

AUXILIARY NOTES

by Cindy Ahearn, President, American Angus Auxiliary

An Extra Day

Have you ever noticed how some days the clock flies and other days it seems the earth's axis turns a little slower? Ever wake up in the morning with a plan that changes within the first hour? It happens to all of us. We only think we are in control.

Are you satisfied with the way you balance your Angus life and your non-Angus life? Although our lives are consumed with raising our cattle, there must be a balance.

What would you do if you had an eighth day? Would you spend it with those you love or activities you have put aside for lack of time? Or would you keep pushing, driving yourself to work harder and longer, expecting more and more of yourself? Would an eighth day keep you from going to bed exhausted?


Think of it this way — no one can balance your life except you. Don't get so busy making a living you forget to make a life. If you are a driven, type A personality, lighten up. If you're a perfectionist, lighten up. Learn how to be a tick selfish and find that sweet spot that makes you close your eyes, breathe deep and smile. Laugh at the little things and, more importantly, learn to laugh at yourself and stop taking yourself so seriously. Your blood pressure will thank you.

The Auxiliary's extra day

As we enter the season of the National Junior Angus Show (NJAS), deadlines are controlling our lives and an eighth day sounds beneficial.

Stop by the Angus Gift Barn (AGB) during the NJAS in Louisville, Ky., and stock up as the AGB will not be making the trip to Reno for the Angus Convention. Plan on attending our mid-year meeting July 17 at 5 p.m. and learn about derby hats and mint juleps during our social at 4 p.m. Back by popular demand is the scholarship workshop at 3 p.m.

Auxiliary-sponsored All-American Certified Angus Beef® Cook-Off teams have submitted their recipes and skit practice has begun. Judging Cook-Off is fun and best approached with an empty stomach. Judges are reviewing top-quality senior scholarships, trying to decide who will split \$18,000. Miss American Angus contestants will be selected from the top five winning girls who chose to run. If you want to see scholarship winners and candidates announced, contest awards and feel positive energy, come see the promise of the next generation during the NJAS closing ceremonies.

For where your treasure is, there will your heart be also. Luke 12:34 

Cindy Ahearn

ahearnssc@gmail.com

CALLING ALL *Consignors!*

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A WIDE VARIETY OF
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Don't forget!
**THE SALE
DATE CHANGED
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