

Rutherford County EXTENSION NEWS



October 2026 | Issue



DOWNSIZING YOUR HOME: A GUIDE FOR OLDER ADULTS

Thinking about simplifying your lifestyle, preparing for retirement, or moving closer to family?

Join FCS Agent Misty Layne-Watkins for an informative program on the benefits and challenges of downsizing. Learn practical strategies to reduce stress, make informed decisions, and successfully transition to a home that fits your current needs.

Simplify Your Space, Simplify Your Life

Monday, October 26th at 4:00 p.m.

Lane Agri Park Community Center Classroom

315 John R. Rice Blvd.

Murfreesboro, TN 37129

To register, email mlaynewa@utk.edu or call 615-898-7710



FIND YOUR SPARK WITH 4-H!

Registration Opens October 1 at 9am!

Ready to learn new skills, make new friends, and have fun along the way? Join Rutherford County 4-H and discover something you love!

Archery

<https://rutherford.tennessee.edu/4-h-archery/>

Cooking

<https://rutherford.tennessee.edu/4-h-cooking/>

Sewing

<https://rutherford.tennessee.edu/4h-sewing/>

Photography

<https://rutherford.tennessee.edu/4-h-photography-club/>

Food Science

<https://rutherford.tennessee.edu/4-h-food-science/>

Whether you want to hit the bullseye, create something delicious, learn to sew, or capture the perfect photo, 4-H has something for you!



Applications are open!

Do you love plants, enjoy learning, and want to make a difference in your community?

The Master Gardeners Intern Class is a 14-week course offered each spring from February through April. Classes are held Tuesday mornings from 9am to 12pm. The cost is \$225. To complete certification, interns must also complete 40 hours of volunteer service and 8 hours of continuing education.

To request an application, please contact:

Baileigh Snow bsnow6@utk.edu

Join us and grow your gardening knowledge while giving back to your community!

Together in Pink:

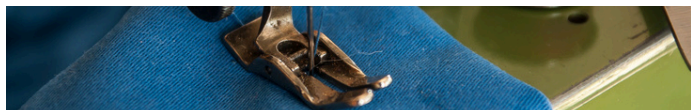
♥ BREAST CANCER AWARENESS MONTH ♥

- October is Breast Cancer Awareness Month, a special time to come together as a community to honor and celebrate those whose lives have been touched by breast cancer.
- We celebrate survivors, encourage those currently facing a diagnosis or treatment, support their families and caregivers, and remember the loved ones we have lost.
- Our Family and Consumer Sciences (FCS) Department is dedicated to strengthening individuals, families, and our community by encouraging healthy choices and overall well-being.
- This month, we encourage everyone to take a little extra time to care for themselves and the people they love. Stay informed, know your body, and talk with your healthcare provider about the breast cancer screening schedule that is right for you.
- Whether you wear pink, share a word of encouragement, check in on a friend, or simply help spread awareness, every act of kindness and support can make a difference.

♥ Together, we can spread hope, strength, and love. ♥

Stronger TOGETHER

♥ AWARENESS • ♥ SUPPORT • ♥ HOPE • ♥ STRENGTH • ♥ COMMUNITY



LEARN TO SEW

This class builds confidence by teaching participants how to operate a sewing machine by learning basic sewing skills like to thread a machine, wind a bobbin, how to select stitches, guide fabric and make a sampler pillow showing of different stitches.

Choose one:

Date: Monday, November 9th **Time:** 5:30pm - 8:00pm

Cost: \$25

- [Adult Register and pay online by Clicking Here.](#)
- [High school Register and pay online by Clicking Here.](#)

Class size is limited so participants can spread out and get individual attention. Questions contact: Janette Walker jwalk143@utk.edu or Call 615-898-7710

RUTHERFORD COUNTY 4-H'ERS SHINE AT THE TENNESSEE STATE FAIR!

The Central Region 4-H Fashion Events for 2026 were held on August 17 at the Tennessee State Fair in Lebanon. Rutherford County had 2 youth participate in the Clover Collection contest.

The 4-H Clover Collection competition provides 4-H members with the opportunity to show off their clothing construction and sewing skills.

Lydian F. competed in the School Wear 4th-7th grade category and placing with a Participation ribbon. Parker competed in the Beginner Sewing 4th and 5th grade category and won 2nd place.

Congratulations to them both on their participation at the TN State Fair!



ARE YOU SMARTER THAN YOUR 4-H'ER NIGHT

Equine Knowledge

Come join the Rutherford County 4-H Horse Program for "Are You Smarter Than Your 4-H'er?" Night!

Parents and guardians, it's time to put your equine knowledge to the test! Go head-to-head with your 4-H'er in a little friendly competition and see who comes out on top. There will be lots of fun, friendly competition, and prizes!

October 1st 6:00-7:00 p.m. at the Lane Agri-Park Livestock Barn, 315 John R. Rice Blvd. Murfreesboro, TN 37129

We hope you'll plan to join us for a great evening of 4-H fun. See you there!

For more information, contact Tammy Chandler tchandler9@utk.edu.



The Rutherford County Farmers Market is gearing up for the Fall season! Come shop and start looking for some fall produce this month. We will also have a "Pumpkin Paint Night" on October 6th at 5:00pm at the Farmer's Market. Buy a pumpkin, paint a pumpkin! Bring the whole family!

OCTOBER 26'

Mo	Tu	We	Th	Fr	Sa	Su
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

● OPEN MORNING HOURS 7AM-12PM

● OPEN - EVENING HOURS 2PM-7PM



Talk to One of Our Agents

Thursday, October 15th in-between

8:10am - 9:00am

Call WGNS at 615-893-1450 & we will answer your questions about gardening, landscaping, and other Extension events!

