

Extension Highlights

September & October 2021

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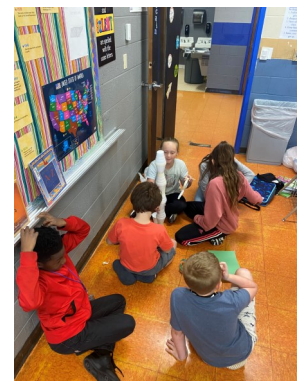
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4-H Youth Development

4-H Judging Teams teach not only subject matter, but also teach critical thinking and decision making skills to youth who participate. This fall Cheatham County 4-H members participated in the poultry and forestry judging contests. Taylor Binkley placed 4th in the highly competitive division of the poultry judging contest. In forestry judging, the senior high team comprised of Rachel Chandler, Samuel Davis and Daniel Davis placed third overall and Daniel Davis was the 10th highest placing individual. Taylor Binkley participated in the Tennessee Junior Sheep Expo and placed 1st in the Sheep Skillathon contest which tested her knowledge on all things sheep. Taylor Binkley also received Grand Champion in the “Farm Bred” category while showing her Dorper Ewe.



In-school 4-H clubs began again after a challenging year with Covid-19. We are thankful for our excellent relationship with our schools and we were welcomed back in 5 of our elementary schools, all of our middle schools and Pleasant View Christian School. During October, over 1200, youth joined 4-H. 4th graders had an introduction to 4-H, 5th graders participated in team building activities, and 6th graders learned about parliamentary procedure. A lesson on how to give a formal speech was also taught in preparation for the local speech contest to be held in November. 4-H agents expect 100% participation by 4-H



Agriculture

The past two months have been very eventful and full of Extension educational activities for both youth and adult participants. Each year we have 4-H and FFA Youth who participate in our Youth Wildlife Food Plot contest. This year, Cheatham County 4-H Club member, Paul Terrell was our overall county-wide winner.

One of our fall highlights each year is the opportunity to guide the Adult Leadership Cheatham County and the Youth Leadership Cheatham County classes, on their "Ag Day" tours. This year, each group had the privilege to visit various Cheatham County farms, where we discussed the importance of crop and livestock production to our local economy. Each group also enjoyed a meal of locally raised beef for lunch.

We also harvested our 2021 Dark Tobacco Research trial and later stripped the crop to collect data. The finale of this project was to share the information with local growers at our 2021 Tobacco Patch Breakfast/Field Day. We were also privileged to have State Representative, Mary Littleton, join us for the program. A big round of "thanks" to local tobacco farmer Joey Knight for hosting the test plot/field day event and to the Cheatham County Farm Bureau for providing the delicious county ham biscuits!



Family & Consumer Sciences

The past few months have allowed for some exciting new programs in Cheatham County due to wonderful community partnerships.

UT/TSU Extension partnered with the Senior Center at Ashland City and the Cancer Survivors Alliance to provide a free dinner and panelist discussion open to any Cheatham County Cancer Survivor and their caregiver. The evening was very well received with twenty-four in attendance. Our guest panel included a cancer survivor, his lovely wife (caregiver), an oncology nurse, a cancer nutritionist, and representative of the Cheatham County Cancer Survivor Alliance. Participants were provided with a free meal, education and a packet of resources for home. A series of support sessions entitled, "Cancer: Surviving and Thriving", are being scheduled for the first of the year. UT/TSU Extension FCS Agent will be the lead educator on this project.

The Strengthening Families Program (SFP) is an evidence-based family skills training program for high-risk and general population families that is recognized both nationally and internationally. Parents and youth attend weekly SFP skills classes together, learning parenting skills and youth life and refusal skills. They have separate class training for parents and youth the first hour, followed by a joint family practice session the second hour. UT Extension FCS Agent has partnered with the Cheatham County School System, the Juvenile Justice System, The United Way Family Collective, local churches and TN Voices to bring this exciting program to our county. We currently have 5 families with elementary age children attending the 12-week program. Plans are underway to offer this program again the first of the year with a focus on our teen population.

