

Extension Highlights

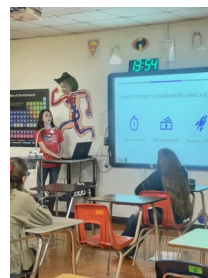
November/December 2022

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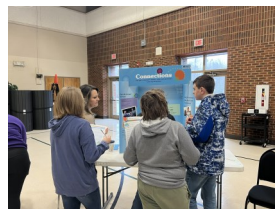
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4-H Youth Development



4-H Youth Development strives to teach today's youth the skills needed to become successful adults. 4-H accomplishes this goal by teaching these skills through programming and contests. Effective communication and public speaking skills are vital skills that can be learned through 4-H. Participation in speech contests helps youth to master communication skills, gain confidence and share their expertise with their classmates. Public speaking is the number one fear in the entire world. Our goal with the contest is to allow students an open and safe opportunity to practice that skill. Throughout the month of November, in-school 4-Hers in 4th-6th grade wrote and delivered a short speech in their classrooms. Those that earned 1st, 2nd or 3rd place were invited to participate in the county 4-H Speech Contest.

In December, Cheatham County 4-H staff worked with Cheatham Middle School to provide the On My Own program with 7th grade students. On My Own is a financial education program that teaches youth about career exploration, net vs gross income, deductions, withholdings, and basic banking. Once students go through the lessons in the classroom, they have the opportunity to test their knowledge through a simulation. In the simulation, the goal is for them to make critical decisions for themselves and their family and try to make it "own their own" for one month. Students become the primary provider for their household which may include a spouse and/or children. Students work through a month of expenses including housing, utilities, transportation, insurance, food, child care, clothing, entertainment and other expenses resulting from unexpected "curve balls." On My Own opens their eyes to the struggles parents have and helps them to set goals for their future.



Agriculture

The months of November and December have been busy, but impactful months for Extension Agr. Educational programs in Cheatham County. First of all, combining forces with 4-H Agent Tammi Fralick and UT Poultry Specialist Tom Tabler, we were able to complete the states first Master Backyard Poultry class. Nine participants graduated from the class. We also conducted our annual Beef Producer's Night Out, with special guest, Dr. Lew Strickland who presented Beef Herd Health updates for 35 local producers. To conclude our 2022 UT/UK Dark Fired Tobacco Research Plot program, we stripped the crop and collected data. The data will be shared with tobacco growers across the region through winter producer's meetings conducted by UT and UK Specialists. Working with the Cheatham County Economic Community Development Director, we connected with the owners of a new distillery in our community. The distillery was looking for producers to utilize the spent mash from their process. After the drought of 2022 and beef cattle producers facing hay shortages, this new resource is helping many of them provide extra protein and energy in the cattle diets. We are providing guidance and educational resources on how the utilize the mash in their operations. As time has permitted, we have also been teaching young beef producers basic "hands-on" management techniques.



Family & Consumer Sciences

As we entered the holiday season, our FCS Agent went to work to encourage healthier options and challenged our community to Maintain, Don't Gain over the Thanksgiving and Christmas Holidays.

UT/TSU Extension welcomed Nicolette Maio as our fall intern from Middle Tennessee State University. She and our FCS Agent designed a packaged program, Health-full Holidays. Ten individuals registered for the class where they learned how to organize their holiday without the stress and learned how to prep menu items to get a head start on the hectic season. Each individual was able to take home a lentil meatloaf and sweet potato pie to enjoy with their family.

Our FCS Agent also partnered with other agents across the Central Region to conduct the Maintain, Don't Gain holiday challenge. We had 100+ accept the challenge and engage in the six week program. Many individuals credited our weekly newsletters in the ability to stay focused and choose healthy alternatives during the holidays. We are still waiting on all the data, but so far individuals have reported losing a cumulative total of 40 plus pounds!

