A New Year. A New You

Many people create goals and resolutions for the next year each January. A large majority of those goals are short lived as priorities change and conflicts occur. 4-Hers learn to attain their goals and plan for success by implementing the S.M.A.R.T Goals system.

Specific—General or broad goals are hard to plan. Without a written plan, most goals never see fruition. What specific goals do you have in your project this year? Examples include to sew 5 pillowcases for ACH, to increase my herd by 3 heifers or maybe manage an acre food plot that extends 3 months.

Measurable—How do you know when you have accomplished your goal or made progress? Goals need benchmarks to help you see light at the end of the tunnel. Use a percentage or list of specific things you should have done and deadline to get it done. Check them off as you accomplish the tasks.

Attainable—Is your goal something your can actually achieve? The worst enemy to a goal is not having the right resources or ability to reach your milestones. Think about your budget, physical ability, cognitive development, and other available resources. Think big, but think real. Sometimes goals need some honest appraisal. Goals should always have flexibility for change.

Relevant—Do your goals significantly impact your 4-H project? This is the “so what” question. Would your project suffer if you didn’t achieve this goal? How much progress will you make toward the long term end goal?

Timeline—Create deadlines for each short and long term goal. Break the goal down to daily, weekly, monthly, or yearly goals. Your short term goals should make your long term goals easier to attain. Rome wasn’t built in a day!
Livestock Show Lineup

- **Feb 17** – S.A.L.E Series, Hope
- **March 17** – S.A.L.E Series, TBD
- **March 17** – CARBA Spring Show (Rabbit) Sheridan
- **April 7** – S.A.L.E Series, Hope
- **April 21** – SW District Spring Show Hope-Fair Park
- **May 3-5** – State Spring Show Little Rock – ASF

Other shows will be announced in the near future. Check the Pike Co 4-H or the Arkansas 4-H Livestock FB pages for updates.

POULTRY CHAIN

One of our most popular programs is the poultry chain. 4-Hers raise approximately 20 chicks from birth to laying hens. Each participant is required to bring 4 pullets to county fair. This project is a great introduction to animal husbandry and is fairly affordable to families. Deadline to order your chicks is Feb 16 by calling the office and letting Ms. Gay know which kids want to participate. You also need to mention if you wish to have a rooster. The County 4-H pays for the birds. Mandatory training will be **March 6, 6 PM at the Kirby Ag Building**. This year’s chicks will be the same breed as the last 2 years, Hyline Brown.

Livestock Leadership Academy

**March 22-24**

Increase your leadership and team building skills, gain a better understanding of the farm to table process, and learn how to advocate for the livestock industry. Meet UAEX animal science employees and U of A professors under the direction of UAEX 4-H Livestock Specialist Dr. Chelsey Ahrens. This 3 day camp is open to 4-Hers ages 14-19, Cost is $85 and Clover-bucks may be applied. Registration deadline is March 1 thru 4HOnline. Lodging and meals included at the C.A.Vines 4-H Center in Ferndale.

10 Fastest Growing STEM Occupations

1. Statisticians
2. Operations research analysts
3. Cartographers and photogrammetrists
4. Forensic science technicians
5. Biomedical engineers
6. Mathematicians
7. Computer system analyst
8. Software developers
9. Actuaries
10. Information security analyst
**Pike County 4-H CLUB CHALLENGE!**

**WALK ACROSS ARKANSAS**

Spring 2018 Walk Across Arkansas is March 11th – May 5th.

**What is it?**
It is an 8 week exercise campaign where you and your team (Club Leaders, Parents and Members) set personal goals for physical activity and keep track of your minutes as you work to meet them.

**What you do:**
Record the number of minutes moved throughout the day. You can do any type of physical activity as long as you increase your heart rate or break a sweat for at least 10 consecutive minutes.

**First Step?**
Choose a Team Name and start putting together a list of team members. Eva Langley, Pike County FCS Agent (elangley@uaex.edu 870-285-2161) will help when registration opens in late February.

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**FUN FACT:**

Last year as a state, Walk Across Arkansas participants walked 98,770 miles in 1,975,404 minutes. That’s equivalent to walking around the world about 4 times!

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**CHOOSE MORE..**
- Fill your plate with fresh fruits and vegetables and meats and dairy. Go easy on grains, sugars and starchy foods.
- Make your snacks nutritious and think of junk food as a fun “sometimes” food.

**MOVE MORE..**
- Get out and move - take a walk, start a garden, play some ball, ride your bike.
- Get a pair of hand weights and pump some iron during your favorite T.V. show.

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There is no better time than now to start living healthy.

I PLEDGE...

...my HEALTH TO BETTER LIVING...
Have you filled out your Monthly Summary Form? It's super easy. Just write down all the things you did this month on a piece of paper with a description and a date. Take a picture and text it to 870-925-0433. At the end of the year, you will receive a report of all the things you did sorted by area for your recordbook. And you get Cloverbucks to spend on expenses for camps, conferences, or entry fees. Each 4-Her needs 30 points to be considered a bona fide member.

Roll Call!

Do you know when your club meets? If not, please let your leader know. Most clubs have a regularly scheduled meeting. Communication is key and club meetings are important in building relationships, getting updates, and learning new skills. If you need a phone number for a leader, call the office 870-285-2161

Caddo River Gems—Ms. Linda Vaughn, Ms. Renita Jackson, Ms. Barbara Clay
Kirby—Ms. Amanda Minton, Ms. Robin Gray
Diamond City Gems—Ms. Megan Bonner, Ms. Leslie Allmon
Delightful Helping Hands—Ms. Julie Pate, Ms. Brenda Eatmon
Busy Bees—Ms. Amanda Goodwin, Ms. Susan Whitten

We would like to give some love to the Anthony Foundation. They recently donated $2,000 to Pike Co 4-H! If you want to send some love, please send a thank you card to:

Anthony Foundation
PO Box A
Murfreesboro, AR 71958