

new horizons

The magazine of the National FFA Organization

September/October 2000

shall we
dance?

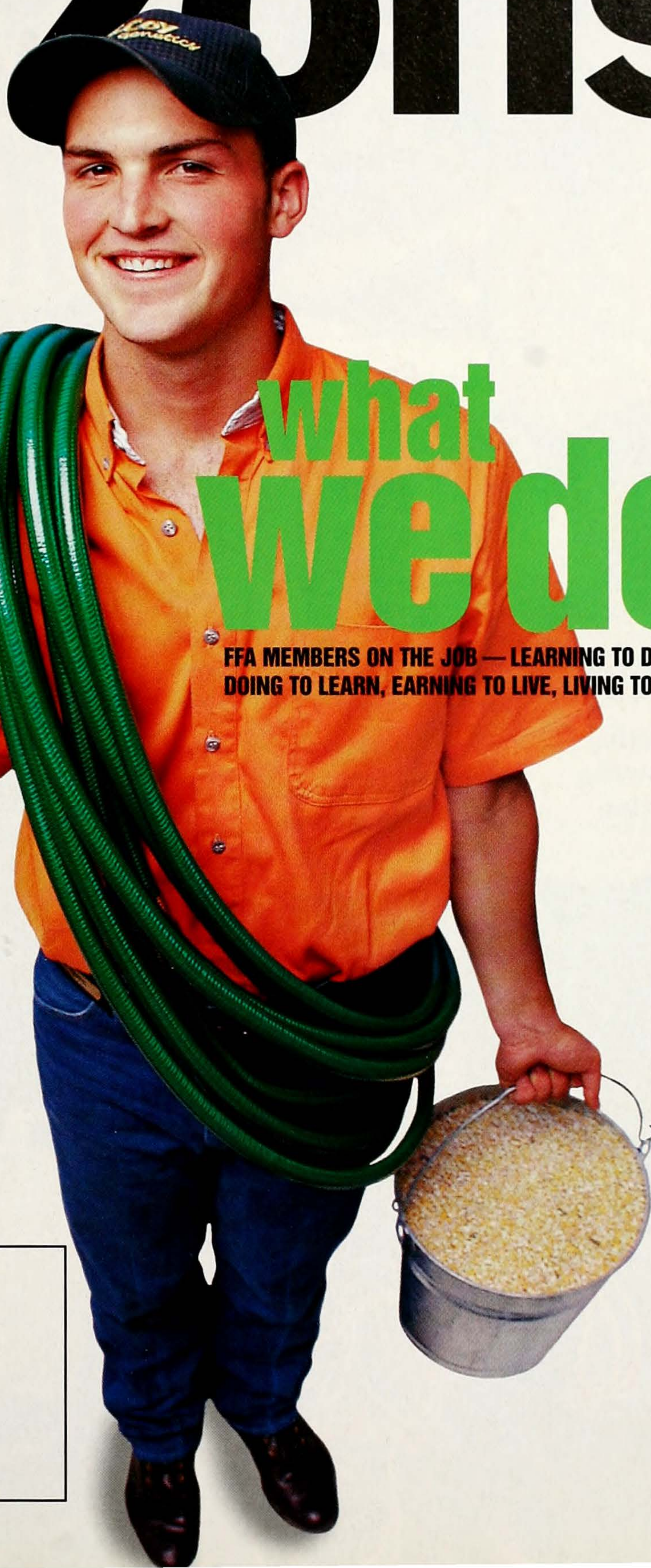
HOW TO GET
THAT PERFECT
DANCE PARTNER

the lure of
louisville

GEARING UP FOR THE 2000 NATIONAL FFA CONVENTION

what
we do

FFA MEMBERS ON THE JOB — LEARNING TO DO,
DOING TO LEARN, EARNING TO LIVE, LIVING TO SERVE





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FFA new horizons

Official Magazine of the National FFA Organization

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The National FFA Organization affirms its belief in the value of human beings and seeks diversity in its membership, leadership and staff as an equal opportunity employer.

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Now that classes have begun, it's only a matter of time before school dances and mixers start happening. Here are a few pointers on how to get that perfect partner to join you on the floor and dance the night away.

16 Interview: Jo Dee Messina

One of country music's hardest working women talks music with *FFA New Horizons*. Messina is now on tour supporting her latest CD, "Burn," which promises to keep the music charts buzzing for months to come.

20 The Lure of Louisville

A fun guide to the 2000 National FFA Convention that kicks off in Louisville, Kentucky, on October 25. You'll find tips on places and events you won't want to miss, plus fun facts and updates on featured keynote speakers, concerts and tours.

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FFA Motto

Learning to do, doing to learn,
earning to live, living to serve.

FFA Mission Statement

FFA makes a positive difference in the lives of students by developing their potential for **premier leadership, personal growth and career success** through agricultural education.

Agricultural Education Mission

Agricultural Education prepares students for successful careers and a lifetime of informed choices in the global agriculture, food, fiber and natural resources systems.

On the cover: Wrex Phipps, a member of the Platte Valley Academy FFA Chapter in Kearney, Nebraska. Photo by Shane Morgan

Check
out National
FFA Online
www.ffa.org

one on one with Joe Shultz

How did you and the other officers spend your summer?

Willie Nelson said it best in the song, "On the Road Again." The national officer team members have been on the road the entire summer traveling to FFA conventions, conferences and camps. It's been an absolute blast!

What did you gain from being a varsity soccer player in high school?

I played varsity soccer for three years in high school, and my team never won a single game. Even so, I found it to be one of my favorite high school activities. Losing taught me two things: First, it's important to have a positive attitude, even in the worst of times. Second, try to have fun no matter what you are doing. Oh, and I learned not to count on an athletic scholarship in college.

Why did you choose agricultural education as your college major?

My family has always been involved in agriculture, so I always knew I wanted to be a part of that industry. I believe one of the most rewarding experiences in life is to be a teacher, whether in the classroom or in a more informal setting. These two interests of mine combine very nicely in the agricultural education major.

What was the best part of your FFA experience while in high school?

To this day, my week at Washington Leadership Conference was the single best experience I have ever had in the FFA. The friends that I met and the leadership skills that I gained there were the spark for the rest of my FFA involvement.

What's the most rewarding part of sheep production?

Ever since I was 10 years old my parents and I have been traveling to sheep shows around the country. I have had the chance to see the country and meet great friends everywhere from Texas to North Dakota.

Describe the sculpture that you made and are holding in the photo.

I created a globe because I see a great need for our generation to have a global perspective. Due to the Internet and other new technologies, our world is becoming smaller and smaller. Global markets heavily influence American agriculture. To remain competitive, we must understand the world around us. ★

VITALS

Hometown:

DeGraff, Ohio

Age: 21

Chapter: Indian Lake FFA

Advisor: Dan Sturgill

SAE: Sheep production

Education: Sophomore at The Ohio State University

Major: Agricultural education

Favorite musician:

Billy Joel

Last good book I read:

"The Lord of the Rings" by J.R.R. Tolkien

Favorite food:

Mom's lamb kabobs

Best movie I've seen lately:

"Gladiator"

Hobby:

Collecting and listening to music off of the Internet

Vehicle:

A red 1994 Geo Prizm

TIMELINE

Age

- 14** • joined FFA
- 15** • attended Washington Leadership Conference (WLC)
- placed 9th (out of 12) in district Greenhand competition
- chaired annual FFA chapter hog roast
- 16** • elected chapter president
- cast in lead role in school musical, "Bye Bye Birdie"
- 17** • placed 2nd in state prepared public speaking competition
- soccer team lost 45th straight game
- 19** • elected state FFA president
- 20** • elected national FFA eastern region vice president



JShultz@ffa.org

National eastern region vice president: Joe Shultz

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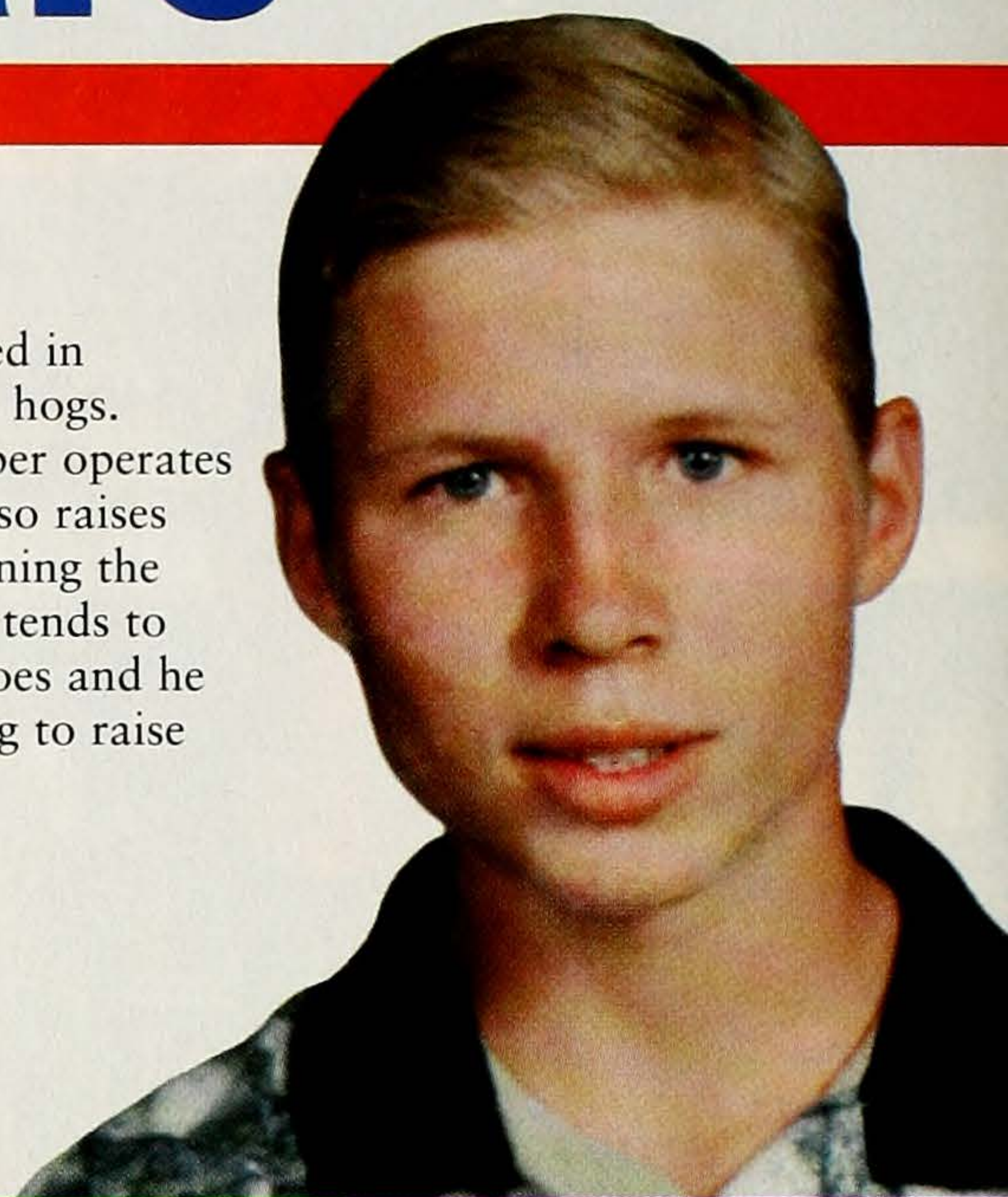
calling all stars

To nominate an FFA member or advisor for "FFA Stars," drop us a detailed note telling us why you or your nominee is a star. Include a photo and the nominee's name, address, phone, birthdate, FFA advisor's name and phone. We also need your name and phone number.

FFA New Horizons "Stars"
P.O. Box 68960
Indianapolis, IN 46268-0960

Weston Michael

Since the age of nine, Weston has been involved in breeding, raising, showing and selling his own hogs. Now 17, this Chino Valley FFA Chapter member operates and funds his own show hog operation and also raises show and beef cattle. Weston helps in maintaining the school's farm fields, works as a mechanic and tends to his pastures at home. Weston loves what he does and he offers this advice for FFA members just starting to raise livestock: "Never give up." ★



ARKANSAS

GEORGIA

INDIANA

FLORIDA



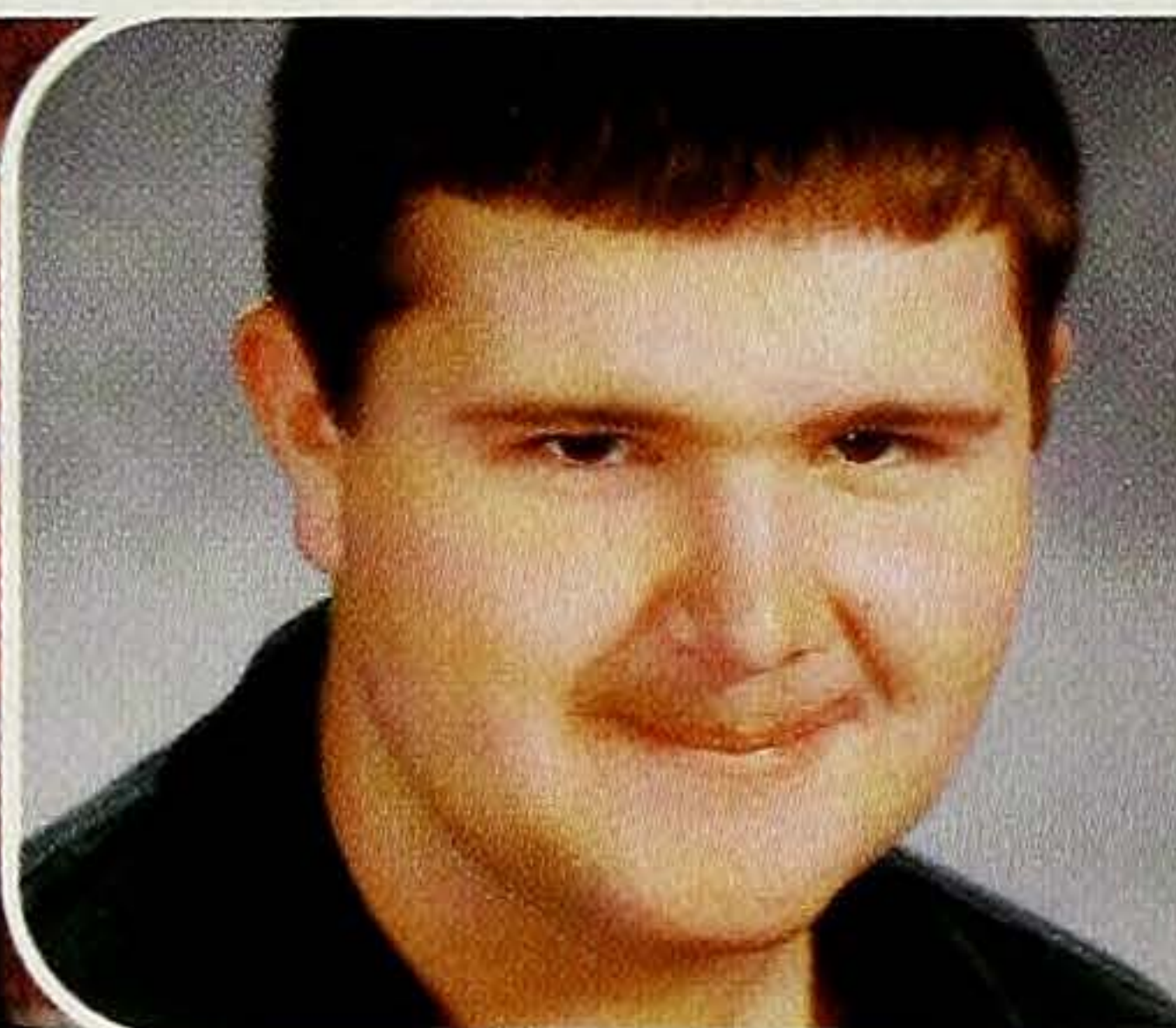
Chris Adams (advisor)

Alpena FFA Chapter member Tory Hodges calls Mr. Adams "a wonderful teacher and motivator." That claim is backed up by the chapter's recent success. In the five years he's been at Alpena High School, Mr. Adams has sent FFA members to leadership workshops and career development events at state and national levels. Last year, the school dedicated its yearbook to this outstanding teacher for going above and beyond the call of duty in helping his students excel. ★



Karah Cripe

As a devoted volunteer at a local nursing home and hospital, 15-year-old Karah has earned the Prudential Spirit of the Community Award and the President's Youth Community Service Award. This Ware Magnet FFA Chapter member excels in public speaking and competes on the school's Envirothon team. In addition to her "A" average in school, Karah plays softball and is a trainer for the school's football, basketball and baseball teams. ★



Nathaniel Andrews

Teamwork is essential to an FFA chapter's success. Nathaniel, 17, is a driving force in the Liberty FFA Chapter. He has competed on the meats, soils and horse judging teams, as well as on the small engines team. Named his chapter's outstanding member the last two years, Nathaniel also leads the charge in fund-raisers and community service projects. He is now serving as FFA district treasurer and is the president of his senior high church youth group. ★



Kelly Hartigan

Seventeen-year-old Kelly is an award winning cross country runner and weight lifter. Her stamina helps her balance a busy schedule of school, FFA, 4-H and Girl Scouts. This Dunnellon FFA Chapter member competes with the livestock judging team and raises several animals for her supervised agricultural experience projects. In February, she won the Girl Scout Gold Award for her "Intro to Ag" presentation for second-graders, which demonstrated the many opportunities in FFA and 4-H. ★

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what we do

For many FFA members working while still in school pays off

By Chris Hayhurst

An argument could easily be made that FFA members are the hardest working young adults in the land. A recent poll found that 60 percent of current FFA members hold jobs. That's a whopping 20 percent higher than the national average. Perhaps even more impressive is the fact that FFA members earn, on average, \$173 per week. That's \$106 more than the national average.

None of this is all that surprising when you realize that a majority of FFA members are involved in a supervised agricultural experience (SAE), the National FFA Organization's work-based learning program where you can apply skills and concepts you've learned in your agriculture classes.

We checked in with some FFA members across the U.S. to find out where they're working, why they're working and what they're doing with their hard-earned cash. We also found out how SAEs fit into the equation.

FFA Motto

Learning to do, doing to learn,
earning to live, living to serve.

Wrex Phipps works for himself and a local dairy.

PHOTO BY SHANE MORGAN

Starting an SAE

The great thing about an SAE program is that it can be whatever you want it to be—a business of your own or placement in a job related to agriculture. Down the road, this experience will give you the upper hand in the job market, in attaining scholarships and college enrollments and in starting your own business. Find out more at www.ffa.org/activities/index.html



Jennifer Jones Trenton, Illinois



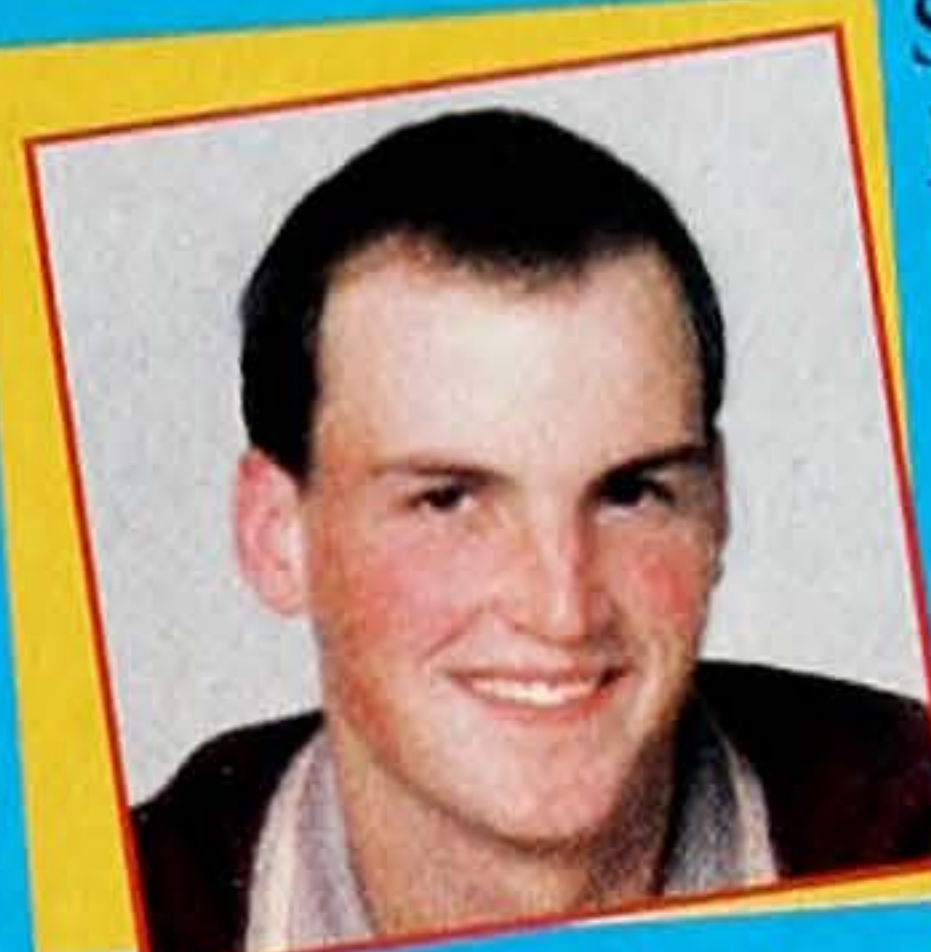
A high school junior and a member of the Wesclin FFA Chapter, Jennifer found her calling—at least for six weeks this summer—roguing at a local Asgrow seed facility. She already has SAEs in soybeans, corn and wheat, so the job has turned out to be a great learning experience simply because she's learning so

much about growing crops.

The five-day-per-week, six-hour-per-day roguing job entails sifting through the company's soybean crop for plants that are inferior, diseased, or otherwise different. It's a perfect fit for her new SAE in emerging agricultural technology.

"I make sure farmers get what they pay for—nothing more, nothing less," says Jennifer, who is saving money for college and for any future endeavors that strike her interest. "This is something new for me. It's a branch of agriculture I hadn't seen before."

Wrex Phipps Kearney, Nebraska



Something new is exactly what Wrex looks for each time he takes a job. A high school senior and a president of the Platte Valley Academy FFA Chapter, Wrex has a diversified livestock SAE that earns him money doing everything from helping his neighbors move cattle to selling llamas. For his other SAE,

he's developed his own tree planting business, which recently earned him a gold award in the National Agri-Entrepreneurship Awards program.

He earns some extra cash at a local dairy. "Sometimes there's no rhyme or reason for when they need me," says Wrex. "They just call and I go to work." His 8- to 10-hour shifts usually take place early in the morning or late at night. He milks, feeds and cleans—anything to fund his true passion for showing livestock. In fact, he works so hard he's developed a bit of a reputation. "People say I have a good work ethic," says Wrex. "And that makes me feel great."

Wrex saves a percentage of his income, then uses the rest to build up his cow herd and cover showing expenses.

Rodney Warlick Owasso, Oklahoma



He spends most of his weekends on the clock, and he often has to turn down friends' invitations to get out and play. A recent high school graduate and a member of the Owasso FFA Chapter, Rodney currently works two jobs—washing cars and mowing lawns—and may soon start a third, all to save for college. His mowing business began as an SAE project his freshman year, as did his seasonal work at a Christmas tree farm. The long hours take a toll, but Rodney knows the experience will eventually pay off in terms of experience, financial stability and meeting his educational goals.

"My parents would help," says Rodney, "but I want to do it on my own." Toward that end, he now works 40 hours per week. "I like that I get to work with people. All those things I learned in agriculture, I use on the job."

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Katie Burton
Esparto, California



Katie, a high school senior and a member of the Esparto FFA Chapter, enjoys the way a paying job allows her freedom from her parents' wallets. Working in the human relations department at Seminis Vegetable Seeds, she earns enough for spending money (she's already saved enough to get started in college).

"I do a lot of clerical work," says Katie, who logs an average of 20 hours per week. "It's a good job for now. It's getting me out there." Once the summer is over she'll continue working for the seed developer and distributor, but instead of pushing papers she hopes to help scientists as a research assistant.

The experience has inspired her to start an SAE project in safflower seed production, and she's thinking she someday might want to become a sales representative for a seed company.



Working options

In today's strong economy, employers can't find enough quality workers. Before taking the first job that comes along, you might want to explore employment options that match your career interest areas. Start your search by scanning your local newspaper's classified ads, talking to your FFA advisor or making contact with businesses where you think you might like to work.

If you think you might enjoy working for yourself but don't know what it takes to start your own business, there's tons of free information available through the National FFA Agri-Entrepreneurship Awards program (www.ffa.org/activities/index.html).

Melissa Karcher
Upper Sandusky, Ohio

"I'm a real people person," says Melissa, a 19-year-old sophomore at The Ohio State University and a member of the state's Wynford FFA Chapter. Growing up on a farm with a poultry hatchery, Melissa developed



SAE projects in broilers (meat chickens), duck breeding, plus pumpkins and sweetcorn. Her parents provide for her living expenses and college tuition (in return for her the work she does on the farm and in the hatchery), but Melissa still works four days a week dishing out hotcakes, sausage,

and steaks at a local Bob Evans. The family-style restaurant is a great place for Melissa, who's looking forward to a career in public relations, to hone her communications skills.

It also gives her spending money, which she uses for fun things during the school year—things like going out, having a good time and shopping. ★



Bob Evans



**1999 FFA winner Tony Latham
Dwight, Illinois**

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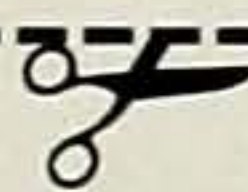


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Entry forms must be postmarked by October 20, 2000. No purchase necessary. The JDC Classic 4020 Tractor Giveaway is open to all current active FFA members in good standing throughout the continental United States. Merchants, advertising and promotion agencies, employees (and their families) of Deere & Company and its subsidiaries are not eligible. FFA Advisors and FFA Corporate Members are not eligible. Contact your local FFA Advisor for rules and full details.

room on the board

The FFA New Horizons Editorial Board—the group of FFA members, advisors and state FFA staff members who help provide direction for the magazine—is seeking two FFA members to join its ranks



The new recruits will replace outgoing members Michael Tuszynski of Montana and Jennie Nelson of Massachusetts, who represent the western and eastern FFA regions. To be eligible for the board, you must be an active FFA member from the eastern or western regions, which include the following states and territories: Alaska, Arizona, California, Colorado, Connecticut, Delaware, Guam, Hawaii, Idaho, Maine, Maryland, Montana, Nevada, New Hampshire, New Jersey, New Mexico, New York, North Carolina, Ohio, Oklahoma, Oregon, Pennsylvania, Rhode Island, Texas, Utah,

Vermont, Virginia, Washington, West Virginia and Wyoming. (Note: we'll post this announcement again a year from now, when we will be seeking new board members from the central and southern regions.)

Editorial board members typically serve three one-year terms. If you have less than three years of FFA eligibility, you would serve just one or two terms. As an editorial board member, you will be invited and required to attend an expenses-paid, annual 3-day meeting (usually held over a weekend in February in Indianapolis or Louisville) and participate in two toll-free telephone conference calls throughout the year.

What does the editorial board do? The board helps the magazine's editorial and design team to best meet the needs of the 450,000-plus FFA members who read *FFA New Horizons*. You will be a source of new ideas for the magazine, as well as a sounding board for concepts generated by the magazine staff.

The board discusses the effectiveness of the writing, headlines, graphics and photographs used in the magazine. The group also analyzes the magazine's readership

studies and the recommendations submitted by delegates to the national FFA convention.

It's a lot of work, but it's also an opportunity to represent your region and get a behind-the-scenes look at how a magazine operates. If you're interested, please write a letter of interest by October 15, 2000. ★

Write to:
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The FFA New Horizons Editorial Board at last year's meeting at the National FFA Center in Indianapolis. Front row (left to right): Tiffany Rouse (FFA member, Missouri) and Michael Tuszynski (FFA member, Montana). Back row (left to right): Leigh Loughhead (FFA advisor, Arizona), Ann DeMarco (FFA advisor, New Hampshire), Jennie Nelson (FFA member, Massachusetts), Brett Evans (FFA executive secretary, Utah), Shannon Mayo (FFA member, Mississippi), Susan Kelly (FFA advisor, Florida) and Linda Burton (FFA advisor, Wisconsin).



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shall we dance?

By Chris Hayhurst

A few tips on asking that someone special onto the dance floor

It's hard to argue—dancing is fun. Where else but the dance floor can you jump, slide, spin, hop and groove, all while listening to music and hanging out with friends? Chances are, the school calendar is already filling up with dances, mixers and other social events.

You'll increase your chances for a fun night if you know how to get that perfect partner—the one you've had your eye on all night long—to join you on the floor and dance the night away.

It's not easy. For some, the very thought of asking a person to dance makes their palms sweat and their hair stand on end. The fear of rejection can be overwhelming; the awkward moment of truth, after the question is popped and before a response is delivered, can be too much to handle. Others, obviously, have no trouble at all. Confident, bold and secure, they'll ask anyone in the room to join them on the floor without so much as a second thought. And, inevitably, they have fun all night long.

What's the key?

According to Kelly Buckwalter, a swing-dance instructor who has been teaching West Coast swing and organizing dance competitions for the last 20 years all over the United States, the first thing to do is be yourself. And don't even think about having someone else do the dirty work for you. "If you don't know the person, go over and introduce yourself," recommends Buckwalter. "Strike up a conversation."

If conversation is not one of your strong points, you've got other options. At mixers, for example, where dancing with new and different partners is the norm, all you really need to do is make eye contact. "Migrate toward the person," says Buckwalter. "Once you're in their general proximity, it's easy."

continued on page 14



PHOTOS BY SHANE MORGAN

On the dance floor:
New Jersey state FFA
officers Erin Zukus (reporter)
and Chris Nnadi (sentinel).



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EMOTIONS
THAT BELONG ON THE SADDLE;
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HUMOR
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OK. You're ready to make your move. But hold on. Timing is everything. If the person is in the middle of a conversation, don't interrupt. Instead, break in during a lull. A polite "excuse me" will do. Also, don't jump the gun and end up in an awkward situation. "Wait until the song comes on," says Buckwalter. "Make sure you can dance to it before you ask."

Finally, make sure you're at your very best. "Smile," says Megan Hornback, a junior in high school and a member of the LaRue County FFA Chapter in Kentucky. "Try to be graceful," adds fellow chapter member Kristen Pack.

Popping the question

"Would you like to dance?" These simple words, uttered from one dancer to another, are just the beginning. As you say them, keep your cool. Look the person in the eyes. Speak clearly. Don't offer your hand just yet. Now wait.

Under normal circumstances, you're done. You've got a partner. Take him or her by the arm and hit the dance floor—go cut the rug. But sometimes things don't go so smoothly. "The proper etiquette is to accept," says Buckwalter. "My personal philosophy is if you're in the

room, you're there to dance. It's just three minutes—it's not the end of the world."

Still, she says, there are times when you might be turned down. If you've been rude or hurt that person in the past, they have every right to say no. Or they might be tired, sore or have some other legitimate excuse. Whatever the case, if a person declines your invitation and you've done nothing wrong, don't take it personally. "If somebody just says no, without giving a reason, don't ask them again," says Buckwalter. "Then again, if they give you a lame excuse, don't be afraid to try again later." Three lame excuses? Three strikes. "They're weaseling their way out," says Buckwalter. "Move on and forget them."

Whatever happens, remember—it's just a dance. Keep things in perspective. The perfect partner is out there somewhere. ★

A Few Good Lines

Here are some quick and easy lines you can use on the dance floor

"May I?"

"Shall we dance?"

"May I have this dance?"

"Would you care to dance?"

"Let's dance!"



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Jo Dee Messina

One of country music's hardest working performers talks music with *FFA New Horizons*

PHOTO BY RON DAVIS

You've had a successful string of number one singles. What's your secret for making good songs?

You can't really predict a "hit," but when I record a song, it's something that I have to be able to relate to so I know what I'm talking about. And, it has to be something that I feel. When I write, I just kind of sing and write and then have someone put the music to it later.

When did you decide you wanted to pursue a career in music?

When I was around six years old, my folks enrolled me in singing and tap dancing, and I loved it. When I was 13 years old, that's when I knew I wanted to sing professionally.

Who are your big influences—country and non-country?

Growing up, I listened to a lot of Bonnie Raitt, Reba McEntire, The Judds, Dolly Parton. Now, I listen to all sorts of music. Back Street Boys, 'N Sync, Christina Aguilera, Britney Spears—I get all their CDs. I'm actually lucky enough to be friends with Lance, who's in 'N Sync and he recently got me tickets to see Britney Spears [laughs]. So I listen to all kinds of music. I think they all reflect each other in one way or another.

What is the inspiration for the music on your new record "Burn"?

From the first song to the last, it's almost like a storybook of my life during the making of that album. It starts off with a song called "Down Time," then it works into a tune called "Dare to Dream" and then it's capped off with "Bring on the Rain." The thinking behind this one is, though it seems dark and cloudy and it's a low moment, there's still hope as long as you've got tomorrow.

Many of your fans are teenagers. Do you have any words of wisdom you can share with them?

I'm totally a kid at heart. I think it's really important for kids to learn how to let things roll off their backs and

accept people for being different. I'd like to see kids focus their energy toward something positive—not complaining, not gossiping and not picking people apart. That stuff is a total waste of energy. So *what* if you have the ability to hurt somebody? That's no big thing—that's easy. It takes a lot more strength to be friends with that kid that everybody picks on or to find good in the kid that just moved to town.

How much of your time is spent on the road?

A lot. We're out there 200-plus days a year.

Do you have time to sit back and smell the roses?

I think I've become a workaholic, which is not the best thing in the world. It's good to be a hard worker, but I don't know what to do when I'm not working. I recently took a couple of days off and went out to the lake and rented a houseboat. I just couldn't wait to get back home to work. Working hard does have its benefits and I find enjoyment in my work. It's not really like a job. ★

Interview by Erich Gaukel

Jo Dee's upcoming tour stops

September

17 Great Frederick Fair, Frederick, MD

21 New Mexico State Fair, Albuquerque, NM

22 Panhandle South Plains Fair, Lubbock, TX

28 Mid-South Fair, Memphis, TN

29 State Fair Arena, Oklahoma City, OK

October

7 Yuma County Fairgrounds, Yuma, AZ

8 Coussoulis Arena, San Bernadino, CA

11 Thousand Oaks Civic Arts Plaza, Thousand Oaks, CA

13 Paul Paul Theater, Fresno, CA

14 Konocti Harbor Resort Showroom, Kelseyville, CA

16 Spirit Mountain Casino, Grand Ronde, OR

Check www.curb.com for the most updated tour schedule. Always call ahead for showtimes and ticket availability.

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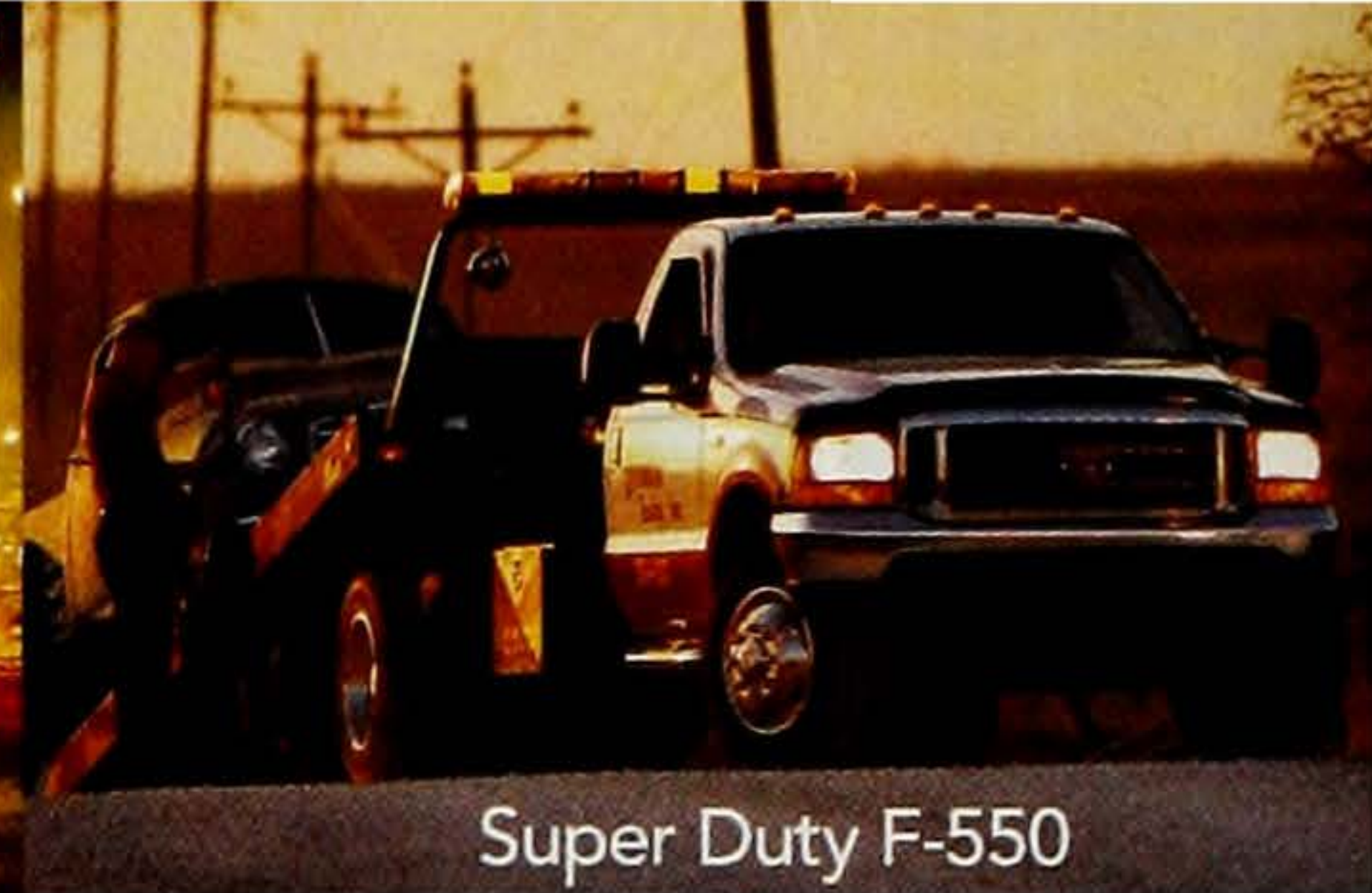
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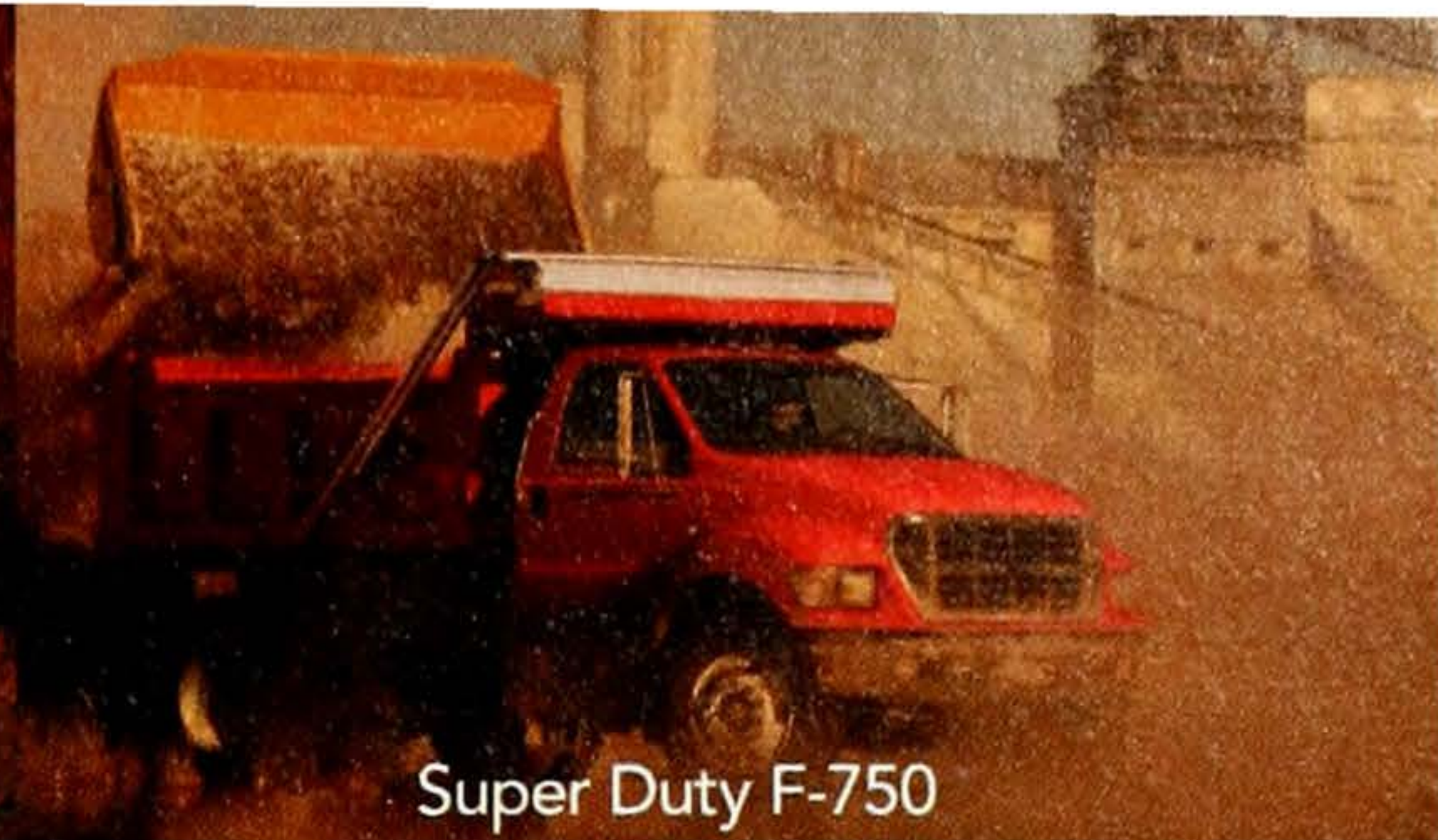
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Super Duty F-650



Super Duty F-750

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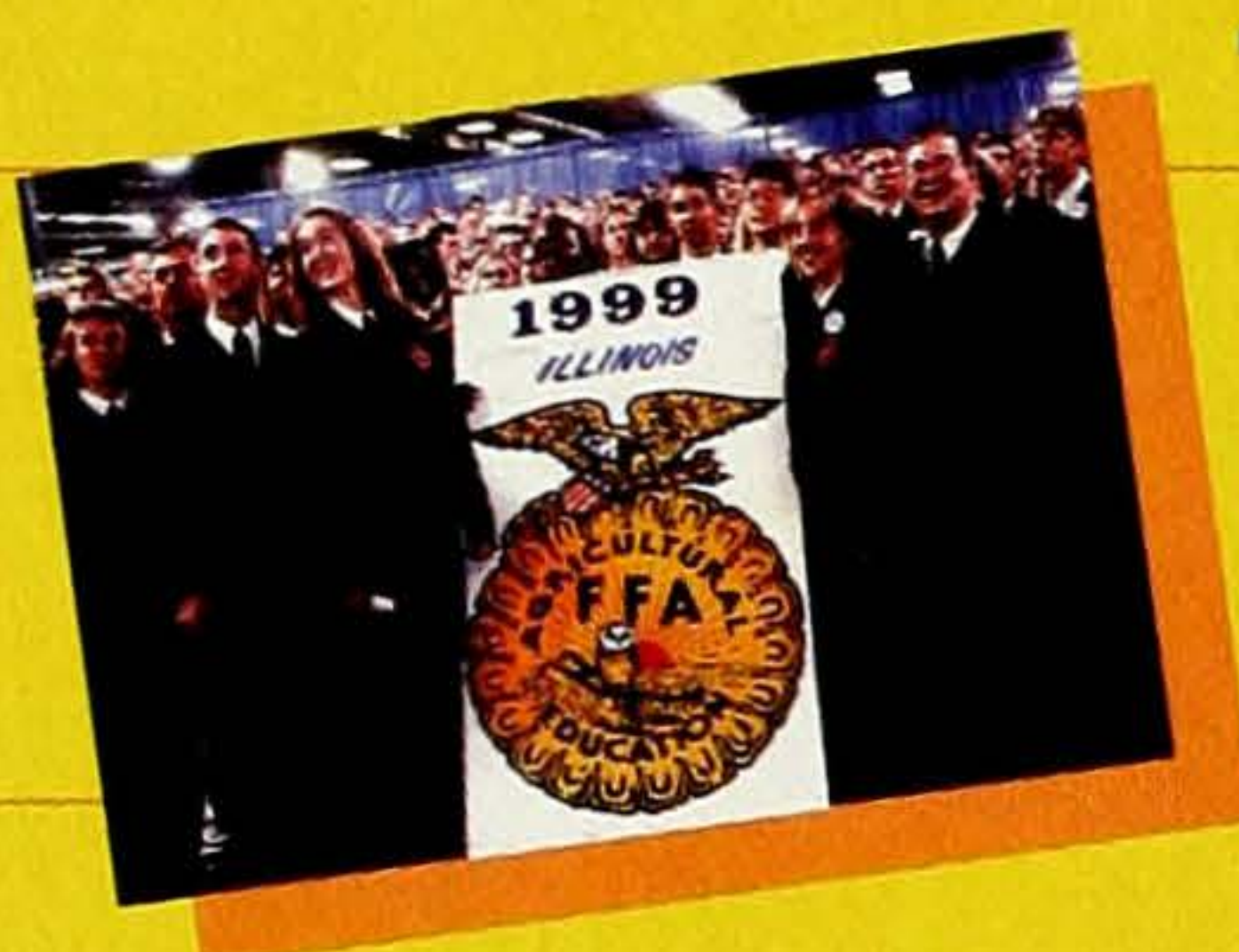
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the lure of louisville



73rd National FFA Convention

It's called the northernmost Southern city and the southernmost Northern city. Whichever way you look at it, Louisville is the only place to be when the 73rd National FFA Convention, one of the world's largest annual youth gatherings, rolls into town. Here are some pointers and fun facts on the convention and the host city.

The who, what, when, where, why and how

What: The 2000 National FFA Convention

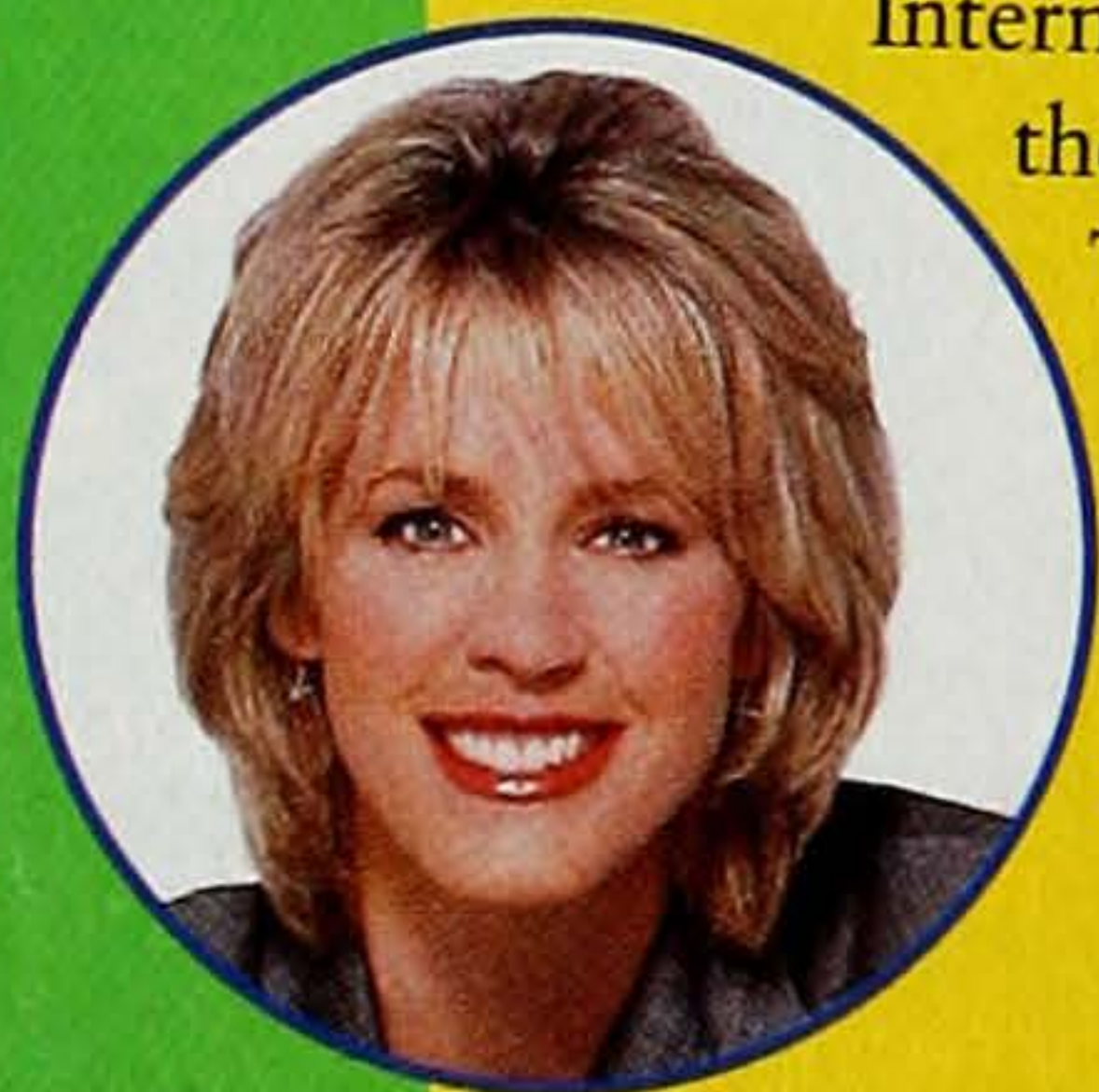
Where: The Kentucky Fair and Exposition Center in Louisville, Kentucky

When: Wednesday, October 25 through Saturday, October 28

Who: 48,000-plus FFA members and guests from all over the U.S.

Why: To experience premier leadership, personal growth and career success—plus loads of fun!

How: With a little help from our friends (see sponsor list on page 24).



Deborah Norville

Talks worth talking about

As always, this year's lineup of keynote speakers is top-notch. Deborah Norville, host of TV's news magazine *Inside Edition*, will discuss perseverance and overcoming obstacles. Also making an appearance is Carolyn Peck, head coach of the Orlando Miracle WNBA franchise. She's a former collegiate coach of the year and Big Ten coach of the year. Motivational speaker John Alston (sponsored by The Kroger Company) and Dr. Guy Rice Doud (sponsored by Pioneer Hi-Bred International, Inc.), the 1986 National Teacher of the Year, bring their inspiring messages as well.

What's best about the convention?

Ashton Gebhard, a member of the Northern Valley FFA Chapter in Almena, Kansas, made the trip to Louisville last year, so we asked him what he liked best: "It is hard to choose only one part of convention as the 'best,' but I would say that the general sessions were incredible. The band and chorus built on all of the excitement just prior to the opening of the session, then the laser light show kicked it up another notch. And then, well, you had to be there to get the full effect. It was outstanding!" Ashton plans to make the trip again this fall.



Carolyn Peck

Explorations

There's a lot to see and do in Louisville. As part of the convention, you can take part in nearly 90 educational tours and visits around town. One of the more impressive tours happens at Ford assembly plant where you can see Ford Explorers, Sport Tracs and Mercury Mountaineers roll off the production line.

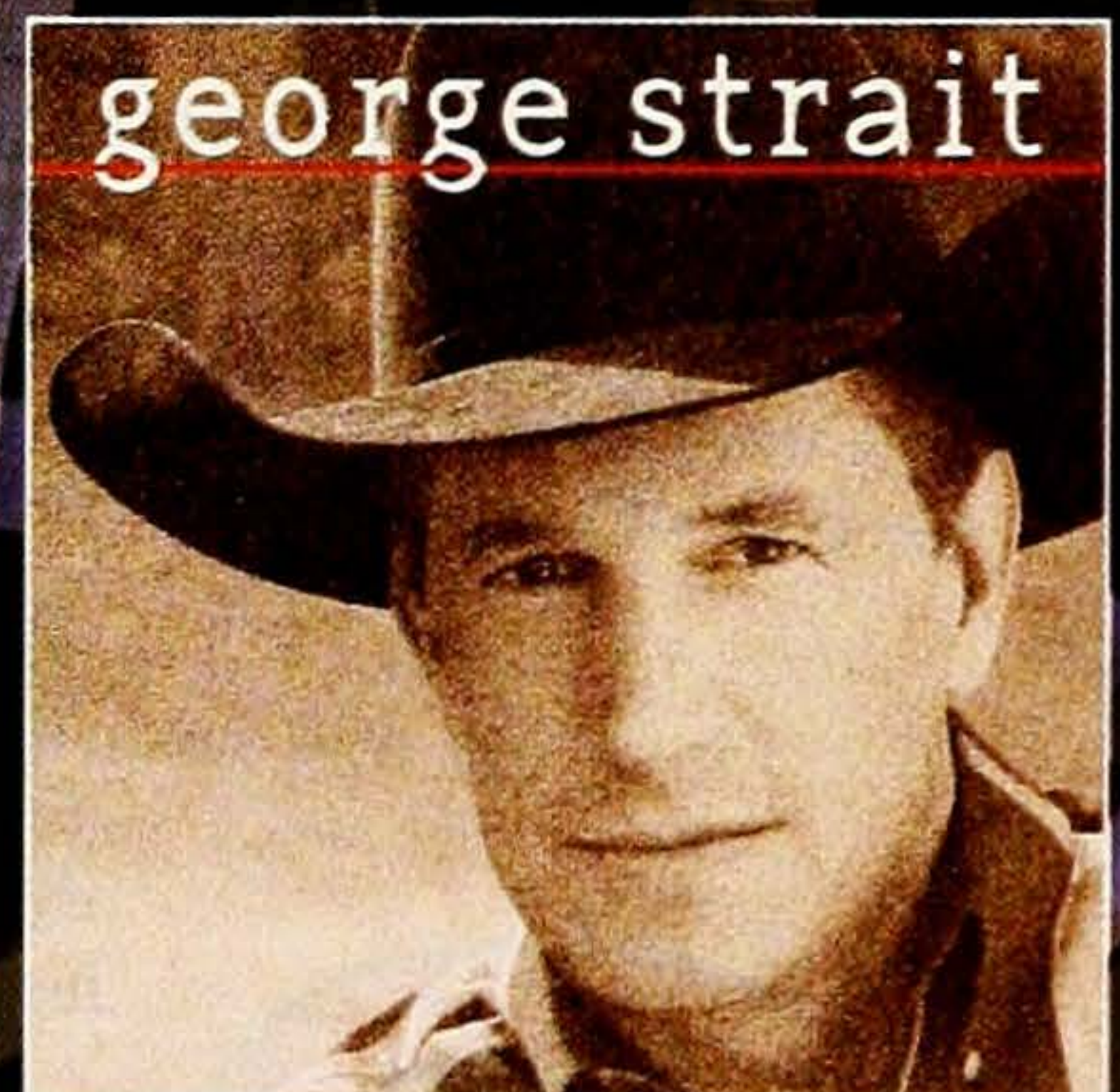
Shop till you drop

Need to do some shopping while you're in town? Mall St. Matthews, a short drive northwest of the convention grounds, covers all the bases with such stores as Abercrombie & Fitch, The Buckle, Dillard's, The Discovery Channel Store, Foot Locker, JCPenney, The Limited, RCC Western Store and Structure. The FFA Shopping Mall, located on the convention grounds, offers the latest in FFA merchandise and Western wear.

continued on page 22

A large, high-quality photograph of George Strait. He is wearing a black cowboy hat, a blue and white plaid button-down shirt, and a brown leather belt with a large, ornate silver buckle. He is smiling and looking off to the side. The background is dark and textured.

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Hometown heroes

It's always fun to walk in the footsteps of the famous. Among the more notable former Louisvillians: Tom Cruise, Thomas Edison, Muhammad Ali, Johnny Depp, Diane Sawyer, Sean Young, Phil Simms and—you guessed it—Colonel Sanders.



Bryan White



Toby Keith



The Wilkinsons

The weather report

We asked Tammy Garrison, Chief Meteorologist at WDRB-TV Fox 41 in Louisville, to dig into the record books to see what kind of weather we can expect for the convention. Here's her forecast:



Tammy Garrison

"The month of October is one of the most beautiful months weatherwise in Kentucky. Marked by azure blue skies, due to the lowest humidity levels of the year, visitors can virtually dismiss any weather woes. Kentucky receives the least amount of rain in October, only 2.71 inches

on average. The 25 to 35 percent humidity makes for pleasant conditions. Fall colors abound from late September to the first of November, depending on current moisture levels.

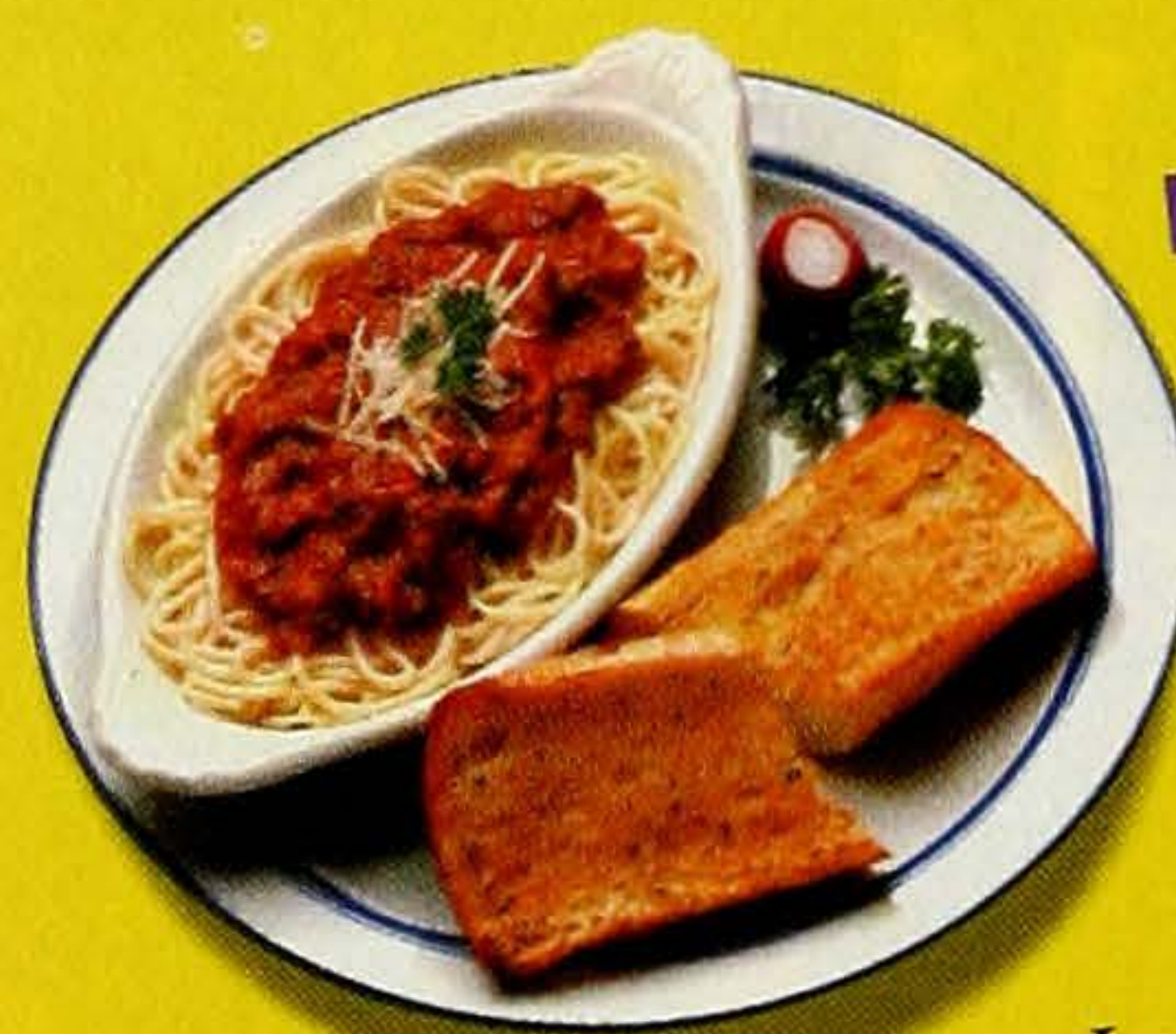
The average late October high and low are 65 and 42, so make sure you bring a light to medium weight coat since the nights are chilly! Sunrise and sunset times during your visit to the River City will be 8:03 a.m. and 6:49 p.m. Just a reminder, Daylight Savings Time ends Sunday, October 29. Don't forget to 'fall back' one hour as you return home. Please enjoy your stay in our fair city and y'all come back when you have a chance. You must have a bite of Derby pie and take a ride on the Belle of Louisville while you are here!"

The week's best celebration

When the new national FFA officers take the stage, Freedom Hall comes alive. With thousands of excited FFA members screaming at the tops of their lungs, the newly installed officers, overwhelmed with excitement, gather on stage for solid high-fives and a power group-hug.

The music never stops

You know the music is good at the national FFA convention when The Nashville Network (TNN) shows up for a live broadcast. The cameras will be rolling Wednesday night for an outdoor concert at the 40,000-seat Cardinal Stadium. As of press time, the headlining acts hadn't been confirmed, but you can bet they're going to be big. On Thursday night, Toby Keith and The Wilkinsons perform at Broadbent Arena (also on the convention grounds), followed by Bryan White on Friday night. Advance tickets are available for all three shows at 888-332-2668.



Food for thought

The FFA food court on the convention grounds will serve thousands daily. Throughout Louisville, you'll find fine restaurants everywhere. Here's one word of advice from Kaylin Truba, a member of the DeLand Senior FFA Chapter in DeLand, Florida: "If you eat at the Old Spaghetti Factory, make reservations or get there early... there is like a 2 hour wait every night to eat there." Those must be good noodles.





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the lure of Louisville

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Alan Kight Jr.
FFA-Talihina, OK

Straight from the mayor

A word from Louisville Mayor Dave Armstrong: "Welcome to Louisville! It is always so exciting to see conventioners in Louisville, especially young people. Our City is a very hospitable one and is eager to please all of our visitors. There are amenities for everyone, and I hope you will enjoy your time here!"

A final word . . .

Max Majors, reporter for the Stevensville FFA Chapter in Montana, says it best: "This is a great chance to get out and experience the thrill of being in the big city and meeting hundreds of FFA members. It's a fun time to get out of your comfort zone and just be you!"

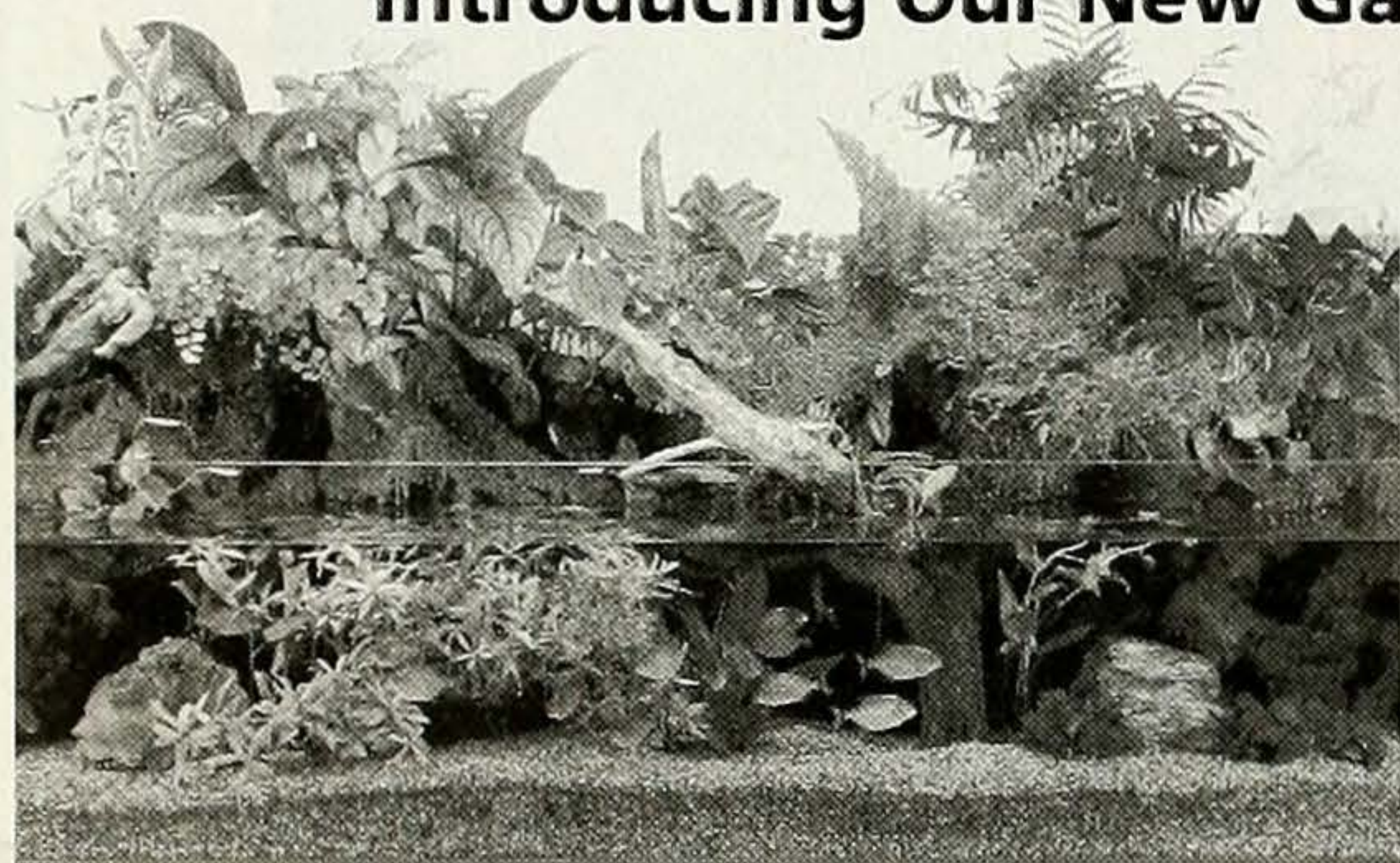
Making it Happen: A special thanks to our 2000 National FFA Convention Sponsors

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For more detailed and updated information on the 2000 National FFA Convention, visit www.ffa.org

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As we went through the mailbag full of What's Hot/What's Not surveys we received from around the country, we noticed a note from Valene Vail in Garland, Texas. Here's what she had to say about What's Hot/What's Not: "I think what you are doing is cool because I like to know what other people think is hot/not." Nice to hear from you, Valene.

hot **the beach**
summer destination

home **not**

hot **colorado**
winter destination

home **not**

hot **hanging out with friends**
main activity

watching tv **not**

hot **mall**
place to hang out

at friends' houses **not**

hot **swimming pool**
type of party

drinking **not**

hot **horror**
kind of movie

romance **not**

hot **italian**
type of restaurant

fast food **not**

hot **tommy girl**
kind of perfume

exclamation **not**

hot **cool water**
kind of cologne

tommy boy **not**

This issue's categories are all related to the start of school.
Fill out your survey today!

what's hot

School lunch food item _____

After school activity _____

Clothing style for males _____

Clothing style for females _____

Foreign language _____

Non-agriculture class _____

School policy _____

Hair style for males _____

Hair style for females _____

Web site _____

Book _____

what's not

School lunch food item _____

After school activity _____

Clothing style for males _____

Clothing style for females _____

Foreign language _____

Non-agriculture class _____

School policy _____

Hair style for males _____

Hair style for females _____

Web site _____

Book _____

**send your
picks to:**

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46268-0960
egaukel@mindspring.com

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Chapter _____

Address _____

City/Town _____

State _____ Zip _____

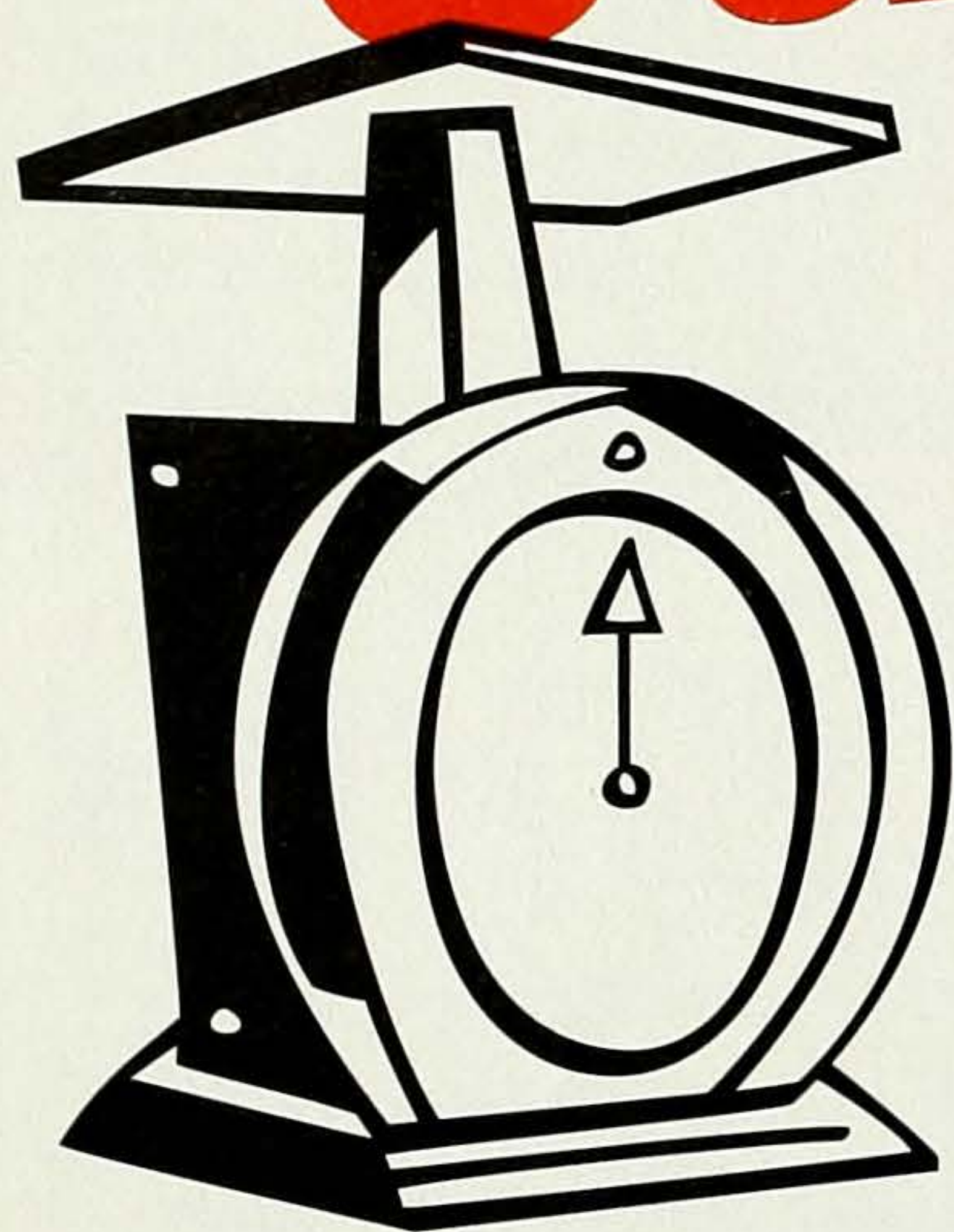
Phone _____

body & soul

By Chris Hayhurst

calories

they're fuel for your body



Dieters, fitness buffs and the health-conscious among you, take note: Calories, say nutrition experts, have gotten a bad rap. In fact, despite myths to the contrary, calories are good for your body. "Calories are not your enemy," explains Chris Book, R.D., a registered dietitian in Fort Collins, Colorado. "You've got to have them in your diet. You just can't live without them."

The word "calorie," short for "kilocalorie," comes from the Latin word calor, which means heat. The term refers to the amount of energy contained in fats, carbohydrates and proteins—three nutrients commonly found in food. Higher-calorie foods hold greater amounts of energy—energy available to fuel the human body for a healthy and active life.

How many calories a particular food contains depends on what's in it. Fats, for example, contain nine calories per gram, while proteins and carbohydrates each contain four calories per gram. You can check food labels to determine just how many calories you're taking in.

Following is a guide to determining how many calories your body needs.

“Calories are not your enemy”

More on calories For more information on calories and other nutritional concerns, contact the American Dietetic Association at 800-366-1655, or visit them at www.eatright.org

Calorie calculations

How many calories your body needs to function on a daily basis depends on a number of factors, including your age, size and physical condition. The number also depends on your level of activity: The more active you are, the more calories you need to keep moving. Here's an easy way to get a rough estimate of your total caloric needs:

1 Multiply your healthy body weight in pounds by 10. The result is your basal metabolic rate (BMR), the number of calories you must consume to merely survive.
Results: _____

2 Calculate the calories you need for physical activities like walking, sports and work. If you tend to sit around all day, multiply your BMR by 20 percent (.20). If light activity like easy walking is more your style, multiply by 30 percent. If you're moderately active, multiply by 40 percent. And if you're very active, whether as an athlete or because of a labor-intensive job, multiply by 50 percent.
Results: _____

3 Calculate the calories your body requires for digestion and nutrient absorption by adding the results for 1 and 2, above, and multiplying by 10 percent.
Results: _____

4 Calculate your total daily caloric requirements by adding the results for 1, 2 and 3, above.
Results: _____

What the numbers mean

Consume more calories than you burn, and the excess energy will be stored as fat. Consume fewer calories than your body requires, and you'll lack the energy you need to live an active life. Ultimately, healthy eating is more about heeding your appetite than counting calories and scrutinizing every food item that goes down the hatch. "Listen to your hunger," says Book, who also recommends following the U.S. Department of Agriculture's Food Pyramid for basic guidance on healthy eating choices. "When you feel full, stop eating." ★



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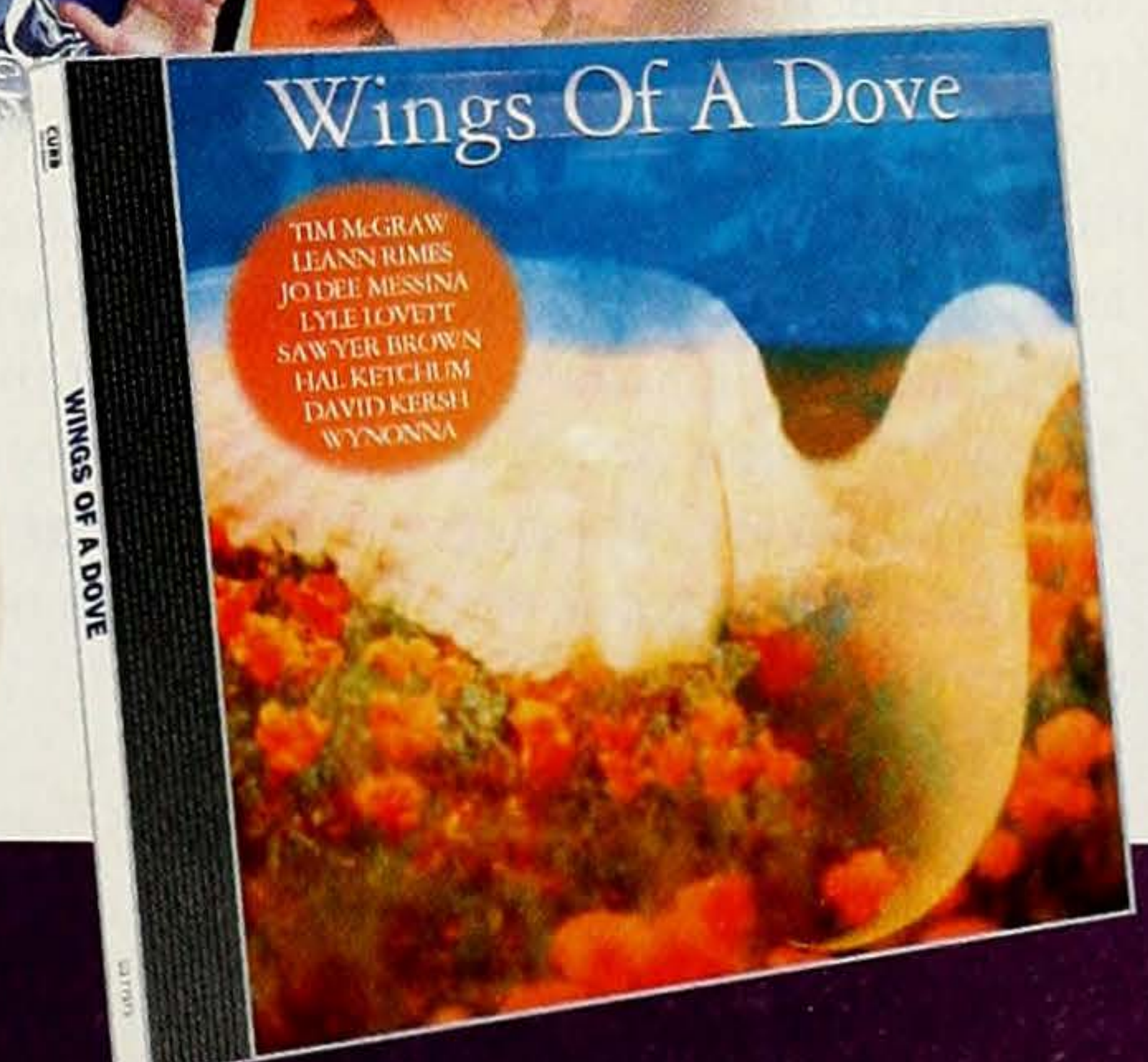
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your money

Tips on managing your cash

stock secrets

By Steve Dinnen

Understanding the words of Wall Street

Now that you've mastered the most important acronyms—FFA, SAE and CDE—it's time to learn what's behind the ones Tom Brokaw reports on just before he heads to his third commercial break every night.

Even if you're still several years away from investing in the stock market, you can prepare to be a smart investor if you learn how to decode such terms as NYSE, DJIA, S&P500, AMEX and Nasdaq.

Market talk

Let's start with the DJIA (Dow Jones Industrial Average). The DJIA is a measurement of the price movement of 30 corporate stocks. Caterpillar, Disney, IBM and Wal-Mart are among the giants on the DJIA (also called the "Dow"). When Brokaw and Wall Street reporters say the market went up or down today, it's the Dow they're talking about.

Most Dow stocks are traded on the NYSE (New York Stock Exchange). The NYSE is one of the three major stock exchanges in the U.S. where stocks are bought and sold; the other two are Nasdaq (National Association of Securities Dealers Automated Quotation) and the AMEX (American Stock Exchange). Altogether, stocks from more than 10,000 companies are traded through these exchanges, where buyers and sellers meet millions of times each day.

A different view

For a broader look at the market, look to the Standard & Poor's 500 Index, also referred to as the S&P500. It measures the price performance of 500 companies watched by Standard & Poor's Corporation, a company that analyzes stocks on all three of the exchanges.

An even broader index is the Russell 2000, which—as the name implies—follows 2,000 stocks. Many investors will watch the movements of these and other indexes, believing they'll point the way for market gains.

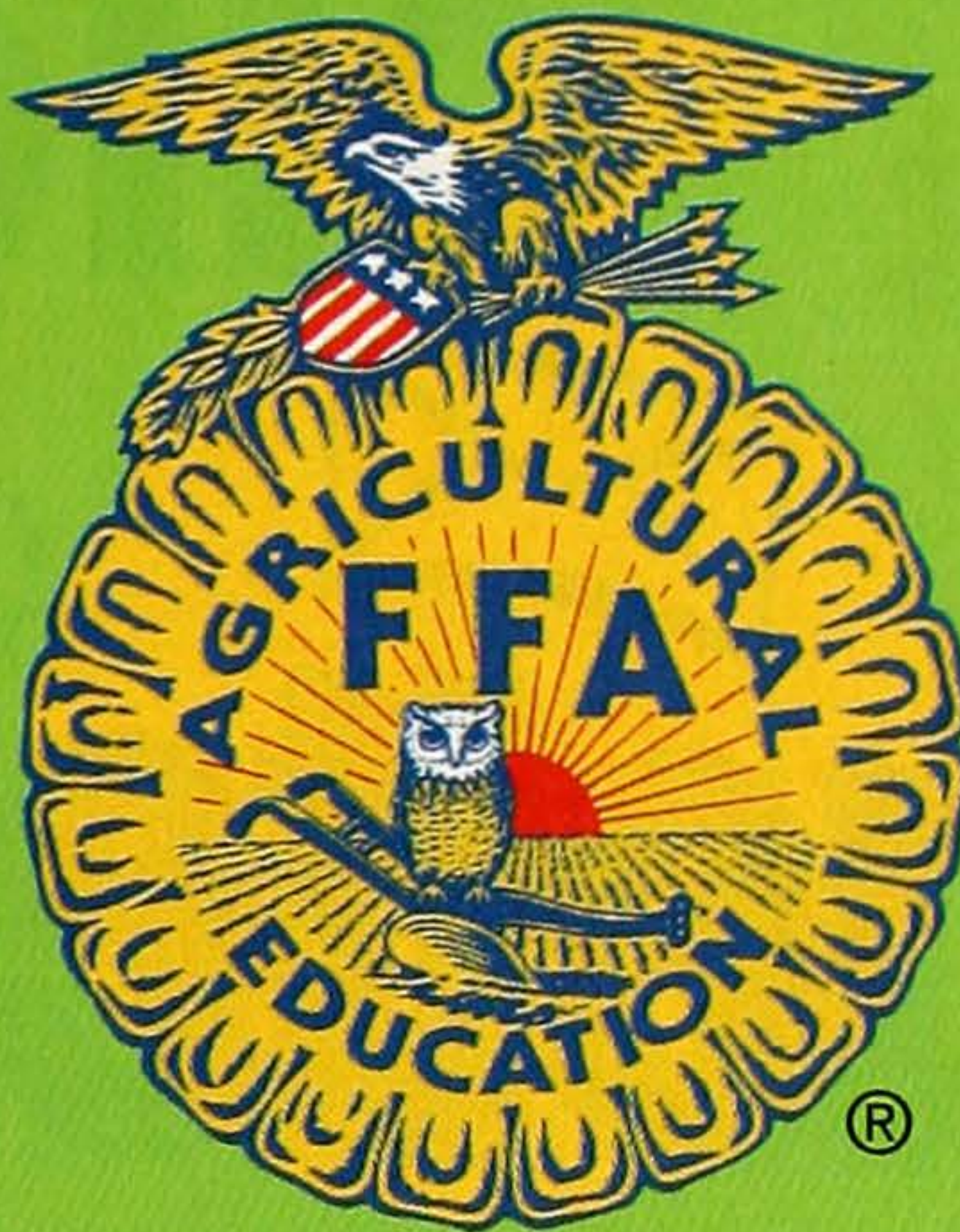
If you're an investor, then, you want to know if these financial weather vanes are pointing up or down. Even if you aren't investing, you can get a feel for the way financial markets are heading by casually keeping track of these exchanges and indexes.

As they go, so goes the overall financial health of our country, and they can have a bearing on everything from the interest rate you get paid on your savings account or the interest you pay out on a credit card or college loan (we'll save that topic for a future issue). ★

What are stocks?

A share of stock represents ownership in a company. You make money with a stock if the price of your share increases. At that point, you can either sell at a profit or just hang onto your shares and hope the price keeps going up. If you have a hunch that the price of stock is going to go down, it might be a good time to sell.

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point & click

E-mail etiquette

BEFORE YOU CLICK "SEND" ON YOUR NEXT E-MAIL, HERE ARE SOME RULES OF THE ROAD



If it weren't for junk e-mails, garbled messages and attachments that won't open, e-mail would be the perfect mode of communication. Even with its drawbacks, it's still easy and fun to use, but there are a few things you need to watch out for when using the digital post office.

The most important thing to understand is that there is no such thing as privacy when it comes to e-mail. All of your incoming and outgoing e-mails are routed through your e-mail or Internet provider, where system administrators can read any e-mail that comes through the gate. With millions of messages moving through the pipeline daily, it's doubtful anyone is reading them, but you never know.

If you send your messages from school or work, be extra cautious. Your school or employer has a right to read anything you type on their computers.

Also, if you happen to click on the wrong name in your address book and don't

catch your mistake, your e-mail could easily be sent to the wrong person. The lesson here: Be careful what you send in your message.

Salutations

Just how do you start an e-mail? When sending informal e-mails to close friends, it's common to just use that person's first name or nothing at all. When closing, a simple first name will do. When a more formal approach is needed (for job or college searches, for example), use the standard "Dear Mr. Wells" and close with a "Sincerely" and your full name.

Once you've made initial contact with such a person, you might find that less formal language is OK, especially if you're sending lots of e-mails back and forth.

When sending e-mails with a formal tone, avoid embarrassment by using your computer's spell checker.

Nothing fancy

Many computers and e-mail programs aren't equipped to handle e-mails with photos or other attachments. Before sending such a file to someone, check to see if he or she is interested in receiving it. The same holds true for chain letters and jokes. If you consistently pass these along to everyone in your e-mail address book, you might be annoying or offending someone. It's also a good idea to keep your e-mails short. Some people receive dozens of e-mails daily. If you want your message read and you want a reply, get to the point quickly.

Personalizing it

Your personality can be found in your voice and your handwriting. In e-mail communication, you can't use either of these. That's why we see lots of variations of the smiley face in e-mails. They can be used to express a smile, a frown and wink and many other expressions or emotions.

To make an emphatic remark, or to simply yell, just use all capital letters. **THIS USUALLY GETS THE POINT ACROSS.**

Technology will soon make it possible for you to add your own unique signature to your e-mails. Once that happens, handwritten e-mails won't be far behind.★

If you have Internet questions or have a topic you'd like to see us cover here, send us an e-mail (using the proper etiquette, of course) at: egaukel@mindspring.com

The many faces of the smiley face

Here are some expressions you can create in your e-mails with characters already on your keyboard

symbol	meaning
:~)	smile
:-(frown
:-@	scream
:-O	yell
;-)	wink

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Last Laff

Q: Who can hold up a car with only one hand?

A: A policeman.

Gayle Perish

Eagle Bend, Minnesota

Q: Why aren't chickens allowed at school?

A: Because fowl language is not allowed.

Mallory Villalobos

Hermiston, Oregon

Q: What are two things you can't have for breakfast?

A: Lunch and dinner.

Ricardo Ortiz

Yakima, Washington

Q: How does a musician brush his teeth?

A: With a tuba toothpaste.

Stephen Gilbert

Lynn, Arkansas

Q: Did you hear the joke about the ceiling?

A: Never mind, it's over your head.

Linda Veatch

Clinton, Missouri

Q: What job is more stable than any other job?

A: Barn management.

Jenny Carter

Quinter, Kansas

Q: What do you get when you cross a rottweiler with a collie?

A: A dog that will bite your leg and then go run for help.

Matt Rainbolt

Platteville, Colorado

Q: How much did it cost the pirate to get his ear pierced?

A: A buck an ear (buccaneer).

Amanda Shaffer

Beavertown, Pennsylvania

Q: How many feet are in a yard?

A: It depends on how many people are standing in it.

Emily Green

Alliance, Ohio

Q: Why did it get hot after the basketball game?

A: Because all the fans left.

Grace McWilliams

Leary, Georgia

Q: What is round on both ends and hi in the middle?

A: Ohio.

Yolanda Barber

Shiprock, New Mexico

Q: Why did the farmer raise his children in a barn?

A: He wanted them to grow up in stable environment.

Hunter Nickel

Atwood, Oklahoma

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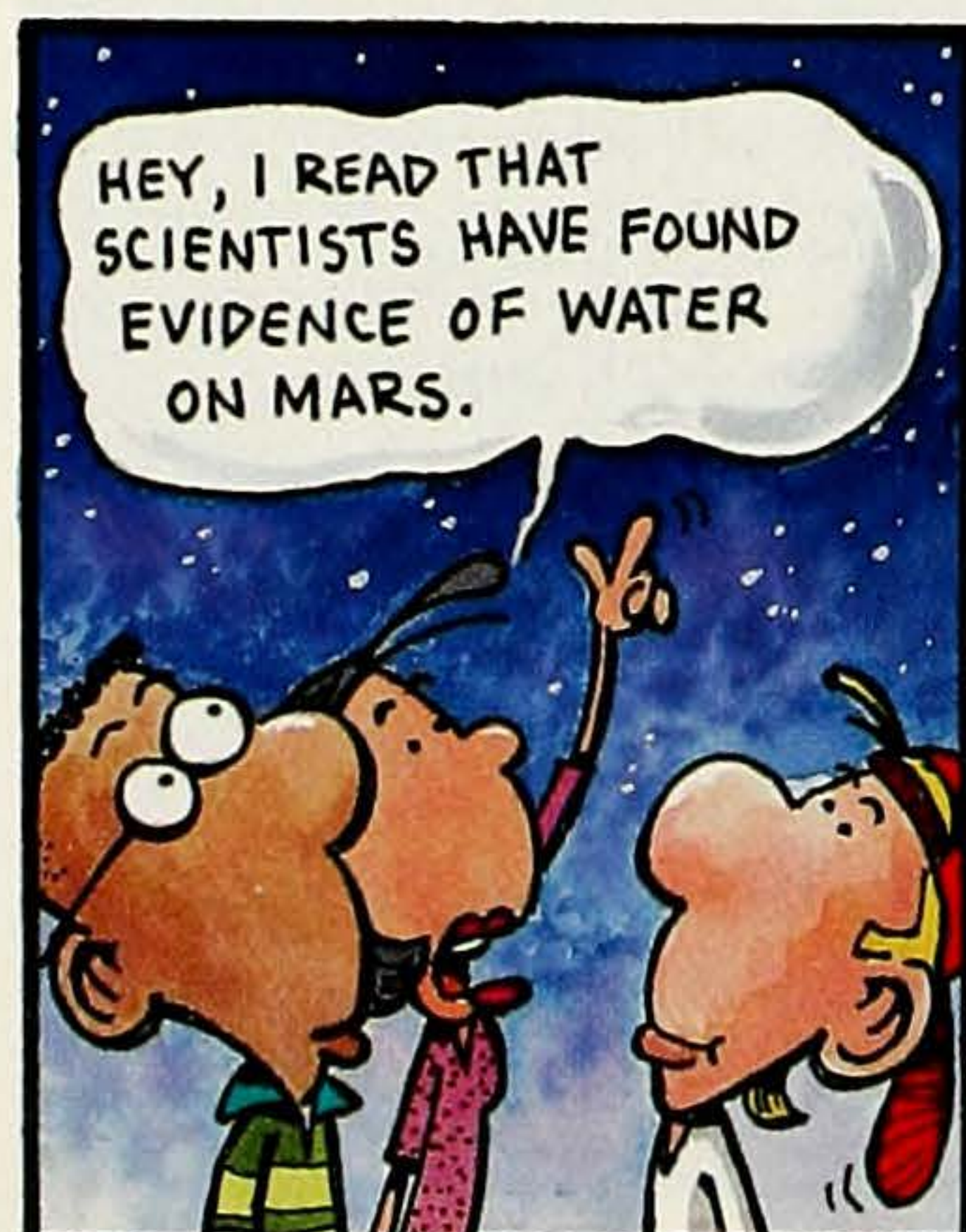
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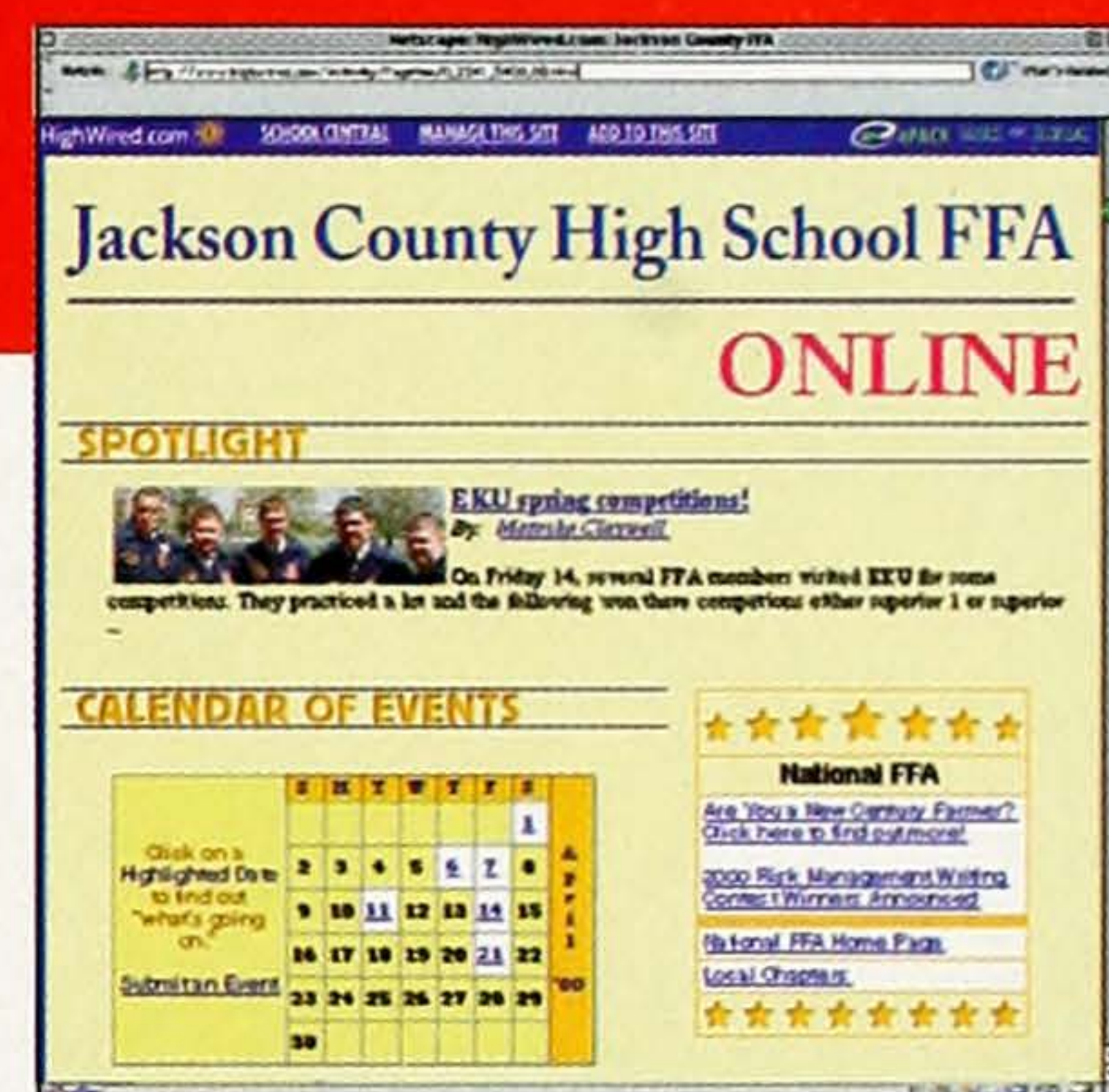
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