Food for Thought, Dr. Richard Clark

The State 4-H Office often shares both food and thoughts to keep our spirits high. This was shared this week by Dr. Joseph Donaldson. I thought it was worth pondering in a world that seems to be going in the wrong direction.

- Live beneath your means.
- Return everything you borrow.
- Stop blaming other people.
- Admit it when you make a mistake.
- Give clothes not worn in three years to a charity.
- Do something nice and try not to get caught.
- Listen more; talk less.
- Every day take a 30 minute walk.
- Strive for excellence, not perfection.
  - Be on time.
  - Don’t make excuses.
  - Don’t argue.
  - Get organized.
- Be kind to kind people.
- Be kind to unkind people.
- Let someone cut ahead of you in line.
- Take time to be alone.
- Reread your favorite book.
- Cultivate good manners.
  - Be humble.
- Realize and accept that life isn’t fair.
- Know when to keep your mouth shut.
- Go an entire day without criticizing anyone.
- Learn from the past.
- Plan for the future.
- Live in the present.
- Don’t sweat the small stuff.
  - It’s all small stuff.

-from a Quaker newsletter
The Lincoln County 4-H Livestock Quiz Bowl team went to the National Livestock Quiz Bowl Contest that was hosted by the Aksarben Stock Show in Grand Island, Nebraska. The team finished 1st place at the quiz bowl. The team consisted of Kendall Martin, Nolan Paladino, Jana Owen and Zach Snoddy. Kendall Martin was the High Individual of the contest. Each member of the team won a $500 college scholarship from the Aksarben Foundation.

Other 4-H members that went on the trip included: Juliann Fears, Nathan Simmons, Alex Moore, Nic Bradley and Sorrell Martin. These 4-H members participated in the Aksarben Open Contest and finished 4th. All members also participated in the Livestock Judging Contest in Grand Island.

The team made many educational stops while in the Grand Island and Kansas City area. We were able to tour two breed association. At the American Angus Association in St. Joseph, Missouri, we toured their Angus headquarters and they had a mock quiz bowl contest. The American Hereford Association was in Kansas City, and we enjoyed visiting their library and learning the history of Hereford cattle.

Other educational stops included touring the Case/IH combine assembly plant in Grand Island and touring the Mac McLean Feedyard in Benedict, NE.

The Lincoln County Quiz Bowl team would like to thank the Tennessee Cattleman’s Association for their sponsorship and support for the trip to the National Contest.
LINCOLN COUNTY - Participates in the All American Dairy Judging Contest

Dan Owen, Extension Agent Lincoln County

Lincoln County represented Tennessee at the All American Youth Dairy Judging Contest in Harrisburg, PA. The team consisted of Alex Moore, Nic Bradley, Olivia Hughes and Jana Owen. The team was 2nd in the Brown Swiss breed. Lily Cowan also participated.

Some of the educational activities that the team attended included: touring Amish Farms, visiting Liberty Bell and a visit to Hershey, PA to Chocolate World.

We would like to thank the 4-H Foundation for provided funds to assist with the trip.

Join us for the inaugural seminar in our Smith International Seminar Series!

Where: Brehm 260, UTIA Knoxville campus

When: Friday, October 20, 2017 12:00 - 1:00pm.

Why: This brown bag seminar series will provide faculty with peer examples of how to develop international collaborations and partnerships that enhance research, teaching and outreach portfolios and build P&T dossiers. The series is also designed to bring enhanced awareness of students’ international engagement opportunities.

For our first seminar, we will hear from Dr. Ky Pohler (Animal Science) about how his partnership with Brazilian universities has assisted him in his research on cattle pregnancy and increased opportunities for student exchange.

Don’t forget your lunch!

This series will run monthly this Fall and Spring: visit the Smith International Seminar Series webpage for more information and future seminar topics.

https://ag.tennessee.edu/international/Pages/Smith-International-Seminar-Series.aspx
Bedford County Participates in the National Meat Competition

Emily Osterhaus, Extension Agent, Bedford County

The Bedford County State winning meat team traveled to the national meat competition October 15-18.

The journey started in Lincoln, NE where the team was able to have a workout in the lab at the University of Nebraska. They also took a tour of the animal science department where they were able to see research animals and see what the university had to offer for degrees. After that the team went to one of the university’s feed lots. There the 4-H’ers saw how they made and rationed feed, and heard about the different pens and what research was being done to improve growth in the animals.

After that the members traveled to Manhattan, KS for the competition, it was held on Kansas State’s campus. Limited on time they took a quick look around campus so they could head to Kansas City, MO for the banquet. Along the way they made time to stop to enjoy the scenery of the Konza Prairie. The final stop of the trip was in MO with a visit to the American Royal grounds for the banquet.

Bedford County was ranked 10th in the nation! After a quick stroll through the American Royal grounds the team headed back to TN.

The team members are Emily Crabtree, Hunter Lemmon, Lawson Lemon, and Brett Harden. They were coached by Tommy Green, John Teague and Emily Osterhaus who also accompanied them on the trip.
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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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