

# Rutherford County EXTENSION NEWS



## Adult Sewing

Start your sewing journey with this beginner-friendly class!

Date: Wednesday, January 7th

Choose Your Session:

- Morning: 9:00 AM – 11:30 AM
- Afternoon: 12:30 PM – 3:00 PM

Location: Lane Agri Park – Auditorium 315 John R. Rice Blvd., Murfreesboro

**What You'll Do:** Learn essential sewing skills and **complete a small pillow** to take home!

Fee: \$25

Class Size: Limited – Register early!

**Pay and register here:** [tiny.utk.edu/5Ry3l](https://tiny.utk.edu/5Ry3l)

## High School Sewing

No experience? No problem!

Join us for a fun, hands-on sewing class where you'll learn the basics:

- How to read a paper pattern
- How to take accurate measurements
- How to use a sewing machine

**Project Options:**

Choose to make a **basic skirt** or **PJ pants**.

**Details:**

- **Dates:** January 12 & 26, February 9 & 23
- **Time:** 5:30 PM – 7:00 PM
- **Location:** Lane Agri Park – Auditorium
- 315 John R. Rice Blvd. Murfreesboro
- **Fee:** \$50

**Sewing machines provided** (or bring your own).

**Register & Pay:** [tiny.utk.edu/k5JLs](https://tiny.utk.edu/k5JLs)

For questions, contact **Janette Walker** at [jwalk143@utk.edu](mailto:jwalk143@utk.edu) or call 615-898-7710.

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## TIRAMISU & ITALIAN CAFÉ CLASSICS NIGHT - ADULT CLASS

Tuesday, January 20th | 5:30–7:00 p.m.

Lane Agri Park - Auditorium

315 John R. Rice Blvd. Murfreesboro, TN

Join us for a delicious evening of Italian favorites!

We'll be making **Tiramisu**, **Lattes**, and **Italian Cream Sodas**—perfect treats to impress family and friends.

Fee: \$20 per Adult

Class Size: Limited to 12 participants

**Pay and register here:** [tiny.utk.edu/5Ry3l](https://tiny.utk.edu/5Ry3l)

**Waiting List:** **Brittany Satinover** [bsatino1@utk.edu](mailto:bsatino1@utk.edu) if you'd like to be added.



## 4-H FOOD SCIENCE CLUB FOR 4TH–8TH GRADERS



Learn about food safety, sensory science, baking, grill safety & more!

- MTSU Ellington Human Science Building
- Jan 12, Feb 9, Mar 23, Apr 20
- 5–6:30 PM
- \$20 per student

Register: <https://tiny.utk.edu/4-HAGSTORE>



## GARDEN BASICS 1 - SPRING 2026

Learn the basic skills of gardening in this 4 week program hosted by the Rutherford County Master Gardeners. Here are the details.

- Date & Time: February 19<sup>th</sup> - March 12th, Thursday evenings, from 6:30PM - 8:00PM
  - Challenges of Growing in TN
  - Seeds and Propagation
  - Raised Beds
  - Best Planting Practices
- Location: Lane Agri Park Complex, Community Center - 315 John R. Rice Blvd. Murfreesboro, TN
- Cost: \$40 a person
- Registration: [Click here](#)

If you have questions contact Baileigh Snow  
[bsnow6@utk.edu](mailto:bsnow6@utk.edu).



## 4-H HORSE CLUB



The 4-H Horse Club had their annual Holiday/Dirty Santa Night and fun was had by all! Wren won the Animals in Christmas songs trivia game, and everyone went home with a gift!



If you are in 4th-12th grades and want to become a member, plan to be at our January 12th meeting, 6:15-7pm at the Ag Extension Community Classroom. We would love to have you join us! For more information, contact [tchandl9@utk.edu](mailto:tchandl9@utk.edu).



## Ready for the Chick chain Project!

Are you interested in raising chicks and taking part in a fun, hands-on learning experience? The Chick Chain project is a great opportunity to learn about poultry care and responsibility while enjoying the process! Stay tuned—full details will be shared in next month's newsletter!



## SEW IN LOVE: CREATE A VALENTINE'S PILLOW

Join us for a fun and creative sewing workshop just in time for Valentine's Day! Perfect for **Adults** and **High school students**.

**Date:** January 29

**Choose Your Session:**

- Afternoon: 2:00 PM – 4:30 PM
- Evening: 5:30 PM – 8:00 PM

**Location:** Lane Agri Park – Auditorium  
315 John R. Rice Blvd., Murfreesboro, TN

**Cost:** \$20

Pay & Register by clicking on the appropriate link below

- **Adult** - [tiny.utk.edu/5Ry3l](https://tiny.utk.edu/5Ry3l)
- **High school student** - [tiny.utk.edu/k5lLs](https://tiny.utk.edu/k5lLs)

Bring your creativity and make a beautiful Valentine's pillow to keep or gift!



## 4-H YOGA FOR KIDS

This class is beginner friendly for grades 4th through 12th. It will inspire kids to develop calmness, focus, and physical fitness. Classes will be on Tuesdays from 5pm to 6pm in the Community Center Building at the Lane Agri Park, 315 John R Rice Blvd. Murfreesboro, TN 37129.

Sign up for one or all!

\$5 Fee for each class/Mats are Provided

Class dates below:

- January 13th
- February 3rd
- March 3rd

**Register and pay by clicking here.** Spots are limited

If you have questions please contact Aliyah Young at 615-898-7710 or email [aiyoung@utk.edu](mailto:aiyoung@utk.edu)





## RUTHERFORD COUNTY SPEECH CONTEST WINNERS

### Congratulations to all our talented participants!

Your hard work, creativity, and confidence truly shined during the contest. We are proud of each student who took the stage and shared their voice.

#### 4th Grade

1. Emery – Homeschool
2. Parker – Homeschool
3. Mack – Homeschool

#### 5th Grade

1. Aadya – McFadden
2. Wheeler – McFadden
3. Sarayusri – McFadden

#### 6th Grade

1. Lydian – Homeschool
2. Timothy – Homeschool

#### 7th Grade

1. Ponshika – Stewarts Creek Middle School
2. Justin – Homeschool
3. Damien – Homeschool

#### 8th Grade

1. Angel – Homeschool

#### 9th Grade

1. Noah – Homeschool
2. Isra – Homeschool



## Healthy Homemade Hot Chocolate Recipe

### Ingredients (Serves 2):

- 2 cups unsweetened almond milk (or milk of choice)
- 2 tbsp raw cacao powder
- 1–2 tbsp maple syrup or honey (adjust to taste)
- 1/2 tsp vanilla extract
- A pinch of cinnamon (optional)
- A small pinch of sea salt (enhances flavor)

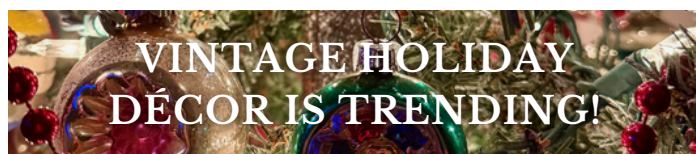
### Optional Add-Ins:

- 1/4 tsp turmeric powder (for anti-inflammatory benefits)
- A sprinkle of chili powder (for a Mexican hot chocolate twist)
- Dark chocolate shavings (70% or higher) for garnish

### Instructions:

1. In a small saucepan, heat the almond milk over medium heat until warm, but not boiling.
2. Whisk in cacao powder, sweetener, vanilla extract, cinnamon, and sea salt until smooth.
3. Continue stirring for 2–3 minutes to fully combine the ingredients.
4. Taste and adjust sweetness or spice level.
5. Pour into mugs and top with your favorite healthy garnishes like unsweetened coconut flakes, whipped cream, or a sprinkle of cinnamon.

Source: University of Georgia Cooperative Extension



Your old ornaments could be worth \$ and priceless memories. Collectors love Shiny Brite ornaments, ceramic trees & tinsel. Condition, rarity & original packaging matter most. Reuse for budget-friendly, eco-friendly decorating—or sell for extra cash!

To read the full article click this link: [tiny.utk.edu/1917g](https://tiny.utk.edu/1917g)

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