

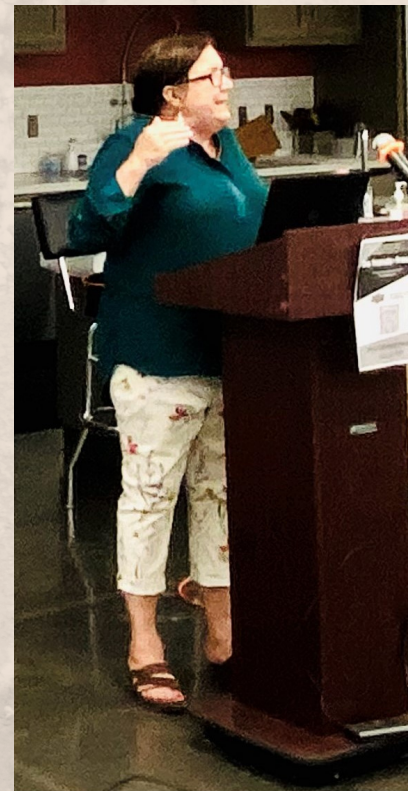


**OKLAHOMA COUNTY
EXTENSION**

REPORT TO THE PUBLIC August 2021

Backyard Water Gardening

On August 19, Oklahoma County OSU Extension Horticulture Educator, Julia Laughlin, taught a workshop on the basics of water features and water gardens. The lesson was designed to help beginning water gardeners select a site for a water garden and to design, build and maintain a backyard water garden. Ideal water gardening plants and how to overwinter them was also explained. The program was sponsored by the Oklahoma County Oklahoma Home and Community Education Group.





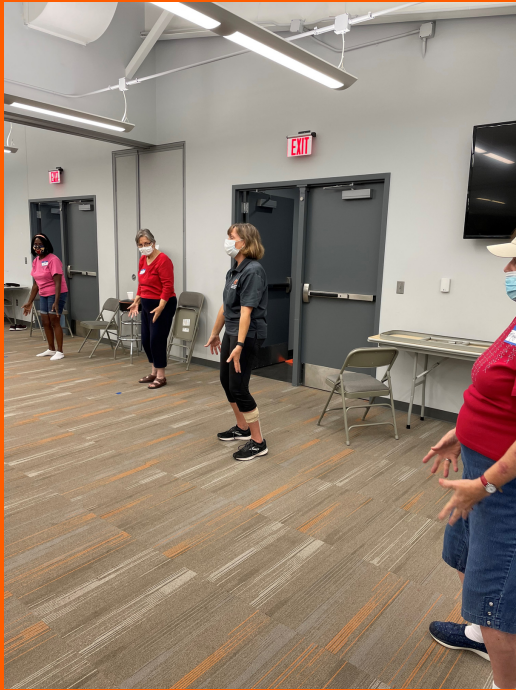
**OKLAHOMA COUNTY
EXTENSION**

Tai Chi: Moving for Better Balance

During the month of August, Taylor Conner, FCS Educator, and Master Wellness Volunteers, JoAnn Schlegel and Chris Miller, began co-teaching an 8-week Tai Chi class at the Extension office. Classes are held Monday mornings from 10-11AM at no cost and will take place until the end of September.

Tai Chi is a low impact physical exercise focused on helping individuals gain confidence in their balance. It also focuses on breathing and meditative techniques when moving.

There has been a good response in attendance. One returning participant, Barbara, stated that having the classes in person has helped her feel connected with others, while also getting movement into her day.





**OKLAHOMA COUNTY
EXTENSION**

107th Oklahoma County Free Fair

On Thursday, August 26th, Oklahoma County residents gathered at the State Fair Park Expo Building to enter their fair exhibits. Friday morning the judging began! Ribbons were put on the items that placed in all categories. 75 exhibits in the 4-H division will go on to compete at the State Fair in September.

Saturday morning was a time for families to come out and have fun with their kids. The Ice Cream Sundae Contest started the day and was judged by Amanda Ford with Dairy Max. Next, the youth participated in the Kiddy Tractor pull, where 1st through 3rd place winners get to compete at State! Also, the Oklahoma City Water Utilities sponsored the water conservation youth activities where families participated in hands on activities and learned how they can conserve water at home.





**OKLAHOMA COUNTY
EXTENSION**



Oklahoma County Horse Show Has Large Turnout

Over forty Oklahoma County youth recently competed for cash, plaques and ribbons to earn the title of High Point 4-H'er during the County Free Fair Horse Show. Awards were given in three age categories for youth 8-11, 12-14 and 15-19. These young riders were also winners at the Southeast District 4-H Horse Show earlier this summer, competing against 4-H members from 22 other counties. Oklahoma County participants were the High Point winners in the following categories: Western Classes all age groups, English Classes all age groups, and Champion and Reserve Champion Geldings. Awards included belt buckles, saddle blankets, bridle bags and grooming sets. Congratulations to the Deer Creek, Stoneridge, and Edmond Light Horse 4-H clubs!





**OKLAHOMA COUNTY
EXTENSION**

Oklahoma County Livestock Show

On August 20th and 21st, beginners and experienced exhibitors displayed their showmanship skills and prized animals by participating in the Oklahoma County Fall Livestock show which was held at the Don Ramsey Agriculture Center in Jones, Oklahoma. Oklahoma County youth brought their best poultry, rabbits, swine, goats, sheep, and cattle to compete at the event and show off their hard work and dedication. Congratulations to the Fall Grand Champions!

Aidan O'Kelley, Edmond Livestock 4-H – Heifer

Aidan O'Kelley, Edmond Livestock 4-H -
Prospect Steer

Kellsey Bow, Edmond FFA - Market Steer

Gunner McCoy, Edmond Livestock Club-
Breeding Meat Goat

Debbie Dozier, Harrah FFA - Market Goat

Cheyenne Jeney, Harrah FFA - Breeding Sheep

Mali Bryan, Jones FFA- Market Sheep

Morgan Story, Luther FFA - Purebred Gilt

Morgan Story, Luther FFA - Commercial Gilt

Britney Oehler, Harrah FFA Market Barrow



**OKLAHOMA COUNTY
EXTENSION**

CNEP Staff Recognized

Last month, staff with the Community Nutrition Education Programs (CNEP) attended their annual conference in Stillwater. Three Oklahoma County Nutrition Education Assistants (NEAs) were recognized for their years of service. Della Pickens and Donna Albright were recognized for 5 years of service, and Lou McCullough received recognition for 15 years of service with OSU.

CNEP also recognized Red Rock Jordan's Crossing as a FRIEND of CNEP. Lou McCullough has partnered with Red Rock Jordan's Crossing for over seven years. Lou teaches multiple nutrition classes at the Jordan's Crossing location each week.



Welcome Marissa Lopp

Marissa Lopp is our newest Nutrition Education Assistant (NEA) with our Community Nutrition Education Programs (CNEP).

Marissa is a native Oklahoman, born and raised in Jones. She will be providing nutrition education to both adults and youth in Oklahoma County.





OKLAHOMA COUNTY EXTENSION

Extension Staff:

LaDonna Hines - Extension Director

Lisa Hamblin - Family & Consumer
Sciences Educator

Taylor Conner - Family & Consumer
Sciences Educator

Julia Laughlin - Horticulture
Educator

Josh Campbell - Urban Agriculture
& Natural Resources Educator

Cody Yount - 4-H Educator

Mindy McNeil - 4-H Educator

Christi Evans - CNEP Area
Coordinator

Rachel Morse - Youth Mental
Health Specialist

OSU Extension provides research-based resources you can use to improve your home, workplace and community. We offer programs and services that are specifically designed to solve the problems that county residents face. Please check out our website for the calendar of events <https://calendar.okstate.edu/oces/>

You can follow us on Facebook for a glimpse into how your Oklahoma County Extension Educators and Staff are serving you and the communities.

Contact or Follow us on:



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