

NOVEMBER HIGHLIGHTS

UT & TSU Cheatham County
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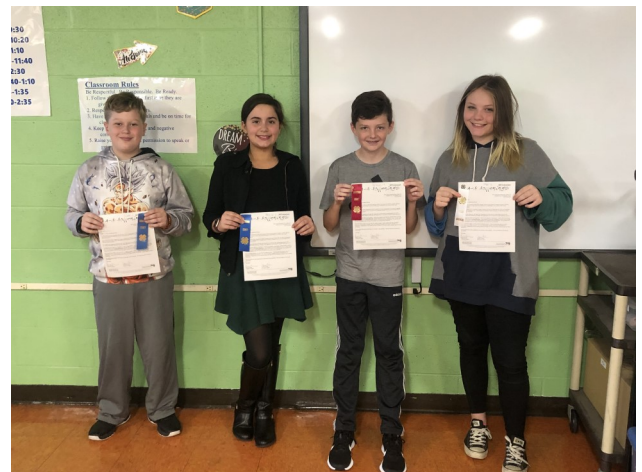
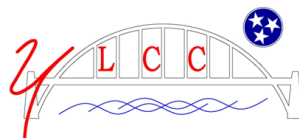
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4-H Youth Development

The number one fear for adults is not snakes, spiders or heights, it is public speaking. And while you can successfully avoid interacting with snakes, spiders or even heights, having to face your fear of public speaking is inevitable. Just like with anything you try, the only way to become successful at public speaking is to do it and do it often. During the month of November 4-H members all over Cheatham County overcame their nervousness and presented a speech for 4-H. 1400 4th-6th graders gave a 1-2 minute speech in their 4-H club meeting. Those winning 1st, 2nd and 3rd place were invited to participate in the county contest!

The Pleasant View Volunteer Fire Department coordinated the Emergency Services tour for Youth Leadership. During this day representatives from EMS, EMA, the Sheriff's Department, and TWRA spoke to the participants about how all the agencies partner when responding to emergencies. The highlight of the day was when the participants worked alongside members of the PVVFD to use the jaws of life and successfully put out a car fire.



Agriculture

November was full of Extension agricultural educational program opportunities for farmers, homeowners, and 4-H youth. The season long process of growing a Dark-Fired Tobacco Research Variety Trial was completed as we stripped the plot and collected data on each variety for winter educational programs with producers across the region. Also, the local farmers Co-op, was very gracious to provide prizes for our 2019 Cheatham County 4-H Wildlife Food Plot winner, who also placed 5th in the region. Ten local beef producers participated in a tour of “fence-line” hay feeding and breeding systems at the UT Plateau Research and Education Center in Crossville. Much of this information was presented to the 45 participants at our annual UT Extension Beef Producers Night Out educational program. For homeowners, we also conducted a program on irrigation and pesticide safety for our 2019 Master Gardener class.



Family & Consumer Sciences

Numerous families joined us for a “Play and Learn” time at the Cheatham County Public Library and enjoyed a sweet time with their children while meeting other caregivers in our community. They learned about stress management, mindfulness, parenting class opportunities, and participated in “mom and child” activities. A “Preserving for the Holiday” canning class was conducted for local citizens where they learned about creating and preserving various holiday salsas, relishes, etc... Also, we are working with the Cheatham County Literacy Association, where we plan to share educational program opportunities to address local needs.

Play and Learn
Fun classes for Mommy and Me

November 12th
11 am to 12pm

Cheatham County Library
162 John McFarland Dr.
Ashland City TN, 37015

For more information contact:
Ashley Cleaver
Phone: 615-792-4418
E-mail: Ashley.Cleaver@tnc.gov

Topics classes include:

- Stress management
- Parent & Child Physical activity
- Mindfulness
- Hands on activities for Mom & child
- Parenting classes

REAL LIFE SOLUTIONS
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TN Department of Health | Cheatham County Health Department

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UT/TSU EXTENSION - CHEATHAM COUNTY

CANNING COLLEGE: PRESERVING THE HOLIDAYS

Includes: Instructions, hands-on learning experience, new recipes, and of course Salsa and pair of salsa! (Vegetables made in class)

NOVEMBER 5, 2019
9:00 A.M. - NOON OR
5:00P.M. - 8:00 P.M.

LOCATION: CHEATHAM COUNTY LIBRARY
COST: \$25
TO REGISTER: 615-792-4420

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