# **Slow dance**

Most times when I see the three letters "fwd:" in the subject line of my inbox I am quick to delete without so much as a glance. Another forward, another pointless story, good luck spell, fortune teller, another message not worth my time. However, I recently received an e-mail from my sister with the subject line "Slow Dance (don't delete, please read)," and for some unknown reason I didn't delete this forward, and I did read it.

## Worthwhile message

The message was from a young teenage girl with cancer. She was given approximately less than six months to live and her dying wish was for as many people as possible to read the beautiful poem she had written titled, "Slow Dance."

"Have you ever watched kids on a merry-goround? Or listened to the rain slapping on the ground?

Ever followed a butterfly's erratic flight? Or gazed at the sun into the fading night? You better slow down. Don't dance so fast.

Time is short. The music won't last.
Do you run through each day on the fly? When you ask 'how are you,' do you hear the reply? When the day is done do you lie in bed with the next hundred chores running through your head?

You'd better slow down, don't dance so fast.
Time is short. The music won't last.
Ever told your child, we'll do it tomorrow? And in your haste, not see his sorrow?
Ever lost touch, let a good friendship die because you never had time to call and say 'Hi?'
You'd better slow down. Don't dance so fast.
Time is short. The music won't last.
When you run so fast to get somewhere you miss half the fun of getting there.
When you worry and hurry through your day, it is like an unopened gift ...thrown away.
Life is not a race. Do take it slower; hear the music before it is over."

## Still time

After reading it a first time I simply sat quietly and soaked the words in, then read it again and again. At first I was sad as I realized that my answer to so many of her questions was "no," and that so many times



**Ashlyn Carter** 

I had let life pass me by. But after reading it a second and third time, a feeling of hope and warmth spread through me as I began to understand that I do have time to slow things down in my life and hear the music.

There is no crystal ball to tell us exactly how much precious time we have here on earth. The key is remembering that time is precious and should not be taken for granted. Mother Teresa's famous quote — "Yesterday is gone. Tomorrow is yet to come. We have only today. Let us begin." — defines time best. Every morning we wake up is a blessing and a chance to do something we didn't do the day before.

For example, smile at your neighbor, talk to your sibling about their dreams, listen to your grandpa's stories from the war, sit with the kid who always eats by himself, introduce yourself to that cute girl from math, start studying for that exam one day earlier, take that dance or karate class you've been wanting to try, call your old best friend who moved away just to say hi and the list goes on and on.

I encourage each of you to take a minute and write down your own personal list of

things you'd like to do in life. They don't have to be life-altering or bring world peace, just simply things you want to be able to look back on and know they will bring a smile to your face when you remember them.

So take the time to get up those few minutes earlier and watch the sun rise, and stay up a few minutes later to count the stars at night and remember, "You'd better slow down. Don't dance so fast. Time is short. The music won't last. ... Do take it slower; hear the music before it is over."

— Ashlyn Carter, Indiana

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Georgia Angus Ass'n Meeting & Banquet, Athens, Jan. 31



► Katie Lents (right), Eton, receives the Bronze and Silver awards from Trey Davis.



►Outgoing Georgia royalty (from left) Haley Throne, West Point, princess, and Katie Lents, Eton, queen, are recognized with plaques.

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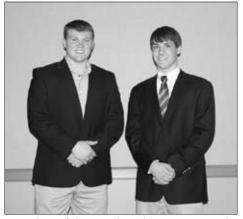
## **►** NEXT GENERATION

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#### **□** Georgia Angus Ass'n Meeting & Banquet, continued



►Trey Davis, Doerun, receives a plaque for serving on the National Junior Angus Ass'n (NJAA) Board of Directors.



► Members of the Georgia Junior Angus Ass'n who will serve on the Georgia state FFA board are (from left) Colton Farrow, Pitts, president; and Cain Thurmond, Jefferson, vice president.



► Selected as the 2009 Georgia Angus royalty are (from left) **Lakyn Davis**, Doerun, princess, and **Taylor Gazda**, Athens, queen. Contestants are required to take a written test, do a personal interview and answer impromptu questions before a panel of three judges.

## Texas Junior Angus Ass'n Annual Banquet, Fort Worth, Jan. 24



▶ Texas Junior Angus Ass'n officers and directors are (front row, from left) Tylee Williams, Lockney, secretary; Mollie Lastovica, Fredericksburg, president; Breanna Short and Megan Short, both of Decatur; Mattie Lastovica, Fredericksburg; Kyle Jones, Bleiblerville; Myla Womack and Matt Smith, both of Golden; Robert Myers, NJAA Board Member; (back row, from left) Brazos Williams, Lockney, treasurer; Stephanie Lastovica, Salado, reporter; Jennifer Ramthun, Holland; Tarlton Holloway, Stamford; Wade Wells, Hamilton; Tyler Bond-Jones, Bleiblerville, first vice president; and Megan Ahearn, Wills Point. Not pictured is Jacob Steph, Tatum, second vice president.



►Kyle Jones (right), Bleiblerville, receives the Rookie of the Year Award from Tanya Holloway, junior advisor.





► Mollie Lastovica (right), Fredericksburg, was crowned 2009 Miss Texas Angus. Also pictured is Megan Ahearn, 2008 Miss Texas Angus.



► Jacob Steph (right), Tatum, receives Bronze and Silver awards from Jared Murnin, American Angus Ass'n regional manager.

►Left: Texas Junior Angus Ass'n officers are (from left) Stephanie Lastovica, Salado, reporter; Brazos Williams, treasurer, and Tylee Williams, secretary, both of Lockney; Jacob Steph, Tatum, second vice president; Tyler Bond-Jones, Bleiblerville, first vice president; and Mollie Lastovica, Fredericksburg, president.

## Illinois Angus Ass'n Annual Banquet, Springfield, Feb. 22



►Illinois Angus Royalty are (from left) Haley Haverback, Atkinson, princess; Casey Widholm, Clifton, princess; Leandra Hermes, New Berlin, ebonette; Heather Keiner, Washington, ebonette; Casey Adamick, Highland, ebonette; and Jennifer Ewing, Rushville, queen.



▶Jordan Rauch, Montrose, received the Troy Miller Memorial Award. Pictured are (from left) Rauch; Tracey Rawlings and Troy Rawlings, presenting; and Brad Bergman, breeder of the champion heifer.



► Rebecca Hurst, Dorsey, receives the Outstanding Junior Member Award.

#### **■ Wisconsin Angus Ass'n Annual Meeting & Banquet,** Wisconsin Dells, Jan. 24



▶The Wisconsin Junior Angus Ass'n officers and directors are (seated, from left) Kelli Retallick, Glen Haven, president; Bailey Quam, Lodi, vice president; Jessica Radcliffe, Schofield, secretary; Kaley Bockhop, Belmont, show chairman; and Kelsi Retallick, Glen Haven, publicity chairman; (standing, from left) Courtney Jentz, Fennimore, director at large; Jake Konkol, Menomonee Falls, fundraising chairperson; Ty Bayer, Ringle, historian; Jared Radcliffe, Schofield, director at large; and Patrick Schlimgen, Blue Mounds, membership chairman.









► Receiving Wisconsin Angus Auxiliary scholarships are (from left) Amber Horstmeyer, Monona; and Kelli Retallick and Kelsi Retallick, both of Glen Haven.



► Recipients of the Foundation Scholarship award are (from left) Kelsi Retallick, Glen Haven, and Bailey Quam, Lodi.



► Jake Konkol (right), Menomonee Falls, receives the Junior Member of the Year Award from Courtney Jentz.

▶Left: Kelli Retallick (right), Glen Haven, receives Bronze and Silver awards from Jerry Cassady, American Angus Ass'n regional manager.

#### **► Virginia Angus Ass'n Annual Meeting & Banquet,** Natural Bridge, Feb. 6



► Mandy Richardson, Louisa, receives the Outgoing President's Award. Pictured are (from left) Chris Johnson, presenter; Richardson; and Kristen Strecker.



► Sarah Harris (left), Buchanan, receives the award for Outstanding First-Year Junior Member from Richardson.



► Mandy Richardson, Louisa, was named Premier Senior Exhibitor and winner of the William S. Stokes Award. Pictured are Johnson (left) and Richardson.



► Mackenza Muncy (left), Staunton, receives awards for Outstanding Junior Member and Premier Junior Exhibitor from Richardson.

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#### Louisiana Junior Angus Ass'n Annual Banquet, Gonzales, Feb. 15



► Jess Roussel (right), Gramercy, receives the Louisiana Angus Auxiliary Scholarship from Melanie Ourso.



►Isaac McFarland (right), Keithville, receives the Outstanding Friendship Award from Joshua Scott.



▶ Louisiana Junior Angus Ass'n officers and directors are (seated, from left) Daniel McFarland, Keithville, president; Samantha Yantis, Bunkie, first vice president; Samantha Bickham, Saint Francisville, second vice president; Joshua Scott, Loranger, secretary; Jarred Yantis, Bunkie, historian; Trevor Sonnier, Pineville, shadow historian; (standing, from left) Isaac McFarland, Keithville, Northwest director; Katelyn Corsentino, Denham Springs, Southeast director; Cheyenne Jones, Franklinton, Southeast director; Emily McDowell, Hessmer, Central director; Jacob Chicola, Deville, Central director; and Nancy Bickham, Saint Francisville, South Central director.



▶ Left: Honored with the Achievement Award are (from left) Katelyn Corsentino, Denham Springs; Joshua Scott, Loranger; Isaac McFarland, Keithville,



►Louisiana Angus royalty are (from left) Samantha Yantis, Bunkie, 2009 queen; Katelyn Corsentino, Denham Springs, 2009 princess; and Nancy Bickham, Saint Francisville, 2008 princess.



► Right: Colby Lingo (right), Oak Grove, receives the Rookie of the Year Award from Patti Hymel.