



Angus Stakes

► by *Shauna Rose Hermel*, editor

Don't waste a day

If you knew you had a finite number of days to spend with your family, with your friends, working on a project or before a major change in your life, would you change your approach?

Real life

As a young person it seems time is limitless. It takes forever to reach our 16th birthday and get wheels. Then we can't wait to graduate, to go on to college, to find that special someone, to turn 21, to get married, to have children, yada, yada.

Yet at some point in time that list ends and we begin to realize our time on earth is finite. With graduation comes a limit to the time we have with our classmates. If we go on to college or marry outside the community, we realize time with friends and family back home is slipping away. Reaching the end of our National Junior Angus Association (NJAA) career, we realize we only have a few shows left — only a few more times to get together with friends from across the state or all over the country before

we disperse to our individual lives, families and careers.

Somewhere along the line we begin to want to hold on to things, to stop time.

Maybe that's what originates a midlife crisis, LOL (that's "laugh out loud" if you're not a texter). At some point you realize you only have so much time to get it all done. Time becomes more precious.

We're lucky if we can gently transition into that awareness. As I write this, we're praying especially hard for one of my nephews, his classmates and the family of one of his close friends who had a tragic accident. We're praying especially hard for family and friends who are going through struggles with illness and hardship and life's decisions.

Graduation message

How we react to these adjustments in life sets the tone for the future. Hopefully, the challenges strengthen our faith. Hopefully, the experience makes us wiser. Hopefully, realization that time is limited helps us to appreciate this day forward and consider our priorities in life.

Those who follow me (@Angus_Shauna) on Twitter know I enjoy inspirational quotes. As another class approaches graduation — and as we all graduate life's stages — I want to share one of my favorites from Successories:

Essence of a new day:

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.

For what will you trade today?

EMAIL: shermel@angusjournal.com

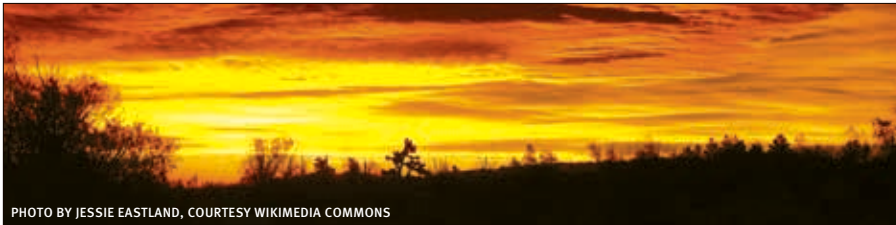


PHOTO BY JESSIE EASTLAND, COURTESY WIKIMEDIA COMMONS

Angus Journal

3201 Frederick Ave., Saint Joseph, MO 64506; 1-800-821-5478; fax: 816-233-6575; office hours: (M-F) 8 a.m.-4:30 p.m. (Central) home page: www.angusjournal.com

Staff are listed by name, phone extension and email prefix. All direct phone numbers are "816-383-5..."; all email addresses are "...@angusjournal.com"

General manager — *Eric Grant*, 118, egrant

Editorial Department — Editor, *Shauna Rose Hermel*, 270, shermel ■ Associate editor, *Kasey Brown*, 277, kbrown ■ Assistant editor, *Linda Robbins*, 245, lrobbins ■ Artists, *Mary Black & Craig Simmons*

Field editors — *Barb Baylor Anderson*, 305 Valley View Dr., Edwardsville, IL 62025, 618-656-0870, anderagcom@sbcglobal.net ■ *Kindra Gordon*, 11734 Weisman Rd., Whitewood, SD 57793, 605-722-7699, kindras@gordonresources.com ■ *Kim Holt*, 20079 Homedale Rd., Caldwell, ID 83607, 208-459-2013, kkholt1@msn.com ■ *Becky Mills*, Rt. 1, Box 414, Cuthbert, GA 31740, 229-732-6748, beckymills81@yahoo.com ■ *Troy Smith*, 44431 Sargent River Rd., Sargent, NE 68874, 308-527-3483, wordsmith@nctc.net

Publications and Production — Manager, *LaVera Spire*, 220, lspire

Advertising Department — Vice president of sales, *Terry Cotton*, 214, tcotton ■ Advertising coordinators, *Doneta Brown*, 232, dbrown; & *Karri Mildenberger*, 289, kmildenberger ■ Production coordinator, *Carol Beckett*, 203, 226, cbeckett ■ Advertising artists, *Mike Bush & Monica Ford* ■ Proofreader coordinator, *Jacque McGinness*

Circulation & billing manager — *LaVera Spire*, 220, lspire

Special Services Department — Coordinator, *Sharon Mayes*, 221, smayes ■ Assistants, *Julie Martinez & Vickie Whitsell* ■ Artists, *Susan Bomar & Leann Pridgen* ■ Proofreader, *Melinda Cordell*

Web Services Department — Web Services coordinators, *Doneta Brown*, 232, dbrown; & *Karri Mildenberger*, 289, kmildenberger ■ Web Services developers, *Andy Blumer & Ethan Tierney*

Photo Department — Photo services coordinator, *Kathrin Gresham* ■ Photo services assistant, *Erin Sherwood*

Network systems coordinator — *Bruce Buntin*

Board of Directors — *Cathy Watkins*, chairman; *Bryce Schumann*, vice chairman; *Terry Cotton*, president; *Richard Wilson*, secretary-treasurer; *Scott Foster*; *John Elbert Harrell*; *Leo McDonnell*; *Chris Sankey*; *Darrell Silveira*; and *Jim Sitz*

