



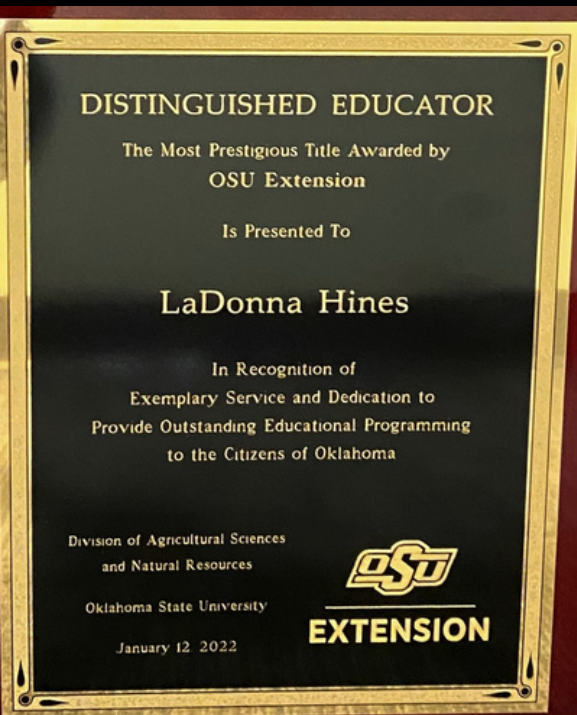
**OKLAHOMA COUNTY
EXTENSION**

REPORT TO THE PUBLIC January 2022

LaDonna Hines named "Distinguished Educator"

LaDonna Hines, Oklahoma County OSU Extension Director, was honored with the Distinguished Educator Award during the recent Biennial Conference held at Stillwater, OK. This is the highest award bestowed to an Extension professional at OSU. This award is to recognize and reward individuals who have made outstanding educational contributions to the people of Oklahoma and to OSU Extension.

Over the past 21 years, LaDonna's hard work and dedication has not only been evident within Oklahoma County, but across the state Extension organization as well. She has conducted outstanding programs, displayed leadership, and has been recognized by her peers, other administrators, and her clientele as an outstanding educator and leader.





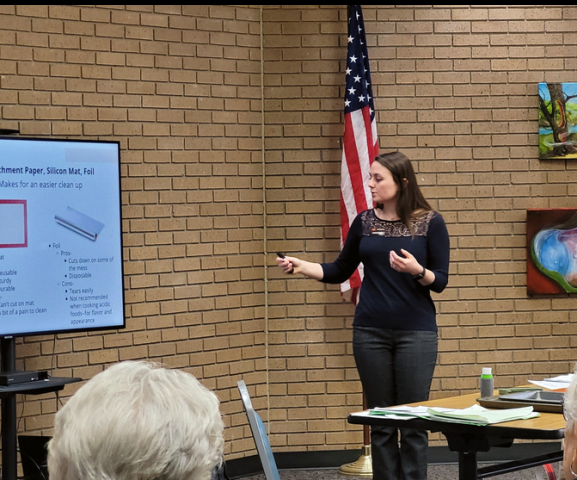
**OKLAHOMA COUNTY
EXTENSION**



"Sheet Pan Meals" Workshop

Taylor Conner, Family & Consumer Sciences Educator and Registered Dietitian, taught an OHCE Educational Lesson for Garvin, McClain, Cleveland, and Oklahoma Counties this month. In these lessons, Taylor shared how to create nutritious, affordable sheet pan meals and the many benefits of incorporating them into weeknight meal plans.

Participants first learned the basics of sheet pan meals and then the type of equipment needed for making these meals. Taylor also explained how to create meals while keeping the five MyPlate food groups in mind. Attendees received food samples and a booklet full of sheet pan recipes.





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PLANT CLINIC HELD AT PRECURE NURSERY

Oklahoma County Extension Horticulture Educator, Julia Laughlin, and Oklahoma County Extension Urban Ag/Natural Resources Educator, Joshua Campbell, hosted a plant clinic with Master Gardener volunteers and Extension Assistant, Diana Sansing, at one of our county's largest garden center/nurseries. Gardening fact sheets, information on water conservation, composting and other topics, were shared and discussed with customers.

In addition, nursery employees were also trained on how to help customers access OSU fact sheets using the new "Shelf Talker" QR code signage created by the educators. Their new signage will allow customers to immediately access a variety of popular OSU fact sheets on gardening, landscape care, and much more.



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OSU EXTENSION
OKLAHOMA COUNTY
4-H YOUTH DEVELOPMENT

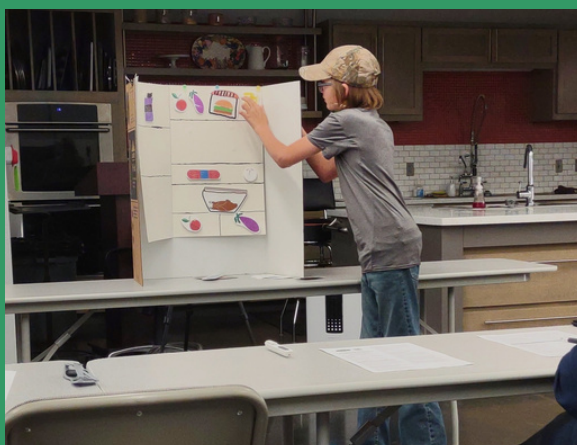
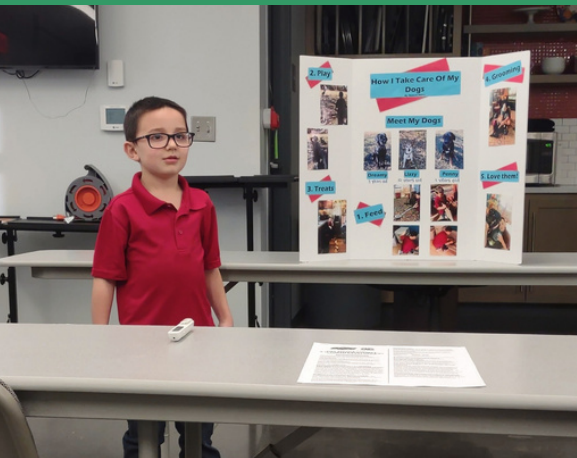
4-H Chili Cook-Off and Auction

Every year, Oklahoma County 4-H gets together to fundraise and determine which club gets bragging rights for the best chili in Oklahoma County. This year's Chili Cook-Off was hosted at the home of one of Oklahoma County's newest 4-H clubs, Science Museum Oklahoma. The fun atmosphere made a wonderful setting for some friendly competition, but it was "Memorial Wonders" that stole the "Chili Show" and won top honors.

All of the proceeds from the silent and live auctions, the 4-H apparel preorder, and other donations will be used to support Oklahoma County 4-H youth events and programming. The 4-H'ers raised over \$3,500. If you were not able to join us this year, we hope to see you around the same time next year!

County Speech Contest

This speech contest allows 4-H'ers to develop their public speaking skills and to showcase their project work. This year, there were over 30 entries in a variety of categories, including the new extemporaneous category. The 4-H'ers chose a topic on site and had only five minutes to prepare. We had a great turn out and they did a great job! Congratulations to all participants!





**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 - 4-H 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/> to learn of new workshops or programs being offered.

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

Contact Us:



405-713-1125



@OKCountyExt



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