WALK ACROSS ARKANSAS A SUCCESS FOR MONROE COUNTY!

The “Triple C Highsteppers” of Monroe County placed first in the 4 Member Team Division that consisted of 11 Teams from across the state of Walk Across Arkansas! with a total of 50,400 minutes logged in. That’s a total of 2,250 miles walked. By walking, team members saved over $6,000 in estimated healthcare savings.

The health benefits of regular physical activity are far-reaching: reduced risk of coronary heart disease, stroke, diabetes, and other chronic diseases; lower health care costs; and improved quality of life for people of all ages.

Triple C Highsteppers Team was led by Captain Carrie Mae Polk and team members Charlotte Houston, Charlotte Knox and Mae Ola Pike.

Congratulations Triple C Highsteppers!!!!!
The benefits of strength training include:

- Increased muscle mass and strength
- Improved bone density and reduced risk for osteoporosis and related fractures
- Reduced risk for diabetes, heart disease, arthritis, depression, and obesity
- Improved self-confidence, sleep and vitality

SPACE IS LIMITED!!!!

Research shows that financial management is an Small Steps to Health and Wealth is a national Cooperative Extension program designed to help you reach personal finance and health goals. Learn about proven behavior change strategies. Discover tips for success. Join the Small Steps Challenge.

“One penny may seem to you a very insignificant thing, but it is the small seed from which fortunes spring.”
~ORISON SWETT MARDEN

MASTER GARDNER PROGRAM

If you love working outdoors in the garden lawn, flower beds or with the community on beautification projects, the Master Gardner Program just may be the thing for you.

The Master Gardner Program is one of many programs offered by the U of A Division of Agriculture Research and Extension and is designed to increase the availability of horticultural information and improve quality of life with horticultural projects.

The cost of the 5 week program is $50 that covers the cost of books and supplies. After completing the program, you attain 40 hours of certified training and as a result of that training you will be required to give back 40 hours in volunteering and assisting with community projects.

This is a Tri-County program with Monroe, Lee, and Phillips County Cooperative Extension Service. Session I—February 21, at First United Methodist Church in Brinkley, Session II—February 26, Marvell Methodist Church, March 7—First United Methodist Church, Brinkley, Session IV—First United Methodist Church, Brinkley, Session V—Lon Mann Cotton Research Station (HWY 1 South), Marianna. All sessions will be held on Thursdays, from 8:00am—4:30pm.

These classes are open to all eligible persons without regard to race, color, national origin, religion, gender, age, disability, marital status, or any other legally protected status. Persons with disabilities who require alternative means for communications of program information (large print, audiotapes, etc.) should notify the county Extension office as soon as possible prior to the activity.

For additional information and to register contact the Monroe County Extension office at 870.747.3397, Lee County office 870.295.7720 and Phillips County 870.338.8027.
In his workshop, **Anger Management: Keeping Our Cool**, H. Wallace Goddard says, "Being angry is like drinking poison and waiting for your enemy to die. Anger destroys us. It also can damage our most important relationships. It gives control of our lives to irrational, hard-hearted, and unhelpful passion. It is like using fire to remodel our homes. It can destroy indiscriminately."

While we all feel anger at times, when we allow it to take hold in our lives, it can harm and even ruin our relationships. When we feel frustration, annoyance, or irritation, we can deal with these feelings without resorting to anger. Disdain, hostility, and blaming destroy. There is a better way of dealing with strong feelings.

When you're tempted to be angry at someone, first, check your own mood. Are you tired, hungry, or lonely? If so, get to a better state of well-being before you express anger.

Second, we all act on partial information. Anger may be a signal that we have misunderstood someone. Try to find out more about the situation. If your partner is upset, don't try to change his or her feelings. Listen to all he or she says and show you are trying to understand. As you acknowledge and understand your partner, you will be better able to work through the problem that sparked your anger.

To find out more about couple relationships, check out *The Marriage Garden* program at arfamilies.org, follow us at [facebook.com/navigatinglife](http://facebook.com/navigatinglife) or contact your local county Extension agent. You may also enjoy *Anger Kills: Seventeen Strategies for Controlling the Hostility That Can Harm Your Health* by Redford and Virginia Williams.

---

If you are a childcare provider, foster parent, a person who takes care of other people children, or want to learn more about caring for young children then **The Best Care** Childcare Provider Training is for you!

The Lee, Monroe, and Phillips County Cooperative Extension Service has available a new, free set of classes for early childhood professionals and others interested in learning more about young children. Ten hours of lessons will be provided on topics such as **Building Stable Families; What’s the Big Deal about Bullying?; Keeping Our Cool: Managing the Anger that Threatens to Destroy Us; The Preschool Scientist; Together is Better: How Childcare Providers Can Promote Family Fitness; Child Abuse and Neglect: Knowing How, When and What to Report; Using MyPlate to Teach Kids about Healthy Eating; When Accidents Happen: Basic First Aid for Common Childhood Injuries; and Wonderful Workplace.**

The Best Care Trainings are scheduled for **Saturday, January 12, 2013** at Phillips County Community College in Helena, AR beginning at 8:30 a.m. and **Saturday, January 19, 2013**, at Phillips County Community College in Helena, AR beginning at 8:30 a.m. This program is open to all interest persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action /Equal Opportunity Employer. Persons with disabilities who require alternative means for communication of program information should notify the county Extension office as soon as possible prior to the activity.

**Navigating Life’s Journey—COUPLES**

In his workshop, **Anger Management: Keeping Our Cool**, H. Wallace Goddard says, "Being angry is like drinking poison and waiting for your enemy to die. Anger destroys us. It also can damage our most important relationships. It gives control of our lives to irrational, hard-hearted, and unhelpful passion. It is like using fire to remodel our homes. It can destroy indiscriminately."

While we all feel anger at times, when we allow it to take hold in our lives, it can harm and even ruin our relationships. When we feel frustration, annoyance, or irritation, we can deal with these feelings without resorting to anger. Disdain, hostility, and blaming destroy. There is a better way of dealing with strong feelings.

When you're tempted to be angry at someone, first, check your own mood. Are you tired, hungry, or lonely? If so, get to a better state of well-being before you express anger.

Second, we all act on partial information. Anger may be a signal that we have misunderstood someone. Try to find out more about the situation. If your partner is upset, don't try to change his or her feelings. Listen to all he or she says and show you are trying to understand. As you acknowledge and understand your partner, you will be better able to work through the problem that sparked your anger.

To find out more about couple relationships, check out *The Marriage Garden* program at arfamilies.org, follow us at [facebook.com/navigatinglife](http://facebook.com/navigatinglife) or contact your local county Extension agent. You may also enjoy *Anger Kills: Seventeen Strategies for Controlling the Hostility That Can Harm Your Health* by Redford and Virginia Williams.
UPCOMING EVENTS

HAPPY NEW YEAR!!!!!!

The BEST CARE Childcare Providers Training, Saturday, January 12, and Saturday January 19, PCCC/UA, Helena, AR

Medicine Ball Training, February 5–April 23, 2013, Mid Delta Health Systems, Clarendon, AR

Master Gardner Training, Session I, February 21, First United Methodist Church, Brinkley, AR

EHC President’s Day, Thursday, October 17, 2013, Brinkley Convention Center, Brinkley, AR

4-H Volunteer Statewide Meeting, April 19-20, 2013, Ferndale, AR

***********************************************************************

If you have any questions, or need additional information regarding information contained in this newsletter, contact the

University of Arkansas Division of Agriculture

Monroe County Extension

609 Madison Street

Clarendon, AR 72029

870-747-3397

In the spirit of family,

Jacqueline D. King

County Extension Agent -

Family & Consumer Science

University of Arkansas, United States Department of Agriculture and County Governments Cooperating.

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.