# **Lessons learned from a big dreamer**

We are always told to "dream big and follow your passion," but acting on those dreams and working to achieve them day-by-day can be challenging. We often forget the big picture between daily struggles, frustrations and distractions, or we think our goals are too far down the line to begin working toward them today. As I reach a unique point in my life, finishing my collegiate career and looking forward to medical school, I'd like to share my journey toward my biggest goal, as well as what I learned along the way.

## **Focus**

Find what you are passionate about, and set a specific goal for yourself. It's okay if that

goal changes over time, but give yourself something to work toward. I have wanted to be a doctor since I was 5, and even though some specifics like specialty and school have changed, this is what has always driven me. Having a



Will Pohlman

goal that you are passionate about achieving will help you look past short-term challenges and power through them on your way to something bigger.

## It takes a village

There are very few things in life that can be accomplished alone, and this lesson took me some time to learn. Lean on your family, friends and colleagues for help, as well as emotional support. You will no doubt face trying times, and having a support network to remind you of why you are confronting

these difficulties and to help push you toward your ultimate goal can be the difference between perseverance and giving up.

#### **Find mentors**

Do not underestimate the power of encouragement from a mentor. Whether it is someone older or in your desired field, the advice and motivation from a mentor can help you better navigate your way toward your dream. Mentors can help fuel your drive to achieve your goals as you try to emulate them.

# Be flexible and have faith

My biggest lesson from the admissions process of medical school has definitely been to trust that God will put you where you need to be. I thought I knew where I belonged, but ended up finding a different school that is perfect for me and my plans. I had the good fortune of receiving an acceptance. Have specific goals, but be flexible and trust that, if you put in the work, you will be guided to where you should be.

Many goals may seem far away, but I've been surprised with how fast my own have

come and gone. Don't wait to begin working toward them, but make sure you value the time you have remaining at whatever point in life you may be at: middle school, high school, college or beyond. Sometimes we can be too busy looking forward to what's next, and we forget to enjoy life where we are.

- Will Pohlman, Arkansas

## **Bronze and Silver awards**

Adam McCauley, Cynthiana, Ky., has earned the National Junior Angus Association (NJAA) Bronze award, and Rylie Philipello, Bryan, Texas, earned Bronze and Silver awards, according to Jaclyn Clark, education and events director of the American Angus Association.

Adam McCauley, the 10-year-old son of Timothy and Nell McCauley, attends Harrison County Middle School and is a member of the NJAA and the Kentucky Junior Angus Association.

He has participated in local, state, regional and national shows. At the National Junior Angus Show (NJAS), Adam participated in the photography, graphic design, poster, quiz bowl and livestock judging contests. He was also a participant in the mentoring program in 2015 and 2016.

He has submitted weight data to the Angus Herd Improvement Records (AHIR®) program.

Rylie Philipello, the 15-year-old daughter of Nick and Jill Philipello, attends Rudder High School and is a member of the NJAA and the Texas Junior Angus Association, which she has served as treasurer and currently serves as director.

She has participated in local, state and national shows. At the NJAS, Rylie participated in quiz bowl, livestock judging

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# Arkansas Angus Preview Show, May 6, Little Rock

►Winning junior showmanship are Carson Cole, Russellville, first; Sydney Standridge, Dennard, second; Colton Cole, Russellville, third; Alyson Woodard, Black Rock, fourth; Reid Wingert, Rose Bud, fifth.

►Winning senior showmanship are Ross Wingert, Rose Bud, first; Emily Woodard, Black Rock, second; Allyson Sellers, Vilonia, third; Nicholas Pohlman, Prairie Grove, fourth; and Jolie McCain, Taylor, fifth.

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Visit the NJAA web site at www.njaa.info.

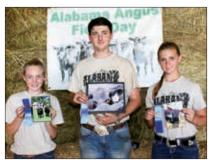
## ■ Alabama Angus Ass'n Field Day and Jr. Preview Show, June 3, Oxford



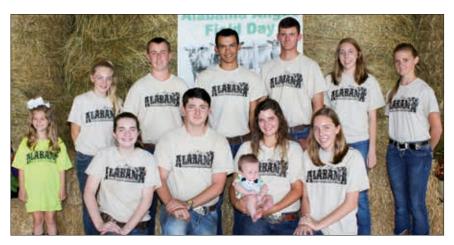
►Winning intermediate showmanship are (from left) John Thrower, Arab, fourth; Chelsea Langley, Camp Hill, third; Case Birge, Graceville, Fla., second; and Audra Graves, Cleveland, first. Also pictured is Chandler Akins, judge.



►Winning top honors in senior showmanship is **Chandler Langley** (left), Camp Hill. Also pictured is Akins.



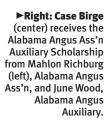
►Winning the photography contest are (from left) Allie Long, Fayette, junior division; Case Birge, Graceville, Fla., senior division; and Elizabeth Griffith, Hokes Bluff, intermediate division.



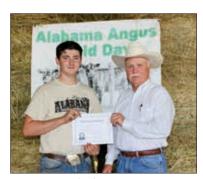
▶Left: The Alabama Jr. Angus Ass'n board of directors are (kneeling, from left) Audra Graves, president; Case Birge, vice president; Chelsea Langley, secretary-treasurer, holding Reason Rutherford, Starkville, Miss., future member; Layton Adams, Union Springs, reporter; (standing, from left) Kynleigh Wood, Holly Pond, future member; Allie Long, Fayette; John Thrower, Arab; Reid McGuire, Waverly; Chandler Langley; Aspen Adams, Union Springs; and Elizabeth Griffith.



►Left: Coloring contest winners are (from left) Kynleigh Wood and Austin Haynes, Dutton.







► Case Birge (left) receives the Richard Dyar Scholarship from Richard Dyar.

#### Tennessee Angus Ass'n Jr. Preview Show, June 3, Lebanon



▶Junior showmanship was won by (from left) Lila Sims, McEwen, reserve champion; and Cole Armstrong, Unionville, champion. Also pictured is Shane Lindsey, judge.



►Intermediate showmanship was won by (from left) Katie Whitted, Decatur, reserve champion; and Travis Turner, Covington, champion. Also pictured is Lindsey.



► Senior showmanship was won by (from left) Catherine Turner, Covington, reserve champion; and Kristen Brown, Cookeville, champion. Also pictured is Lindsey.

#### **► Kansas Jr. Angus Ass'n Preview Show,** June 3-4, Hutchinson



► Kelsey Theis, Leavenworth, was named Premier Jr. Breeder.



►Winning novice showmanship are (from left) Eliza Rosenhagen, Cheney, champion; and Ellie Laflin, Olsburg, reserve champion.



►Winning junior showmanship are (from left) **Jayce Dickerson**, Paradise, champion; and **Ava Combs**, Hutchinson, reserve champion.



►Winning intermediate showmanship are (from left) Alexandria Cozzitorto, Lawrence, champion; and Eva Hinrichsen, Westmoreland, reserve champion.



►Winning senior showmanship are (from left) Grady Dickerson, Paradise, champion; and Chelsey Figge, Onaga, reserve champion.



► Qualifying to represent Kansas in the National Junior Angus Showmanship Contest are (from left) Anna Carpenter, Wamego, and Sarah Loomis, Council Grove.



►Winning the junior division of team sales are (from left) **Kelsey Theis**, first; **Bryson Schull**, Parker, second; and **Addie Haverkamp**, Holton, third.



►Winning the intermediate division of team sales are (from left) Nicholas Siemens, Towanda, second; Abbie Schwab, Goddard, third; and Jacob Schweider, Hays, fourth. Not pictured is Bailey Osborn, Murdock, first.



►Winning the senior division of team sales are (from left) Anna Carpenter, first; Sarah Loomis, second; and Morgan Woodbury, Quenemo, third.



►Winning public speaking are (from left) Elyse Louderback, Saint George, junior division; and Morgan Woodbury, intermediate division.



►Winning second in the junior division of extemporaneous speaking is Eliza Rosenhagen.



►Winning their division of extemporaneous speaking are (from left) **Grant Dugan**, Saint George, first, junior division; **Eva Hinrichsen**, first, intermediate division; **Cale Hinrichsen**, Westmoreland, second, intermediate division; and **Grady Dickerson**, Paradise, first, senior division.



►Winning junior quiz bowl are (from left) Kelsey Theis, first; Cohen Navinsky, Winchester, second; Elyse Louderback, third; and Kelly Newton, Elk City, fourth.



►Winning intermediate quiz bowl are (from left) Baylee Wulfkule, Berryton, first; Laura Carpenter, Wamego, second; and Morgan Woodbury, third (tie). Not pictured is Bridget Kucan, Holton, third (tie).



► Placing in the senior division of quiz bowl are **Anna Carpenter** (left), first; and **Madison Wulfkuhle**, Berryton, second. Not pictured is **Brianna Cattrell**, Circleville, third.



► These junior Angus members will compete as a team at the NJAS in the team-fitting contest. Pictured are (from left) Laura Carpenter; Jayce Dickerson; Taylor Nikkel, Maple Hill; and Anna Carpenter.



►Winning top honors in the photography contest are Chelsey Figge (left) and Morgan Woodbury.



► Earning their Bronze and Silver awards are (from left) Cale Hinrichsen; Alexandria Cozzitorto; and Caleb Flory, Baldwin City.



▶ Receiving the Kansas Angus Auxiliary Scholarship are (from left) **Grady Dickerson, Cale Hinrichsen** and **Morgan Woodbury.** Ann Sankey, Kansas Angus Auxiliary scholarship chairperson, presents the awards.

▶ Right: Elected to the Kansas Jr. Angus Ass'n board of directors are (from left) Megan Green, president; Anna Carpenter, president-elect; Grady Dickerson, vice president; Cale Hinrichsen, second vice president; Morgan Woodbury, secretary; Alexandria Cozzitorto, treasurer; Ethan Dickerson, Paradise, reporter; Eva Hinrichsen, historian; (second row, from left) Chelsey Figge, past president; Jayce Dickerson, membership director; Kady Figge, Onaga, membership director; Kelsey Theis, membership director; district directors (third row, from left) Daniel Maier, Natoma; Elyse Louderback; Baylee Wulfkuhle; Kelly Newton; Nicholas Siemens; Greta Rosenhagen, Cheney; and Brandon Frederick, Sterling.



► Morgan Woodbury (left) receives the Junior Challenge Award and the Premier Exhibitor award from Beverly Figge, Kansas Angus Auxiliary, sponsor.



Northeast Kansas Jr. Angus Show, June 10, Effingham



►Left: Showmanship honors were won by (from left) Kady Figge, Onaga, intermediate champion; Truman Taliaferro, Valley Falls, junior champion; Morgan Woodbury, senior champion; Austin Woodrow, Emporia, reserve junior champion; Colby Baker, Lancaster, reserve senior champion; and Baylee Wulfkuhle, reserve intermediate champion. Also pictured is Graham Blagg, judge.

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# **►** NEXT GENERATION

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and team fitting contests. In 2015 she participated in the mentoring program. She was also a participant in the Leaders Engaged in Angus Development (LEAD) conference in 2016.

Rylie has submitted weight data to AHIR.

Canadian Angus Foundation announces junior ambassador, Dick Turner scholarship recipient & outstanding young Angus breeder The Canadian Angus Foundation is pleased to announce that the 2017 Robert C. McHaffie Junior Ambassador is Macy Liebreich of Radville, Sask.; Meghan McGillivray of Kamloops, B.C., received the Dick Turner Memorial Award; and Austen Anderson of Swan River, Man., was selected as the Outstanding Young Angus Breeder. Awards were presented at the Canadian Angus Convention banquet.

## Robert C. McHaffie Junior Ambassador

Macy Liebreich is currently working toward her bachelor of commerce degree at the University of British Columbia. Her family operation is Merit Cattle Co. In addition to 4-H involvement, she played hockey for the Weyburn AAA Goldwings, a high-level performance female hockey team, and was also involved in the Junior Achievement program before starting university.

## Minnesota Jr. Angus Ass'n Field Day, June 10, Arlington



►Winning peewee showmanship are (from left) Yasha Sleiter, Cottonwood, reserve champion; and Jenna Hetzel, Austin, champion.



►Winning junior showmanship are (from left) John Swanek, Dexter, champion; and Madelyn Ludwig, Richmond, reserve champion.



►Winning intermediate showmanship are (from left) **Dawson Johnson**, Pipestone, reserve champion; and **Jaden Borman**, Holland, champion.



►Winning senior showmanship are (from left) Adam Bierstedt, Pipestone, champion; and Shayna De-Groot, Edgerton, reserve champion.



►Minnesota Angus royalty are (from left) Jasi Borman, Holland, 2016 queen; Alyssa Nesler, La Crescent, 2016 princess; Madelyn Ludwig, 2017 princess; and Allyson Stanek, Hayward, 2017 queen.



▶ Elected to the Minnesota Jr. Angus Ass'n board of directors are (front row, from left) David Hassing, Wells, membership director; Jared Carlson, Pipestone, treasurer; (back row, from left) Allyson Stanek, secretary; Wesly Johnson, Pipestone, vice president; Nick Krog, Lake Benton, communications director; Madelyn Ludwig, historian; and Jasi Borman, president.

## **► Kentucky Jr. Angus Preview Show,** June 8, Louisville



►Winning top honors in showmanship are (from left) **Lily Jeffries**, Canmer, junior A division; **Bryanna Smith**, Russell Springs, junior B division; **Caroline Cowles**, Rockfield, intermediate division; and **Kendra Kostbade**, Henderson, senior division.



► Qualifying to represent Kentucky at the National Junior Angus Showmanship Contest is **Jesse Kostbade**, Henderson.



►Adam McCauley (right), Cynthiana, receives his Bronze Award from Alex Tolbert, Association regional manager.

The Robert C. McHaffie Junior
Ambassador program selects one Canadian
Junior Angus (CJA) member to be an
ambassador for the Canadian Angus
Association at events across Canada and one
international experience. Three other CJA
members competed for the award. Matthew
McGillivray of Kamloops, B.C.; Jennifer
Jermey of Ashern, Man.; and Brandy Thaxter
of Woodville, Ont.; all deserve recognition for
their impressive efforts in the competition.

#### **Dick Turner Memorial Award**

Meghan McGillivray is pursuing a career in sports medicine, studying physiology at McGill University. She plans to attend medical school after obtaining her degree and will also remain involved in her family's ranch, McGillivray Land and Livestock. Meghan is a member of the university's competitive cheerleading team and was both a competitive gymnast and coach. In 2016, she organized a two-day event called Beef it Up with speakers and farm tours to highlight opportunities for youth in the cattle industry. She is also the BC director on the CJA board.

The Dick Turner Memorial Award was established after the passing of legendary Angus icon Dick Turner in July of 2010. During his lifetime, Dick committed 55 years of his career to livestock publishing and successfully promoted and advertised the

Angus breed, specifically through the *Canadian Aberdeen Angus News* magazine. It was Dick's ability to foster relationships and boundless enthusiasm that led to his successful tenure. He believed that "information is power" and was best shared with all stakeholders. Dick was a hard worker and recognized the quality of life and relationships as the most rewarding part of his job.

Editor's Note: This column is compiled by Special Projects Editor Kasey Brown. She can be reached at kbrown@angus.media or 816-383-5277.

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## Indiana Angus Ass'n Jr. Preview Show, June 11, Lebanon



►Winning beginner showmanship are (from left) Nathan Hill, Yorktown, third; Rylee Smith, Cartersburg, second; and Whittlee Singleton, Plymouth, first.



►Winning junior showmanship are (from left) **Austin Nowatzke**, Michigan City, second; **Hunter Royer**, Westpoint, first; and **Kaitlyn Lowes**, Greenfield, third.



►Winning intermediate showmanship are (from left) **Katie Brock**, Stilesville, third; **Karson Patton**, Frankfort, second; and **Brooke Hayden**, Lowell, first.



►Winning senior showmanship are (from left) Ellie Sennett, Waynetown, first; Sarah Innis, Milroy, second; and Devan Brown, Bloomington, third.



► Representing Indiana at the 2017 National Junior Angus Showmanship Contest are (from left) **Kade Patton**, champion; and **Dylan Young**, Cicero, reserve champion.



►Winning Premier Junior Breeder is **Blake Retherford** (right), Indianapolis, pictured with David Retherford.

# Maryland Jr. Angus Preview Show, June 4, Westminster



►Winning showmanship are (from left) Alyson Schulze, Woodbine, junior champion; Savannah Brauning, Finksburg, senior and overall champion; Avery Dull, Westminister, intermediate champion; and Sarah King, New Market, qualified to represent Maryland at the National Junior Angus Showmanship Contest.

# ■ Missouri Jr. Angus Preview Show at the Missouri Cattlemen's Ass'n All-Breeds Show, June 10, Sedalia

► Right: Selected as representatives for Missouri are (from left) Josh Brannon, Ellsinore, ambassador; Lauren Gilbert, Oldfield, princess; and Reba Colin, Butler, queen.

