



# Next Generation

► Postcard from an NJAA director and state spotlights

## It's all about balance

As I was winding up one of the busiest summers I have ever had, moving back to college, slowly getting through my three-page to-do list and preparing for an extremely tough fall semester, I received an e-mail update from Shelia Stannard that said, "As we scurry into the fall semester and school activities, I leave you this month with a thought: 'Cease a moment, stop your work and take a look around you.' — Tolstoy"

I stared at the computer screen for a minute, and thought, "Wow! That is exactly what I need to do, and exactly what I need to remember throughout this entire semester. I need a break — time to relax and enjoy myself."

And that is exactly what I did. I had originally planned to spend my weekend preparing schoolwork, but instead, I stopped my work and took a look around. I took the weekend off and spent some time with my friends and family.

For those of you who know me well, you probably cannot believe that I am writing an article that tells people to stop their work — put it off for a while; worry about it later; go have fun. To be totally honest, I can't believe I

am giving this advice either, but I have learned that there is an imperative need for balance in our lives if we truly expect to make it through this world accomplishing and achieving all that we desire.

I am an extremely firm believer in getting the job done, taking on as many challenges as possible and working extremely hard.



Jennifer Ourso

However, many times you get so caught up in work, school or other major events, that you forget what you are really trying to do.

For example, my main goals at this point in my life are to go to medical school and become a doctor specializing in either oncology or emergency medicine.

In order to do this, I am striving to finish my undergraduate degree with a 4.0 grade point average (GPA), score highly on the Medical College Admission Test (MCAT), be extremely involved in my school and my community, and gain as much medical experience as possible. I know it will be difficult, and it will take a lot of time and sacrifice, but I see that as a challenge to try and succeed even more.

However, I have come to realize that when you want something so bad, it is very easy to become too focused and begin to fall apart. If

all I do is study or work, then it is really not worth it.

Times will be hard, sacrifices will have to be made, but between all the work there has to be some enjoyment. You have got to find the right balance for your work and your play, because all work or all play is not the answer. You have got to strive for what you want to accomplish and meet all the challenges that it entails, but you need to incorporate some type of fun along the way. Personally, I could not maintain a 4.0 GPA, carrying no less than 16 hours a semester, without having a little fun. My friends, family and crazy experiences have their own ways of motivating me and getting me through all of the challenges and stresses that my goals bring forth.

So, a friend's e-mail put my crazy schedule into perspective. I took the weekend off, took a look around, and enjoyed the no-computer, no-phone and no-school state of mind for a few more days. But when Monday morning came around, I was back at it. I had one week before school started, and I was ready to dive into my work and studies for the fall semester with a clear mind and the motivation to achieve the goals that I had set.

So whether you are an overachiever in your work, the student who will not settle for a "B," or too caught up in your busy schedule this semester, I challenge you to "Cease a moment, stop your work and take a look around." It can be for a minute, a day or a weekend. You decide what is right for you, but use the time to remember what you are truly trying to accomplish and why you want to do it. Think about who or what matters most in your life and how that can motivate you to succeed.

—Jennifer Ourso, Louisiana

### NATIONAL JUNIOR ANGUS ASSOCIATION BOARD OF DIRECTORS

#### TERMS UP IN 2005

**JENNIFER OURSO**, Louisiana  
chairman  
jourso5@lsu.edu

**JEANA SANKEY**, Kansas  
vice chairman  
jsankey36@hotmail.com

**JOANNA OLSON**, Texas  
communications director  
jojo\_olson@hotmail.com

**KYLE CONLEY**, Missouri  
Foundation director  
kyle\_26caf@hotmail.com

**TYLER GRISSOM**, Oklahoma  
leadership director  
tcgrissom@hotmail.com

**JARRETT MARTIN**, Arkansas  
membership director  
jarrettmartin@bellsouth.net

#### TERMS UP IN 2006

**CURTIS BRYANT**, Maryland  
curticb@okstate.edu

**CASEY JENTZ**, Wisconsin  
cejentz@wisc.edu

**ALICIA KRAMER**, Illinois  
arkramer@uiuc.edu

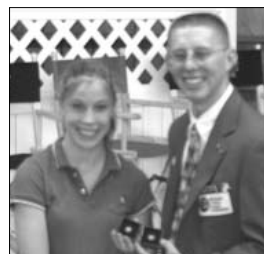
**HEATH MCPHERSON**, North Carolina  
hmac\_njaa@hotmail.com

**RENEE THELEN**, Michigan  
thelen28@msu.edu

**JAKE TIEDEMAN**, Nebraska  
tiedeman@simla.colostate.edu



### ► Arkansas Spring Preview Show, Greenwood, June 6



► Jarrett Martin (right), Lavaca, presents Elizabeth Williams, Van Buren, with the National Junior Angus Ass'n Bronze and Silver awards.

CONTINUED ON PAGE 56

## ▣ NEXT GENERATION

CONTINUED FROM PAGE 54

### ▣ Southwest Regional Preview Junior Angus Show, Tyler, Texas, June 19



► Top winners in the junior sales talk contest are (from left) **Taylor McQueen**, Gilmer, Texas; **Mollie Lastovica**, Fredericksburg, Texas; **Callie Donaldson**, Grandview, Texas; **Branson Parker**, Gilmer, Texas; **Megan Ahearn**, Wills Point, Texas; and **Daniel McFarland**, Keithville, La.



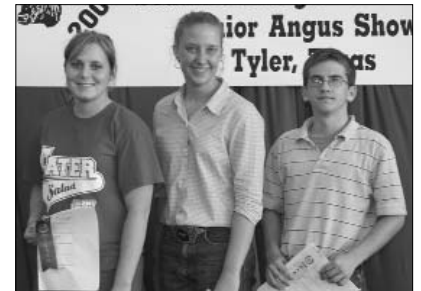
► Top winners in the intermediate sales talk contest are (from left) **Zachary Wells**, Hamilton, Texas; **Kevin Gleason**, Waxahachie, Texas; **Inabeth Donaldson**, Grandview, Texas; **Gretchen Ettredge**, Pilot Point, Texas; **Adam McFarland**, Keithville, La.; **Kyle Kemp**, Decatur, Texas; and **Hope McFarland**, Keithville, La.



► Top winners in the senior sales talk contest are (from left) **Tammy Ettredge**, Pilot Point, Texas, and **Katy Kemp**, Decatur, Texas.



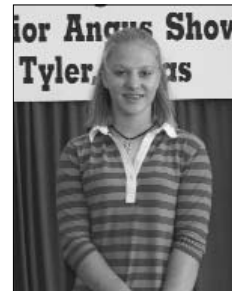
► Top winners in junior quiz bowl are (from left) **Megan Ahearn**, Wills Point, Texas; **Mollie Lastovica**, Fredericksburg, Texas; **Paige Wallace**, Stotts City, Mo.; **Taylor McQueen**, Gilmer, Texas; **Callie Donaldson**, Grandview, Texas; **Tylee Williams**, Lockney, Texas; and **Brazos Williams**, Lockney, Texas.



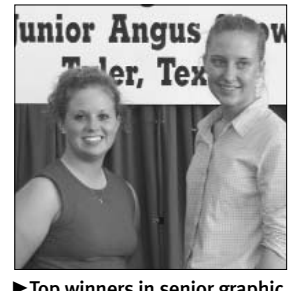
► Top winners in senior quiz bowl are (from left) **Katy Kemp**, Decatur, Texas; **Tammy Ettredge**, Pilot Point, Texas; and **Mark Gleason**, Midlothian, Texas.



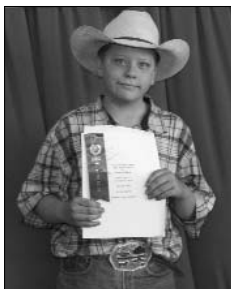
► Top winners in intermediate quiz bowl are (from left) **Kevin Gleason**, Waxahachie, Texas; **Logan Lastovica**, Fredericksburg, Texas; **Lindsye Hagens**, Shiner, Texas; **Jill Jagers**, Sulphur Bluff, Texas; **Kyle Carpenter**, Glen Rose, Texas; **Adam McFarland**, Keithville, La.; **Gretchen Ettredge**, Pilot Point, Texas; **Kyle Kemp**, Decatur, Texas; and **Jessica Bearce**, Nemo, Texas.



► **Gretchen Ettredge**, Pilot Point, Texas, claims top honor in intermediate graphic design.



► Top winners in senior graphic design and the senior essay contest are (from left) **Emily McCurry**, Burrton, Kan., and **Tammy Ettredge**, Pilot Point, Texas.



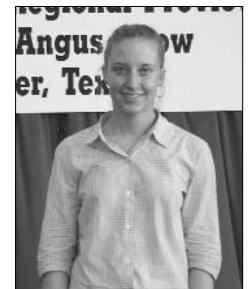
► **Brazos Williams**, Lockney, Texas, claims top honor in the junior essay contest.



► Top winners in the intermediate essay contest are (from left) **Jill Jagers**, Sulphur Bluff, Texas; **Zachary Wells**, Hamilton, Texas; and **Gretchen Ettredge**, Pilot Point, Texas.



► Top winners in the intermediate poster contest are (from left) **Kyle Kemp**, Decatur, Texas; **Gretchen Ettredge**, Pilot Point, Texas; and **Lindsye Hagens**, Shiner, Texas.



► **Tammy Ettredge**, Pilot Point, Texas, claims top honor in the senior poster contest.

CONTINUED ON PAGE 58

## ▶ NEXT GENERATION

CONTINUED FROM PAGE 56

### ▶ Southwest Regional Preview Junior Angus Show CONTINUED



▶ **Whitney Richter** (right), Waco, Texas, is awarded the Texas Angus Ass'n Scholarship. Presenting the award is Alford Echols, Cooper, Texas.



▶ Top winners in junior photography are (from left) **Paige Wallace**, Stotts City, Mo.; **Tylee Williams**, Lockney, Texas; **Jentry Jagers**, Sulfur Bluff, Texas; **Brazos Williams**, Lockney, Texas; **Wade Wells**, Hamilton, Texas; and **Samuel Wallace**, Stotts City, Mo.



▶ Top winners in intermediate photography are (from left) **Kyle Kemp**, Decatur, Texas; **Jill Jagers**, Sulfur Bluff, Texas; **Corey Shipp**, Winona, Texas; and **Gretchen Ettredge**, Pilot Point, Texas.



▶ Top winners in senior photography are (from left) **Emily McCurry**, Burrton, Kan.; **Jaci Jagers**, Sulfur Bluff, Texas; **Tammy Ettredge**, Pilot Point, Texas; and **Katy Kemp**, Decatur, Texas.



▶ The juniors receiving cumulative high scores in the contests are (from left) **Paige Wallace**, Stotts City, Mo.; **Emily McCurry**, Burrton, Kan.; **Tammy Ettredge**, Pilot Point, Texas; **Gretchen Ettredge**, Pilot Point, Texas; **Taylor McQueen**, Gilmer, Texas; **Kevin Gleason**, Waxahachie, Texas; **Kyle Kemp**, Decatur, Texas; **Brazos Williams**, Lockney, Texas; **Megan Ahearn**, Wills Point, Texas; and **Zachary Wells**, Hamilton, Texas.

### ▶ Indiana Junior Angus Preview Show, Lebanon, June 18



▶ Juniors receiving the National Junior Angus Ass'n Bronze Award are (from left) **Katarina, Steven, Baron** and **Zachary Rieker**, all of Columbus.

### ▶ Washington Angus Ass'n Field Day, Ellensburg, June 20



▶ The 2004-2005 Washington Junior Angus Ass'n officers are (from left) **Elizabeth Gavette**, Everson, vice president; **Amanda Johnson**, Nordland, reporter; **Jacob Jeske**, Royal City, East director; **Jimmy Palmer**, Bellingham, West director; **Peter Crabtree**, Kingston, president; **Heather Foster**, Snohomish, treasurer; and **Chelse Forman**, Ellensburg, secretary.

### ▶ Northwest Regional Preview Show, Prineville, Ore., June 25



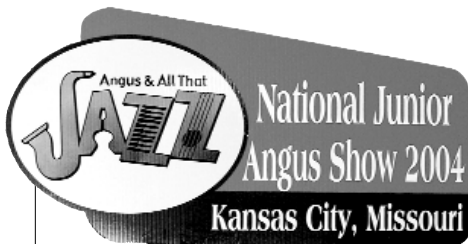
▶ The Oregon Junior Angus Ass'n officers are (from left) **William Buchanan**, Klamath Falls, president; **Nathan Van Roekel**, North Plains, vice president; and **Drew Van Roekel**, North Plains, secretary.



▶ The 2004-05 Northwest Junior Angus officers and directors are (back row, from left), **Michelle Malson**, Parma, Idaho; **Michelle Faulkner**, Gooding, Idaho; **Amanda Owings**, Powell Butte, Ore.; **Peter Crabtree**, Kingston, Wash.; **Nicole Jorgensen**, Culver, Ore.; **Chelse Forman**, Ellensburg, Wash.; (front row, from left) **Elizabeth Gavette**, Everson, Wash., secretary; **David Wiseman**, Filer, Idaho, vice president; and **Tessa Faulkner**, Gooding, Idaho, president.

CONTINUED ON PAGE 60





Nearly 700 Angus youth competed in the 2004 National Junior Angus Show in Kansas City, Mo., July 12-17. For coverage of the event, including show and contest winners, turn to page 92.

▣ Iowa Angus Summer Junior Show, Indianola, June 19



► The 2004-05 Iowa Junior Angus Ass'n officers are (back row, from left) **Drew Schroeder**, Clarence, president; **Denae Leonard**, Holstein, first vice president; **Katie Jensen**, North English, second vice president; **Amanda Wical**, Grundy Center, secretary; **Lauren Schroeder**, Clarence, treasurer; **Ashley Kuehn**, Durant, and **Brianna Gray**, Toledo, historians. Directors include (middle row, from left) **Sarah Stream**, Chariton; **Zane Gray**, Toledo; **Glen Mommsen**, DeWitt; **Zebadiah Gray**, Toledo; **Wesley Ruby**, Greene; **Weston Brandt**, Corning; **Dustin Carter**, Schaller; (front row, from left) **Madison Henderson**, Drakesville; **Jordan Paulsrud**, Danbury; **Bridget Driscoll**, Williamsburg; **Joe Sweeney**, Alden; **Chance Sullivan**, Saint Charles; and **Laura Mommsen**, DeWitt.



► Iowa Angus royalty are (from left) **Denae Leonard**, Holstein; **Andrea Poll**, Maquoketa; **Bridget Driscoll**, Williamsburg; and **Landi McFarland**, Ellston, queen.



► The Iowa Angus Auxiliary scholarship winners are **Denae Leonard** (left), Holstein, and **Drew Schroeder**, Clarence.

▣ Ohio Junior Angus Preview Show, Wapakoneta, June 25



► **Justin Brosey** (left), Hamilton, is awarded the Ohio Angus Auxiliary scholarship by **Sharon Sanders**, Auxiliary representative.

▣ Montana Junior Beef Expo



► **Andy Rest** (left), American Angus Ass'n regional manager, awards NJAA Bronze and Silver awards to (continuing from left) **Allison Dubs**, Billings, Bronze; **Katrina Dubs**, Billings, Bronze and Silver; and **Beth Hooker**, Luther, Bronze and Silver.