

	Sustainable Agriculture		Unit A	Leadership, Careers and SAE
ESSENTIAL STANDARD:	1.00	10%		Examine leadership opportunities related to the sustainable agriculture.
<i>Objective:</i>	<i>1.01</i>	<i>3%</i>	<i>C1</i>	Define the leadership organizations available for students in sustainable agriculture production.

A. National FFA Organization

- a. FFA is a federally chartered organization for students interested in agriculture. The levels of the FFA in North Carolina are:
 - i. Local chapter.
 - ii. Region.
 - iii. North Carolina FFA Association.
 - iv. National FFA Organization.
- b. Parts of a Total Agriculture Program
 - i. Classroom and laboratory instruction.
 - ii. Supervised Agricultural Experience.
 - iii. FFA.
- c. FFA Traditions and Ceremonies
 - i. 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.
 - ii. FFA Motto- Learning to Do, Doing to Learn, Earning to Live, Living to Serve.
 - iii. FFA Colors-national blue and corn gold.
 - iv. FFA Official dress- white collared shirt, FFA jacket (zipped up), black pants or skirt, black shoes, FFA tie or scarf.
 - v. FFA Opening and Closing Ceremony- ritual that emphasizes the beliefs of the FFA and explains the meanings of certain emblems.
- d. FFA Leadership Opportunities
 - i. Program of Activities- helps in setting goals and developing plans and steps to reach those goals.
 - ii. Career Development Events- competitive events designed to build career skills of FFA members.
 1. Speaking Events- develop communication skills.
 - a. Parliamentary Procedure- learn how to participate in business meetings.
 - b. Prepared Public Speaking- develop and deliver a speech on an agricultural topic.
 2. Skill Events- develop knowledge and build communications skills.
 - a. Livestock Evaluation- evaluates livestock for market and breeding purposes based on the physical characteristics of the animal.
 - b. Poultry Evaluation- evaluates the student's knowledge of the production, processing and marketing of poultry and their products.
 - c. Farm Business Management- develops business management skills and teaches students how to apply economic principles to agribusiness.
 - d. Horticulture Competitions- includes pest management
 - e. Agriscience Fair- a science fair competition that includes sustainable agriculture production concepts
 - f. Forestry Competition- includes sustainable agriculture practices
 - iii. Proficiency Awards- entrepreneurship or placement individual awards growing out of a student's SAE program.
 - iv. Banquets, conventions, conferences, social events, community service, etc.
- e. FFA Emblem

- i. Cross section of the ear of corn symbolizes common agricultural interest.
 - ii. Eagle symbolizes the national scope of the FFA.
 - iii. Owl symbolizes knowledge and wisdom.
 - iv. Plow symbolizes labor and tillage of the soil.
 - v. Rising sun symbolizes agricultural opportunity and progress.
 - vi. Agriculture Education and FFA symbolizes the combination of learning and leadership necessary for progress in agriculture.
- f. Officers and Symbols
 - i. President- sits beside the rising sun and presides over meetings.
 - ii. Vice President- sits beside the plow and calls the roll of officers, coordinates committee work and assumes presidential duties in the absence of the president.
 - iii. Secretary- sits beside the ear of corn and keeps accurate minutes.
 - iv. Treasurer- sits beside the emblem of Washington and keeps financial records.
 - v. Reporter- sits beside the American flag and informs and reports events.
 - vi. Sentinel- welcomes members and guests and assists the president in maintaining order.
- B. ATTRA is The National Sustainable Agriculture Information Service.
 - a. Founded in 1987 by the National Center for Appropriate Technology (NCAT).
 - i. NCAT is a private non-profit, founded in 1976.
 - ii. Manages a series of projects that promote self-reliance and sustainability through the wise-use of technology.
 - iii. Programs deal with sustainable and renewable energy, energy conservation, resource-efficient housing, sustainable community development, and sustainable agriculture.
 - b. ATTRA services are available to farmers, ranchers, market gardeners, Extension agents, researchers, educators, farm organizations, and others involved in agriculture, especially those who are economically disadvantaged or belong to underserved communities
- C. SARE is the Sustainable Agriculture Research and Education program.
 - a. Since 1988, the SARE grants and education program has advanced agricultural innovation that promotes profitability, stewardship of the land, air and water, and quality of life for farmers, ranchers and their communities.
 - b. This organization provides:
 - i. Grants
 - ii. Research funding
 - iii. Educational outreach
- D. OMRI is the Organic Materials Review Institute.
 - a. The Organic Materials Review Institute (OMRI) supports organic integrity by providing organic certifiers, growers, manufacturers, and suppliers an independent review of products intended for use in certified organic production, handling, and processing.
 - b. OMRI is a nonprofit organization founded in 1997.
 - c. When companies apply, OMRI reviews their products against the organic standards. Acceptable products are OMRI Listed® and appear on the *OMRI Products List*®.
 - d. OMRI also provides technical support and training for professionals in the organic industry.
- E. USDA is the United States Department of Agriculture and is a division of the US Government.
 - a. This agency has countless programs, funded and monitored by the US Government that include:
 - i. Assisting rural communities: grants, insurance, and disaster relief.
 - ii. Conservation: wildlife prevention, environmental markets.
 - iii. Education and research: statistics, economic and agricultural research.
 - iv. Food and nutrition: child nutrition, WIC (Women, Infants and Children), and SNAP (puts food on the table for low-income families- food assistance program).

- v. Marketing and trade: exporting, importing and food security.
- F. FDA is the Food and Drug Administration and is a division of the US Government.
 - a. This agency works with and serves:
 - i. Health professionals
 - ii. Consumers and patients
 - iii. Scientists and researchers
 - iv. And various industries
 - b. This agency regulates:
 - i. Foods and drugs
 - ii. Medical devices
 - iii. Vaccines, bloods, and biological
 - iv. Tobacco products and cosmetics
 - v. Animal and veterinary industry
- G. EPA is the Environmental Protection Agency and is a division of the US Government.
 - a. The mission of the EPA is to protect human health and the environment.
 - b. This agency deals with government regulations over:
 - i. Air
 - ii. Water
 - iii. Waste
 - iv. Climate change
 - v. Land cleanup
 - vi. Chemicals, toxins and pesticides
 - vii. Green living
 - viii. Health and safety
 - ix. Environmental emergencies
- H. Extension in land grant university system
 - a. In 1862, the Morrill Act ensured that every state in the U.S. would have an agricultural college or university.
 - i. North Carolina has two: NCSU and NC A&T
 - ii. Every state receives funding for at least one school that promotes agricultural research and leadership
 - b. From this, the universities employ Extension Agents who work to research and solve agricultural problems or work to disseminate the research that is created to the public
 - c. Publications, workshops, demonstrations and other organizations (Master Gardeners, 4-H) fall under the umbrella of Extension through these Land Grant universities

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ESSENTIAL STANDARD:	1.00	10%	Examine leadership opportunities related to the sustainable agriculture.
<i>Objective:</i>	<i>1.02</i>	<i>4%</i>	<i>C2</i> Compare the social, economic, and environmental context out of which sustainable agriculture originated.

A. Sustainable agriculture

- a. Sustainable agriculture is one that produces abundant food without depleting the earth's resources or polluting its environment.
- b. Three pillars of sustainability:
 - i. Profit over the long term
 - ii. Stewardship of our nation's land, air and water
 - iii. Quality of life for farmers, ranchers and their communities
- c. It is agriculture that follows the principles of nature to develop systems for raising crops and livestock that are, like nature, self-sustaining.
- d. Sustainable agriculture is also the agriculture of social values, one whose success is indistinguishable from vibrant rural communities, rich lives for families on the farms, and wholesome food for everyone.
- e. Farmers and other agricultural thinkers have established a strong set of guiding principles for sustainability, based on stewardship and economic justice through the following:
 - i. Know your market, protect your profits, diversify and add value to your product
 - ii. Build soil structure and fertility, practice conservation tillage
 - iii. Protect water quality on and beyond the farm
 - iv. Manage pests ecologically, minimal chemical pesticide application
 - v. Maximize biodiversity on the farm and implement rotational grazing
 - vi. Sustain community vitality
 - vii. Practice whole-farm approach

B. Conventional agriculture

- a. Conventional 20th-Century agriculture took industrial production as its model, and vertically-integrated agri-business was the result.
- b. This approach made food abundant and cheap in the United States.

C. Organic

- a. Organic production has been practiced in the United States since the late 1940s.
- b. The industry has grown from experimental garden plots to large farms with surplus products sold under a special organic label.
- c. Food manufacturers have developed organic processed products and many retail marketing chains specialize in the sale of "organic" products.
- d. Organic certification industry has evolved.
 - i. More than 40 private organizations and state agencies (certifiers) currently certify organic food, but their standards for growing and labeling organic food may differ.
 - ii. Some agencies may permit or prohibit different pesticides or fertilizers in growing organic food.
 - iii. Language contained in seals, labels, and logos approved by organic certifiers may differ.
 - iv. By the late 1980s, after an attempt to develop a consensus of production and certification standards, the organic industry petitioned Congress to draft the Organic Foods Production Act (OFPA) defining "organic".

D. Social issues

- a. Farm management
 - i. Farms can be corporations and are often family owned
 - ii. Farms can range in size from less than one-acre to thousands of acres

Commented [GB1]: Remove the reference to industrial, unless you are going to spend time explaining. May be interpreted as negative by traditionalists. May need to define vertical integration or remove it from the definition. There are lots of definitions of vertical integration. We could debate the reference that all conventional agriculture is vertically integrated.

Commented [GB2]: Remove the phrase coupled with substantial government subsidies. Argumentative.

- iii. Farms can also be businesses that are cooperatives
 - iv. Community Supported Agriculture (CSA) is the initiative to have members buy a share of a farm to support and then be given rewards in the form of produce
- b. Farm subsidies
 - i. Used to supplement income, manage the supply of agricultural commodities, and influence the cost and supply of such commodities
 - ii. Examples can include: corn, wheat, feed grain, and meat products
 - iii. Can be controversial as political organizations and lobbyists often play a role in determining who receives funding and ultimately the impacts of the commodities to consumers around the world
 - 1. US Farm Bills pay nearly \$20 billion a year in the form of subsidies
 - 2. Environmental impacts of subsidies may include the farming of monocultures
- c. Policy development
 - i. A set of laws to regulate domestic and foreign agricultural products and services.
 - ii. The purpose of policy development is to achieve goals that can include: price level, guaranteed prices, product quality, product selection, and land quality.
 - 1. US Farm Bill is the primary agricultural and food policy for the government. This is passed approximately every five years by Congress.
 - a. Makes amendments, reauthorizes, repeals pieces every five year cycle
 - b. Began in 1933 (after the Great Depression and part of Roosevelt's New Deal).
 - 2. Can be controversial and impact international trade.
 - 3. Pieces of these controversial bills include:
 - a. SNAP (formerly the Food Stamp program) and its distribution
 - b. Food and farmer subsidies
 - c. Farm or crop insurance
- d. Stakeholders and decision makers
 - i. Within sustainable agriculture there a number of people, organizations, and businesses that is important to policy and decision making for the movement.
 - ii. Some of these stakeholders are:
 - 1. Local, regional, and national government agencies
 - 2. Farmers, ranchers
 - 3. Consumer advocacy groups
 - 4. Environmental, human, and animal health organizations
 - 5. Corporations
- e. Advocacy
 - i. The National Sustainable Agriculture Coalition (NSAC) is an alliance of grassroots organizations that advocates for federal policy reform to advance the sustainability of agriculture, food systems, natural resources, and rural communities. To accomplish their mission, NSAC:
 - 1. Gathers input from sustainable and organic farmers and ranchers, and from a diverse group of grassroots farm, food, rural, and conservation
 - 2. Develops policy through participatory issue committees that involve NSAC Provides direct representation in Washington, D.C. on behalf of its membership to members of Congress and federal administrative offices, such as USDA and EPA; and
 - 3. Builds the power of the sustainable agriculture movement by strengthening the capacity of its member groups to promote citizen engagement in the policy process.
 - ii. The Carolina Farm Stewardship Association (CFSA) works to advocate for fair farm and food policies, change agricultural laws and policies to benefit the local small to mid-size farms of North Carolina.
 - 1. Strive to locally change food safety policies.
 - 2. Working with partners to develop farm and food councils across the Carolinas.
- f. Age of farmers
 - i. The average age of a farmer is 60. Average age has been creeping upwards for the past 30 years.

- ii. Challenges of entry into farming for young people include:
 1. Price of land
 2. Price of equipment
 - g. Food security is the issue of the ongoing availability of food. Food security is achieved when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life
- E. Economic issues
 - a. Globalization is the process of international integration arising from the interchange of [world views](#), products, ideas, and other aspects of [culture](#). Advances in transportation and telecommunications infrastructure are major factors in globalization, generating further [interdependence](#) of economic and cultural activities.
 - i. Trade and transactions
 - ii. Capital and investments movement
 - iii. Migration and movement of people
 - iv. Dissemination of knowledge
 - b. Advertising and marketing
 - i. Sustainable agriculture must target higher valued crops in today's economy
 - ii. Today's sustainable farmer will be more successful at targeting a market that is currently least well served by conventional and conventional farming methods
 1. The recent dramatic growth in organic foods has arisen from farmers beginning to produce for a market that was not well served by the large supermarket chains.
 2. The growth in "green" markets for all sorts of products has arisen from growing public concerns about various impacts of industrial production methods.
 3. Customers who are not well served by the current industrial system will reward those who are willing and able to respond to their unique preferences and meet their specific needs.
 4. Tailored products to unique, niche markets. Niche markets focus on supplying relatively small quantities of unique products – products with differences that go beyond presentation and cosmetics.
 - c. Agribusiness companies are all agents of the food and fiber value chain and all of those that influence these. Examples includes, but are not limited to:
 - i. Agrichemicals: Bayer, BASF
 - ii. Breeding: Syngenta, Ball Seed, DeKalb, Pioneer, Sakata
 - iii. Crop and Livestock production: Murphy-Brown, Purdue, Pioneer
 - iv. Distribution: US. Foods, Sysco
 - v. Farm machinery: John Deere, Kubota
 - vi. Processing: Campbell's, ConAgra, Purina
 - vii. Seed supply: Dow, DuPont, Monsanto, Johnny's, Pioneer
 - viii. Marketing and retail sales: Cotton Incorporated, RJ Reynolds
 - d. Economic incentives
 - i. Carbon sequestration-
 1. Take carbon from the atmosphere (that was emitted) and put into soils or vegetation.
 2. In 2002, the President directed the US Secretary of Agriculture to develop a guide for the economic incentives to encourage adoption of production practices that reduce carbon emissions.
 3. An incentive system for credits in carbon sequestration and charges for carbon emissions was developed.
 - e. Local farms and local foods
 - i. Benefits of local foods
 1. Full of flavor and nutrients
 2. Supporting local economy: sustaining jobs
 3. Ability to talk to the grower
 - ii. Local farms: Got to be NC Agriculture

1. www.ncagr.gov
2. <http://www.ncagr.gov/markets/agritourism/> is a list of local farms in every county
3. People who eat or make efforts to eat locally are known as “locavores.”

F. Environmental issues

- a. Water use
 - i. Sustainable agricultural practices employ water conservation techniques.
 1. Water monitoring
 2. Micro and drip irrigation
 3. Increasing organic matter in soils to help retain water from rain
 - ii. There is not a limitless supply of potable or usable water. Many areas exhibit extreme drought every year or for many years
 - iii. Protecting water quality is very important
- b. Soil erosion and degradation
 - i. Sustainable agriculture practices combat the loss of soil through soil conservation techniques
 - ii. Soil quality is diminished through traditional tillage of the soil
 - iii. Soils must be continuously amended and rebuilt through the addition of compost, crop rotation, and incorporation of cover crops
- c. Pollution and contamination
 - i. Many natural resources can be polluted through industrial, agricultural, and human use
 - ii. Continued practices of reducing, recycling and reusing must be employed.
 - iii. Consumers must contribute to the ecosystem and play a positive role in the management of the natural resources
 - iv. Sustainable agricultural producers are constantly monitoring and reflecting upon their current environmental stewardship practices
- d. Biodiversity
 - i. Sustainable agricultural practices must take into account all pieces of the ecosystem
 - ii. The maintenance of biodiversity in agriculture ensures the production of crops and animals
 1. Pollination is essential for crop production
 2. Threatened by the loss of pollinators, like bees due to Colony Collapse Disorder (CCD)
 - iii. All forms of life must be included when considering the management of the farm:
 1. Birds, insects, microorganisms, soil inhabitant, mammals, fungi amidst an ecosystem
 2. There is also biodiversity within breeds of plants and animals
 - iv. Agriculture both supports and is supported by biodiversity
- e. Monoculture
 - i. A monoculture is a single crop grown over a wide area for several years.
 - ii. In conventional agriculture this allows for large harvests with fewer inputs and minimal labor.
 - iii. Soil fertility can be greatly depleted and may lead to soil erosion if conservation practices are not incorporated into cultural plans.
- f. Urban sprawl and land use
 - i. The expansion of people from centralized urban areas to surrounding regions (once previously remote or rural)
 - ii. This results in low density areas reliant upon heavy automobile and fuel consumption.
 - iii. Generally a negative connotation due to health, environmental and cultural issues associated with the phrase
 - iv. Urban sprawl leads to less land available for farming of crops and livestock or natural resource conservation.

G. Social issues

- a. Food labeling
 - i. GMO- Genetically Modified Organism. Not regulated by any government agency in the USA to label that there is a GMO in the food. Approximately 75% of all food sold contains at least one GMO in its makeup.
 - ii. Non-GMO- no genetically modified organisms. Can still use traditional or conventional methods of agriculture (synthetic fertilizers, irrigation).

- iii. Organic- certified by the USDA.
 - b. Food deserts are rural and urban areas (neighborhoods and towns) without ready access to fresh, healthy, and affordable food sources.
 - i. Instead of grocery stores, these areas may only have access to fast food or convenience stores.
 - ii. There are few healthy, affordable foods available. 10-mile marker for rural areas and 1-mile marker for urban areas.
 - iii. USDA estimates 23.5 million people live in food deserts. Over half are low-income.
 - c. Land ethics
 - i. A philosophy that seeks to guide the actions when humans use or make changes to the land.
 - ii. Term coined by Aldo Leopold (conservationist and forester)
 - 1. Leopold's land ethic: The view that a thing is right when it tends to preserve the integrity, stability, and beauty of the biotic community. It is wrong when it tends otherwise
 - 2. Economic based land ethic: The view that is wholly based upon economic self-interest.
 - 3. Utilitarian based land ethic: The view that a morally right action is an action that produces the maximum good for people
 - 4. Libertarian based land ethic: The belief that each individual person has a right to a maximum amount of freedom or liberty when this freedom does not interfere with other people's freedom
 - 5. Egalitarian based land ethic: The belief that typically favors equality whether that be equal entitlement to land and/or access to food
 - 6. Ecologically based land ethic: The land and the organisms that live on the land have intrinsic value.
 - d. Green Revolution
 - i. Term used in 1968 by William Gaud.
 - ii. This was a term used to translate the impacts of research, technology, and other agricultural advancements from 1940-1960.
 - iii. Norman Borlaug was known as the father of the Green Revolution and was credited with saving one billion people from starvation.
 - 1. Advances included synthetic fertilizers
 - 2. High Yield Hybrids
 - 3. Pesticides
- H. Food safety
- a. There are a number of items in place to help secure food and ensure that it is safe for human consumption in the United States.
 - b. The USDA regulates farms and food that goes from the farm to the fork.
 - c. Food records
 - d. Food preparation
 - e. Allergen labeling
 - f. The Federal Food Safety System: A Primer and a Congressional document.
 - g. GAP certification
 - i. Good Agricultural Practices- a set of guidelines for producers of foods
 - ii. Persons/farms/organizations selling produce or animal products must acquire GAP certification
 - iii. A school wishing to serve produce harvested in a school garden must acquire GAP certification in order to distribute food in the cafeteria or sell the produce to the public
 - h. Food quality and risks (more is discussed in Objective 9.00)

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Parliamentary Law Basics

- A. Objectives
 1. Focus on one item at a time. Helps prevent confusion.
 2. Extend courtesy to everyone. You should be recognized before speaking.
 3. Observing the rule of the majority keeps unpopular ideas from being adopted.
 4. Ensure the rights of the minority, all sides can make motions, second motions, discuss and vote.
- B. Definition of Parliamentary Procedure- using well-defined rules to conduct business through a formal, organized approach. (Roberts Rules of Order).
- C. Presiding officer should be fair and impartial and should leave the chairman's station and relinquish chairman's duties to discuss or present a point of view.
- D. The Gavel- represents the symbol of authority in a parliamentary procedure meeting.
 1. One tap means to sit down, announce the vote or adjourn.
 2. Two taps means to call the meeting to order.
 3. Three taps means to stand up.
- E. Parliamentary Procedure Vocabulary
 1. Agenda- list of what will be discussed at a business meeting. The agenda should be prepared before the meeting.
 2. Motion- to present a new idea or item of business. ("I Move To" or "I Move That")
 3. Amend- to change a motion.
 4. Majority- more than half; group that controls the most votes.
 5. Minority- less than half; opposite of majority.
 6. Quorum- 2/3 of the total membership. This amount of people must be present for the group to make decisions or changes.

Parliamentary Abilities

- A. Main Motion- presents a new idea or item of business. Only one can be on the floor or before the group at the same time. It is debatable, amendable, requires a second and majority vote.
 1. Steps to make a main motion:
 - i. Address presiding officer.
 - ii. Receive recognition to speak.
 - iii. State motion-"I move to..." or "I move that..."
 - iv. Another member seconds the motion (to show that more than one person wants the item of business before the group).
 - v. Motion is discussed.
 - vi. Vote on the motion.
 - vii. Chair announces result of vote.
- B. Discussion gives members opportunities to discuss pros and cons of the main motion.
- C. Voting (there are two kinds of votes)
 1. Majority.
 2. 2/3 majority.
- D. Four Methods of Voting
 1. Voice vote.
 2. Visual vote (standing or raising hands).

3. Roll call.
 4. Ballot.
- E. Other Parliamentary Procedure Abilities
1. Amendment- to change a motion by striking out or adding words. It is debatable, amendable, requires a second and a majority vote.
 2. Division of the House- to get a counted vote. It is not debatable or amendable. Member seeking a division does not have to be recognized by the chair to speak. You simply say "Division".
 3. Refer to a Committee- places the motion in a committee. It is debatable, amendable, requires a second and a majority vote. The motion should include the number on the committee, how they are appointed, their powers, duties and when to report back.
 4. Previous Question- to stop discussion. It is not debatable or amendable and requires a 2/3 vote.
 5. Point of Order- used to correct a parliamentary mistake. It is not debatable or amendable and does not require a second or a vote. Member says "I rise to a point of order".
 6. Suspend the Rules- used to temporarily suspend the rules of an organization. It is not debatable or amendable and requires a second and a 2/3 vote.
 7. Adjourn- to close the meeting (requires simple majority vote). It is not debatable or amendable, requires a second and a majority vote. A motion to adjourn takes precedence over all other motions.

Prepared Public Speaking

- A. Types of Speeches
1. Informative- provide information.
 2. Persuasive- speeches given to change or sway the mind of the audience to align with the message of the speaker.
 3. Extemporaneous or Impromptu- speeches are given with little or no preparation.
- B. Three Basic Parts of a Speech.
1. Introduction- grabs the attention of your audience.
 2. Body- begins with the main points and arranges them in logical order.
 3. Conclusion- summarizes the main points of your speech.
- C. Preparing & Writing a Speech
1. Speech Preparation
 - i. Purpose- speeches can be written based on a specific reason or purpose such as explaining a new technology to a group of farmers.
 - ii. Audience- speech writers should take into consideration "who" they are going to present to. For example a speech on retirement options would not be as interesting to a group of high school students.
 - iii. Occasion- speeches can also be presented for special events such as banquets, leadership conferences, etc.
 2. Topic Selection- once the speech writer knows the purpose, audience and/or occasion for the speech they can then select an appropriate topic.
 - i. Choose a topic that interests you.
 - ii. Choose a topic you are knowledgeable about.
 - iii. Choose a topic of interest to your audience.
 - iv. Brainstorm with a list of topics and write down key words.
 3. Gather information from a variety of materials, books, internet, personal interviews, etc.
 4. Write down your ideas including, name of source, web address, page number and author.
 5. Create an outline to help you organize your ideas.
 6. Write the speech the way you talk, but do not use slang terms.
 7. Be enthusiastic, smile, use gestures, have good eye contact, and be sincere when presenting your speech.
 8. Correctly cite your sources
 - i. Be sure to cite the source of anything that is not your own idea
 - ii. Include a works cited
 - iii. Use internal citation

- iv. Use sources from places like associated press news outlets, government agencies and institutions of higher education (avoid Wikipedia)