

# Residents featured in *The Joplin Globe* magazine

By Karen Krien

St. Francis residents Rex and Sandy Murray and their friends Eddie and Terri Anderson of Goodland were featured in the March 13 *Joplin Globe*.

The Murrays and the Andersons had gone to Miller, Mo., for the national finals Upland Classic Series dog competition where both Mr. Murray and Mr. Anderson had participated.

Mr. Murray and Mrs. Anderson had gone along for the ride, fun and support of their husbands. They had sat beside an unsuspecting man who turned out to be Jeff Wells, a *Globe* staff writer.

In the article entitled "This is doggone fun," which told about the tournament, hunters and dogs, he also told about meeting the two women at what he considered to have the best view of the action. "They sat in the shade on a fallen log on top of a hill of brush, rocks and dirt as their husbands and 17-month-old liver-colored German

shorthair, participated in doubles competition."

Mr. Wells went on to tell about how Mr. Anderson had bought Pepsi as a pet and then Mr. Murray, who owns a controlled hunting reserve between Goodland and St. Francis, had trained Pepsi to hunt. Mr. Anderson "embraced" the new hobby.

Mrs. Anderson said her husband had gone to one event and was hooked.

Pepsi, one of the youngest animals in the competition, was a bit awkward working the field and seemed to be reluctant to take a fallen bird to Mr. Murray. However, Pepsi wasn't the only dog having the same problem.

All the participants say the dogs are the real stars of the show. The hunters are fiercely loyal to their dogs and often to a particular breed.

Mr. Murray raises vizslas and practices with his dogs and dummy birds every day. Mr. Wells said that sometimes Mr. Murray buys real

birds and takes the dogs out into his fields on weekends. Mr. Anderson is a carpenter and contractor and Mrs. Anderson is a postal clerk.

"These dogs are happy here," Mrs. Anderson said. "They are having the time of their life."

Mrs. Murray said she hunts sometimes but doesn't enter competitions. She said she enjoyed visiting with the other competitors and their families.

"These guys are having a great time," she said. "They are out hunting with their dogs and buddies."

Mr. and Mrs. Murray have Ring-neck Country, a controlled hunting reserve. They recently hosted the Kansas State Pheasant Championship where teams and dogs worked together to get the pheasants. While hunting the pheasants is a great sport, the championship is about the trained dogs. Mrs. Murray said their season is coming to an end but will start back with five or more competitions scheduled again for the next season.

# Resident has song recorded

By Casey McCormick

Dawn Petty, Bird City's resident entertainer, is going to be getting more recognition, having one of her songs recorded and performed by her friend's band. The song, "The Liberty Waltz," is on the latest compact disc from Judy Coder and Pride of the Prairie.

Ms. Petty was surprised with the news that "The Liberty Waltz" was on Judy Coder's new release. She was not aware until she attended a release party in Topeka on March 19.

"It made me cry," said Ms. Petty, "She honored me before a big crowd of people and then sang my song."

Ms. Petty has played her guitar and fiddle with her friend, Ms. Coder, at several concerts.

Judy Coder and Pride of the Prairie has a busy schedule to handle. " (They are) going to Nashville



**DAWN PETTY plays her fiddle with her friend, Judy Coder.**

for a local T.V. spot," said Ms. Petty, "then down to Florida for several shows."

"The Liberty Waltz" is sure to get a great deal of air time in the near future.



**SPRING IS HERE— Mercedes Ritchey and Aubrey Mills enjoy the warm weather during recess.**  
Herald staff photo by Karen Krien

## Plain Sense

### Bi-Polar Disorder

*Dear Plain Sense: A good friend of mine says he thinks he has bi-polar disorder. I feel like I should be doing something to help him, but I don't even know what this means.?*

First of all, it sounds like your friend might be trying to diagnose his own condition, which is not a good idea for any illness, physical or mental. So advising him to talk about his concerns to a mental health professional would be a first step. Because there is so much information available nowadays through the media, on the Internet, and from well-intentional others, it becomes even more important to get accurate information.

Bi-polar is a mental illness that

causes extreme mood swings. A person with this illness experiences periods of feeling extremely "high" (mania) and other times of feeling devastatingly "low" (depression). The length of each phase can vary from days to months, and are often difficult to predict. And the behaviors that accomplish these "moods" can significantly interfere with a person's family relationships, with school and/or their jobs. The cause of bi-polar is not completely clear to the medical field, but it appears that chemical changes in the brain are a major factor, along with factors such as heredity, physical illness, and other life stresses. Each person experiences vary with this illness which is why

it so important to talk with a professional.

Bi-polar disorder is one of the most treatable mental illnesses. Medication is often used in combination with therapy. Improvements in medications in recent years have decreased the side effects and given physicians several treatment options. With professional help, those suffering from bi-polar disorder can enjoy a healthy lifestyle, maintain relationships with family and friends, and continue to pursue their jobs and careers.

Plain Sense from High Plains Mental Health Center

Contributed by Karen D. Beery, LCPC, Consultation and Education Department.

## Book Reviews

Book reviews from St. Francis Public Library

### A Perfect Day

By Richard Paul Evans

Robert Harlan has three loves in his life: his wife, Allyson; his daughter, Carson; and his writing.

A sales rep for a small radio station, he has hopes of one day leaving it all behind for a successful writing career. When he is unexpectedly laid off from his job, Allyson encourages him to pursue his dream of writing. He writes a novel entitled *A Perfect Day*, based on the last few months Allyson and her father spent together as he died of cancer.

The story becomes a huge success and Robert finds himself swept into a new world, far from his wife and home. In time, Robert loses track of the things he loves most ... until he meets a stranger who begins telling him intimate details about his past, his present and, most important, the brevity of his future. Thinking that he has just months to live,

Robert begins to discover the truth about himself: who he has become, what he has lost, and what it will take to find love again.

*A Perfect Day* is a novel of love and awakening from one of the world's most beloved storytellers.

Richard Paul Evans is a number-one *New York Times* bestselling author. He lives with his family in Salt Lake City, Utah. *A Perfect Day* is his eighth novel.

### Toward the Sunrise

By Judith Pella

*Part of the dramatic Daughters of Fortune Series - historical fiction at its best!*

It is the summer of 1942, and on three different continents the daughters of newspaper tycoon Keagan Hayes are caught in chaos - within and without. A world at war and a family in turmoil have

thrown the three sisters into physical and emotional traumas that severely test faith and fortitude.

In Los Angeles, Jackie's Japanese - American husband is sent to an internment camp. In the Philippines, Blair is captured by the Japanese and imprisoned. In Russia, Cameron is arrested and forced to leave the country.

Can each young woman find strength to endure the hardships inflicted upon her and to maintain confidence that God is indeed writing the pages of all their lives.



## How to kill a business in just 10 easy steps ...

1. **Don't advertise.** Just pretend everybody knows what you have to offer.
2. **Don't advertise.** Tell yourself you just don't have time to spend thinking about promoting your business.
3. **Don't advertise.** Just assume everybody knows what you sell.
4. **Don't advertise.** Convince yourself that you've been in business so long customers will automatically come to you.
5. **Don't advertise.** Forget that there are new potential customers who would do business with you if they were urged to do so.
6. **Don't advertise.** Forget that you have competition trying to attract your customers away from you.
7. **Don't advertise.** Tell yourself it costs too much to advertise and that you don't get enough out of it.
8. **Don't advertise.** Overlook the fact that advertising is an investment in selling — not an expense.
9. **Don't advertise.** Be sure not to provide an adequate advertising budget for your business.
10. **Don't advertise.** Forget that you have to keep reminding your customers that you appreciate their business.

## The Saint Francis Herald

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## I Am A Country Newspaper ...

I am a country newspaper. I am the friend of the family, the bringer of tidings from other friends; I speak to the home in the evening of summer's vine-clad porch or the glow of the winter's lamp.

I help to make this evening hour; I record the great and the small, the varied acts of the days and weeks that go to make up life.

I am for and of the home; I follow those who leave humble beginnings; whether they go to greatness or to the gutter, I take to them the thrill of old days, with wholesome messages.

I speak the language of the common man; my words are fitted to his understanding. My congregation is larger than that of any church in my town; my readers are more than those in the school. Young and old alike find in me stimulation, solace, comfort. I am the chronicler of man's existence. I am the word of the week, the history of the year, the record of my community in the archives of state and nation.

I am the lives of my readers. I am the country newspaper.

The Saint Francis Herald