



# Angus Stakes

► by *Shauna Rose Hermel*, editor

## What will you exchange for a day of your life?

*"This is the beginning of a new day. You have been given this day to use as you will. You can waste it or use it for good. What you do today is important because you are exchanging a day of your life for it. When tomorrow comes, this day will be gone forever; in its place is something that you have left behind ... let it be something good."*

—*The Essence of a New Day, Successories*

### Conflicting messages

I like to use inspirational messages to recharge. While I shy away from a lot of the success-oriented, hard-sell type themes, "The Essence of a New Day" struck me as something I wanted to read every morning to start my day.

It's a message I want to share with you — especially if you are one of our young members.

There are many conflicting rules and philosophies by which we are expected to live. Work hard, but don't work too hard. Balance your work and family life, but leave time for yourself. Don't be satisfied with second-best; you can be top dog. But, don't overdo; you can give only so much.

It's the new American Dream. We're supposed to have white teeth, a big-screen television, an SUV with a dog (that doesn't bark) in the back seat, a clean house, friends

over twice a week, a perfect spouse that lives to make us happy, well-adjusted children and a six-figure household income.

It's an anthem that will drive you nuts. It will always leave you feeling like you missed out on something because you weren't good enough, strong enough, motivated enough or dedicated enough.

### Find your own motivation

The people I admire most are those who have found contentment. And I don't think you can find it chasing what other people define as success or fun or worthwhile.

That's the beauty of "The Essence of a New Day." It puts you in charge of your day. It enables you to define "something good."

What's worth exchanging a day of your life for? In 10 years, what will you look back upon and say, "That was worth it!"?

We will have different answers. There

wouldn't be a need for us all here on earth if that weren't the case.

For me, it's something I'll be glad to tell God about on judgment day.

### Back to school

There's no doubt in my mind that our intern, Corinne Blender, got a good rate of return on the days she exchanged here in Saint Joseph this summer. And she's leaving behind a lot of good that, as readers, you'll soon witness.

We really put Corinne through the paces during her 10 weeks, and she asked for more. You'll see some of the fruits of her labor in the pages of this issue, including coverage of the National Junior Angus Show (NJAS), which begins on page 176, and a profile of the Frost family of Illinois, which begins on page 163. There will be more stories to come this fall.

With the way she attacked responsibilities this summer, it was no surprise to us that she won the Livestock Publications Council (LPC) Forrest Bassford Student Award at the recent Agricultural Publications Summit (see page 120). This is the highest form of recognition LPC gives to a student. She devoted herself to improving her writing and her photography skills this summer, and it showed with each assignment.

Corinne, we're really going to miss you as you return to Kansas State University for your senior year. I hope you've enjoyed it enough to join our ranks in the future.

**E-MAIL:** [shermel@angusjournal.com](mailto:shermel@angusjournal.com)

## ANGUS PRODUCTIONS INC.

3201 Frederick Ave., Saint Joseph, MO 64506-2997  
phone: 1-800-821-5478; fax: (816) 233-6575  
office hours: (M-F) 8 a.m.-4:30 p.m. (Central time)  
home page: [www.angusjournal.com](http://www.angusjournal.com) ■ Staff are listed by name, phone extension and e-mail prefix. All direct phone numbers are "(816) 383-5..."; all e-mail addresses are "...@angusjournal.com"

**General manager**—Terry Cotton, 214, tcotton

**Editorial Department**—Editor, Shauna Rose Hermel, 270, shermel ■ Associate editor, Brad Parker, 215, bparker ■ Assistants, Abra Ungeheuer, 239, abra, & Lance Ziesch, 277, lziesch ■ Artists, Christy Benigno & Mary Black ■ Proofreader, Giuli Coniglio ■ Intern, Corinne Blender (Kansas State), 209

**Field editors**—Eric Grant, PO Box 296, Oak Creek, CO 80467, (970) 736-0580, wahoo@cmn.net ■ Janet Mayer, 259 Mile Hill Rd., Johnstown, PA 15909, (814) 322-4687, jmayer5013@aol.com ■ Becky Mills, Rt. 1, Box 414, Cuthbert, GA 31740, (912) 732-6748, lovettmills@alltel.net ■ Troy Smith, HC 72, Box 18A, Sargent, NE 68874, (308) 527-3483; wordsmith@nctc.net

**Contributing writers**—Barb Baylor Anderson, Jerilyn Johnson, Nikki Krien, Chris Lavergne, Jennifer Ryan, Jennifer Shike

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