



Better Ways

Fall 2013

A newsletter for North Carolina FFA members

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The What and How of Agvocating


by Danielle Blake


“Spreading the word about what we do, how we do it, and most importantly why we do it!” – Nikki Gordon-Coy


What does agvocating even mean? The word agvocate stems from the word advocate. According to Webster’s Dictionary, advocating is publicly supporting a cause or policy. So with this, we can interpret agvocate to mean publicly supporting agriculture. An example of agvocating is the recent Super Bowl commercial that Dodge put out called “God Made a Farmer,” declaring 2013 as “The Year of the Farmer.” Dodge publicly supports farmers by demonstrating the hard work, heart, and passion one must have

to be a farmer. Other agvocators include Farm Bureau, Farm Credit, and many other companies. As FFA members, advisors, and supporters of the FFA, we must advocate for agriculture, but how can we do this?

Here are a few ways we can agvocate:

 **Tell your story:** Share with others your agriculture background and what you have done for your Supervised Agriculture Experience (SAE). Tell them about Career Development Events (CDEs) that you have participated in.

 **Share the importance of agriculture:** Many people do not know the importance of agriculture but YOU can change that! Tell others about where their food and clothes come from and how the crops are grown.

 **Teach agriculture:** You can share your knowledge of

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agriculture and teach people how to grow their own plants and vegetables. You can also teach others how to care for their plants or animals.

Agvocate! Share your knowledge with others to make them aware of the agriculture field and its importance in our everyday lives.

Let's Ignite the Spark!

by Bradley Glover

We're off to the races! The 86th National FFA Convention and Expo will be held in Louisville, KY this year for the first time since 2005. Over 55,000 FFA members will congregate in Louisville to create that sea of blue jackets that we all love and look forward to. This is also the 80th Anniversary of the blue corduroy jacket being adopted as official dress. Our delegates will soon begin training for the delegate process and learning about the delegate issues. Our 1st place CDE teams and individuals are also working diligently all across the state preparing to do their best and represent us well.

There is so much to do in Louisville from visiting Churchill Downs to learning how they make the famous Louisville Slugger. While at convention, make sure you attend the Expo, which will include numerous exhibitors, a career fair, the FFA shopping mall, and the Hall of States. During convention, there will also be hypnotist shows, an FFA dance, a band, chorus, and talent showcase, rodeos, and a concert headlined by country music singer, Dierks Bentley with special guest Jana Kramer. Do not forget to **ignite** your success and take part in various workshops offered and the National Days of Service which will be held all over

Louisville. The General Sessions of Convention are not to be forgotten either. The keynote speaker for this year is Rick Pitino, head basketball coach for the University of Louisville. He will discuss how he motivates his team to do their best in order to be successful and realize that "success is a choice." Joe Torrillo, Katie Pratt, and Josh Sundquist, who we were honored to have at our state convention this past June, will all be speaking as well. So saddle up, and join us as we **ignite** our passions for agriculture and FFA October 30-November 2 in Louie!



Placement to Professional

by Miranda Berglund

When it comes to Supervised Agriculture Experiences (SAE), McKenzie Lambert from Fuquay-Variana High School is certainly one to be admired. This high school senior has compiled an entire resume from her SAE, ranging from animal health, animal handling, and all the way to produce!

McKenzie began her Supervised Agricultural Experience in 2009 when she began working as a veterinarian technician for her mother's mobile veterinarian clinic. Working up to 20 hours a week alongside her mother, McKenzie traveled from place to place dealing with small animals, such as dog and cats. As a technician, it was McKenzie's job to handle the animals, complete paperwork on clients, weigh the animals, and sometimes even draw up vaccines. From this, McKenzie was able to gain a view into the world of veterinarian medicine and experience the day-to-day operations of the field.

Along with her exploration of animal health came an interest in animal handling. McKenzie grew interested in showing dogs at local dog shows. Regularly working on skills, she became proficient and was sponsored to attend the Eukanuba National Dog Show last December. From this experience, McKenzie has decided that showing dogs is an activity she enjoys. She plans to continue showing this year as a sponsored individual at the Westminster Dog Show.

McKenzie worked not only with animals, but she began working almost seven days a week at a fruit and vegetable stand.

With all her different experiences, McKenzie has gained a true grasp on the meaning of a placement SAE, looking into different areas of interest and gaining hands on experience. McKenzie plans to continue her SAEs and hopes to become an Agriculture Mechanics teacher.



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Handling Your Health

by Haley Lohr

The start of a new school year brings an end to those summer days spent relaxing and doing activities at your own leisure. Now students must balance school, homework, extracurricular activities, jobs, and a social life all while trying to stay healthy - both mentally and physically. It may often be difficult to make sure you are eating balanced meals, exercising, and getting enough sleep at night with everything you have going on. However with a few simple tips you can make sure your mind and body are prepared to juggle all your responsibilities without jeopardizing your health.

There are four main steps to ensure a healthy lifestyle while staying busy; planning ahead, developing good eating habits, taking time to workout, and getting plenty of sleep. Planning ahead and mapping out your weekly schedule at the beginning of the week will allow you to see where you have breaks in your schedule to allow for working out, homework, etc. Developing and maintaining good eating habits while staying busy can be a very difficult task. Try to avoid

stopping by fast food restaurants on your way home. Although they might be quick and cheap, they will take a toll on your body. If fast food is your only option, trying getting a kids meal. Not only are they half the price of a combo meal, the portion size is more manageable. Taking time to workout is a simple fix as well. If there is a part of your route you can walk instead of driving, do that. If not it is simple to find easy workouts you can do in the morning or at night, which do not require much time or money, but still accomplish your exercise needs. Teenagers need between 8.5 and 9.25 hours of sleep each night. Sometimes this is just not possible. It is often beneficial to work in short 20-30 minute naps throughout the day. Also putting away electronics while you are trying to sleep can keep you from staying up playing games or chatting with friends. Being an involved student should not be a reason for you to live an unhealthy lifestyle. Following these tips and making wise choices allow for a seamless integration of your busy schedule and well-being.

There's an app for that. It is no secret that there is an app on your phone or tablet that can help you with almost any problem.



This is certainly true for your health. Two apps that can be extremely helpful are MyFitnessPal and Sleep Cycle. MyFitnessPal is a free app that gives you a target amount of calories you need per day, and you can log meals along with exercise to see how close you are to your calorie goal. It can also tell you the amount of nutrients and vitamins consumed daily. Sleep Cycle costs about 99 cents in the app store and monitors your sleeping patterns. By laying your phone on the top corner of your mattress while sleeping, the app records how long you sleep and how effective your sleep is. You can see how factors such as soft drinks, exercise, and stress affect your sleeping. These are both great apps, which can be easily accessed throughout your busy day.



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Alumni: The Next Big Thing

by Carmen Honeycutt

So what's next? FFA does not stop after you graduate high school. Join FFA Alumni! Even if you have never worn the blue corduroy jacket, chances are you've been impacted by someone that has. The FFA Alumni is an opportunity for former FFA members, the parents of FFA members, community leaders, or just someone that wants to get involved to step up and make an impact.

The South Johnston High School FFA Chapter recently started its own FFA Alumni affiliate in March of 2013. Their mission is a prime example of what the Alumni strives to do; "Support the South Johnston High School FFA Chapter by increasing opportunities and agriculture awareness by serving as a resource at the local level." Their alumni chapter has already started fundraising for the chapter by selling t-shirts and advertisements for the t-shirts to local businesses. The president of the South Johnston High School FFA Alumni Affiliate, Ed Olive, says, "Our FFA Alumni was established to provide opportunities for community members to support agriculture education and FFA by helping to provide additional resources to FFA advisors and members."

Ed Olive also gives ten steps to chapters that want to charter an FFA Alumni affiliate:

1. Talk to advisors, community individuals, former FFA members and others to survey interest of creating an FFA Alumni affiliate.
2. Find a small group (10 people) that can work together to organize and charter the alumni. Include advisors, retired advisors and former members who understand what the FFA chapter is and what can be done to help support it.
3. Elect officers for the alumni. Start with the minimum of 4 officers.
4. Develop a list of goals, mission and vision statements for the affiliate.
5. Create and approve a constitution and set of bylaws.
6. Contact NCFFA and National FFA to charter the affiliate.
7. Plan and hold a chartering ceremony to officially open the affiliate -invite sponsors, elected officials and potential members as well as representatives from NC FFA.
8. Utilize newspapers, websites and any other available news outlets to inform the community of the newly formed organization and its mission and goals.
9. Investigate potential events to help accomplish the goals set forth by the charter nucleus members.

10. Plan annual meetings (frequency, agenda, food, etc.).

The important thing to remember is that the Alumni is open to anyone interested in agriculture education and FFA, not just former FFA members. Alumni could be the next step for you, your chapter and your community!



2013-2014 State FFA Officer Team

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President
Miranda Berglund
Vice President
Danielle Blake
Vice President
Bradley Glover
Vice President
Haley Lohr
Vice President
Grayer Sherrill
Vice President



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Welcome, Dr. Travis Park!

by Grayer Sherrill and Danielle Blake



North Carolina State University is honored to have a new faculty member in the department of Agricultural and Extension

Education. The North Carolina FFA Association would like to send a welcome to Dr. Travis Park. Dr. Park chose to join the Wolfpack because the NCSU AEE Department is one of the best of its kind in the nation.

During his high school years, Dr. Park was an active member of both the 4-H and FFA organizations. Early in his 4-H participation, he showed pigs, sheep, and beef. Additionally through 4-H, Dr. Park participated in woodworking, posters, and sewing. Dr. Park said, “the highlight of my 4-H experience was winning the Master Showmanship competition at the Johnson County Fair.” In the FFA, Dr. Park served as chapter secretary, an Indiana state FFA officer, and a National FFA officer. He enjoyed soils and livestock judging, parliamentary procedure, and the speaking competitions. Dr. Park recalls a highlight of his FFA involvement was “when a group

of us, FFA members, created a small band and won the state talent for two years and performed on-stage at the National FFA Convention in Kansas City.” As a national officer, Dr. Park had the opportunity to travel throughout the United States. His favorite part of being a national officer was meeting so many FFA members, agriculture teachers, and state staff throughout the nation. During his time as a national FFA officer, Dr. Park had the privilege of attending President Clinton’s signing of the FFA Week proclamation. He describes the experience as, “very cool, especially because my local TV news station in Lafayette, Indiana, interviewed me following the event on the White House Lawn.”

Dr. Park received his undergraduate degree in agricultural education at Purdue University. He was inspired to teach by his parents. His father was his high school agriculture teacher and his greatest inspiration; his mother was also a teacher at the local elementary school. He also received his Masters Degree from Purdue. He would later receive his PhD from the University of Florida.

We are truly excited to have Dr. Park as the newest faculty member of the AEE Department and wish him the best! We know that with his help, the North Carolina FFA Association and Agricultural Education all across this state will experience great success!

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Fall Activities and Events

by Grayer Sherrill

Benson Mule Days

September 26-29

Agriculture Day @ NCSU

September 28

NC Seafood Festival, Morehead City, NC

October 4-6

Wendell Harvest Festival

October 4-5

Dairy Evaluation CDE

October 9-10

Mum Festival, New Bern, NC

October 12-13

NC State Fair

October 17-27

National FFA Convention

October 30-November 2

Land Judging CDE

November 8-9

Vet Science CDE

November 16

Agronomy CDE

November 16

As summer comes to an end, we often experience the blues associated with the weather cooling and the leaves changing. For me, the start of the fall marks a special time of year in the Ol' North State. Whether it is harvest time, fair foods, pumpkin carving, or Friday night lights, we all have something which should excite us about this beautiful season. As FFA members and agricultural fanatics alike, this season brings so much for us to do. Career Development Events to County Fairs, many events are happening

all across the state to celebrate this perfect time of year. Above are just a few of the many events which will be taking place in the coming months. The North Carolina FFA Association encourages you to attend and support all of these events, which help celebrate agriculture!

Be sure to also attend your local, community, and county fairs or festivals!

Student Spotlight



Jackson Pickard 11th grade, West Brunswick

FFA activities: Livestock Evaluation CDE, Milk Quality and Products CDE, Chapter Treasurer, State Degree Recipient, State Leadership Conference

SAE: Jackson works on repairing his house and its landscape. His latest project includes making a flower bed out of a boat.

Other hobbies: Cross country, National Honor Society, First Tee of Brunswick County

Future goals: To attend NCSU for Agricultural Engineering, become an NC FFA State Officer, become a National FFA Officer, receive the American FFA Degree

Sarah Lemons 12th grade, Bandys

FFA activities: Quiz Bowl CDE, Food Science CDE, Parliamentary Procedure CDE, Chapter President, Northwest Regional President, State Degree Recipient, National FFA Delegate

SAE: Sarah raises and shows Jersey Woolly and Dutch rabbits. She has gained an interest in genetics through this project.

Other hobbies: Key Club, Claremont Youth Council, National Technical Honors Society

Future goals: To attend NCSU for Agricultural Science

We encourage you to utilize the Agricultural Experience Tracker as an online recordkeeping system for FFA and agricultural education activities.

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