



ARIANNA
NOELLE
HOLDER

portfolio

The inspiration for **Spark** came from two very different places.

The first was my mother. It was that evening that she showed her mother's portrait, but my own is definitely the best person in the world. She's the kind of amazing woman who is light as even the darkest situations. The type of person who doesn't let the world be more because it's "just so depressing."

And she's not the only one.

The second was a woman I met years ago. It felt as though in the world, the average of smaller and bigger, smaller and bigger is common. But the thing is there's too much more than that happening in the world. There's the future of things, there are people doing what's right to make everything better. As Spark, we believe there are the stories that deserve to be told.

Each one has a heart to give. It's not just about it. It's about things with people in a moment, especially if what you're in it is your future self.

This book is my second, eighth alternative, more of a journey in a quiet time for the "The Love of the King: The Ten Years." In his words, a quote from the book where someone says, "It's not so good in this world, Mr. Tully, and it's worth fighting for." This is the book that's been up since we're trying to understand what the story of Spark, but we're fighting for the good in the world in the hope that by being light in a positive way we will be encouraging more of it.

We don't need the world, when people's actions, or our own. In the great where of things, so much is in our hands. We're not just in a world and people's lives. But we can create the world we're living. We can create a world that's better.

Think of Spark as an escape for the world where I hope someone you, for what is needed in the world, just like I hope we can be able, even though our world may not always seem like it. Maybe it will help you find your own happiness, and that's what Spark. Maybe you'll just be light and inspire your (or maybe) I hope that you do.

More than anything else, my wish for Spark is that it remains one of the best things of even the most beautiful, and that after reading our magazine, you'll find it a little easier to appreciate the people, people, and things, the world, really a better thing that we will do.

Schylar Martin
Editorial Director



SPARK 1

My Journey Back

A trip of self-happiness at



Photo by Andrew Heston

Even now, I can remember the exact moment I got the call. I scrambled around trying to figure out what to take back home. Do I take the black dress home? Don't be so stupid! Argh, I told myself. He is going to be fine.

I took the black dress. My mother had called me earlier in a panic, telling me to keep calling my father because he hadn't shown up to my brother's junior varsity football game. "This isn't like him," she said. "He wouldn't miss WJ's game like this."

It was. He lived for those Thursday nights to watch his only son, his "Pal," run touchdowns. After years of attending regional dance events and carpooling to cheer competitions, my dad relished his relationship with his son.

At 2008, as I entered the waiting room, I saw my mother wipe tears from her eyes and smile at me. The staff of my family smiled too, but it wasn't genuine. It was that smile that people force when the only thing they know to do is smile.

I knew when I walked into his room that he wasn't ever going to wake up again. The room smelled like blood. Everyone's eyes were paired with tears. My father didn't look like himself. His body lay motionless, without a spark of energy. His mouth was slouched to the left side because of the tube in his mouth helping him breathe. His body heaved up and down robotically, being pumped up and down by the ventilator.

I took his hand because I felt obligated to. I hated holding it. You hold someone's hand for the connection, and when I took his, there was none. I was sad and worried for the feelings I felt. I preferred to stand as a distance, keeping myself from emotions that I knew were building inside me and about to crash into my soul.

He had suffered a massive cardiac arrest and gone 50 minutes without a pulse. These crucial minutes had fatal consequences. His organs were "washed," she doctors told. Even if his heart recovered, the rest of his body was shutting down. Yet, being the stubborn man that my father was, he somehow held on.

Pages from *Spark*, of which I was assistant art director for a magazine design course.

NEW DRONES

- * capture leaf surface reflectance radiations — part of the light spectrum invisible to the human eye — that indicate a plant's health
- * provide real-time information regarding crop status non-destructively

CROP SENSORS

- * provide data on soil composition and plant nutrition
- * help gauge crop stress and soil moisture levels to reduce water waste

NEXT-GEN PLANTING

- * average seed savings +.3% per acre
- * allows

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150 copies of this public document were printed at a cost of \$101.00 or 67 cents per copy. 1/12

Smart Farming: AI, Robotics and Digital Technology

The N.C. Agricultural & Technical State University Farm is making key investments in precision technologies to increase food production resiliency and protect the environment. Drones, robotics, "smart" tractors and implements with sensors that can securely gather quality data all help us educate farmers, and students, about data-driven decision-making and efficient production. In the College of Agriculture and Environmental Sciences, we're bringing science and society one step closer together.

PRECISION AG TOOLS

- * auto-steering tractor with GIS guidance
- * variable-rate technology

AUTOMATED MILKING SYSTEM

- * allows cows to milk as needed
- * improves herd health
- * boosts milk production

NORTH CAROLINA AGRICULTURAL AND TECHNICAL STATE UNIVERSITY
AGRICULTURE AND ENVIRONMENTAL SCIENCES

Infographic on emerging technologies in agriculture.

CLASS OF

CHAMPAGNE TOAST

Thursday, December 14
5:00–6:30 p.m.
Williams-Clark Club Level, Dowdy-Ficklen Stadium™

Graduates and their families are invited to commemorate their graduation and transition to becoming ECU alumni.

Hosted by Parent and Family Programs and the ECU Alumni Association

ACA Administration
252-737-8338 • aca@ecu.edu

ECU

CLASS OF

CHAMPAGNE TOAST

December 14 • 5:00–6:30 p.m.
Williams-Clark Club Level, Dowdy-Ficklen Stadium™

ACA Administration
252-737-8338 • aca@ecu.edu

Part of a social media package (Instagram post and web banner) advertising graduation festivities.

PLAYHOUSE

April 19-23
McGinnis Theatre

Wednesday-Saturday at 7:30 p.m.
Sunday and Sunday at 2:00 p.m.

Tickets:
252-328-6829 and theatredance.ecu.edu
\$15 public, \$12 seniors/faculty/staff,
\$10 students/youth

ADA Accommodation: 252-737-1018 • ada-coordinator@ecu.edu

ECU SCHOOL OF THEATRE & DANCE

PLAYHOUSE

Pride & PREJUDICE

April 19-23

ECU SCHOOL OF THEATRE & DANCE

PLAYHOUSE

April 19-23
McGinnis Theatre

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ECU SCHOOL OF THEATRE & DANCE

PLAYHOUSE

Pride & PREJUDICE

A theatrical version of Jane Austen's classic novel involving manners, courtship and relationships. Finding a husband is hardly Elizabeth Bennet's most urgent priority. But with four sisters, an overzealous match-making mother and a string of unsuitable suitors, it's difficult to escape the subject.

April 19-22, Wednesday-Saturday at 7:30 p.m.
April 22-23, Saturday and Sunday at 2:00 p.m.
McGinnis Theatre

Tickets: \$15 public, \$12 seniors/faculty/staff, \$10 students/youth

252-328-6829 and theatredance.ecu.edu

ADA Accommodation: 252-737-1018 • ada-coordinator@ecu.edu
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ECU SCHOOL OF THEATRE & DANCE

Social media package and poster for *Pride and Prejudice* performance.

EAST CAROLINA UNIVERSITY®
**COMPREHENSIVE
CAMPAIGN KICKOFF**
Celebration



March 25, 2022
6:30 p.m.

Williams Arena at Minges Coliseum™

With Special Guests
The Embers Featuring Craig Woolard

Casual Cocktail Attire

Please RSVP by March 14 with the enclosed card or online at
www.piratealumni.com/campaignkickoff.



Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should
contact University Advancement at 252-328-9565 or univadvanc@ecu.edu.
CS-22-0910

EAST CAROLINA UNIVERSITY®
**COMPREHENSIVE
CAMPAIGN KICKOFF
CELEBRATION**
Map

Williams Arena at Minges Coliseum™
200 Ficklen Drive
Greenville, North Carolina



Directions:
From Charles Boulevard, turn onto
Ficklen Drive and park in the Blue or
Gold lot. Enter Minges Coliseum
at the Smith-Williams Center
(Hall of Fame entrance).



**COMPREHENSIVE CAMPAIGN
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CAMPAIGN KICKOFF
CELEBRATION**
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CS-22-0910

Invitation print package
for Comprehensive
Campaign Kickoff
Celebration, a
fundraising initiative.

WEDNESDAY



9-10 a.m.
Registration and Showcase

10-11:15 a.m.
Opening and Keynote
FCS Institute Planning Committee

Greetings
Misty Blue-Terry, PhD, Assistant Extension Administrator - Youth, Families and Communities, NC A&T Extension
Arlene Harrison-Moody, PhD, Associate Director and Program Leader - Family and Consumer Sciences, NC, State Extension
Visit Greensboro

Keynote
Natasha Saunders-Cotton, CEO/Founder, Transition Life Consulting LLC

11:15 a.m. - 12:30 p.m.
Lunch and Working Session

1-5:15 p.m.
Breakout Session One
(90-minute break at 3 p.m.)

► Developing and Using Advisory Councils SEMINAR ROOM
for Adaptive Cultures
Katherine McGe, PhD
Learn how to recruit, sustain, and sustain effective advisory councils, using proven strategies for needs assessment, resource development, and community advocacy over a three-year cycle. **PAVILION RM A**

► Safe Places Food Safety Basics
Ellen Shumaker, PhD, Candice Christian, MPH, CHES, Savannah Everhart, Nani, PhD
A foundational and refreshment session on food safety best practices for retail and community settings, including current trends, regulations, and practical strategies for integrating food safety into kitchen programming.

Choose a ► for each breakout session according to your specialty:
► EFNEP approved ► EFNY track open ► CDC HOP track open
Key: ► EFNEP approved ► EFNY track open ► CDC HOP track open

Agenda

FCS Institute '26

Elevate, Educate, Empower: Advancing FCS for Impact

March 11-13, 2026
N.C. A&T Farm Pavilion, 3020 McConnell Road, Greensboro, N.C.



WEDNESDAY

9 a.m. | Registration

10 a.m. | Opening and Keynote

11:15 a.m. | Lunch and Working Session

1 p.m. | Breakout Session One

- Developing and Using Advisory Councils for Adaptive Cultures
Dr. Katherine McGe
- Safe Places Food Safety Basics
Ellen Shumaker and Nani Everhart
- Faithful Families and Healthy at Home
Dr. Arlene Harrison-Moody and team
- Cooking with Local Foods
Catherine Hill and team

8 a.m. | Breakout Session Two "A"

- Parenting with Purpose in Mind: Teen's Career Development, Part 1
Dr. Jaime Alexander
- Food Demonstration Training
Dara Bloom and Shewana McSwain
- Food Systems and Food Access
Dara Bloom and Morgan Marshall

10:15 a.m. | Breakout Session Two "B"

- Extension Master King Volunteers Program Management
Dara Bloom and team
- Dietary Guidelines for Real-World Conversations
Dr. Aaron Gale and team

12:30 p.m. | Networking and Program Development Lunch

THURSDAY (cont.)

1:45 p.m. | Breakout Session Three "A"

- More in My Basket
Dr. Carolyn Bird and team
- Ripa for Review: Models Produce Market Support
Dr. Barbara Grubbs and Kinna Rowlings
- Sweetening with Purpose in Mind: Teen's Career Development, Part 2
Dr. Jaime Alexander
- Eight Dimensions of Wellness
Shewana McSwain and team
- EFNY Cooking Skills and Planning
Dara Bloom and team

4 p.m. | Breakout Session Three "B"

- EFNY Cooking Skills and Planning (cont.)
Dara Bloom and team
- Eight Dimensions of Wellness (cont.)
Shewana McSwain and team
- Guest Tour
Morgan Helms

FRIDAY

8:30 a.m. | Breakout Session Four

- Sharing Debt with PowerPay
Arlene Oiler
- Physical Activity and Usability
Dr. Arlene Harrison-Moody and team
- Parenting and Play
Dr. Monique Pearce-Brady

10:45 a.m. | Unstats, Closing Keynote, and Charge
Noon | Adjourn

NC COOPERATIVE EXTENSION **NC A&T** **NC STATE**


NATASHA SAUNDERS-COTTON



Natasha Saunders-Cotton is a proud alumna of North Carolina Agricultural and Technical State University, where she earned her Bachelor of Science in Cooperative Extension. A former professional, she has over a decade of experience supporting families, developing leaders, and advancing inclusive outreach across agriculture and higher education. Natasha previously served as a Board Trustee for Roanoke City Public Schools and is the CEO and founder of Transition Life Consulting, partnering with organizations to cultivate people-centered leadership and community impact. A coach and motivator, she works to empower individuals and organizations to reach their full potential.

Speaker

NC COOPERATIVE EXTENSION



2026 FCS Institute

*Elevate, Educate, Empower:
Advancing the Family & Consumer Sciences for Impact*

March 11-13, 2026
N.C. A&T University Farm Pavilion
3020 McConnell Road, Greensboro, NC

NC A&T STATE UNIVERSITY **NC STATE UNIVERSITY**



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SUBTITLE GOES HERE AND HERE AND



Section Title Goes Here
Optional Subtitle

Title Goes Here

Program booklet, short agenda, and slide templates for the Family and Consumer Sciences Institute, an annual state-wide academic conference.

40 UNDER FORTY

LEADERSHIP AWARDS BANQUET
SATURDAY, APRIL 23, 2022

...every student deserves the support and encouragement needed to reach their...
full potential



GREETINGS FROM THE VICE CHANCELLOR FOR STUDENT AFFAIRS

Dear Student Affairs friends and alumni,
At East Carolina University, the Division of Student Affairs operates with a guiding belief that every student deserves the support and encouragement needed to reach their full potential.

We define leadership as a relational process of inspiring, empowering and influencing positive change. We believe that leaders are not born, they are grown. They give life to new vision and spiritus nos leaders through their model of exemplary service, character and dedication to their cause or craft.

Tonight, Student Affairs will honor alumni and friends, including 40 individuals who are making a difference in their professions and in their communities. Additionally, we will share a spotlight on the past two classes of 40 Under Forty recipients, the classes of 2020 and 2021, who were not able to have a 40 Under Forty banquet because of the pandemic.

The 40 Under Forty Leadership Award recognizes outstanding former student leaders making a difference in their professions and in their communities. In more than 20 years, East Carolina University has produced many leaders who are making an impact on the world and have used their East Carolina experience to pursue their passions, help others and lead positive change in industry, civic service and beyond.

The Division of Student Affairs comprises 39 units, departments and offices. In more than 20 years, East Carolina University has produced many leaders who are making an impact on the world and have used their East Carolina experience to pursue their passions, help others and lead positive change in industry, civic service and beyond.

THE DIVISION OF STUDENT AFFAIRS CONGRATULATES ALL HONOREES!

If you are interested in getting involved with the 40 Under Forty Leadership Awards program, joining the committee or sponsoring a future event, contact the Office of Student Affairs Development at sa4development@ecu.edu.



C.S. 22-1162 • Printed with recycled paper

Sample pages from the program booklet for the 40 Under Forty banquet, an annual leadership awards ceremony.

OCT 10 Annual Homecoming Celebration & Cookout
1-3 P.M. // WEBB HALL LAWN
Win CAES Swag!
Participate in a Hot Wing Challenge!
Music // Games // Food // Fellowship // Aggie Spirit

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www.ncat.edu/caes
@ncatcaes
#WhereScienceMeetsSociety

To register, scan the QR code or visit bit.ly/45WWbry

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To register, scan the QR code or visit bit.ly/45WWbry

Social media package (Facebook, Instagram, TV), flyer, and poster for N.C. A&T's College of Agriculture and Environmental Sciences homecoming cookout.



Part of the social media package (email header and Instagram post) for the annual food and wine festival.



Part of the social media package (Instagram story and LCD screen) for Winter Poetry Jam.



INGRE
 1/2 onion
 1/2 cup
 8 ounce
 1/2 cup
 1/2 cup
 1/2 cup
 1/2 c



Hearty Veggie Quesadilla

2 10 minutes Easy 290 calories

INGREDIENTS
 1/2 cup cooked pinto or black beans
 1 carrot, peeled
 1

5. Choose a broth or base (4 cups)

2 (16-ounce) cans vegetable, chicken, or beef broth
 4 cups water and vegetable, chicken, or beef bouillon
 1 can crushed or diced tomatoes and 2-3 cups water
 4 cups milk and bouillon
 Any combination of above to make 1 quart

6. Choose one or more seasonings

2-3 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, parsley, etc.)
 2 or more tablespoons fresh herbs
 Minced garlic
 Salt and pepper to taste
 Bay leaf

DIRECTIONS

In a large pot, cook onion in 1/2 cup water or broth until slightly browned. Add vegetables and protein. Brown protein as needed. Add remaining ingredients except fresh herbs. Partially cover pot and simmer until meat is thoroughly cooked and starch and vegetables are tender (20-30 minutes). Add fresh herbs. Season with salt and pepper to taste. Simmer another 5 minutes. Serve.



Black Bean Chili

4 60 minutes Easy 250 calories per serving

INGREDIENTS

1 large onion, diced
 1-3 cloves of garlic, minced
 1/2 teaspoon red pepper flakes
 1/2 teaspoon cumin
 1/2 teaspoon thyme
 2 (16-ounce) cans vegetable broth
 1 small can diced green chilies
 1 (14-ounce) can stewed tomatoes
 1 (28-ounce) can black beans, drained and rinsed
 Cooked brown rice (optional)
 Lime slices (optional)
 Grated cheddar cheese (optional)
 Cilantro (optional)

DIRECTIONS

In a Dutch oven, sauté onion, garlic, and pepper flakes in 1/4 cup water. Add herbs, broth, and chilies and bring to a boil. Add tomatoes and beans. Simmer for an hour. Remove one quarter of the mixture back into pot and stir to combine. (This will make the chili thicker. You can skip this step if you like chunky chili.) You may serve the chili over rice with lime slices, cheese, or cilantro.

Here's what we created! What will you create?

11

Fruit Desserts

Fruit desserts are tasty and healthy showcase seasonal fruits' natural provide flavor and offer health benefits rich in vitamins, minerals, and antioxidants and overall well-being. Start foods from each step and follow the

1. Choose one or more fruits to make 4 cups

Apple	Coconut	Huckleberry	Peach
Apricot	Cranberry	Kiwi	Pear
Banana	Dragon fruit	Lemon	Pineapple
Blackberry	Elderberry	Lime	Plum
Blueberry	Grapefruit	Mango	Pomegranate
Cantaloupe	Grapes	Nectarine	Raspberry
Cherry	Guava	Orange	Strawberry
Clementine	Honeydew	Papaya	Watermelon

2. Choose a preparation method

Fresh: Just wash, peel, and slice before enjoying the fruit.
Crumble: Preheat oven to 375 F. Cut fruit into uniform 1-inch cubes and layer on the bottom of a 9-inch baking dish. Combine the topping ingredients together in another bowl. Distribute the topping mixture evenly over the fruit. Bake for 35-40 minutes or until the fruit is bubbling and the topping is golden brown.
Crumble Topping:
 1/2 cup oats
 1/4 cup maple syrup, honey, or coconut sugar
 1/4 cup whole-wheat flour
 2 tablespoons butter or coconut oil (softened or melted)
 1 teaspoon cinnamon



24



Diet Quality
 This section helps you stay active, eat healthy meals, learn about ways to add more routines. Let's get moving and munching right!

10

Food Resource Management

You will discover fun ways to save money and eat well by learning about budgeting, planning meals and shopping smart. This helps families make the most of their resources and serve up tasty, nutritious meals without breaking the bank.



Food Safety

This section teaches families how to keep food safe and tasty. You'll learn cool tips on handling cooking it to avoid any harmful germs. Staying healthy starts with safe eating, so let's have fun while keeping our meals safe and delicious!

31



Spice Blend (makes 1 1/2 tablespoons)

1/2 teaspoon garlic powder
 1/2 teaspoon cayenne
 1/2 teaspoon onion powder
 1/2 teaspoon chili powder
 1/2 teaspoon cumin
 1/2 teaspoon thyme
 1/2 teaspoon cilantro
 1 tablespoon coriander

26



21

16

Select illustrated spreads from the Beyond Recipes Guidebook.

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WHERE SCIENCE MEETS SOCIETY

Lightbox displays for ARD, a research conference.



Facebook post graphic for Love in Pirate Nation™, a Valentine's Day series.



Web banner graphic for ECU® Wrapped, a New Years series.

Fostering Growth Together



MARY & ALEXANDER LAUGHLIN CHILDREN'S CENTER
Annual Report 2015

Illustration for cover
of Laughlin Children's
Center's annual report.

Thank you