Life's recipe

If you live life for the day, learn from yesterday's experiences and plan for tomorrow, you will be feasting on life's bounty for the rest of your days. Whether you fall into the category of an adult or youth, you can be successful. Many people

go through life not realizing the potential they possess or the opportunities that have already passed them by. Stepping back and taking a good look at your surroundings can help to determine where your future lies.

Living for the day is important, especially if you partet Martin spend too much time looking back on past accomplishments or disappointments. You could end up colliding with an obstacle smack dab in front of you. You know what they say, "If it's too hot, get out of the kitchen." Always rise up toward the future and never look down. If you do, you could lose your place on the recipe card and have to start all over again.

What happened yesterday can be helpful, or it can be a hindrance. Often we find ourselves spending a lot of extra time and energy on a losing proposition. Looking back on experiences that could have been improved or looking back on an ideal situation can be helpful if it is taken in small helpings. Your perspective really says it all. For instance, a chef could cook all day using the same recipe and never complete the dish. He could try the

same recipe tomorrow or choose another. Sometimes it is not the recipe directions that are wrong, but it is the ingredients and how they are added to the mix. Cooking is like life because it takes patience, skill and courage to try new combinations.

Looking ahead and developing a list of life's ingredients that combine to produce a wonderful future can be an arduous task. Changing your recipe for life means taking chances on new concepts and leaving proven taste sensations behind. If you worry too much about the

process instead of the end result, you will never get to enjoy the fruits of your labor.

Planning carefully can help to organize your thoughts, ingredients and strategies. Worrying about what might happen can cause you to lose sight of the true goal. A day lost to worry is a day never regained.

Many times in life, the challenge is to create new ideas, combine uncommon topics and produce something that is as pleasing to the eyes as it is to the palate. Today in the Angus breed, we have succeeded. Our award-winning recipe depends on you. Are you willing to search for the ingredients, stir them just right and add a little heat when necessary? My challenge to you as junior members is to set five short- or long-term goals, gather your ingredients and mix up something unique for all to taste.

— Jarrett Martin, Arkansas

NJAA T-shirts

The Angus Foundation has developed two new T-shirts, which are for purchase at www.angusonline.org/store/. National Junior Angus Association (NJAA) Board members met in March to design the two new looks, and the sale of the new shirts was launched at the 2003 National Junior Angus Show (NJAS) in Louisville, Ky. The designs proved popular with Angus enthusiasts, as the sales

booth sold out of shirts brought to the show.

A gray shirt with green ribbing is available for \$15. A white shirt with green lettering is



available for \$12. Shop online for your new look or contact the Junior Activities
Department at (816) 383-5100 to place your order. Proceeds benefit the Angus
Foundation, which supports youth, education and research.

Summer internships with Accelerated

Accelerated Genetics, Baraboo, Wis., is offering two summer internships to college students for summer 2004.

The advertising and public relations (PR) internship will allow the intern to represent the company at numerous functions throughout the summer, including conventions, dairy shows and young producer activities. The intern will be responsible for interviewing dairy producers and industry professionals and writing feature articles for the company newsletter, as well as writing general news releases. Other duties include developing and designing brochures and various types of ads.

The marketing internship will provide a broad range of experiences in all marketing positions. The intern will develop skills in artificial insemination (AI) and will provide relief service for assigned technicians. Other responsibilities will include marketing penetration studies and assisting on retail

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NATIONAL JUNIOR ANGUS ASSOCIATION BOARD OF DIRECTORS

TERMS UP IN 2004 JENNIFER BECK, North Carolina chairman e-mail: beckfmly@aol.com

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JEANA SANKEY, Kansas e-mail: jsankey36@hotmail.com



► NEXT GENERATION

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sales routes. Interns will assist with sire and daughter photography and take pictures of exhibitors with their animals at county fairs. Additionally, they will be trained in AI breeding techniques.

Candidates interested in the ad and PR internship should send a résumé and cover letter to Kari Stanek. Those interested in the marketing internship should send their information to Sue Lindloff. The mailing address is: Accelerated Genetics, E10890 Penny Ln., Baraboo, WI 53913.

For more information contact Stanek at 1-800-451-9275, Ext. 222, or Lundloff at Ext. 254. The application deadline is Dec. 1, 2003.

Taking photos lasts all year

If you enjoyed viewing the winning pictures of the 2003 NJAA/Angus Journal Photo Contest in the September issue and wonder how your photo can be published on the pages of the Angus Journal, wonder no more. Shauna Rose Hermel, editor of the

Angus Journal and Angus Beef Bulletin, encourages juniors to take pictures throughout the year for entry into next year's contest.

"Take advantage of fall colors and opportunities to take photos of processing cattle this fall," Hermel says, adding that there will be a contest next year. "Good winter shots can really stand out from the crowd."

Hermel encourages members to use a 35mm camera for taking contest entries. "Some photos in this year's contest really suffered due to print quality because they weren't high enough resolution to print as an 8×10-inch image. If you do use a digital camera, set it at the highest resolution possible and save the original file for possible submission to the contest," she says.

Any changes to the contest will be published in February or March, but you can count on a June 1 deadline.

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Beartooth Ranch heifer

headlines Angus Foundation

Heifer Package

Beartooth Ranch, Columbus, Mont., will donate one of its outstanding heifers to headline the 2004 Angus Foundation Heifer Package. The package will sell at the 2004 National Western Stock Show (NWSS), and all proceeds from the sale go directly to the Angus Foundation, which supports youth, education and research.

The sale of the package will begin the 2004 National Western Angus Bull Sale, set for 2 p.m., Thursday, Jan. 15 in the Beef Palace Auction Arena at the National Western Complex in Denver. Colo.

The package includes BT Everelda Entense 51N, a January 2003 daughter of Twin Valley Precision E161.

In addition to the heifer, the buyer receives 30 days of free insurance from American Live Stock Insurance Co., Geneva, Ill.; free transportation to the buyer's farm or ranch provided by Lathrop Livestock Transportation, Dundee, Ill.; a flush and three embryo implants into the buyer's recipient cows from Trans Ova Genetics, Sioux Center, Iowa; an Angus Information Management Software (AIMS) Package from the American Angus Association AIMS Department; and a banner ad from the Angus Productions Inc. (API) Web Marketing Department. Other items, to be announced later, may be added to the package.

"The generosity of Beartooth Ranch is greatly appreciated," says James Fisher, American Angus Association director of activities and junior activities. "Beartooth Ranch is donating

a very complete heifer with outstanding genetics."

For more information about the Angus Foundation Heifer Package or other ways you can contribute to the Angus Foundation, visit www.angusfoundation.org, contact the Association at (816) 383-5100 or visit any regional manager.

BT Everelda Entense 51N

#GAR Precision 1680 Twin Valley Precision E161 +WCC Blackcap C9

#+Leachman Right Time +BT Everelda Entense 65J Sitz Everelda Entense 1905 #Tehama Bando 155 9J9 GAR 856 #SS Traveler 6T6 Premier Blackcap 6276A

#N Bar Emulation EXT Leachman Erica 0025 #Traveler 124 GDAR #Sitz Everelda Entense 1791

Texas auction to benefit Angus youth

Scheduled for Oct. 12, 2003, at Hartley Angus Ranch, Chalk Mountain, Texas, the Premium Gold Angus Field Day offers an opportunity to support Angus iuniors.

The day's events will include informative talks and a fund-raising sale, which will benefit junior Angus members throughout the country. The auction starts at 4 p.m. Proceeds from the sale will directly benefit the Angus Foundation and the Texas Junior Angus Association.

"We are excited about the opportunity Premium Gold Angus Beef has given the Angus Foundation, as well as the Texas Junior Angus Association," says James Fisher, director of activities and junior activities for the American Angus Association. "Money raised in this special auction will benefit youth across the country through education and leadership activities."

Five frozen embryos out of GAR Precision 1110 will be offered in the sale. The embryos will be sired by the bull of the purchaser's choice. GAR Precision 1110 is a full sister to GAR Precision 819.

Another lot will include the right to flush one of six full sisters sired by GAR Precision 1680. The females will be on display and will calve to Bon-View New Design 878.

Premium Gold Angus Beef boxed beef products will be offered for sale, as well as a signed-and-numbered Western art print by Casey Worrell, regional manager for the American Angus Association in Texas and New Mexico.

Cattle will be made available for viewing at noon, followed by a welcome from Dwight Hartley, founder of Premium Gold Angus Beef.

Premium Gold Angus Beef products will also be on display. Chef Mark Pierce will be on hand to visit about product development and preparation.

Second-generation rancher and seedstock producer Rob Thomas, Baker City, Ore., will talk about the benefits of raising Angus cattle.

Those interested in participating in the Premium Gold Angus program should attend a presentation by Al Johnson of Jordan Cattle Auctions, Mason and San Saba, Texas; and Cal Siegfried of Heartland Feeders LLC, McCook, Neb. The benefit sale will be at the conclusion of

For further information contact Tom or Merridee Wells at (254) 386-3780 or (254) 223-0054.