

Inspirational Quotes

The chief cause of failure and unhappiness is trading what you want most for what you want now.

— Zig Ziglar

The greatest mistake you can make in life is to continually be afraid you will make one.

— Elbert Hubbard

When you try to please everybody, you end up pleasing nobody.

— Mark Cuban

The happiest people do not necessarily have the best things. They simply appreciate the things they have.

— Warren Buffet

CALENDAR OF EVENTS

April, 2011

- 29 Second Semester Finals begin
- 30 Kevin Meyer Horsemanship Clinic in Livestock Teaching Center at 7:00 am

May, 2011

- 2-4 Second semester finals
- 4 Graduate Practice in the Barn at 6:30 pm
- 4 2011 Awards Night Program in the Barn at 7:30 pm
- 5 Graduation at 1:30 pm
- 6 Wallace 2nd and 3rd grade visit in Veterinary Hospital at 9:30 am
- 12-13 Cow/Calf College in Livestock Teaching Center 8:00 am - 10:00 pm
- 13-15 Sandhills Hunter/Jumper Association Spring Clinic in Livestock Teaching Center at 5:00 pm

Professor Spotlight

By Tiffany Taylor, Co-Editor

This week's professor spotlight is on Drew Anderson. Drew is an Assistant Professor and the Chair of the Horticulture Science division. Some of the classes he teaches include Horticulture Science, Pest Management, Plant Propagation, Irrigation Management and General Biology. I sat down with Drew and asked him several questions about NCTA and his life outside of teaching.

What brought you to NCTA?

I got the job here right after I graduated from college. I graduated on Friday and the Monday after, I interviewed at NCTA. That day I was hired; then I started teaching the next Monday. It was a very quick process.

Since you're a plant guy, do you have a favorite plant?

Any Viburnum, which is a species of shrub.

What got you involved in plants and Horticulture?

When I was little I wanted to be a veterinarian. Then I started working at a greenhouse in my hometown where I worked with poinsettias, and that got me into plant genetics.



Drew Anderson. Photo by Tiffany Taylor

Did you have a favorite childhood pet? And what is your favorite breed of dog?

We had a dog ever since I could remember but my favorite would be the dog I had from 5th grade to college. He was a black lab/ golden retriever mix named "Jesse." I really enjoy any large breed dog—not so much the small breeds.

If you could travel anywhere in the world, where would it be?

I would have to say Italy. I would love to see the scenery there.

What is your favorite book/movie?

My favorite book would be Lost Horizon by James Hilton and my favorite movies would be Philadelphia Story and Sideways.

What are some of your hobbies or activities?

Anything that involves being outdoors. I really like gardening and spending time with my dog and family.

If you weren't teaching here, what would you be doing?

I would probably be teaching at another institution or working somewhere in extension.



Nebraska College of Technical Agriculture

AGGIE UP!



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- Aaron Couch, Co-Editor
- Eric Reed, Faculty Advisor

Food Services Department Seeks Student Input

By Aaron Couch, Co-Editor

Last week, all registered students received an e-mail from the Food Services Department requesting feedback in the form of a survey. The Food Services staff are going to great efforts to ensure that they are providing the best service possible, but it is up to the students to let them know what they are doing correct and what they need to improve on.

Today, Tuesday, April 26, is the last day they will be taking surveys. It is crucial that students participate, as the changes that will be, or not be, made will be effecting all students on campus next year. The questions range from how students feel the quality

of food is for the price asked in the Cafeteria and Deli to what types of



food they prefer in either place. The survey also provides text fields for students' additional input, whether it is advice, compliments, complaints, etc.

Cindy Fritsche, the Food Services Manager, did an excellent job in executing the survey to ensure that all students received it, now it is the students' job to provide the essential feedback that both the student body and Food Services Department staff deserve.

The results will be tallied Wednesday, April 27, leaving today the last day to complete the survey until 5 p.m.

SUB SANDWICHES	4.25	NACHOS	2.00
R. BEEF HAM TURKEY	4.00	WALKING TACO	2.50
WRAP	3.50	CHANDIE'S HAYSTACK	3.50
SLOPPY JOE	3.50	HOT POCKETS -	1.50
SHREDDED BEEF	3.50	HAM & CHEESE	1.50
HOT DOG	1.50	PEPPERONI	1.75
POLISH DOG	1.50	PIZZA	1.25
CORN DOG	1.50	PLAIN	1.75
CHEESE DOG	3.50	PLAIN W CHEESE	1.75
		CREAM CHEESE	1.75
		JALAPENO W CHEESE	2.25
		JALAPENO	1.75
6" PIZZA	3.75		
14" PIZZA	15.00		
DRINKS		MUFFIN	.75
POP	1.50	CANDY BAR	.75
JUICE	1.50	GRANOLA BAR	.75
COFFEE	.50	CHIPS	.75
HOT TEA	.50	PICKLE	.75
APPLE CIDER	.75		

Give Yourself a Chance, Not Stress

By Aaron Couch, Co-Editor

Stress. It's that time of year and it's one thing we all face, no matter how young or old we are, no matter where we are successfully, whether we're a student or an instructor, a child or a parent. We face vast amounts of stress in our lifetime. Recently, I have been inspired to look into this and not only try to understand it, but try to prevent it. Now granted, expecting to never be stressed is simply unrealistic, but I have been doing some things lately that have started to show results.

What Not To Do

First, let's start with some things not to do. They're common mistakes we all make and we probably don't even realize they are playing a role in our stress levels. Computers. They have a tremendous amount of benefits, but one of their drawbacks is we are able to use them for hours, multi-tasking, without ever taking a break. The plus side is we can get a lot done with them! But that's also their shortfall. We end up sitting too long indoors, which leads to the second mistake — we don't get outside enough. There have been some very nice days this year, but sometimes I don't hardly get outside to enjoy them. Lack of enough sleep and also unhealthy eating play a role in high stress levels. We don't need a report written by someone with a PhD to tell us that, it's common sense.

Less Computing

So for starters, ways to decrease your stress levels are to stop doing those things. Take a break from the computer, go work on something else that doesn't require a bright screen. Sometimes when I take a break from work on the computer, my break is checking my e-mail or Facebook. This isn't really even a break since I'm still at the computer. So instead, I decide to read a book for fifteen minutes and then come back to finish my work.

Fresh Air

Secondly, get outside! Go for a walk or jog, talk with some friends, ride around town on horseback, or just take a nap in a hammock. Do something to get this great air that was intended for us to breathe in. Something else I rarely do, but am trying to do more of, is getting exercise. You don't have to go weight lifting for two hours every day, although that is certainly great to do. Try stretching every morning and night. Maybe even do a few crunches or push-ups. It takes fifteen minutes and makes an

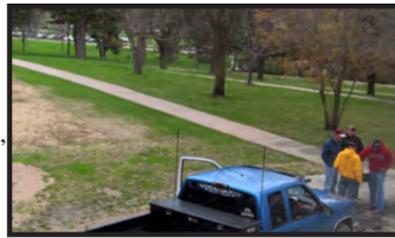


Photo by Aaron Couch

amazing impact on your day. If you want to combine getting fresh air with exercising or studying, then that works too!

Eat Healthier

Third, start eating better. I know, it is so easy to reach into the fridge, unwrap a hot pocket and pop it in the microwave, but fatty foods bring down your energy and although they provide a temporary "fix," in the long run they are counterproductive. This energy is required for study sessions, paying attention in class, critical thinking on finals, etc. Our brain needs nutrition too.

Get "Away"

We tend to get so busy in life, and in certain times, such as finals, it can be so crazy that we start declining. We may start removing ourselves in the wrong way from friends or staying cooped up in our room for hours on end. Small amounts of this can be fine, but what are you doing during this time — watching movies or studying?

One thing that really helps prevent this, believe it or not, is pulling away from the busy life for a couple minutes, but it's what you do during that time that makes the difference. Try sitting down. Turn the cellphone, computer, music and TV off, and just enjoy the silence. Clear your mind and don't think about all that you have to do. Instead, focus on nothing. You don't have to do this for an extended period of time. Just five or ten minutes, but it will really impact you. Doing this also really helps in appreciating the little things in life much more, which plays a role in being happier. This isn't necessarily about not doing anything, but removing yourself from your typical environment. If you are always in your room, then maybe try this outside or try it while taking a walk. That's *three* "birds" with one stone there: Fresh air, exercise and removing yourself from the busy life.

Look Out For Your Best Interest

Lastly, don't overburden yourself. I know for myself that I have a tendency to want to help others. But sometimes we do just need to say "no." Saying "no" can be tough, but it can also reduce stress a million-fold and increase your sanity, likewise. Try working less and not committing too much to other things that aren't class-related. It may seem to others that your slacking, but when you show them the A's, they'll think otherwise.

These aren't any breakthrough facts that have just been discovered, they are simply just reminders for us that easily get stressed, and even if you aren't one who gets worked up over things, these are still very beneficial. The changes don't and won't come easy, they are habits that have to be made to replace old ones. So to recap, eat right, sleep well, get some fresh air, keep upbeat, don't focus on what you haven't accomplished and try to cut your time on computers in half.



Aggies Speak Out

Should the school be responsible for always having food available to the students, and do you think the cafeteria closes too soon in the mornings?

I think they are just fine the way they are. There is enough "snacky" food at the Deli that if people are hungry they can go down there and get food. If people can't wake up before 9 o'clock in the morning, then that is their problem, which is easily fixed and it's their own fault for being hungry.

—Ariel Buhrman, Saint Libory, Neb.

I think that the cafeteria does close too early in the morning. The gap between the cafeteria closing and the Deli opening prevents some students from having any breakfast in the mornings.

—Logan Bechtel, Henderson, Neb.

I think, yes, the cafeteria does close too soon. I think the cafeteria should either extend it's hours to 9:30 am and the Deli should open at 9:30 am this way when one closes the other is open if the student didn't get to breakfast in time. I mean really it's the students own fault if they don't wake up in time for breakfast.

—Ashley Panowicz, Saint Paul, Neb.

I've actually already thought about the time between cafeteria hours and Deli hours. Last semester, when I had class at 8 am and then class again at 10 am, that was the time I wanted to eat breakfast, but there was no where to do so. So I would be 100% in support in either one being open between the hours of 9 to 10 am.

—Kelly Rathbone, Johnson, Neb.

I think that the cafeteria should stay open maybe until 9:30 am for the students that have 8 am classes that might not have had time to eat breakfast, but I don't think it's mandatory that the school always has food available to students.

—Desi Bruntz, Hastings, Neb.

Yes, if the Deli wishes to have breakfast items, the Deli needs to be open at breakfast time! At least open at 9 am to help us kids that don't make breakfast from 7 to 9 am, so we can have a quick snack before our next classes!

—Ali Peters, McCool Junction, Neb.

I think it would be a great idea to open [the Deli] at least at 9 am. That way, there would be no time gap, and hungry students would be able to eat and not get cranky!

—Michelle Gentert, Holstein, Neb.



I think the Deli should open at 9 am, not 10 am because people have class at ten, so they can't get breakfast or something to drink before class.

—Emily Beck

I think the hour laps in between doesn't effect much because of a lot of classes run from 9 to 9:50

am, so that covers for that laps.

—Taylor Brandt, Windham, N.Y.

I think that there should be something done with the laps between when the cafeteria closes and when the Deli opens. We have food available all day long from 7 am until 10 pm... but not from 9 to 10:30 am. Some people don't have class until 10 am, and maybe they want breakfast before going without having to get up early just to make it there before the cafeteria closes. When I was in kennels, I had kennels from 7 to 8 am and class from 8 to 9 am. I normally didn't eat breakfast. I think it would be nice to have something available during that time.

—Alyssa Journey, Gibbon, Neb.

Want to participate in Aggies Speak Out? Join the Facebook group!