural legislators. These stories featured OFB Farm Family of the Year John and Kay Williams, OFB District 9 Director Mike Spradling and former OFB Director turned legislator Rep. Wade Rousselot, respectively.

The story on Spradling's pecan harvest was a favorite of Rob's because it illustrated how events across the country can affect the agriculture industry here at home.

While Oklahoma has had a bumper pecan crop this year, the hurricanes that ravaged southeastern sections of the United States wiped away Georgia's pecan crop.

"It's made Oklahoma's pecan crop even more valuable at a time that's really going to be good for Oklahoma's pecan producers," he said.

The show, housed at the Department of Career and Technology Education in Stillwater, is collaboration between Rob, a team of writers and producers at CareerTech, and contributing reporters.

Viewers can access the Oklahoma HORIZON Web site at www.okHorizon.com. The site lists staff members, the program lineup as well as resources for more information on each story. A list of broadcast stations, dates and times also is available on the Web site.

Farmers and ranchers across the state contribute greatly not only to the state's economy, but also the quality of life here in Oklahoma. Their achievements should be showcased for the public to see.

"Oklahoma HORIZON is a great resource to inform those of us in agriculture and to educate the urban consumers of this state and nation as to just what we go through in producing the food and fiber that they enjoy at such an affordable price in this country," said Kouplen.

Agriculture is a story that certainly needs to be told, Rob said.

"I think we've learned in the past that if we don't take active involvement in telling our story, those of us in agriculture, it may not get told."



Change the batteries in your smoke detector twice annually, and clean it thoroughly once a year.

Without advance warning to those inside, nighttime fires pose a horrific threat to homeowners and their families.

Smoke detectors will save lives if they're working

Smoke detectors can save your life in the event of a fire. That is a fact.

While most homeowners probably have detectors installed, many are the victims of chronic neglect and become virtually worthless plastic discs gathering dust.

"Almost every single fire death that occurs can and should be prevented," said Justin Grego, Oklahoma Farm Bureau Safety Services director.

"But they aren't. Why? Because too many of the smoke detectors present do not work. The National Fire Protection Association (NFPA) reports that almost 25 percent don't work.

"Or," he adds, "there are too few in our homes to provide enough early warning for families to escape safely."

Statistics back up Grego.

Oklahoma Farm Bureau Mutual Insurance Company had more than 300 major fire losses reported in 2004, according to Vice President of Claims Richard Newberry. Property loss exceeded \$16 million.

But the biggest loss was lives. Eight people died in those fires, and that's just the statistics from one insurance company.

And 2005 is off to a grim start. Newberry said that two people died in less than six

weeks into the new year in fires that OFBMIC covered. Again, that's just statistics from one insurance company.

"Undoubtedly, we've all heard the recommendation to change batteries in your smoke detectors twice a year," said Grego. "A good rule of thumb is to change batteries when daylight savings time begins and ends.

"It began in April. Did you change your batteries? Regrettably, probably more people did not than did."

Smoke detectors also should be cleaned at least once a year with a vacuum to remove accumulations of dust and dirt, which cause the mechanisms to deteriorate and become less sensitive.

"And smoke detectors are like most other mechanical things. They don't last forever even with proper care," said Grego. "Most manufacturers recommend replacing them every 10 years."

Grego said experts with NFPA recommend smoke detectors be placed both inside and outside sleeping areas. The detectors should be placed on the ceiling or on the wall six to 12 inches from the ceiling.

"You'll likely have one smoke detector between your sleeping areas and the rest of the house," he said.

If all the bedrooms are on the same end, most homeowners probably have one or two. If the bedrooms aren't together, there's likely one additional detector.

"Really," said Grego, "that's not enough. For the best protection, smoke detectors also should be placed in living rooms, kitchens, utility rooms, dens and the like."

What this means is that rather than the two or three in the average house, the homeowner actually needs as many as seven or eight.

And what's that going to cost? Grego says somewhere between \$80 and \$150.

"The cheaper smoke detectors are sufficient. While they aren't as sophisticated as the more expensive ones, they all provide the early warning you're looking for," he said.

"Smoke detectors are critical to surviving a night time fire in your home. They can awaken you in the event of a fire.

"The bottom line is," Grego concluded, "you need smoke detectors; you need enough of them; and you need to check them often to make sure they work."

OFB honors trio with its Meritorious Service Award

Three state lawmakers were named recipients of Oklahoma Farm Bureau's Meritorious Service Award at ceremonies during the 2005 OFB Leadership Conference in Oklahoma City.

The names of Representatives Todd Hiatt, Ray McCarter and Paul Roan were added to the prestigious list of lawmakers honored since the program was initiated in 1990. The honorees for the 2004 legislative session were announced during a Feb. 21 banquet held in conjunction with the Leadership Conference.

The Meritorious Service Award is designed to honor members of the legislature or other state elected officials whose philosophy or record demonstrates their commitment to the private enterprise system; sound agricultural policies supported by Farm Bureau; and fiscal conservatism and reduced government regulation of agriculture, business and individuals. The primary basis for selection is the extent a lawmaker votes in agreement with Farm Bureau policy on key issues.

Oklahoma Farm Bureau recognized each lawmaker for his dedicated efforts on behalf of state agriculture in the areas of property tax reform, private property rights, estate taxes, regulatory reform and agricultural Extension



Speaker Todd Hiatt accepts his Meritorious Service Award from OFB President Steve Kouplen, second from left. Also pictured are Creek County FBW member Beverly Hiatt, left, and OFB FBW member Phyllis Holcomb.



Representative Ray McCarter accepts his Meritorious Service Award from OFB President Steve Kouplen, second from right. Also pictured are Stephens County Farm Bureau Vice President Harris Powers, left, and Cotton County Farm Bureau Director Clarence Vache, right.



Representative Paul Roan accepts his Meritorious Service Award from OFB President Steve Kouplen. Also pictured are, from left, Johnston County Farm Bureau representatives Marilyn and Dean Wiles and Glenn and Jenna Orr along with OFB Director Bob Drake.

and research during the 2004 legislative session.

Winners are selected to receive the award by the state board of directors after being nominated by county Farm Bureaus.

Hiatt, a Kellyville Republican, was nominated by the Creek County Farm Bureau. The county praised the representative, saying he has been a “very faithful friend” to the agricultural community.

“His voting record exemplifies his support of agriculture as well as Farm Bureau policies,” wrote Creek County on its nomination form. “Todd is always willing to attend Farm Bureau events such as legislative update meetings and is always willing to listen to problems concerning his district.

“He is an opponent of higher taxes where he has proven himself as a member of the House Revenue and Taxation Committee. He has opposed higher fuel taxes as well as property tax increases. He is a strong supporter of the 60 percent majority rule and consistently votes for private property rights.”

The county’s nomination form also said Hiatt has authored legislation on behalf of Farm Bureau which would have required a cost-benefit analysis of regulations before they could become law.

Hiatt represents House district 29, which covers Creek County and a portion of Tulsa County.

He was first elected to the 45th Legislature, and is Speaker of the House for the 50th Legislature, becoming the first Republican to hold that post in more than 40 years.

Hiatt, a rancher and dairyman, earned his bachelor of science degree in 1989 from Oklahoma State University. He was a political newcomer with no background in politics

when he won his first term in the legislature.

He and his wife, Bridget, have three children, Jimmy, John and Hillary. Hiatt is a member of Farm Bureau, the Creek County Cattlemen’s Association and has served as chairman of the Creek County Young Farmers and Ranchers Committee.

McCarter, a Marlow Democrat, was nominated by Comanche and Cotton County Farm Bureaus. Both counties praised him for being a staunch supporter of agricultural interests.

“While we in Comanche County are not his constituents, his door is always open and he has always been accessible to us,” wrote Comanche County on its nomination form.

“He has been a firm supporter of Oklahoma Farm Bureau’s goals through legislative action and has been consistently open to our problems and concerns in the agriculture sector,” wrote Cotton County. “His work and commitment in the legislature is a positive service to our industry in Oklahoma.”

Comanche County said McCarter has a 100 percent voting record with Farm Bureau and always has been willing to co-author or sponsor Farm Bureau-backed legislation. It specifically pointed to his support of Farm Bureau’s stance on annexation.

McCarter represents House district 51, which covers Cotton County and parts of Grady, Jefferson, McClain and Stephens.

He was first elected to the 46th Legislature, and currently serves on the Appropriations and Budget, Banking and Finance, Energy and Utility Regulation and Transportation Committees.

McCarter, a teacher and administrator, earned his bachelor degree from the

Oklahoma College of Liberal Arts, his master of education degree from Southwestern State College and his doctorate of education from the University of Oklahoma.

He and his wife, Kathy, have two children, Tammi Lynne and Clinton. McCarter, who served in the U.S. Air Force, is a Viet Nam veteran.

Roan, a Tishomingo Democrat, was nominated by Johnston County Farm Bureau. He was praised for having a 91 percent voting record on Farm Bureau issues.

“Paul Roan was the House sponsor of SB 288, which established a moratorium on the issuance of temporary permits leading to any municipal or public water supply use of ground water from a sensitive, sole source water basin,” the county wrote in its nomination form.

Roan represents House district 20, which covers Atoka, Bryan, Coal, Johnston and Pontotoc Counties.

He was first elected to the 48th Legislature, and currently serves on the Corrections and Criminal Justice, Environment and Natural Resources, and Public Safety and Homeland Security Committees.

Roan, a retired Oklahoma Highway Patrol trooper, earned his bachelor of education degree from East Central University in 1968 and completed his master’s degree requirements at that school in 1971. He was a teacher, police officer, deputy sheriff and trooper before being elected to the Legislature.

He and his wife, Betty, have three children, Chris, Brad and Angela. Roan served in the U.S. Air Force from 1961 to 1965 and is a member of the Tishomingo Lions Club and Masonic Lodge.

Best young dogs in U.S. expected at Sundowner Stockdog futurity in May

The best young cow dogs in the United States will be on hand May 13-15 at the small Oklahoma community of Coleman in the first futurity sponsored by the Sundowner Stockdog Association.

"I believe we have the largest and most active stock dog association in the United States," said Rick Cole, Nowata County Farm Bureau member and association spokesman.

Cole said Sundowner, a non-profit organization, has more than 110 members.

Entries from many states and Canada are expected at the show, and will compete for prizes and money as well as "bragging and breeding rights."

"If you are looking for a top-notch cow dog or trainer, this is an excellent opportunity," said Cole. "This event will feature some of the finest trainers and breeders. Attendees will have the chance to see cow dogs doing the thing they were bred to do."

For dogs to be eligible for the futurity, they can't be more than two as of March 1. All dogs must be registered. The entry fee is \$400 per dog.

A special feature of the futurity will be a youth competition, featuring youngsters 16 and under. Sundowner Arena owner Gary Shipman will furnish stock for the youth events at no cost.

In addition to the special youth



Expect to see plenty of stock dog action similar to this at the Sundowner Stockdog Association futurity May 13-15 at Coleman. Spectators are welcome, and admission is free.



Agrifest Welcome

The KNID Agrifest at Enid's Chisholm Trail Expo Center Jan. 7 and 8 surpassed last year's record attendance of 42,000 despite treacherous, ice-covered roads. Farm Bureau has been a fixture at the event – dubbed "The Best Little Farm Show in Oklahoma" – since its inception in 1997. Visitors to the Farm Bureau booth were greeted on opening day by this team of staff and county leaders. Pictured, from left, are Oklahoma Farm Bureau's Justin Grego; Garfield County leaders Dean Hedges, board vice president, and his wife, Lynette, who serves on the county board as well as chairman of the county FBW Committee; Desdive Milacek, county FBW Committee secretary; and Gary Johnson, board president. The booth was a joint effort of Alfalfa, Garfield, Grant, Kingfisher, Kay, Major and Woods County Farm Bureaus along with Oklahoma Farm Bureau. The volunteers passed out treats and provided information about Farm Bureau as well as doling out door prizes to several lucky visitors.

competitor, there will be classes for open, novice, ranch and beginner.

All dogs will run on Friday and Saturday, and the top 15 dogs – determined by points and times – will advance to the final go round on Sunday.

"Spectators are very welcome and invited to attend," said Cole. "Admission is free. We'd like for people to come and watch. We'd especially like farmers and ranchers to come and watch – that's really what we'd like."

The Sundowner Sports arena is located one mile south of Coleman on Oklahoma 48. The town of Coleman is located west and south of Atoka.

For additional information, telephone Cole at 918-273-1363 or email macole@fullnet.net.

OFB holds Leadership Conference

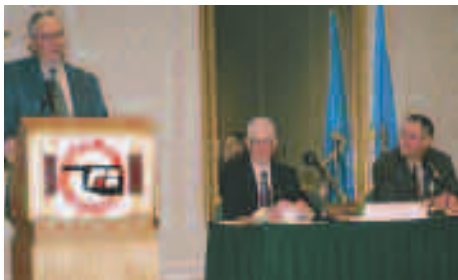
Oklahoma Farm Bureau recently wrapped up its 2005 Leadership Conference in Oklahoma City, with more than 200 leaders attending the Feb. 21-22 event.

A heavy emphasis was placed on legislative information to coincide with the current session of the Oklahoma Legislature.

Several key lawmakers addressed members on agricultural-related issues. U.S. Sen. Tom Coburn kicked off the meeting by discussing issues on the national front. He answered questions relating to issues such as the death tax, payment limitations and immigration.

State Sen. Daisy Lawler, chairman of the Agriculture and Rural Development Committee, also addressed the opening day session.

The FB leaders visited one-on-one with



Top: U.S. Sen. Tom Coburn kicked off the annual OFB Leadership Conference in Oklahoma City Feb. 21. He discussed several agricultural issues on the national front as well as fielding questions from the 200 attending the two-day meeting.

Middle: State Sen. Daisy Lawler, who chairs the Senate Agriculture and Rural Development Committee, spoke to the Feb. 21 session of the OFB Leadership Conference in Oklahoma City.

Above: Longtime Farm Bureau leaders Jerry Shoemake, center, and Wade Rousselot, right, were on hand at the 2005 Leadership Conference to discuss their first terms as state representatives. OFB President Steve Kouplen, left, moderated the session. Shoemake was an Okmulgee County Farm Bureau leader while Rousselot, a Wagoner County Farm Bureau leader, served on the state board of directors.

elected officials during a legislative reception Feb. 21.

Freshmen state Representatives Jerry Shoemake and Wade Rousselot, both longtime FB leaders, discussed their experiences as new lawmakers Feb. 22.

Training sessions focusing on county leaders capped the closing day's activities.



Women celebrate Food Check-Out Day

It takes less than 40 days for the average American to earn enough income to buy 12 months of groceries, according to the Oklahoma Farm Bureau Women's Committee.

The women celebrated "Food Check-Out Day" Feb. 7 by donating \$1,500 worth of food to the Ronald McDonald Houses in Tulsa and Oklahoma City.

"We wanted to highlight the fact farmers produce the safest, most affordable and abundant food supply in the world," said Clara Wichert, FBW chairman.

Americans spend just 10 percent of their disposable income on food compared with consumers in France, 18 percent; the United Kingdom, 22 percent; Japan, 26 percent; and India, 51 percent.

This large donation of food will stock the pantries at the Ronald McDonald House in Oklahoma City. Ronald McDonald House Executive Director Herb Gilkey, left, and Mary Lou Cozzens, its director of community relations, right, accepted the Food Check-Out Day Donation from the Oklahoma Farm Bureau Women's Committee. FBW Chairman Clara Wichert, second front left, and FBW district representatives Kathryn Floyd, center, along with Ruth Moeller presented the food on behalf of the committee.

"Food is a great bargain in this country," Wichert said.

The Ronald McDonald Houses were targeted because of service to families in need of assistance during a difficult illness.

"It's a very caring place for families, and we want to share our food with them," Wichert said.

In addition to the Ronald McDonald Houses, FBW contributed to local food banks, soup kitchens and women's shelters throughout the state.

Some examples include Grant County