I have just been informed that Mr. Steve Sutton was selected for induction into the 2017 National 4-H Hall of Fame. This is the highest honor given by 4-H. Steve will be officially inducted on Friday, October 6 at the National 4-H Center in Chevy Chase, MD.

From his early years growing up on a small farm in East Tennessee, to his successful experience as a 4-H member in the swine project, to his Extension career as a 4-H agent in Washington County, Tennessee, and his tenure as a specialist and director/state 4-H program leader, Steve Sutton has been a respected leader and a role model for youth as well as other professionals. The 4-H profession has truly been made better by his example and by his efforts.

A 30-year member of NAE4-HA, Mr. Sutton has been recognized with the DSA Award, the 25 year Service Award, American Spirit Award, Meritorious Service Award and Air Force Recruiting Award. He is a life member of NAE4-HA. He is also a member of Epsilon Sigma Phi, Phi Kappa Phi, Gamma Sigma Delta and the UTIA Retirees Association. He was recognized in 2015 with Tennessee’s prestigious Friend of 4-H Award.

Please join me in recognizing Steve as our newest member of the National 4-H Hall of Fame! Steve’s email is ssutton2@utk.edu

Dr. Richard Clark
CURRENT GRANT PROJECTS
Shelby Brawner, Extension Assistant/Grant Manager

HEALTHY LIFESTYLES IN POLK COUNTY
Donna Calhoun, Extension Agent

The perfect ingredients for a healthy life were enjoyed by Polk County 5th grade youth, parents, and teachers recently at Healthy Horizons Day Camp held at Polk County 4-H’s Camp McCroy.

Healthy Horizons is a day camp program focusing on healthy lifestyles education including being physically active, making healthier food choices, and remaining tobacco free. Targeting childhood obesity Healthy Horizons is a state-wide recognized program that has been replicated throughout the region. During the day the youth rotate through a series of learning activities such as relay races, an inflatable obstacle course, ZUMBA, fruit bingo, and learning sessions such as MyPlate, sweetened drinks, portion control, and tobacco use among others.

Classes for adults focused on healthy cooking tips and techniques while maintaining flavor, taste, and eye appeal with professional chef Clyde Rush.

This is the kick-off event for healthy lifestyles education with this group. Following the 4-H agent, Donna Calhoun, conducts monthly programs with the youth. Using the Power U curriculum the agent conducts lessons in physical activity and fats, fiber, sugar, and calcium in the diet. Surveys conducted from previous years indicate these youth are walking and moving more, eating less high fat food, consuming more dairy foods, and eating more fruits. This is the thirteenth year of this overall program. Polk County Coordinated School
Health reported that BMIs for Polk County’s school age youth is declining with a rate of 42.8% in the 2007-2008 school year to a 38.2% in 2014 with an 8.8%.

Funding for the event was provided by grants and donations including the Walmart Youth Governance Grant, Volunteer Electric VEC Shares program, the Tennessee Nutrition Consumer Education Program (TNCEP) SNAP-ED grant, and The Tobacco Settlement grant.

Truly a community effort, many organizations were involved in the event. They included the Polk County Health Council, Polk County Schools, Polk County Coordinated School Health, Polk County Health Department, Southeast Regional Office of the Tennessee Health Department, Lee University students, Bradley County Health Department, Benton Family Health Care, Georgia Department of Health, Tennessee Nutrition Consumer Education Program (TNCEP), Polk County 4-H Honor Club, UT Extension-Polk County and numerous community volunteers. UT Extension provides equal opportunity in programming and employment.

18 yr old Housing for Judging Teams and Small Groups
Richard Clark, Assistant Dean

Often judging teams travel to contests or small groups of 4-H members travel overnight to an event. Due to the excessive cost of housing 18 yr old members separately in hotel rooms, we have received permission from risk management and legal counsel to room 18 yr old members with younger, same gender members with written parental permission from both the 18 yr old’s parents and the younger 4-H member’s parents. Please see the note below from Human Resources:

I have reviewed this situation with our legal staff and we concur, that in situations such as these we can treat 18 year olds who are still in High School as minors. That is we would allow them to room with other minors with parental permission. However, this does not change their legal status for other matters. In these cases, letters from all parents should be obtained and kept as a part of the trip file.
4-H DAY OF SERVICE IN SCOTT COUNTY
Cassie Young, Extension Agent

Students involved with the 4-H Mentoring Program recently participated in the 2017 National Day of Service, demonstrating responsible citizenship through community action. 4-H’ers pledge their hands to larger service, so these students rolled up their sleeves and got to work putting their pledge into action.

“Ewww! This is so gross! What IS that? Look how nasty! YUCK!!! Totally disgusting! People are so rude! Why do people do this?!!?! I can’t believe everything I’m finding! This smells horrible!”

These were just a few of the remarks made during part one of the 4-H Service Project.

Scott County 4-H’ers teamed up with the Mayor’s Office in a countywide effort to “Keep Scott Clean.” 4-H students were joined by their families, local organizations, fire departments, local businesses, police officers, school organizations, and many individuals who supported the litter pick-up efforts. Trash was picked up from roadways, parks, and school playgrounds. The Scott County Mayor’s Office hosted a cook-out celebration for the work done and gave away door prizes and goodie bags.

4-H Agent Cassie Young said, “UT-TSU Extension provides real life solutions to all Tennesseans through education. That’s what we attempted to do with this 4-H service project. We saw that litter is an issue in our county, and we wanted to address it. Our entire community got behind the effort and supported each other. As you know, we work with families, farmers, youth, and communities. By building benches to distribute throughout Scott County, we taught our youth about the importance of giving back to your community. These students have made an impact on their hometown that they can be proud of.”
When asked what he learned from picking up trash, one young man said, “I didn’t know so many people threw their trash out the car window. I’m going to tell all my friends to spread the word that litter is bad, and they shouldn’t do it. Thank you for this opportunity to help clean up our roads. Now when I go to school, I don’t have to look at the ugly trash.”

However, the 4-H Mentoring Program participants didn’t end the day there. They continued to serve their community by working together to construct 84 park-style benches to be distributed at 21 sites throughout Scott County. 4-H members and their families learned the importance of mathematics as they measured and cut the boards to the correct length. They learned about engineering as they assembled the benches with nails, screws, and bolts and cheered each other on. Career options were explored and debated throughout the building project as students realized their capabilities in different areas. Students even put their public speaking skills to the test when Charles Denny (UTIA Marketing and Communications) interviewed them for a UT-TSU Extension promotion piece.

When asked what she learned from building benches, one young lady said, “I am not a tomboy, but I learned today that I can build stuff, too. Thanks for the chance to learn how to use power tools! I thought I couldn’t do it, but this showed me I didn’t need to be afraid of the tools. I’m proud of the benches we made! I can’t wait to sit on them at the park or at my school.”

All in all, the 4-H Mentoring Program participants enjoyed learning about responsible citizenship and making a difference in their communities as part of National 4-H Day of Service.
### ALEC Graduate Program

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Or Call 865-974-7371  

Carrie Ann Stephens  
Professor, 4-H/ALEC

### 4-H PLEDGE

I pledge my **HEAD** to clearer thinking;  
**My HEART** to greater loyalty  
**My HANDS** to larger service; and  
**My HEALTH** to better living,  
For my club, my community, my country and my world.

### Upcoming Events

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