

# Ambassadorship

(Continued from Page B2)



At the National Brown Swiss Convention held in Salina, Kansas, Smith was one of five finalists selected from 17 applicants to compete for the national ambassador title. From left are Smith and finalists Ann Marie Magnochl of Carnation, Wash.; Alternate Clifford Helkenn of Northfield, Minn.; Venessa Johnson of Blue Eye, Mo.; and Nichole Lee Boggs of Andover, Ohio.

lems with legs and feet.

"We have a 14-year-old cow that calves every single year and is healthy. In fact, the classifier said that she looks as good as an eight-year-old," said Smith.

According to Smith, Brown Swiss can produce 30,000 pounds as 2-year-olds. Because they are sturdier their body can handle the extra weight.

Nonetheless, Smith doesn't want to be argumentative about the breed's outstanding qualities. She said, "Overall I'm promoting farming itself. It doesn't matter what kind of cow you prefer, we (farmers) must work together to survive."

She is thrilled that next year, for the first time ever, the Brown Swiss and Ayrshire breeds will hold a joint national convention in Maryland.

She foresees this as a positive move, which may encourage more breeds to combine resources in order to be heard.

Although she is a national ambassador, Smith said that the organization lacks funding to send her on a world promotion tour. She will attend the World Dairy Expo, All American, and surrounding state shows as a spokesperson for the industry. Serving as alternate is Clifford Helkenn of Minn.

In addition to serving a one-year term as Lancaster County's dairy princess and now as the Brown Swiss national ambassador, Smith is working as a summer intern at the Lancaster extension office.

The 20-year-old Smith said that her experiences as a dairy princess and her job as a summer extension assistant are honing her communication skills. While many people

MONTROSE (Susquehanna Co.) — Heat stroke, heat exhaustion, heat cramps and

might not perceive working with children as building communication skills, Smith points out that children ask the most impromptu questions. "Their questions force you to think quickly to come up with an answer," she said.

Some of her innovative answers surfaced when, as a dairy princess, she was asked during a school presentation if she lived in a castle because she was a princess.

Smith said, "I live in a 200-year-old stone castle," in reference to her family's farm house.

Another child ask her if she could spin straw into gold since she was a princess.

Smith answered, "Not yet. I can't fool Rumpelstiltskin, since he was fooled by all the princesses and has wised up."

Smith has honed her time budgeting skills with responsibilities on the farm, dairy princess, college, and a job.

After intense self examination, Smith came to the conclusion that dairy promotion is her forte. She said, "If I'm not busy, I'm not happy. If I'm not with people, I'm not happy."

She is thrilled to have the opportunity to fulfill her dreams. "I wanted the opportunity to promote the Brown Swiss industry. I like being able to talk for farmers who don't have the time, the chance, or the talent. This is an important role to fill and I will do it as long as dairy farmers find me acceptable," Smith said.

Smith is available to speak and assist at dairy functions and other events. Call her at (717) 336-0553.

# Keep Summer Safety In Mind

heat rash are illnesses suffered by many during the summer or while working in hot environments. Sun burns are also common when working or relaxing outdoors. These illnesses can easily be prevented with some foresight and common sense.

Ideas:

- Wear a wide-brimmed hat to keep your head and face cool and protected from the sun. Ball-style caps are not suitable because they provide little protection.

- Carry a source of water with you and take drinks frequently, about every 14 minutes.

- Take short rest periods in the shade or in a cool environment during the hottest times of the day.

- Gradually adjust to working in the heat over a period of 10-20 days.

- Wear a sunscreen that has an SPF of 15 or higher.

ATV Safety:

ATVs have become popular for work and recreation on many farms and ranches. Along with their popularity has been a

reported increase in serious injuries and deaths. Most of these can be attributed to improper use and handling of the ATV. Make ATV safety a priority on your farm or ranch.

Ideas:

- ATVs with an engine of 70cc to 90cc should only be operated by people age 12 and over.

- ATVs with an engine of greater than 90cc could only be operated by people age 16 and over.

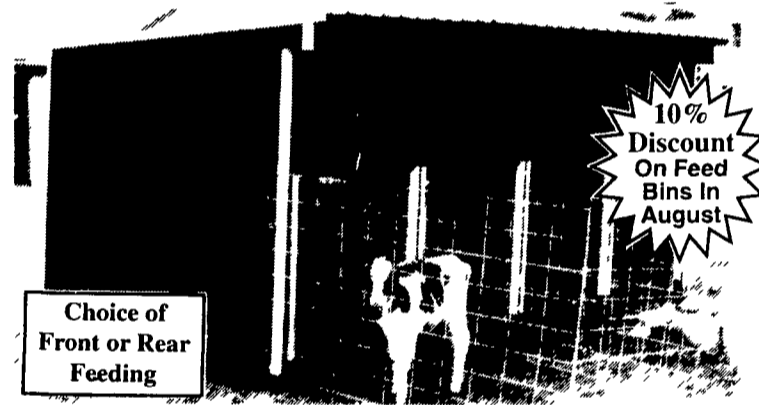
- An ATV is not a toy. Children should not be permitted to operate ATVs without specialized training. Contact the ATV Safety Institute to enroll in the Rider Course at 1-800-887-2887.

- Wear appropriate riding gear, such as DOT, Snell or ANSI approved helmet, goggles, gloves, over-the-ankle boots, long-sleeve shirt and long pants.



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