

# Staff

## Extension Director

LaDonna Hines

## Extension Educators

Joshua Campbell  
Taylor Conner  
Christi Evans  
Lisa Hamblin  
Kacie Jasper  
Julia Laughlin  
Danielle Venable

## Support Staff

Jai Alexander  
Janet Birchall  
Julie Moore

## Nutrition Assistants

Donna Albright  
Kelly Horst  
Lou McCullough  
Della Pickens  
Cassandra Saldivar

## Program Areas

4-H Youth Development  
Horticulture/Agriculture  
Master Gardeners  
Jr. Master Gardeners  
Master Composters  
Family & Consumer Sciences  
Master Wellness  
Community Nutrition Education Program  
Oklahoma Home & Community Education

## Urban Agriculture & Natural Resources



This past year we had the pleasure of hiring a new Urban Agriculture and Natural Resources Educator, Joshua Campbell. With current issues and concerns with water conservation and the environment, we are now providing quality programs and resources to the community in this area.



Home-owner's irrigation check-ups were also launched this past year, helping home owners reduce their water usage. Information was given regarding how to improve the efficiency of their home irrigation systems, and also how to convert landscape beds to drip irrigation.

Oklahoma County has established a cutting-edge educational outreach and research program "Earth-Kind Environmental Landscape Management". This project was a finalist in the Environmental Excellence Celebration sponsored by Keep Oklahoma Beautiful.



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## OSU Cooperative Extension Service Impact Report 2018



## 2018 Outreach

Attendance at  
Educational  
Programs:

40,082

Individual  
Contacts:

104,013

Media

Reached:

12,439,382

Volunteers

Involved:

771

Volunteer

Hours:

47,009

Volunteers

Valued At:

\$1,034,198

**For us, it's personal.** Oklahoma County, OSU Cooperative Extension Service provides research based educational programs to help residents solve local issues and concerns, promote leadership and manage resources wisely. Programs in 2018 focused on:

- Gardening, insect and pest management
- Natural resources and environmental management
- Food, nutrition, health and safety education
- Youth, family and community development

## 4-H EMPOWERING YOUTH

In 4-H, we believe in the power of young people. We see that every child has valuable strengths and real influence to improve the world around us. We are America's largest youth development organization—empowering nearly six million young people across the U.S. with the skills to lead for a lifetime.

In Oklahoma County, 286 youth participated in seventeen 4-H clubs across the county. Additionally, 107 adult volunteers provided leadership to the 4-H program.

School Enrichment programs reached approximately 15,694 youth across the county. A variety of educational programs were taught; such as S.T.E.M., Yoga for Kids, Gardening, babysitting, sewing, and food and nutrition.



Lisa Hamblin, FCS Parenting Specialist, taught Co-Parenting for Resilience classes to 567 parents. Evaluation showed 89% of parents would recommend the program to a friend who is divorcing, 54% reported they search for the positive in their co-parent and actively point this out to their child and 57% developed a co-parenting plan that both parents follow. A few of the workshop topics parents reported were most helpful were 1) Understanding the emotional impact of divorce on my child and helping them adjust 2) Keeping my child out of the middle 3) How to interact and communicate with my co-parent 4) Creating a co-parenting plan.

Parenting classes were also taught at partnering sites such as Putnam City Academy, Mid-Del New Beginnings, OSU-OKC Project Reach and the Federal Transfer Center, reaching around 200 parents.



Taylor Conner, FCS Educator and Registered Dietitian, provided various FCS programs this past year, but focused mainly on Health and Wellness.

Oklahoma has some of the highest rates of heart disease, diabetes, and poor fruit & vegetable consumption to name a few. In partnering with multiple organizations in the county, such as the Metropolitan Libraries, Community Literacy Centers, and others these issues were addressed.

Educational programs offered individuals realistic and practical information concerning nutrition, food safety, wellness, and physical activity as a means to improve Oklahoma County's overall health.

Oklahoma County offered the Community Nutrition Education Program (CNEP) to limited income residents. This program strives to educate residents by providing youth and adults basic nutrition education. Nutrition Education Assistants (NEA's) taught lessons which focused on helping increase consumption of fruits & vegetables, increasing physical activity, and ideas to stretch food dollars and more.....

CNEP in Oklahoma County reached 512 adults, 4,109 youth directly and nearly 1,525 family members indirectly. Data showed 92% of adults picked healthier options when consuming fruits, vegetables, grains, proteins and dairy. Percentage of adults increasing their physical activity practices were 65% and 74% of youth increased their knowledge to choose healthier snack options.



Listed above L to R: Diana Romano, State Adult Specialist, Jai Alexander, Admin., Lou McCullough, NEA, Christi Evans, Area Coordinator, Della Pickens, NEA, Cassandra Saldivar, NEA, Kelly Horst, NEA and Donna Albright, NEA.

Julia Laughlin, Oklahoma County Horticulture Educator and Master Gardener Advisor is dedicated to bringing the latest research based information for lawn, garden, landscape and other horticulture issues to the community.

This past year a new educational program called "Four Seasons Living" was presented. These workshops combined the most timely and appropriate practices within the area of horticulture, urban agriculture & natural resources and healthy living. Another program offered was a 3 weekend Home Gardening 101. Vegetable Gardening and Lawn Care and Establishment, workshops and multiple other horticulture seminars were also



The Extension Master Gardeners offered a monthly horticulture workshop called "Wednesday at Will". This was held at the Will Rogers Gardens Exhibition Hall and provided various speakers and topics related



Every Wednesday on Fox 25 Living Oklahoma, OSU Extension features timely horticulture and natural resources tips on the "Growing Oklahoma" segment.

Not only does OSU Extension provide education, but also offers soil and water testing. Getting your soil tested is a must before starting any gardening project. The OSU Extension office tested 1,673 samples this past year.



This year, forty new students completed the annual Master Gardener training and will be assisting the OSU Extension Office with phone duties, along with providing community service in 2019. The Master Gardeners were trained by horticulture state specialists and county educators to help residents with various questions such as tree planting, pest management, gardening, lawn care and many other topics.