

Extension Highlights

January/February 2022

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4-H Youth Development



During the months of January and February 4-H members participated in both the “Egg Drop Challenge” and a nutritional lesson. The “Egg Drop Challenge” introduced participants to gravity, resistance, and impact while they tried to keep an egg from breaking. For the first time ever, Cheatham County 4-H will host a county contest to see who can help an egg dropped from 6ft and 12 ft survive. The nutrition lesson taught during February introduced 4-H member to new fruits and vegetables as well as teaching them how to read and compare food labels to make good choices.

Joe Stevenson, a sophomore at Sycamore High School competed in the Regional Public Speaking Contest and placed third!



4-H members, Evelyn Terrell, David Terrell and Rachel Chandler competed in the Mid South Food Pantry Competition in Memphis. They competed against teams from across Tennessee and Arkansas. The purpose of the competition was to provide a healthy meal using typical foods found in a food pantry.

Agriculture

After nearly two years of “lock down” on face-to-face programming, our Extension Agricultural programs are back in full swing, while still offering “virtual” options. We recently held our annual Tobacco Growers Dinner/Conference in Pleasant View, with 28 producers in attendance. Growers were updated on some of the newest tobacco varieties, disease and insect control recommendations, as well as research data from our local 2021 demonstration test plot. These growers, along with about 170 others from across the region also attended our 2022 TN-KY Tobacco Expo in Springfield, where they received GAP (Good Agricultural Practices) training and certification for the production of their 2022 tobacco crops.

As a partner with the TN Department of Agriculture, we have provided educational opportunities for local producers to be eligible to receive cost-share funding through the TN Ag Enhancement “Cost-Share” program. Some of these programs include: TN Master Beef Producer Program, TN Master Small Ruminants Program, TN Master Farm Manager Program, and Extension educational programs provided at the 2022 Pick TN Conference in Franklin TN. As a result, 37 Cheatham County farmers will be receiving over \$128,000 in cost-share assistance for the purchase of livestock equipment, improved herd sires, hay equipment, herd health supplies, and equipment for fruit and vegetable production.



Family & Consumer Sciences

Family and Consumer Sciences focus has been on a healthier Cheatham County. Our Navigating Life with Diabetes support group started again in February. This group dis-banned during the pandemic and celebrated the opportunity to return. We will meet the 3rd Wednesday every month at noon at the Senior Center.

Cheatham County also has 3 individuals training to be Extension Health and Wellness Ambassadors. This training is taking place state wide and will include 40 hours of instruction and a promise to give back 40 hours of volunteer service in the community. Participants are actively researching our health rankings and interviewing community members in an effort to identify our greatest health related needs in the community.

Our Cheatham County families are getting a boost with second series of Strengthening Families program. We currently have 7 families enrolled involving 20 pre-teen/teens. Families are fed a great meal each Monday evening before diving into an educational session. The evening ends with families learning to enjoy one another while playing games and building communication skills.

Our Family and Consumer Sciences agent is honored to be a part of life solutions for individuals and families that call Cheatham County home.

