November 4-5, thirteen 4-H Horse Project members represented Tennessee at the Eastern National 4-H Horse Roundup. Eastern Nationals is the highest level educational contest within 4-H, and continues to be the largest youth equine educational event in North America. The youth and their coaches have worked diligently in preparation for this contest, which encompassed the top youth from 26 states and totaled over 300 individual contestants. I wanted to share their success with you and recognize the efforts of their county agents and coaches that have dedicated time to educating and preparing the 4-Hers for this level of competition.

The TN Horse Judging Team from Sumner County, comprised of Megan Thornton, Amber Thornton, Georgia Ann Smith, and Erin Carver and coached by Jeffrey Hester (County Agent). The team was 4th high team in conformation classes, 2nd high team in performance classes, 2nd high team in oral reasons, and 3rd high team overall. Amber Thornton was 5th high individual in conformation, 1st high individual in performance, 2nd high individual in oral reasons, and 2nd high individual overall. Georgia Ann Smith received 1st high individual recognition in conformation, 6th high individual in performance, 4th high individual in oral reasons, and was the 1st high individual overall in the contest.

Continued……..
Lily Turaski from Blount County represented TN in the Individual Presentation Contest, and is coached by Lorena Truett (volunteer). She received 7th place overall.

Blount County competitors including Sierra Spayner, Madeline Parr, Tara Conway and Rachel Ottinger represented TN well in the Horse Bowl contest. Competition was tough this year, and unfortunately the team was knocked out early in the contest, but the girls and their coach, Jennifer Parr (parent volunteer) deserve recognition for their efforts.

Rutherford County represented TN in the Hippology contest, an all-around contest comprised of a written exam, stations, slide identification, team problem, and horse judging phases. Anna Moore, Cara Moore, Charity Chandler, and Rebecca Grace Stone were coached by Tammy Chandler (parent volunteer) to success as indicated by placing 4th team overall in the written phase, 6th team overall in the stations phase, 8th team overall in the horse judging phase, 8th team overall in
the team problem phase, and 4th place team overall. Charity Chandler also received 10th high individual in the written phase, and 9th high individual overall.
“Why Can’t We All Just Get Along and Be Nice?”

Anger Management In-Service Training Offered for 2018

Lori Gallimore, Extension Specialist

“Why can’t we all just get along and be nice?” – If I had a dollar for every time I said that … well … I wouldn’t be writing this article 😊. I would be a “gazillionaire” sitting on a tropical beach somewhere. But this is not how the “real world” works. It has happened to us all – someone gets angry. You get angry! I get angry! We get angry because we are tired or frustrated or overwhelmed. We get angry because someone is driving too slow or riding our bumper. We get angry over unfairness, injustice, and that life – despite our best laid plans -- just doesn’t go according to those plans.

You know what?!! It’s okay! Anger is a natural, constructive, human emotion … and yet one … that if not managed correctly can cause irreparable harm and injury.

Now, like most of you, I wear many hats in my job. One of those “hats” is as a member of the FCS Human Development Leadership Team. One of the great things about working with this team is that I have the opportunity to participate in potential new training series for 4-H and FCS agents at various times throughout the year -- you know, I get to “scope them out” to see if this something that might be beneficial for us all. One such series – RELAX: Alternatives to Anger -- was presented earlier this fall by Mississippi State University and Michigan State University and is now being offered by the University of Tennessee Family and Consumer Sciences Department. I attended the training and learned a lot -- about others, as well as myself. This training offers interactive, hands-on tools that work well for both youth and adults. If you are looking for another in-service training opportunity for 2018 and one that will super helpful in your work with youth audiences, I highly recommend the following:

RELAX: Alternatives to Anger series actively engages adult learners in a group setting to increase knowledge and skills around anger managements and give them constructive ways to deal with anger. Aspects of promoting social emotional health are woven throughout the training and include expressing emotions, navigating stress, resolving interpersonal conflict, taking another’s perspective, feeling capable and whole and building skills for forming and maintaining satisfying, healthy and supportive relationships.
Short-term goals:
• To increase participants’ knowledge about anger management.
• To assist participants in improving their attitudes around anger management.
• To assist participants in making positive behavioral changes.

Long-term goals:
• To increase participants’ anger control levels.
• To decrease participants’ family conflict levels.
• To decrease participants’ anger level.
• To decrease participants’ violence levels.

These trainings will be offered across the state in 2018. Each session will be taught by Dr. Heather Wallace and a member of the Human Development Leadership team. If you would like to register, please click on the appropriate link below:

• ER – April 13, 2018 with Elizabeth Renfro -- RELAX anger management (EASTERN REGION)

• CR – April 11, 2018 with Mary Beth Henley -- RELAX anger management (CENTRAL REGION)

• WR – April 10, 2018 with Katie Dees -- RELAX anger management (WESTERN REGION)

If you have any questions about the in-service training topic, please contact Heather Wallace at heather.wallace@utk.edu.
On October 30, the Hardin County 4-H Mentoring Program held a Harvest Party for mentees, mentees’ families, and mentors. Participants were encouraged to dress up if they wanted to since most already had costumes for Halloween. The theme for the night was “working together.” We placed games all around the room in which anyone who chose to play could win prizes while answering a few questions about working together at home. Our lesson for the night was about disaster/emergency preparedness. We shared how important it is to work out a plan with each member of the family so if something did happen, everyone would be ready.

Members of the group were welcome to share about minor emergencies that could happen or had happened to them. This led into us talking about making sure other people are prepared. We bought supplies to make first aid kits for senior citizens in our community. Boxes included items like Band-Aids, alcohol wipes, gauze pads, Neosporin, and mild pain reliever such as Tylenol. The boxes were delivered to our local senior center, and our program was thanked over and over for the donation.
**ALEC Graduate Program**

Masters of Science in Agriculture Leadership, Education and Communications (ALEC)

Online degree available!!

For more information, please visit [https://ALEC.utk.edu](https://ALEC.utk.edu)
Or Call 865-974-7371

Carrie Ann Stephens
Professor, 4-H/ALEC

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**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.

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**Upcoming Events**

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<tr>
<td>Nov 12</td>
<td>NAE-4HA National Conference</td>
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<tr>
<td>Nov 24-28</td>
<td>National 4-H Congress</td>
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Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.