

# UT/TSU Cheatham County

## Extension is still here for YOU!!!

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### 4-H Youth Development

4-H members are still using their hands for larger service during this time of social distancing. While UT & TSU guidelines has us limited on face to face meetings, our 4-H members want to still serve our community. One evening, Cheatham County 4-H provided dinner for our Sheriff's department employees working the night shift. They were very appreciative saying that day shift usually gets all of the goodies. To accompany the delicious lasagna from Vucoulo's, our county fce members baked homemade desserts. In addition to serving dinner, our 4-H members gathered snacks for the employees at the Health Department. These employees have been working tirelessly testing for Covid-19 during this pandemic and we thought a few snacks would make the day go faster. By picking snacks up from 4-H'ers homes, 4-H agents were able to assemble a huge wagon full of snacks. To keep the spirit of service going, 4-H members have the opportunity to pick up service kits, create items to be delivered to animal control and Colby's Army, and serve our community.



### CHEATHAM COUNTY 4-H

Service boxes will be available for pickup on July 24th. Boxes will have most supplies needed to complete multiple projects.

### SERVICE PROJECT OPPORTUNITY

If you would like to sign up please visit the link below:  
<https://forms.office.com/Pages/ResponsePage.aspx?id=28NYUX1x3UWeyqphnAnW-UdaEtfmWXlLq-hQJYEgYVUNUVEUthODhIVZCUEpOOTdTSFVZRVZUTi4u>



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## Agriculture

Although this summer has been very busy with numerous farm and home calls, dealing with recommendations, pest ID and diagnostics, we have been able to squeeze in time for 3 research and demonstration plots as educational resources for our local farmers. The first plot is called a soybean “sentinel plot”, where leaf and insect samples are collected weekly and sent to UT Extension Crop Specialists in Jackson, TN. They analyze the data to track insects and diseases as they spread across the state. This information is used to warn producers of potential pest outbreaks. The second plot is our “on-farm” annual Dark Fired Tobacco Variety Trial which is a joint effort between UT and the University of Kentucky. The third plot is a our forage crabgrass demonstration where “Red River” annual crabgrass is being grown on a beef cattle winter feeding area to provide extra summer grazing. We have also utilized a new forage herbicide to control broadleaf weeds called “Freelex” (Dow Chemical Co.), which has proven to be a safer option around sensitive crops such as tobacco and vegetables. All three plots are being conducted in collaboration with local farmers. Data from the plots will be collected and presented at winter Extension educational meetings around the region.



## Family & Consumer Sciences

Family and Consumer Sciences programs are designed to offer real life solutions to our families. In the month of June our focus was parenting support. Due to the Covid-19 restrictions all classes were offered utilizing the zoom platform. One mother completed 8 sessions of Active Parenting Curriculum. She is currently residing at Courtney's House with her two young girls. She stated that this parenting curriculum allowed her to reflect on her own parenting style and helped her to develop new positive parenting strategies. Three individuals completed the Parenting Apart: Effective Co-parenting court ordered class. All three agreed to lessen the conflict with the child's other parent and to practice healthy communication skills with their children and their ex-spouse. Research shows that utilizing these strategies will help our children thrive during a very stressful time of their lives.

