

Extension Highlights

May/June 2021

UT & TSU Cheatham County
Extension
162 John Mayfield Drive
Suite 110
Ashland City, TN 37015
615-792-4420

<http://cheatham.tennessee.edu>
Facebook: Cheatham County—UT & TSU
Extension
Twitter: CheathamCoExt
Instagram: ut_tsu_cheatham_extension

rbarron@utk.edu
Ronnie Barron, Director, Extension Agent
sknaus@utk.edu
Sierra Knaus, Extension Agent
adodd2@utk.edu
Aneta Eichler, Extension Agent
tfalick@utk.edu
Tammi Fralick, Extension Agent
kshores@utk.edu
Kathryn Forewright, Administrative Assistant

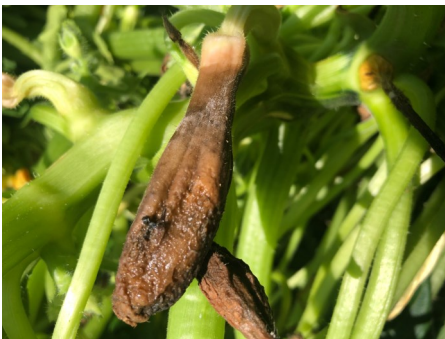
Open House 2021

On June 10th, our staff conducted an open house at the UT/TSU Cheatham County Extension office. Over 60 guests were in attendance which included state and county officials, farm families, FCE club members, 4-H volunteers, Master Gardeners, sponsors, farm workers, and many other friends of Extension. Guests were able to enjoy a light breakfast and our staff was able to showcase some of our office updates and educational programs such as 4-H STEM programming, which our agents are conducting with local youth. Guest were able to enter into a drawing for door prizes which included cookware, free soil tests and 4-H promotional items and every guest was given an Extension swag bag to take home.



Agriculture

The last 2 months have mainly been devoted to setting up forage demonstration plots (forage crabgrass), disease and pest diagnosis in tobacco greenhouses, and commercial vegetables, as well as lawn and garden on-site visits.



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4-H Youth Development

Cheatham County 4-H partnered with Tennessee State University and National 4-H Council to offer our 4-H members a technology day camp. The days activities centered around technology and FUN! Participants flew drones, programmed robots, learned how to use a 3D printer, coded speros and a makey makey, and geocached. Participants also learned about careers in technology and discussed real life applications using the technology they learned.

Also this summer, 4-H members had the opportunity to take home activities prepared by the 4-H staff. The activity kits included everything needed to complete the activity and a “how to” video for instruction. The different kits included: yoga, healthy snacks, walk across Cheatham County, blue bird houses, tie dye, crafts, and salsa gardening.



Family & Consumer Sciences

Health and Nutrition have been the highlights of Family and Consumer Sciences programming in May and June.

We began a new partnership with Cash Saver this spring to bring 8 weeks of nutrition information to their customer base. The program was called Shop Smart Tennessee and included 8 weeks of healthy recipe videos, Facebook posts, store tags of healthy items, and weekly incentive items. Participants reported buying more healthy options and creating some of the recipes at home.

Our second annual Walk Across TN finished on June 5. We had 158 participants who collectively walked over 34,000 miles over an eight-week time frame. One participant was using a walker at the beginning of the challenge but felt this could be great motivation. By the end of the eight weeks, she was no longer using her walker and comfortably walking to her mailbox. Another participant spoke of how motivating the event was. He was walking 3 miles a day when the program started and is now walking/running a minimum of 10 miles a day. He has also experienced a significant weight loss during the eight -week program. Many others have reported losing weight, controlling blood pressure and relieving stress. We look forward to offering this program again next spring.

Congratulations to the Red Hot Chili Steppers for walking the farthest in team competition.

Congratulations Ingrid Matos for winning the most miles in the individual competition.

