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JANUVIA is a once-daily prescription pill that, along with diet and exercise, helps lower blood sugar levels in adults with type 2 diabetes.

JANUVIA should not be used in patients with type 1 diabetes or with diabetic ketoacidosis (increased ketones in the blood or urine). If you have had pancreatitis (inflammation of the pancreas), it is not known if you have a higher chance of getting it while taking JANUVIA.

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Serious side effects can happen in people who take JANUVIA, including pancreatitis, which may be severe and lead to death. Before you start taking JANUVIA, tell your doctor if you've ever had pancreatitis. Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (belly) that is severe and

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### New program trains farmers for successful careers

By [Haley Bianco, Multimedia Journalist - Greenbrier Valley](#)   [CONNECT](#)  
Posted: Mar 01, 2016 6:31 PM EST

**GREENBRIER VALLEY** - At a time when many traditional West Virginia jobs are declining, one field is actually growing. A new farming program is coming together in the Greenbrier Valley.

Local organizations have partnered to create [Sprouting Farms](#). The goal is to expand the local food system.

The Sprouting Farms program will provide beginning farmers with resources, access to equipment and training.

"Not just technical farming training, but business training. So coming out and creating a business plan," said Fritz Boettner, Principal of Downstream Strategies in Alderson.

Boettner says existing farmers need a hand keeping up with the high demands for local food.

"We need more farmers in the valley growing more food to try to meet this demand, and hopefully, make this type of agriculture a type of economic player," said Boettner.

A local farmer out of Monroe County, says the program would've helped him when he was starting out. He says the program will help farmers overcome financial obstacles.

"The program provides launching pads for some of these beginning farmers; it will give them the resources and the knowledge early on and let them make better decisions, and less mistakes hopefully," said Luke Bair, Owner of [Red Wing Farm](#) in Sinks Grove, and a program mentor.

Bair says he's looking forward to being a mentor in the program.

"One of my goals is to help someone along the way, but have that influence my operation in a positive way as well," said Bair.

Bair says he'll be teaching his students about farm diversification and the importance of planting crops year round.

Organizers say they hope to use the Greenbrier Valley as the model program for other parts of the region.

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