

ACTIONGRAM

LPC Mentor Event Held

The LPC Mentor program had a successful event in Kansas City in November with 18 college students participating. Topics included: writing business letters and resumes, the interview process, proper manners, etiquette and dressing for success. A HUGE thanks go to the following who presented during the morning: **Tom Davis**, *Successful Farming*; **Shauna Hermel**, *Angus Journal*; **Cheryl Oxley**, *Angus Journal*; **Melissa Sanders**, McCormick Company; **Todd Domer**, *Kansas Stockman*; **Amber Spafford**, Osborn & Barr. After lunch the mentor/protege pairings were made. Thanks to **Brad Parker**, *Nebraska Cattleman* for coordinating the event and to host office Fleishman Hillard and **Colleen Church** and **Colleen Walsh** taking care of all of the on-site details. ♣



Tom Davis, left; Melissa Sanders and Cheryl Oxley, right



Happy Holidays and may 2002 be a bright and glorious year for all of us...

I wish I could take credit for this...but it's an e-mail sent my way. My what a message! Happy Holidays to all...

I hate this time of year. Not for its crass commercialism and forced frivolity, but because it's the season when the food police come out with their wagging fingers and annual tips on how to get through the holidays without gaining 10 pounds. You can't pick up a magazine without finding a list of holiday eating do's and don'ts. Eliminate second helpings, high-calorie sauces and cookies made with butter, they say. Fill up on vegetable sticks, they say. Good grief! Is your favorite childhood memory of Christmas a carrot stick?

I don't think so. Isn't mine, either!! A carrot was something you left for Rudolph. I have my own list of Tips for holiday eating. I assure you, if you follow them, you'll be fat and happy. So what if you don't make it to New Year's? Your pants won't fit anymore, anyway.

1. About those carrot sticks. Avoid them. Anyone who puts carrots on a holiday buffet table knows nothing of the Christmas spirit. In fact, if you see carrots, leave immediately. Go next door, where they're serving rum balls.

2. Drink as much eggnog as you can. And quickly. Like fine single-malt scotch, it's rare. In fact, it's even rarer than single-malt scotch. You can't find it any other time of year but now. So drink up! Who cares that it has 10,000 calories in every sip? It's not as if you're going to turn into a eggnog-aholic or something. It's a treat. Enjoy it. Have one for me. Have two. It's later than you think. It's Christmas!

3. If something comes with gravy, use it. That's the whole point of gravy. Pour it on. Make a volcano out of your nashed potatoes. Fill it with gravy. Eat the volcano. Repeat.

4. As for mashed potatoes, always ask if they're made with skim milk or whole milk. If it's skim, pass. Why bother? It's like buying a sports car with an automatic transmission.

5. Do not have a snack before going to a party in an effort to control your eating. The whole point of going to a Christmas party is to eat other people's food for free. Lots of it. Hello? Remember college?

6. Under no circumstances should you exercise between now and New Year's. You can do that in January when you have nothing else to do. This is the

time for long naps, which you'll need after circling the buffet table while carrying a 10-pound plate of food and that vat of eggnog.

7. If you come across something really good at a buffet table, like frosted Christmas cookies in the shape and size of Santa, position yourself near them and don't budge. Have as many as you can before becoming the center of attention. They're like a beautiful pair of shoes. You can't leave them behind. You're not going to see them again.

8. Same for pies. Apple. Pumpkin. Mincemeat. Have a slice of each. Or, if you don't like mincemeat, have two apples and one pumpkin. Always have more than one dessert? Labor Day?

9. Did someone mention fruitcake? Granted, it's loaded with the mandatory celebratory calories, but avoid it all at all cost. I mean, have some standards, mate.

10. And one final tip: If you don't feel terrible when you leave the party or get up from the table, you haven't been paying attention. Reread tips. Start over. But hurry! Cookieless January is just around the corner. Happy Holidays! ♣



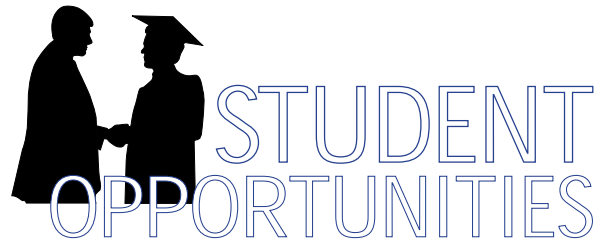
Oh Baby!

John and Angie Denton announce the arrival of **Wesley David** on Nov. 25 at 1:22 a.m. He weighed 10 lb. 12 oz. and measured 22 1/2 in. long. Reports are Aunt **Jami (Stump) Gillig** flew in from her job at McCormick Company in Amarillo just in time for the big day! **Angie** is chairman of the LPC Student Award Committee and works at the American Angus Assn.



And just ten days before, **Rebecca and Charles Terry** announced the birth of their daughter on Nov. 15. **Lauren Marie Terry** was born at 9:54 p.m. and weighed 6 lbs. 9 oz. and was 20 inches long. **Rebecca** is the editor of the *North American Elk* and serves as an LPC director.

Congratulations to both of these families!♣



Scholarship applications for the **Forrest Bassford** Student Award sponsored by LPC and the Chicago Mercantile Exchange are now available. This \$2500 scholarship will be awarded in Reno at the 2002 Ag Publications Summit (APS). Also, up to four travel scholarships will be awarded to deserving students who must be able to attend the APS. Forms are available through your journalism departments at your schools and your ACT advisors. If you need an application, go to the LPC web site at: www.live-stockpublications.com or contact the LPC office. For questions, contact: **Angie Denton**, committee chairman 800/821-5478 or 816/383-5211. ♣

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| | <p>SILVER LEGACY RESORT & CASINO JULY 22-25, 2002 RENO, NEVADA</p> |
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HELP WANTED



Associate or Senior Associate – PAH
Primary Purpose of this Position: The person selected for this position will develop projects and programs for the Pharmacia Animal Health business with the priority being the company's beef business. This position is responsible for building and maintaining good client relationships, by working with both the Jefferson- and Waterloo-based PAH team to develop projects that are high quality, cost-effective and timely.

Education/Experience:

- Degree in journalism or related field
- 2+ years' experience in agricultural marketing communications desirable

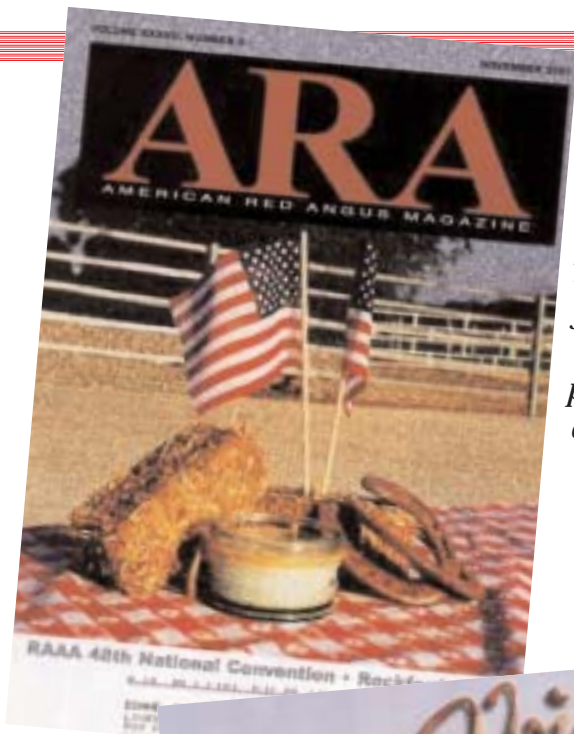
Knowledge/Skill Qualifications:

- A basic understanding of animal agriculture and health, with emphasis on beef
- Strong writing, interviewing and editing skills
- Ability to handle multiple projects and account contacts. Ability to direct creative staff
- Excellent organizational abilities and attention to details

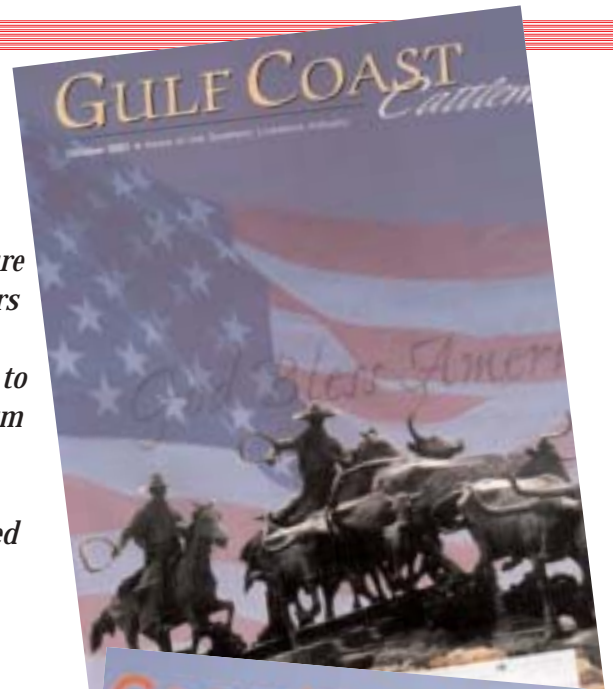
Competitive salary and benefit package. **Send confidential resume with references and salary history to: Lynn Schwemmer**, Morgan&Myers 146 E. Milwaukee St., Jefferson, WI 53549 lschwemmer@morganmyers.com. ♣

Contact LPC Diane E. Johnson executive director

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These two pages feature just a few of the covers that LPC member publications designed to express their patriotism and support for America. Most of these appeared in October and/or November.



The following website is one of the best ones I received during the past few weeks. It's worth a look. May God Bless America.

<http://personal.jax.bellsouth.net/jax/l/c/lchaplin/unkarock/flag.htm>

