

Extension Highlights

July/August 2022

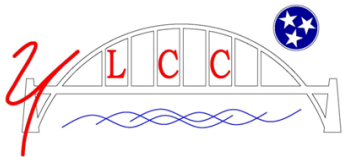
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4-H Youth Development

On August 6, the 2022-2023 class of Youth Leader Cheatham County met for the opening retreat at Adventureworks. Nineteen juniors and seniors who represent each of our public schools, PVCS and even home school were selected to participate in this program. YLCC is modeled after the adult leadership program with a mission of helping to develop future leaders for Cheatham County. During the school year, these participants will participate in monthly tours such as local tourism, agriculture, emergency services, county government, state government and county industry. Throughout this process the participants gain a better understanding of our county and gain leadership skills. YLCC has been coordinated by the UT/TSU Cheatham County Extension Office since 2007.



Agriculture

The last two months have really kept us “on our toes” as we have been helping producers deal with issues caused by the drought, carried out demonstration plots, conducted Farm Safety trainings for Hispanic laborers, and served as department chairs for the Cheatham County fair.

As a result of the drought, many of our livestock producers had to deal with dangerously high levels of accumulated nitrates in warm season forages. We assisted 22 livestock producers and tested over 30 samples to determine precise levels in their forages. We also conducted 6 on-farm forage crabgrass demonstrations, which actually provided extra grazing for livestock during the drought period.

78 Hispanic farm laborers received on-farm safety training on 14 different farms. Receiving the training in their native language helps the laborers understand basic safety practices on the tobacco farm and is also required for tobacco growers to receive a growers’ contract. We also partnered with the University of KY in conducting a dark tobacco research trial and with Drexel Corporation in a trial with dosimeters to precisely apply correct amounts of sucker control products, which in turn reduces growers’ cost per acre.



Family & Consumer Sciences



Our local Family and Consumer Sciences Agent has developed a new partnership with the Juvenile Justice Court and the Eden Center here in Cheatham County. Juveniles facing probation will be given the option to attend a 12 session class based on the BrainWise curriculum. Students learn how their brain is wired to react to uncomfortable situations through what is called the lizard brain (amygdala). They are trained to re-wire their brain to stop and think by using their wizard brain (pre-frontal cortex). Through simple activities students learn to be aware of their red flag warnings, step off the emotions elevator, consider consequences, evaluate true vs. false information and how to have healthy conversations. We have had five students graduate the class this summer with another class scheduled to start the end of September. Discussions have been rich and surveys show an improvement on the individuals to make healthier choices in the future.



Cheatham County FAIR 2022

