



Kane | ajsa  
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## Control the Controllable

As we all return home from another successful and fun filled National Western Stock Show, many people now set their sights on our upcoming National Junior Shorthorn Show & Youth Conference in Lebanon, Tennessee. We all know the time and dedication that it takes in order to prepare for a show each and every month, and I will be the first to admit that the given work can sometimes seem tedious. In these times I always refer back to something an old baseball coach of mine taught me, which was “control the controllable and the rest will take care of itself.” A fact of life is that there will always be things that are out of your control, and there will be events that you cannot plan for.

I have always believed that there are two things that you can control day in and day out. You control your attitude and you control your work ethic. If you show up with a poor attitude and a poor work ethic, you not only affect your performance that day but others surrounding you. Showing up to work, class, or sports practices with

a good attitude and work ethic will not only help in your overall performance, but separate you as being a leader.

Being able to control these things is one part of the overall recipe. The next is consistency and dedication to these decisions every day. Hold yourself accountable by getting up in the morning, feeding cattle, and preparing for the show. Dedicate yourself to the process makes chasing that purple banner all the more rewarding. I have made countless memories with my family, show crew, and came across friends I never thought imaginable.

Serving on this junior board over the past year has brought me reassurance to these tasks that I try to do every single day. Ali Krieger, a player on the United States Women’s Soccer Team, once said “I can only control myself, my actions, my work ethic, and my attitude.” It does no good to worry about the little things that are out of your control. Work hard to control the controllable and let the little things take

care of themselves.

We all want to thank you for another incredible year in the Shorthorn industry. Continue to push forward and pursue the goals you set for yourself this year! We look forward to seeing all of you in Lebanon, Tennessee, for Jr. Nationals!



**Upcoming Junior Nationals**

- 2019 • Lebanon, TN  
June 17-22, 2019
- 2020 • Abilene, TX
- 2021 • Louisville, KY
- 2022 • Kansas City, KS
- 2023 • Des Moines, IA

\* Tentative Locations. Subject to Change \*



*Funding the Future Online Sale*

## February 19, 2019

For more information or to donate, call or email Shelby Rogers  
816-437-9209 [shelby@shorthorn.org](mailto:shelby@shorthorn.org)

*Special thanks to AMS for hosting our fundraiser!*



**AMSONLINESALES.com**



lebanon, tn  
**STRUMMING A SHORTHORN TUNE**  
national junior shorthorn show & youth conference  
2019

### Junior National Hotel Information

#### Lebanon, TN - June 17-22, 2019

Headquarters:

Comfort Suites - 904 Murfreesboro Rd, Lebanon, TN 37090  
Phone: (615) 443-0027 • Price: \$ 139.95 • Cutoff Date: 5/20/2019

Other Hotels:

Econo Lodge- 829 S Cumberland St, Lebanon, TN 37087 • Phone: (615) 444-1001 • Price: \$ 79.95 • Cutoff Date: 5/20/2019

Executive Inn- 631 S Cumberland St, Lebanon, TN 37087 • Phone: (615) 444-0505 • Price: \$89.00 • Cutoff Date: 6/01/2019