



**OKLAHOMA COUNTY
EXTENSION**

REPORT TO THE PUBLIC September 2024

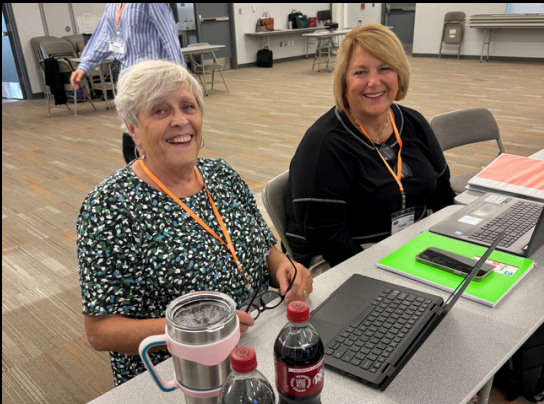
A New Class of Master Gardeners Begins

On September 3rd, a new class of Master Gardener volunteers began their coursework in a 12 week horticulture and gardening course, taught by OSU Extension Educators and Specialists.

Classes include vegetable gardening, turfgrass management, tree and shrub care, annual and perennial garden plants, pruning, plant propagation, soil health, composting and much more.

The 35 students will also work in local community gardens as interns in the spring and continue until graduation as Certified Master Gardeners in the fall of 2025.

OSU Extension Horticulturist, Julia Laughlin, is the advisor to the Master Gardeners.





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YOUTH COMPETE AT HORSE SHOW

The Oklahoma County Free Fair Horse Show was held on September 7th at the State Fair Park.

Youth competed in a variety of categories including speed events, English and Western riding, and jumping classes. High Point awards were given in the age groups of 8-11 years old, 12-14, and 15-19 years old. In addition to winning ribbons, riders were awarded cash premiums and special banners were given to the top two overall competitors in each age group.



4-H Exhibits at State Fair

Oklahoma County had fourteen 4-H members who qualified to enter their exhibits in the Oklahoma State Fair. There were a total of 74 exhibits from Oklahoma County and 38 of them took home ribbons from the competition.





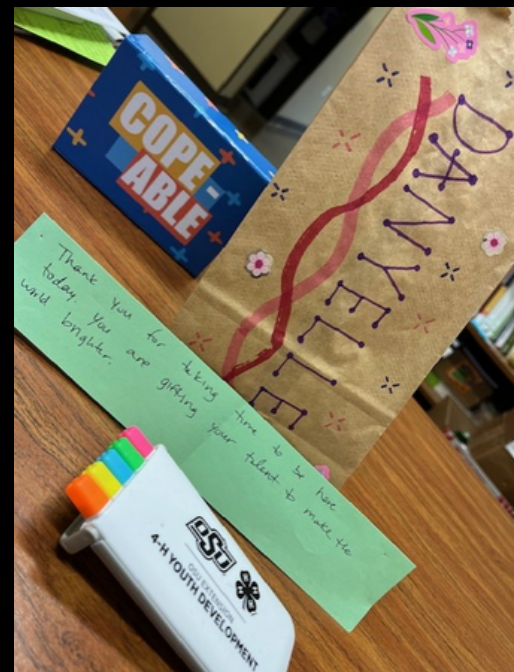
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Youth Organizations Engage in Mental Health Skill Building

Youth Mental Health Specialist, Danyelle Kuss, recently met with representatives and leaders of the Girl Scouts of Western Oklahoma and The Oklahoma Association of Youth Services. Participants engaged in workshops centered around mental health resiliency skills that can be recreated with the youth that these agencies serve.

Gratitude was a highlighted skill focusing on its positive impact on health and well being. These benefits can include greater happiness and optimism, stronger relationships, lowered blood pressure and more effective sleep. Gratitude can also help reduce the risk of some mental health disorders.

Participants were given multiple activities for teaching youth how to tap into their gratitude super power, which included gratitude bags. The Oklahoma Association for Youth Services was also introduced to the game Cope-Able, which can be used with youth to build healthier coping skills and better understand the pattern of coping in our lives.





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**The mission of
Community Nutrition
Education Programs
(CNEP) is to educate
and empower
limited-resource
Oklahomans to
improve nutrition
and physical activity
behaviors. CNEP's
vision is to improve
the health of
Oklahomans.**

Scissortail Unit is Growing

The Scissortail CNEP Unit is now covering 5 counties: Caddo, Comanche, Greer, Oklahoma and Pottawatomie. The staff is working hard to program effective researched-based basic nutrition and food safety lessons. Program Staff include

Area Coordinator: Lori Goodbary

Administrative Assistants: Melissa Huitt and Julie Soulsby

Nutrition Education Assistants(NEAs):

Oklahoma County - Lou McCullough, Della Pickens, Mary Ryan, and Amy Wellson

OTHER Counties - Anna Cochran, Pam Dennis, Joyce Richey, Kristine Shelton, and Lisa Twedell



OSU EXTENSION

**COMMUNITY NUTRITION
EDUCATION PROGRAMS**



**OKLAHOMA COUNTY
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Extension Staff:

LaDonna Hines - Extension Director

Lisa Hamblin - Family & Consumer
Sciences Educator

Taylor Conner - Family & Consumer
Sciences Educator

Julia Laughlin - Horticulture Educator

Cody Yount - 4-H Educator

Lori Goodbary - CNEP Area
Coordinator

Danyelle Kuss, 4-H Youth Mental
Health Educator

Aleshia Maldonado, Strong Dads
Educator

Kenny Garcia-Taveras, Strong Dads
Educator

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.

Be sure to check out Oklahoma County OSU Extension's monthly podcast "The Urban Gardener" with Julia Laughlin, Horticulture Educator, and Lili LeClaire and Andrew Fleet, Program Assistants.



Contact Us:



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