



# Next Generation

► Postcard from an NJAA director and state spotlights. Compiled by *Kasey Brown*.

## Dealing with daily stressors

*We all talk about it, and we all have it — that uncanny word, stress. It's a constant pain, and we always complain about it, but what do we ever really try to do to correct it or lessen the burden? We are part of an industry that has very unique work hours, which often places the biggest stressor on us, partly because it doesn't allow as much time for a personal life as we would prefer.*

### Finding time

Those famous words “Where were/are you?” always loom in our head when asked by our spouse, significant other, our parents, or even our friends. In the back of our mind we know all the things we should be or want to be doing, but our life is consumed by the things that come up every day. Whether the cause is from cattle being out; a major or minor equipment breakdown; or for those of us in school, test dates, extra homework and extra-curricular activities; or just about anything else you could possibly imagine; there is always something consuming our time.



**Evan Woodbury**

What if when we set up our calendar, we put the dates of things we wanted to do first, and filled in the remaining dates with what else needed to be done and did our best to work around dates that coincided? Some might say, “Well, I already do that,” when in reality they put the business items on their agenda first and then fill in the important personal things. I realize there are times when

that scenario just doesn't work, but it can't be that way every time or you'll never get to enjoy life.

Let's forget about scheduling for a bit and think about some things that we can do to relieve our stress and lessen the burden on ourselves. First, keep realistic expectations about daily challenges. Don't take on way more than you know you can handle; don't be afraid to say no. Break down bigger jobs into smaller ones and set goals to complete along the way. Finally, always remember to find time for others. Always cherish the ones you love. You never know when they might not be around anymore.

You'll also need some love and support to help achieve your goals and dreams. In my opinion one of the simplest things that agriculture families can do to spend some more time with each other is pick an activity or relatively simple project in which the whole family can participate that will lead to bonding and fun. As an added bonus, you might just cross something off that to-do list, too.

Additionally, we all have different lifestyles and levels of body capabilities, but I often find exercise a great way to relieve some mental stress and, in return, get a great

night's sleep. Next, there would be simply taking a small portion of your day, such as 30 minutes, to sit down and read a book or the daily paper.

I find that getting up earlier in the morning and doing something similar to that makes my whole day better and more productive. I believe it is easier to accomplish daily goals and create personal time when not feeling as rushed to fit everything into the day. A quote that sums up my thoughts from Lou Holtz states, “It's not the load that breaks you down, it's the way you carry it.”

I challenge everyone as we all move forward in our daily lives to

- remember the simple things in life that keep us happy and thriving every day — family and friends;
- be positive in everything that you do; and
- live to be able to work, not just work to be able to live.

— **Evan Woodbury, Kansas**

## National Junior Recognition Program winners

Corbin Cowles, Rockfield, Ky.; Ashley Cox, Eagle Point, Ore.; Logan Foore, Seven Valleys, Pa.; Evan Henning, Janesville, Wis.; Suzanne Henning, Janesville, Wis.; Kallie Knott, Laotto, Ind.; Bailey Osborn, Murdock, Kan.; and Austin Pillars, Martin, Mich.; have earned the National Junior Angus Association (NJAA) Bronze and Silver awards, according to Jaclyn Upperman, education and events director of the American Angus Association.

**Cowles**, the 17-year-old son of Gil Ray and Mary Cowles, is a member of the NJAA and the Kentucky Junior Angus Association, which he currently serves as reporter and has served as director.

He has participated in state, regional and national shows and showmanship contests. At the National Junior Angus Show (NJAS), Corbin participated in livestock judging, extemporaneous public speaking, team fitting, creative writing and quiz bowl contests, as well as the All-American *Certified Angus Beef*<sup>®</sup> (CAB<sup>®</sup>) Cook-Off. He was a participant in the mentoring program in 2011 and 2013. He also participated in the Leaders Engaged in Angus Development (LEAD) conferences in 2011-2013 and the Raising the Bar conference in 2013 and 2014.

### NJAA BOARD OF DIRECTORS

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**NJAA ON FACEBOOK:**  
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Visit the NJAA web site  
at [www.njaa.info](http://www.njaa.info).

► **Pennsylvania Angus Ass'n Annual Meeting & Banquet, Jan. 11, Grantville**



► **Left:** Pennsylvania Angus royalty are (from left) **Elizabeth Trowbridge**, Me-shoppen, 2015 Miss Pennsylvania Angus; and **Shelby Dean**, New Castle, 2014 Miss Pennsylvania Angus.

► **Right:** **Eric Shoop** (center), Dalmatia, receives his Silver Award from **Chris Jeffcoat** (left), Association regional manager; and **Eugene Trowbridge** (right), Pennsylvania Angus Ass'n president.



► **Kansas Angus Ass'n Annual Meeting & Banquet, Jan. 24, Hutchinson**



► Receiving NJAA Bronze and Silver awards are (from left) **Bryanna Hite**, Valley Center, silver; and **Chelsey Figge**, Onaga, bronze and silver.



► Kansas Angus royalty are (from left) **Bryanna Hite**, Valley Center, 2015 Kansas Angus Ambassador; **Megan Green**, Leavenworth, 2014 Miss Kansas Angus; and **Morgan Woodbury**, Quenemo, 2015 Miss Kansas Angus.



► **Jackson Wingert** (left), Ottawa, receives the Kenneth & Lorene Moore Scholarship from **Melissa Cozzitorto**, Kansas Angus Auxiliary scholarship committee.

Corbin has consigned cattle at the Pleasant Hill Farms March Madness Sale and Pleasant Hill December to Remember Sale.

**Cox**, the 17-year-old daughter of Brad and Buckley Cox, attends Eagle Point High School and is a member of the NJAA and the Oregon Junior Angus Association, which she has served as president and secretary.

She has participated in local, state, regional and national shows and showmanship contests. At the NJAS, Ashley participated in team sales contests and served as a voting delegate in 2013 and 2014. She also participated in the mentoring program in 2010.

Ashley has submitted weight data to Angus Herd Improvement Records (AHIR®) and consigned cattle at the Baldy Maker Bull Sale and the Traynham Ranches Female Sale.

**Foore**, the 19-year-old son of Mark and Christine Foore, attends Black Hawk College—East where he studies agribusiness management and is a member of the NJAA and the Pennsylvania Junior Angus Association, which he has served as director.

He has participated in local, state, regional and national shows and showmanship contests. At the NJAS, Logan participated in livestock judging, public speaking, team fitting and quiz bowl contests, as well as the Cook-Off. He also participated in the 2013 LEAD conference.

Logan has submitted weight data to AHIR.

**Evan Henning**, the 16-year-old son of Mike and Lora Henning, attends Clinton High School and is a member of the NJAA and the Wisconsin Junior Angus Association, which he has served as director at large and historian.

He has participated in local, state, regional and national shows and showmanship contests. At the NJAS, Evan participated in the livestock judging contest. He also participated in the LEAD conferences in 2013 and 2014.

**Suzanne Henning**, the 20-year-old daughter of Mike and Lora Henning, attends the University of Wisconsin where she studies ag business and animal science and is a member of the NJAA and the Wisconsin Junior Angus Association, which she has served as president, director at large, ambassador and royalty.

She has participated in state, regional and national shows and showmanship contests. At the NJAS, Suzanne participated in livestock judging, team fitting and quiz bowl contests, as well as the Cook-Off. She was a participant in the mentoring program in 2014. She also participated in the LEAD conferences in 2013 and 2014.

**Knott**, the 15-year-old daughter of Robert and Rebecca Knott, attends Garrett High School and is a member of the NJAA and the Indiana Junior Angus Association, which she has served as communications director,

reporter/scrapbook, regional member director and royalty.

She has participated in local, state, regional and national shows and showmanship contests. At the NJAS, Kallie participated in the livestock judging contest. She is also actively involved with her local 4-H.

**Osborn**, the 14-year-old daughter of Chad and Molly Osborn, attends Kingman High School and is a member of the NJAA and the Kansas Junior Angus Association.

She has participated in local, state, regional and national shows and showmanship contests. At the NJAS, Bailey participated in the team sales, extemporaneous speaking, quiz bowl, poster and livestock judging contests, as well as the Cook-Off.

She has submitted weight data to AHIR.

**Pillars**, the 15-year-old son of Rodney and Lori Pillars, attends Martin High School and is a member of the NJAA and the Michigan Junior Angus Association, which he currently serves as treasurer and has also served as director.

He has participated in state, regional and national shows and showmanship contests. At the NJAS, Austin participated in photography, quiz bowl, creative writing and livestock judging contests, as well as the Cook-Off.

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### Alltech Young Scientist kicks off 10th year of competition

The search is on for the next young scientist. Alltech has officially opened 2015-2016 registration for its global university-level competition that rewards scientific

innovation and experimental research in agri-science.

This year marks a decade for the Alltech Young Scientist program, which saw more than 8,800 students register for the 2014-2015 term.

“In the last 10 years, we have seen students from across the globe exploring topics such as salmonella detection in meat and poultry to CO<sub>2</sub>-enriched wheat-grain protein,” said Pearse Lyons, president and founder

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### ▶ Ohio Angus Ass'n Annual Meeting & Banquet, Jan. 31, Springfield



▶ Ohio Jr. Angus Ass'n officers are (from left) **Kinsey Crowe**, West Alexandria, secretary; **Lydia Dance**, Hillsboro, president; **Keri Felumlee**, Newark, vice president; **Kelsey Davis**, London, reporter; and **Kerrie Miller**, Wapakoneta, treasurer.



▶ **Lydia Dance** (right), Hillsboro, was crowned Miss Ohio Angus. Also pictured is **Kelsey Davis**, London, 2014 Miss Ohio Angus.



▶ **Kerrie Miller**, Wapakoneta, was recognized as a scholarship winner.



▶ **Lauren Grimes** (right), Hillsboro, received the Girl's Silver Show Award, presented by Kent Bauman.

▶ **Right: Kacey Felumlee** (right), Newark, receives the Junior Silver Show Award by Paradise Cattle Co. This award is presented annually to an exhibitor 12 years old or younger. Pictured presenting the award is Tim Harsh, Ohio Angus Ass'n president.



▶ **Kacey Felumlee** (right), Newark, receives the Boy's Bred-and-Owned Silver Show Award from Kelvin Egner.



▶ **Will Harsh** (right), Radnor, receives the Boy's Silver Show Award from Allen Gahler.



▶ **Lauren Grimes** (right), receives the Girl's Bred-and-Owned Silver Show Award from Daniel Wells, holding Garrett Wells.

## ▶ NEXT GENERATION

▶ **Kansas Angus Futurity Jr. Show**, Jan. 24, Hutchinson



▶ Winning peewee showmanship honors are (from left) **Jody Mead**, McPherson, champion; and **Ashley Ward**, Paola, reserve champion.



▶ Kansas Ambassador Bryanna Hite presents junior showmanship honors to (from left) **Eva Hinrichsen**, Westmoreland, champion; and **Thade Combs**, Buhler, reserve champion.



▶ Hite presents intermediate showmanship honors to (from left) **Sarah Loomis**, Council Grove, champion; and **Alexandria Cozzitorto**, Lawrence, reserve champion.



▶ Hite presents senior showmanship honors to (from left) **Esther McCabe**, Elk City, reserve champion; and **Jackson Wingert**, Ottawa, champion.

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of Alltech. “These bright young minds are revolutionizing the way our industry approaches challenges, and Alltech is proud to promote these young leaders in their scientific pursuits.”

Regional winners will receive cash prizes, and eight finalists will be invited to compete for top honors during Alltech’s annual international innovation conference in May 2016 in Lexington, Ky. The graduate grand prize is \$10,000 and the undergraduate grand prize is \$5,000.

Students may submit scientific papers on

topics such as animal science, crop science, food science, environmental science, food production economics, and aquaculture. A panel of industry professionals will judge papers. Registration and paper submission is available online until Dec. 31, 2015.

In addition to direct student registration, the program now offers research organizations and university departments the opportunity to become Alltech Young Scientist affiliate partners. As an affiliate partner, the local competition winners are fast-tracked to the Alltech Young Scientist

regional competitions and receive a range of academic and career-orientated benefits.

For more information and to register for the Alltech Young Scientist program, please visit <http://AlltechYoungScientist.com> and stay connected through Facebook at [www.facebook.com/AlltechYoungScientist](http://www.facebook.com/AlltechYoungScientist).

**Editor’s Note:** This column is compiled by Associate Editor Kasey Brown. To submit your “Next Generation” item, email [kbrown@angusjournal.com](mailto:kbrown@angusjournal.com) or call 816-383-5277.

### ▶ Virginia Angus Ass’n Annual Meeting & Banquet, Feb. 7, Staunton



▶ **Morgan Alexander**, Berryville, receives the William S. Stokes Award.



▶ **Zachary McCall**, Greenville, receives the Outstanding Junior Member award.



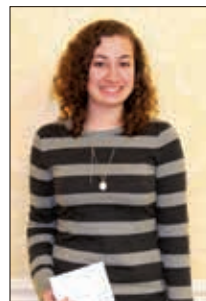
▶ **Morgan Alexander** receives the Outstanding Senior Member award.



▶ **Zachary McCall** receives the Premier Junior Exhibitor award.



▶ **Mark Alexander**, Berryville, receives the Premier Senior Exhibitor award.



▶ **Callie Eastin**, Gretina, receives the Virginia Jr. Angus Ass’n Scholarship.

► **Illinois Angus Ass'n Annual Banquet, Feb. 20, Springfield**



► **Andrew Livingston** (left), Nokomis, receives Bronze and Silver awards from Casey Jentz, American Angus Ass'n regional manager.



► **Austin Walter**, Grand Ridge, receives the Champion Certified Angus Beef LLC (CAB) Carcass Steer Award.



► **Laramie Chaffin** (right), Roodhouse, receives the Illinois Jr. Angus Ass'n Junior of the Year award from Gabrielle Lemenager.



► **The Luke Lemenager family**, Hudson, received the Mitchell Widhold Outstanding Junior Family Award. Pictured are (from left) Stacy, Paige, Gabrielle and Luke Lemenager.



► **Olivia Wilson** (left), Ogden; **Troy Rawlings** (center), New Holland; and **Ashley McEwen**, Bushnell, receive Illinois Angus Auxiliary Scholarships.



► **Audrey Curtin**, Blue Mound, receives the Troy Miller Memorial Award.



► Illinois Angus royalty are (from left) **Kate Henkel**, El Paso, princess; **Holly Marsh**, Union, princess; **Lindsey Decker**, Philo, ebonette; **Keegan Cassady**, Normal, queen; **Sierra Day**, Cerro Gordo, ebonette; **Emily Brooks**, Prophetstown, princess; and **Paige VanDyke**, Louisville, princess.

