

# DIRECTIONS

THE NEWSLETTER OF THE NATIONAL JUNIOR ANGUS ASSOCIATION

3201 Frederick Ave., Saint Joseph, MO 64506-2997  
816-383-5100 • www.angus.org/njaa • info@njaa.info

Fall 2010

## *How to Prepare for your Bronze, Silver, and Gold Awards*



**T**he American Angus Association established a National Junior Recognition Program in 1972. It has been successful in providing an opportunity for young Angus breeders to become nationally recognized for their continued achievement. Any life, regular or junior member of the American Angus Association who is under 21 years of age may apply. This program is based on activities over a junior member's entire career.

Through an accumulation of points, a junior can qualify to receive each award. There are three levels of recognition: Bronze, Silver and Gold. Bronze and Silver awards can be earned at any age. The Gold Award, however, will be given only during the last year of eligibility as a junior member and must have already received Bronze and Silver awards prior to Jan. 1 of their last year of eligibility.

Wish to have your picture and biography listed in the Angus Journal as the Angus industry's future leaders? Among the most prestigious awards offered through the American Angus Association, the Bronze, Silver, and Gold awards sit atop the ladder of success. No other award allows a junior to record any and all activities completed throughout their career as a member of the NJAA. The award takes into account association activities, competition activities, performance-testing activities, producing and merchandising activities, and industry activities as well. Now, most of those might seem quite broad, but practically any activity you do that involves Angus cattle can be recorded and used to collect points toward achieving each respective award.

Among the most important things to do as a junior is to be involved. The more involved you are in your state's association, the more you both can benefit.

**● Don't be afraid to hold an office in your association!** One of the life skills the NJAA takes great pride in is encouraging our youth to be leaders. Leadership is an invaluable asset that will not only benefit you, but those around you.

**● Push yourself to compete!** Competition is key to success. It pushes you to want to become any and everything you can possibly be. Take every opportunity you can to compete in the hundreds of competitions offered through the American Angus Association. Whether it's showing one more heifer, entering two more contests, or proving to mom and dad in showmanship you know what you're doing, the more opportunities you have to compete, the more opportunities you have to succeed.

**● Record your performance data!** I strongly suggest taking the time to do this. I'll be the first to admit; I didn't know the first thing about recording performance data, until I contacted the association and found out how easy it is to do. Through the online services offered through the American Angus Association, it is now easier than ever to record weights and scan figures. Not only does it allow you to become better acquainted with industry knowledge, but it helps to make a sire's accuracy more bulletproof.

**● Advertise those Angus!** This industry survives through the buying and selling of Angus cattle. It is your responsibility as a junior to help your parents market your surplus stock. The lessons learned through marketing livestock are unparalleled.

**● Remain an asset to your community!** The more you help the people around you, the more satisfied you feel as a person. Take the time to volunteer in your community.

Juniors, if you take the time each year of your junior career to address each category, your Bronze, Silver, and Gold Awards are sitting in the palm of your hand. Achieving these awards is easy and it allows everyone around you to know how dedicated and how much passion you have towards this association. Participate in another contest, hit up one more show, sell one more animal. Your participation and involvement in this association will take you one step further ahead of the competition.

— by Garrett Knebel

# Chairman's Perspective:

*"They didn't let just anybody in that club, took every ounce of heart and sweat and blood, to get to wear those game day jerseys down the hall, kings of the school man, we're the boys of fall..."*  
Excerpt from Kenney Chesney's "The Boys of Fall"



*Just like those "boys of fall," it has taken* "every ounce of heart and sweat and blood" to wear the highly sought after green jacket. My involvement in Angus contests, activities, etc., meant leaving slumber parties early to work with my calf or missing a weekend at the lake to attend the Leaders Engaged in Angus Development (LEAD) Conference. Looking back, these were all small sacrifices I made to become a leader in NJAA. It is an honor to be recognized as an NJAA Board Director, the leader of "that club" that many younger juniors dream of joining.

Equipped with gratitude, pride, memories and friends, the road to becoming an NJAA

Board member has been the ride of a lifetime. These four components are essential pieces to achieve the most that life has to offer. Now, you're probably wondering why I would select these four?

Each and every day I thank the good Lord for all that he has given me. I take time to thank those who have helped me in any way. Gratitude may be as simple as sharing a smile and a simple "thanks" to anyone who helps you in any way, big or small. Thank you cards are a staple in my life. Yes, a short note to thank the folks who served on the show committee or your friend's mom who sent you photos can brighten their day as well as yours.

Take pride in all that you do; knowing that you have given your best. There are no guarantees that if you work hard the outcome will be what you expected, but you can take pride in knowing that you did everything you could. Win or lose, success is how you perceive your accomplishment. I am proudest of my accomplishments when I know that I have done all that I could do.

In the blinking of an eye, moments will fade away but memories will always be with us and they can't be taken away. Savor those moments when mom and dad drive all night to ensure that they are standing at ringside to cheer you on. Keep in mind even those embarrassing moments, including showing a heifer that yanked you around the ring. That, now, is a memory that brings a smile to your face.

And last, but not least, cherish the friendships that you have gained. It's knowing that when you need help, you can call on your friends and they can call on you; "It's I got your number, I got your back when your back's against the wall".

So, pack your life with gratitude, pride, memories and friendships and you'll be ready for anything, including membership in any prestigious club. "Call it in the air, yes, you got the ball" and it's all the way for a touchdown in life.

— Britney Creamer

## Green Gives Back

The National Junior Angus Association (NJAA) Board of Directors was proud to be part of a successful philanthropic event during the National Junior Angus Show. Seventy-five junior board alumni gathered at The Renaissance Hotel to relive old memories and make new ones at the reunion. A special and exciting announcement was also made at the event. "Green Gives Back," was created by the 2009-2010 NJAA Board of Directors in order to encourage past and current junior board members to give back to the NJAA.

In Denver, more than 20 attendees donated to this youth scholarship fund. A total \$16,350 was raised that evening, and more than \$18,400 in cash gifts and pledges has been raised since the inception of the scholarship fund. Nick Brost, past NJAA Board Member, made the largest

commitment of the night: \$6,000 in 2010 and \$1,000 in 2011 for a total of \$7,000. Margaret and Bob Duprey of Cherry Knoll Farm have pledged to match \$25,000 in funds by Dec. 31, 2011. The first \$500 scholarship is expected to be announced at the 2011 National Junior Angus Show in Harrisburg, Pa.

The NJAA Board of Directors and the Angus Foundation would like to congratulate past Board Members for 30 years of NJAA and thank all the contributors who donated. Without your support, the Angus Foundation would not be able to provide scholarships to deserving junior members.

— by Jennifer Ann Smith

### NJAA BOARD OF DIRECTORS

#### TERMS UP IN 2011

**BRITNEY CREAMER**, Colorado, **chairperson**, britney\_creamer20@hotmail.com  
**CODY SMITH**, Missouri, **vice chairman**, cody\_bball1@hotmail.com  
**CLINTON LAFLIN**, Kansas, **communications director**, superc336@hotmail.com  
**JENNIFER ANN SMITH**, Texas, **Foundation director**, jenniferann.smith@yahoo.com  
**JACLYN UPPERMAN**, Pennsylvania, **membership director**, jupperma@su.edu  
**DANIELLE FOSTER**, Michigan, **leadership director**, fostdani@umich.edu

#### TERMS UP IN 2012

**AUSTIN BRANDT**, Iowa, brandtfarms@wildblue.net  
**SHANE CLARY**, Virginia, shane.clary.08@cnu.edu  
**LINDSEY GRIMES**, Ohio, grimes.159@buckeyemail.osu.edu  
**GARRETT KNEBEL**, Indiana, garrett.knebel@okstate.edu  
**ALISHA NORD**, Minnesota, alisha.nord@ndsu.edu  
**CLAY WILLIAMS**, Georgia, dcw3791@uga.edu

## NJAA: A Giving Back Organization

**W**ith a backpack full of school supplies on my back, I lead a group of junior members and parents into the Boys and Girls Club of Middle Tennessee in Nashville. As I open the doors not knowing what to expect I'm greeted by girls and boys of all ages with smiles from ear to ear.

The attendees of the 2010 Leaders Engaged in Angus Development (LEAD) Conference and the American Angus Association donated more than 150 backpacks and miscellaneous school supplies. These 200 Nashville youth, ages 7-18, and their families receiving the supplies faced a challenging time with the flood that took place last spring. The National Junior Angus Association members touched each one of their hearts by donating backpacks and school supplies for them to start school on the following Monday. After losing almost everything to the flood, the donation of something as small as a backpack made a large impact in that child's life.



After we made our donation, we had a great opportunity to inform the youth about growing up on a farm and that we raise the beef they eat. The children sat eagerly awaiting our presentation to conclude so they could

play games with LEAD attendees. We all enjoyed participating in a few games of 'paper, rock, scissors' and 'tag' before we left. As we departed the Boys and Girls Club I had a few tears rolling down my face from seeing the joy on their faces from having us in their club and receiving our donation.

Whether it's adopting a family for Christmas, volunteering to help serve a meal, or signing up to be a mentor, giving back is something from which you will benefit and reap the rewards as much as the individual, family, or group receiving help. Don't know what you can do? Visit [www.volunteermatch.org](http://www.volunteermatch.org) to find volunteer opportunities in your area.

—by Robin R. Ruff, director of junior activities



## Auxiliary Notes

2010 will be marked as "unforgettable in my book." The National Junior Angus Show in Denver, Colo., was a success as was the new All-American *Certified Angus Beef*® Cook-Off contest, The Chef's Challenge. The year will be complete when the 2011 Miss American Angus is crowned prior to the selection of the champion Angus bull at the North American International Livestock Exposition. Congratulations to the five outstanding young ladies vying for this title and to all the Auxiliary scholarship winners and 2010 NJAS exhibitors.

### Certificates of Achievement

Nov. 1 is the deadline for submitting the Auxiliary Certificate of Achievement application forms. This national recognition program recognizes juniors who have had outstanding achievement at the national, state and district levels.

The application form is available on our web site at [www.angusauxiliary.com](http://www.angusauxiliary.com). If your state has an Auxiliary or junior Angus association, contact the Auxiliary president or junior advisor for information on submitting the application. Otherwise, applications can be sent directly to the committee co-chairs: Kerri Gleason (states beginning with the letters A-L) at [kgleason@aircanopy.net](mailto:kgleason@aircanopy.net), or Erica Styles (states beginning with letters M-W) at [cestyles@nvc.net](mailto:cestyles@nvc.net).

### Attention Graduating Seniors

It's never too early to begin working on scholarship applications. 2011 marks the 46th year that the American Angus Auxiliary has offered scholarships to graduating seniors. The 2011 scholarship application will be available in December on the Auxiliary website at [www.angusauxiliary.com](http://www.angusauxiliary.com).

### Gifts for the Angus Enthusiast

The Angus Gift Barn will be featuring several new items just in time for your Christmas shopping. A limited number of the popular cutting boards featuring C.J. Brown's piece titled "Home in the Heartland" will also be available. The Angus Gift Barn will be located at the



Crowne Plaza Hotel in the Holiday Room during the 127th Annual Meeting of the American Angus Association.

As always, you can purchase items online at [www.angussalebarn.com](http://www.angussalebarn.com)

### Join the Auxiliary

This is the ideal time to get involved in the Auxiliary as we begin preparations for 2011 awards, scholarships and fundraisers. Auxiliary membership dues are just \$10 per year, or a lifetime membership can be purchased for \$100. Membership information can be found at [www.angusauxiliary.com](http://www.angusauxiliary.com) or by contacting our membership chair, Pam Patterson at 406-445-2332 or at [blkcow@hotmail.com](mailto:blkcow@hotmail.com).

—Kathi Creamer, president American Angus Auxiliary



# Meet the New Six



## Austin Brandt

**Hometown & Age:** Corning, Iowa - 21

**Where are you attending school and what is your major?** I am not going to school because I am needed on the family farm. We run approximately 200 head of cattle and farm approximately 2,300 acres.

**How many siblings do you have?** Weston, age 19

**Your favorite song:** "The Impossible" by Blake Shelton

**Most memorable NJAS moment (other than being elected to the Board) and why?:** My most memorable moment involving the NJAS was when I saw my dad's face after I had just won my first class at Nationals in 2000.

**Name of your first show heifer and how old you were when you started?** My first show heifer's name was Empress and I began showing at the age of 10.



## Shane Clary

**Hometown & Age:** Brodnax, Va. - 20

**Where are you attending school and what is your major?** I am attending Christopher Newport University as a junior majoring in Biology.

**How many siblings do you have?** I have one brother who is 31 years old.

**Your favorite song:** My favorite song is kind of old but it's by Mark Wills "Don't Laugh at Me".

**Most memorable NJAS moment (other than being elected to the Board) and why?** The most memorable NJAS for me was 2008 in Des Moines, Iowa. I received the first-place boys scholarship from the Angus Auxiliary. It was an honor for me to receive an award based on the achievements that I had accomplished.

**Name of your first show heifer and how old you were when you started?** My first show heifer's name was Sable she was a red and white Simmental. I started showing when I was 9, after watching my brother for years!



## Lindsey Grimes

**Hometown & Age:** Hillsboro, Ohio - 19

**Where are you attending school and what is your major?** I am going to Ohio State University. I am majoring in animal science with a minor in ag business.

**How many siblings do you have?** Lauren, age 16

**Your favorite song:** My favorite song would have to be "She Ain't Right" by Lee Brice

**Most memorable NJAS moment (other than being elected to the Board) and why?** My most memorable NJAS was my very first one in Denver. My heifer got away and I was so embarrassed that I bawled my eyes out once I left the ring. A close family friend picked me up, gave me a tissue, and told me there was "no crying in show cattle."

**Name of your first show heifer and how old you were when you started?** I started showing when I was 8. Since I couldn't show at many Angus shows

I had an Angus heifer named Charlie and a crossbred heifer named Molly. Charlie and Molly were both very big and I refused to let anyone try to help me because I "wasn't a little girl" and could do it on my own.



## Garrett Knebel

**Hometown & Age:** Winamac, Ind. - 21

**Where are you attending school and what is your major?** Oklahoma State University, animal science and ag economics

**How many siblings do you have?** Catherine, age 19

**Your favorite song:** "Live Like You were Dying" by Tim McGraw

**Most memorable NJAS moment (other than being elected to the Board) and why?** Winning the speech contest. I love the opportunity to talk in front of people, and it was neat talking about the AngusSource® program.

**Name of your first show heifer and how old you were when you started?** Mama Bear, 8.



## Alisha Nord

**Hometown & Age:** Wolverton, Minn. - 20

**Where are you attending school and what is your major?** North Dakota State University (NDSU), agricultural communications, with minors in animal science and extension education.

**How many siblings do you have?** Audra is my older sister who is 22, and Luke is my younger brother who is 17.

**Your favorite song:** "How 'Bout Them Cowgirls" - George Strait

**Most memorable NJAS moment (other than being elected to the Board) and why?** Being a part of the mentoring program. I mentored a girl named Katie, and she was such a fun, outgoing girl and we had a lot of fun together.

**Name of your first show heifer and how old you were when you started?** Foxy Lucy. I started showing when I was about 10 years old.



## Clay Williams

**Hometown & Age:** Bishop, Ga. - 19

**Where are you attending school and what is your major?** University of Georgia, agribusiness

**How many siblings do you have?** Two sisters one is, Abby, 24; and Mary, 26

**Your favorite song:** "The General" by Dispatch

**Most memorable NJAS moment (other than being elected to the Board) and why?** Instead of speaking the reasons on my heifer, the judge spoke of how great of a job I did exhibiting my cattle all week.

**Name of your first show heifer and how old you were when you started?** Partisover Erin 234. I was 12.

— by Cody Smith



Is college in your near future? If so, you are about to engage in one of the most exciting times of your life. Choosing a college can sometimes be overwhelming, so the sooner you start thinking about your wants and needs, the better. Just like anything, appropriate

preparation will make the selection process more enjoyable.

I would like to introduce you to the college I attend, North Dakota State University (NDSU) in Fargo, N.D. NDSU is an accredited four-year, Division I institution. More than 14,000 students from 48 states and 81 countries attend NDSU, making it a great size if you want to be part of a larger campus without feeling lost in the crowd. "With energy and momentum, North Dakota State University addresses the needs and aspirations of people in a changing world by building on our land-grant foundation." This mission statement really sets the tone for the exciting life that awaits you at NDSU.

The College of Agriculture offers academic programs that open doors to exciting opportunities in the expanding realm of agriculture. Students are preparing for careers in diverse areas such as biotechnology, industry business, sales, marketing, natural resources management, research, government, international trade, law and communications, animal science and agronomy. The school also operates several agricultural research centers spread over 22,000 acres. NDSU offers 108 bachelor degrees, 75 minors, 63 masters, 44 doctoral, and 10 graduate certificate programs. Career opportunities are excellent, and more than 97% of graduates are employed within three months after graduation. With a

student-faculty ratio of 7-to-1, students receive individualized attention from faculty who are intimately involved in the region's agriculture.

NDSU is an urban agricultural center close to both production agriculture and processing. This provides unique and marketable "hands-on" experience for students involved in research projects and industry internships. There are many student organizations to be involved with at NDSU. Student groups are a great way to meet people, share in common interests, and have a good time. College clubs also provide a way to be involved in larger university activities, like homecoming. Being involved in student organizations gives you the opportunity to get acquainted with your professors outside the classroom and meet professionals who work in your field.

Most students find that by being involved, they gain confidence through improved organizational, leadership, and communication skills. Here are a few agricultural organizations NDSU has to offer: Agriculture Ambassadors, Judging Club, Agribusiness Club, Natural Resources Management Club, Pre Vet Club, Range Club, Rodeo Club, Collegiate FFA, Collegiate 4-H, Collegiate Farm Bureau, Bison Dairy Club, Agronomy Club, Saddle and Sirloin Club, and Veterinary Technology club. For more information, contact NDSU at <http://www.ndsu.nodak.edu/>.

— by Alisha Nord

## Behind the Scenes at the Office Welcome Jennifer Brown

**W**e would like to introduce you to a new staff member at the American Angus Association; Jennifer Brown! Jennifer grew up on a farm in her hometown of Rushville, Mo. She now resides in Saint Joseph, Mo., with her husband of 10 years, Brian, and their two sons.

She attended the University of Central Missouri in Warrensburg, Mo., for three semesters- majoring in agribusiness and then transferred to Missouri Western State University, in Saint Joseph where she finished her degree in 2001. Jennifer graduated with a bachelor's of science in business administration with an emphasis in agribusiness. Prior to joining the American Angus Association staff, Jennifer worked in restaurant management, real estate title insurance, and the banking industry as a loan officer.

Jennifer has spent her entire life around cattle and has many fond memories from the farm. Spending Saturdays at the sale barn in Atchison, Kan., taking walks through the pasture, and raising a bucket calf as a pet are a few of her favorites! When she was younger she participated in 4-H and FFA. Jennifer enjoys the people she gets to

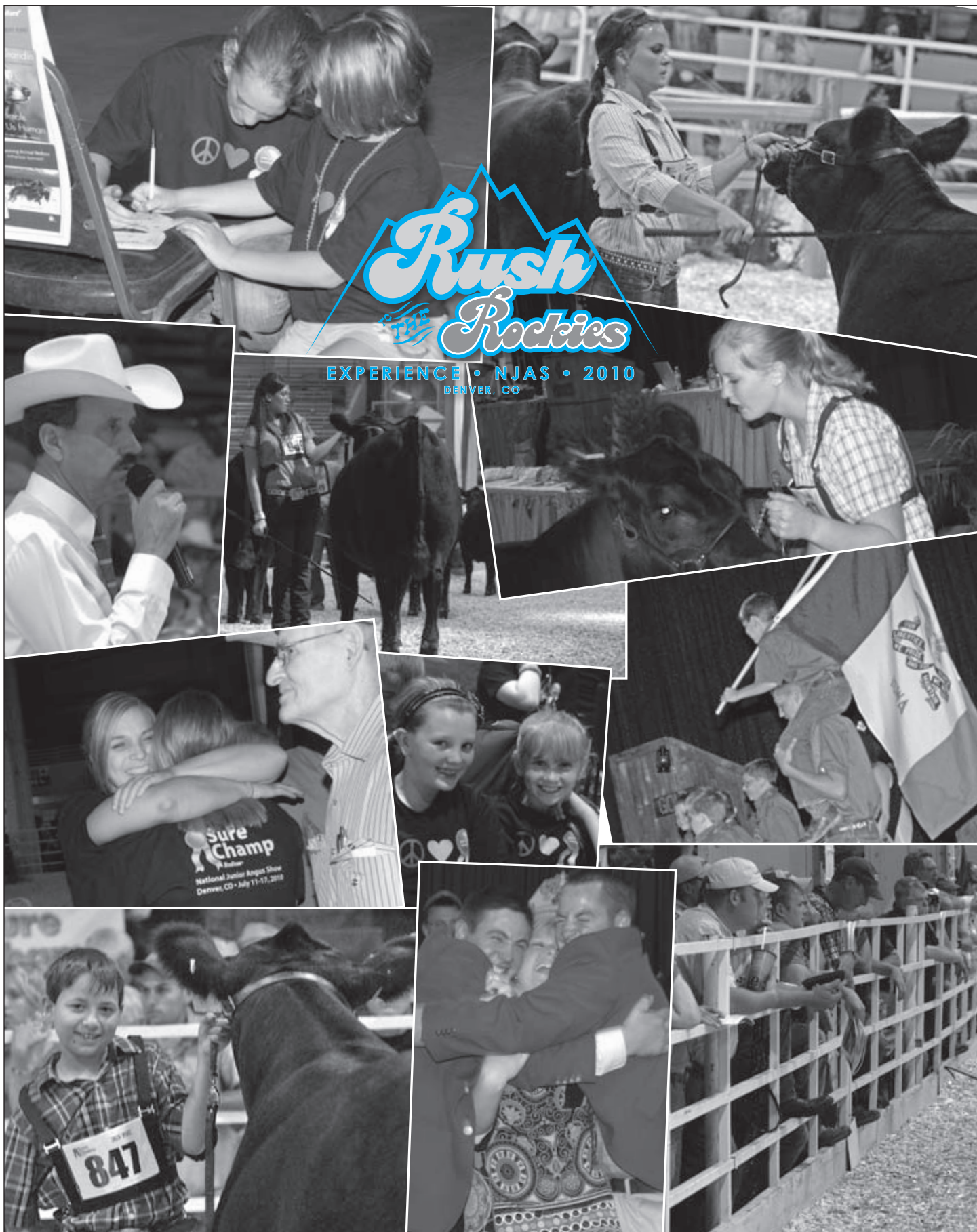


talk to on a daily basis, the fast pace of the American Angus Association office and helping plan all of the NJAA activities and events. She is very excited to learn even more about our industry and meet more Angus people!

Juniors, don't hesitate to contact Jennifer if you need anything. She cannot wait to meet and visit with you. She recommends you contact her at [jbrown@angus.org](mailto:jbrown@angus.org) if you have questions or are in need of resources and information pertaining to the NJAA.

As we welcome the addition of Jennifer Brown to the American Angus Association, we would also like to thank Monica Jordan for her years of service to the National Junior Angus Association. Monica did many amazing things, and we truly appreciate her time at the association!

— by Danielle Foster



This year's National Junior Angus Show was a "Rush to the Rockies," held July 11-17 at Denver, Colo.

# Great Times In the Mile High City

As July passed, so did another great week of enjoying Angus cattle and enthusiasts at the National Junior Angus Show (NJAS). This year the beautiful city of Denver, Colo., hosted hundreds of young cattleman for a week packed with entertainment and competition. Just as in years passed, many families flocked to the same city for one week with their equipment and cattle to not just compete, but to also catch up with old friends and to enjoy the week of activities.

From a game of “hide and seek” in the parking lot to exhibiting your senior yearling for the last time, the amount of activities available for an NJAA member were numerous during the show. With so many options, it is nearly impossible to ever be bored during your time at the NJAS. The activities that you choose to participate in create the moments that make your week at NJAS stand out in your mind forever. With that being said, I decided to ask a few juniors to highlight their favorite moment of the 2010 NJAS:

“Getting to see all my friends that I don’t get to see all year!” — Daniel McFarland, Keithville, LA

“Attending my first candidate dinner for the Board candidates! I really enjoyed the speeches and being able to participate in the roundtable discussions.” — Kelsey Stabler, Laytonville, MD

“I had fun competing in the quiz bowl with my brother and sister, plus I was proud of the way we placed.” — Drake Yon, Ridge Spring, SC

“Watching my brother win the steer show!” — Paige Wallace, Stotts City, MO

“Getting to spend time with some of the future leaders in the beef industry!” — Jacee May, Stillwater, OK

“Watching my sister go off the Board.” — Sydney Schnoor, Chowchilla, CA

“I always enjoy closing ceremonies at Junior Nationals. All the scholarship money, awards, and photos reminiscing the week truly shows how great the NJAA is.” — Colleen Jones, Kinston, NC

“Getting to see how the Angus association continues to improve its quality of cattle, year after year.” — Tanner Rayl, Hutchinson, KS

“My favorite part was getting to participate in the showmanship contest because it is such an important part of the NJAS!” — Madison Henderson, Drakesville, IA

“Closing Ceremonies!” — Patti Vaasen, Ann Arbor, MI

— by Clay Williams



# Thanksgiving Word Search

Key to this word search is on page 9



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COLONY	FEAST	PUMPKIN
COOK	HARVEST	SAIL
CORN	INDIANS	THANKS
FALL	PIE	TURKEY
FAMILY	PILGRIMS	



# Ten Things **EVERYONE** Should Know About the Beef Industry

**T**oday, more than ever, there is a growing educational gap between producers and the general public. The success and sustainability of the beef industry is dependent on the proper education of not only consumers, but producers as well. After doing some research through the National Cattlemen's Beef Association, here are the 10 most important facts that everyone needs to know:

**10. 160 degrees Fahrenheit is the correct and safe temperature to cook beef.** Consumers can contribute to their own safety by following proper food safety practices. These practices will ensure a safe and savory beef experience.

**9. There are 29 cuts of beef that meet government guidelines to be considered lean.** These cuts have less than 10 grams of total fat, 4.5 grams or less of saturated fat, and less than 95 milligrams of cholesterol per 3-ounce serving. Additionally, 20 of the 29 lean beef cuts have, on average, only 1 more gram of saturated fat than a skinless chicken breast per 3-ounce serving.

**8. Raising cattle contributes to less than 3% of U.S. greenhouse gas emissions.** Studies show that beef cattle production contributes to less than 3% of greenhouse gas emissions while transportation creates an estimated 26%. To reduce greenhouse gas emissions we must produce meat more efficiently, not consume less of it.

**7. Land for grazing cattle more than doubles the land that produces food.** Many Americans are concerned with the protection and conservation of the environment and its natural resources. But at least two-thirds of the land used for grazing in the United States is unsuitable for raising crops, and cattlemen across the country have adopted many practices that prove environmental stewardship of the land is the key to a successful and productive operation.

**6. In feedlots, cattle eat a nutritionally balanced diet that meets all their nutritional needs.** Feedlots are designed to grow and finish cattle

before processing. Cattle usually spend 4-6 months in a feedlot where they have constant access to feed and water. They are fed well-balanced diets to help optimize growth and performance.

**5. Beef cattle production is the single largest segment of American agriculture.** Cattle and beef production represents the largest single segment of American agriculture. In fact, the U.S. Department of Agriculture (USDA) says more farms are classified as beef cattle operations (35%) than any other type.

**4. Beef is a great source of 10 essential nutrients.** Calorie for calorie, lean beef is one of the most flavorful and efficient ways to meet the daily value for 10 essential nutrients like iron, zinc and B vitamins, and beef also provides 20 grams of protein per serving.

**3. Caring for animals is a family tradition that is handed down and improved from generation to generation.** The concern that cattlemen have for the care of their animals is imperative to ensure America has the safest and most wholesome beef supply in the world. The Beef Quality Assurance (BQA) program that was started in 1987 provides producers with the tools and training needed to assure animal health and well-being.

**2. 99% of the entire beef animal can be processed and utilized in everyday items.** The creation of beef byproducts is an important way for the beef industry to reduce, reuse and recycle. Beef byproducts can be found in things such as automobile and bicycle tires, medical products, mechanical items, and even other foods that we eat.

**1. 97% of all U.S. beef operations are family owned.** For many farmers and ranchers, raising cattle is a family tradition. There are also over 1 million beef producers in the United States that make a living in this great industry.

— by Lindsey Grimes

## The Importance of a Resume

Do you know why it is important to have a good resume? A resume represents yourself and communicates to your employer or school the values that you have to offer. A resume for a job or internship should showcase how you can contribute to their business, highlight problem solving abilities, and showcase your abilities to help accomplish their organizational needs. When you are applying for colleges it is important to have a resume that shows your accomplishments to this point; including your academic achievements, special talents, and your personal experiences that make you a good candidate to be accepted to their school and the programs they offer. Having a good resume is important because potential employer's use it to easily identify your prior experiences and accomplishments.

There are a few keys to having a good, successful resume. One of the most important keys is to make sure that your resume is free of all spelling and grammatical errors. It is good to keep it as brief as possible without compromising the message that you are trying to convey (1-2 pages). Don't use long paragraphs. Instead use bullets and short statements. Be sure that you have confidence in what you write in your

resume because you will need to be able to elaborate on any given entry during your personal interview.

Having a well-prepared resume is something that you should prepare ahead of time. You shouldn't wait to the last minute to prepare your resume. When you are a junior in high school or college you should prepare your resume to use for scholarships, college applications, job opportunities, and graduate schools. This is one of the most important things because it showcases you in many aspects. Whether you're applying for a scholarship or a job, you want to make sure your resume sets you apart from your competition. You want it to catch the attention of the people reading it. So don't procrastinate and let your resume be the reason you fail to receive the opportunities you deserve.

Start your resume now! You can maintain and update your resume anytime as new experiences and achievements happen. Have someone other than yourself or your family read your resume so you know how it appeals to others. Remember, correct your mistakes and be confident in what you are submitting because it is the most important document attached to your application!

— by Shane Clary





## Maintaining that 110% While on the Show Road

**F**or the past three years, I have been learning the ins and outs of teaching people how to stay healthy through nursing school. I also have learned, just like everyone else, how stressful life can be on the road while showing and participating in junior activities. The last thing on anyone's mind is how to stay healthy. Below are a few tips for staying 110% while showing. Just doing one of the following can help make a big difference in your performance.


**Sleep** – Get plenty of sleep! Eight hours of sleep is recommended to perform adequately. We know that sleep is at a minimum when on the show road. Avoiding caffeine after 4 p.m. can aid in the brain relaxing and promoting more sleep. Also relaxing and reviewing the next day's activities will assist in relieving stress and allow sleep to occur easier. Getting lots of sleep will reduce mood swings and allow for a successful showing experience.

**Meal Time** – Eat the right foods! Fast food restaurants are very familiar to us on the road. Greasy foods and lots of carbohydrates create less productivity. Eating a balance of protein, vegetables, carbohydrates and fruits can give you energy to stay motivated. When your only option is to stop at a fast food restaurant, there are multiple alternatives such as salad, yogurt and fruit that can be substituted for the fries that come with the double cheeseburger. Always eating a well-balanced dinner will help in putting you ahead for the next day.

**Hydrate** – Drink water! Water is the best fluid to keep you hydrated and full of energy. Drinking lots of carbonated drinks or soda does give us caffeine and sugar for a boost of energy; but that boost of energy doesn't last very long and causes us to need more. Limiting carbonated drinks will help maintain energy and in hot weather stay hydrated.

**Vitamins** – One a day! Taking a vitamin supplement will help you to stay healthy and cover the nutrients that may get missed while on the road.

— by Jaclyn Upperman

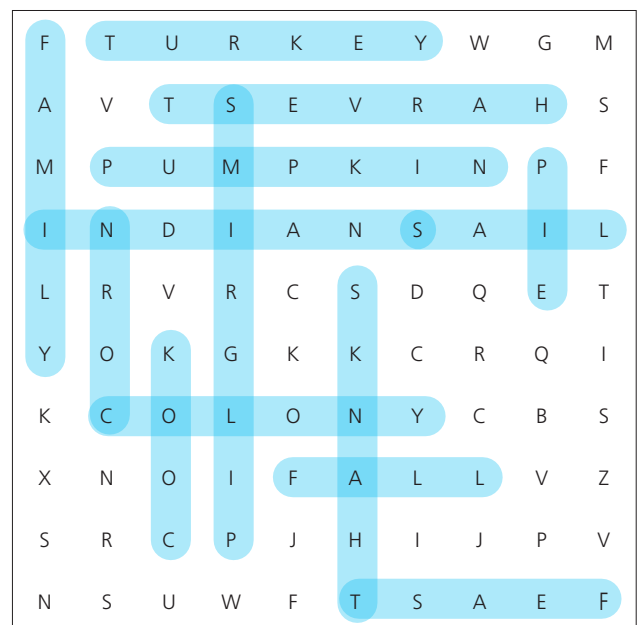


# BRAIN BUSTERS

- #1. You have a fox, a chicken and a sack of grain. You must cross a river with only one of them at a time. If you leave the fox with the chicken he will eat it; if you leave the chicken with the grain he will eat it. How can you get all three across safely?
- #2. What is special about the following sequence of numbers?  
8 5 4 9 1 7 6 10 3 2 0
- #3. A rooster lays an egg at the very top of a slanted roof. Which side is the egg going to roll off on?
- #4. Tom's mother has three children. One is named April, one is named May. What is the third one named?
- #5. If eggs are 12¢ a dozen, how much would it cost for 100 eggs?

Key to Brain Buster solutions is on page 11

Key to the Thanksgiving Word Search located on page 7





The 2010 LEAD conference, "Angus: Live & Loud," was Aug. 5-8 in Nashville, Tenn.

# On the Ranch — Keep vs. Cull

**Why it is important to establish an effective keep/cull method for your herd?**

Culling methods for cattle operations can vary not only from operation to operation, but also from region to region. This can depend on anything from type of terrain to length of seasons. While those parameters may be different, the general outcome of the cull is the same; to increase your profits, while decreasing your inputs.

The effectiveness of a good culling program can be as valuable as a good breeding or feeding program. While some operations have set standards for the herd on keep/cull cows, others choose to look at it on a more cow-to-cow basis. Whichever one you may choose, here are a few quick and easy guidelines to follow for making your entire herd diligent on a keep/cull basis:

- ☛ Did the cow rebreed to calve within her yearly cycle?
- ☛ Did you see a drastic reduction in gain on her calf?
- ☛ Is her udder quality and functionality still acceptable?
- ☛ Is the cow still sound phenotypically?
- ☛ Does she show any major signs of aging or weight loss?

While very basic, those five things can save you money on next year's calf crop.

Some of you are probably wondering why it can be so important to have such a strict keep/cull program in place.

Well, the answer to that is easy — to raise your bottom dollar and to decide whether you are raising breeding stock or feeder calves to be fed out and sold on the rail. Cull cows that simply won't do the job for you anymore. An effective program will save you precious time to keep your herd in good physical shape.

— by Austin Brandt



## A Deserving Award Winner

**T**he inaugural Junior Herdsman Award was presented at last summer's National Junior Angus Show (NJAS) in Denver, Colo. This award is a special recognition given annually to a deserving junior. The Herdsman of the Year award is presented annually by the American Angus Association to an adult member; however, numerous adult members such as Cody Sankey of East Lansing, Mich., felt a similar award should be presented to an NJAA member.

The herdsman award is meant to recognize a junior who displays work ethic, dedication to their animals, and the ability to prepare their cattle for exhibition. "An award like this is needed at NJAS because many juniors put in hours of hard work to prepare their cattle for a show," Sankey states. Sankey and past Herdsman of the Year recipients, Guy Laflin and Bruce Stertzbach, evaluated juniors during the week of NJAS.

Garrett Blanchard of Firebaugh, Calif., was crowned as "2010 Junior Herdsman of the Year." Blanchard is a third-generation Angus breeder proudly continuing the tradition of Silveira Bros. Angus with his parents, Rick and Allison, and grandfather Darrell Silveira. I recently asked Garrett what it meant to him to be crowned junior herdsman. "It meant a lot to me that someone realized the amount of work I have done with my animals," he says.

Blanchard manages Silveira Bros. showstring and experiences a growing amount of success. Perhaps his crowning achievement occurred at the 2010 NJAS, where he exhibited the grand champion bull and the reserve grand champion bred-and-owned female. "It has



Accepting the Herdsman Award is Garrett Blanchard, Firebaugh, Calif. Pictured from left are Cody Sankey, Guy Laflin, Garrett Blanchard and Bruce Stertzbach.

been a lifelong goal for me to win nationals," Blanchard reflects.

The Herdsman Committee hopes this award will continue to recognize outstanding juniors that continue to participate in Angus events for years to come.

— by Clinton Laflin

Key to Brain Busters on page 9

**Solution #3:** Neither, roosters don't lay eggs.  
**Solution #4:** Tom  
**Solution #5:** \$1. If eggs are 12¢ a dozen, each egg costs 1¢, so 100 eggs would be 100¢, or \$1.

**Solution #1:** Take the chicken over first. Go back and bring the grain next, but instead of leaving the chicken with the grain, come back with the chicken. Leave the chicken on the first side and take the fox with you. Leave it on the other side with the grain. Finally, go back over and get the chicken and bring it over.  
**Solution #2:** The numbers are in alphabetical order.  
 (eight, five, four, nine, one, seven, six, ten, three, two, zero)

# DIRECTIONS

**NATIONAL JUNIOR ANGUS ASSOCIATION**

3201 Frederick Ave.

Saint Joseph, MO 64506-2997

816-383-5100 • www.angus.org/njaa • info@njaa.info

Nonprofit Org.  
US Postage Paid  
St. Joseph, MO  
Permit No. 2017

## Important Dates and Deadlines for Juniors

### JANUARY 2011

- 13 National Western Stock Show Junior Heifer Show, Denver, Colo.

### FEBRUARY 2011

- 1 Ownership and entry deadline for the Mid-Atlantic Junior Angus Classic (MAJAC) Show
- 1 Application deadline for the Junior Activities summer internship

### MARCH 2011

- 1 Deadline for Honorary Angus Foundation and Advisor of the Year nominations
- 1 Ownership & Entry deadline for the Western Regional Junior Angus Show
- 11-13 MAJAC Show, Harrisonburg, Va.
- TBA NJAA Board Meeting

### APRIL 2011

- 15 Ownership and entry deadline for the Atlantic National Junior Angus Show

29-30 Western Regional, Reno, Nev.

### MAY 2011

- 1 Deadline for Gold Award applications
- 1 Outstanding Leadership Award applications due
- 1 Ownership & Entry deadline Northwest Regional Preview Junior Angus Show
- 1 CAB/NJAA scholarship applications due
- 1 Angus Foundation scholarship applications due
- 15 Ownership & Entry deadline Eastern Regional Junior Angus Show

27-30 Atlantic National Junior Angus Show, Timonium, Md.

### JUNE 2011

- 1 Ownership & Entry deadline National Junior Angus Show
- 1 Entry deadline for NJAA Creative Writing, NJAA/AJ Photography, and NJAA Graphic Design Contests
- 1 Entry & Recipe deadline for All-American Certified Angus Beef® Cook-Off
- 1 Ownership deadline American Angus Breeders Futurity Junior Angus Show
- 1 NJAA Board Candidates information due
- 10 Deadline for NJAA Public Speaking Contest speech outlines
- 10 Deadline for Career Development Resumes

15 Deadline for submitting names of state delegates and showmanship contestants for NJAA elections

15 LEAD registrations due (early registration deadline)

16-18 Eastern Regional, Monroe, LA

16-18 The American Breeders' Futurity Junior Preview Show, Louisville, Ky.

TBA Northwest Regional Preview Junior Angus Show, Wash.

### JULY 2011

10-16 National Junior Angus Show, Harrisburg, PA

### AUGUST 2011

4-7 LEAD Conference, St. Louis, Mo.