



**OKLAHOMA COUNTY
EXTENSION**

REPORT TO THE PUBLIC August 2025

Oklahoma County Free Fair

Oklahoma County held the 111th annual free fair at a new location this year, the Association of Central Oklahoma Governments, 4205 N. Lincoln Blvd., Oklahoma City. Everyone seemed to enjoy the location and the space, so its planned to be there again in 2026!

On Thursday, August 7th, county, youth & adults, entered their fair exhibits. The classes included handmade projects such as, quilts, arts & crafts, home improvement, clothing, culinary, photography, food preservation, horticulture and agriculture. There were additional classes that 4-H members entered, for a total of 562 entries into the county free fair. Friday morning was judging for all of the exhibits and ribbons were placed on the winning items in all categories. Of these, 79 exhibits in the 4-H division will go on to compete at the State Fair in September.

Renee English won Grand Champion Senior Division for the "Best of Wheat" Bread Baking Contest and Rexton Potter was junior Grand Champion. Both winners will compete at the State Fair.





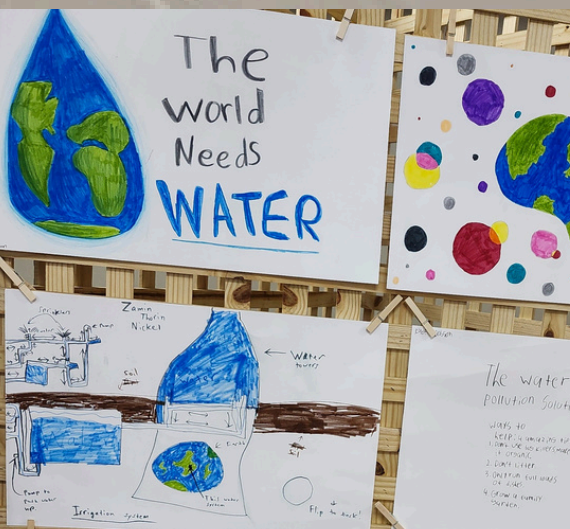
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County Free Fair Family Fun Day

Saturday morning was a time for families to come to the county fair and have fun with their kids. The Ice Cream Sundae Contest started the day with 5 categories for youth of different ages. The youth provided their own toppings and garnishes and they were judged based on creativity. The Ice Cream Freeze Off contest consisted of 4 different categories and Valerie Jones was the overall champion with her chocolate Heath Bar ice cream.

The Saucy Salsa contest had 3 different categories and the overall champion was David Kaserman's peach salsa. Pie Baking was the last contest and it had 3 different categories with Karen Moseley being the Champion Pie Baker.

The Oklahoma City Water Utilities Trust sponsored water conservation projects where families participated in hands-on activities and learned how they can conserve water at home. A poster contest for water conservation was also held during the county fair.





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Fueling for Cheer: Nutrition Education at Oklahoma Spirit Academy

Family and Consumer Sciences Educator and Registered Dietitian, Taylor Conner, led two nutrition education sessions for youth ages 9–17 at Oklahoma Spirit Academy, focusing on how to fuel their bodies for cheerleading.

The first session was held on July 29th with OSU Summer Intern Lilly R., and the second took place on August 5th. Together, they guided the participants in learning what a balanced diet looks like for their age, gender, and physical activity level.

Taylor emphasized the importance of consuming carbohydrates before practices and competitions for energy, and refueling with a combination of protein and carbohydrates afterward for recovery. Lilly provided practical snack ideas for in-between meals and quick energy boosts prior to practice.

Hydration was another key topic, with Taylor discussing the importance of drinking fluids before, during, and after physical activity, as well as recognizing warning signs of dehydration.

To reinforce these lessons, the girls engaged in interactive activities designed to test and apply their knowledge about smart snacking choices.





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**OKLAHOMA
SUMMIT**

**COPE-
ABLE**

Coping Skills in the Classroom

Youth Mental Health Specialist, Danyelle Kuss, had the opportunity to present the school enrichment program, Cope-Able, at the 58th annual Oklahoma Summit. The summit is an annual conference for Career Tech professionals, bringing together over 4,000 educators. The workshop covered how this program can be used to teach positive mental health skills in a classroom setting. As a result, 8 additional schools reached out to participate in the Cope-Able program for the fall semester.

Supporting Senior's Mental Health

Seniors at Bradford Village participated in a gratitude workshop designed to help support an essential resiliency skill. Intentionally practicing gratitude results in a host of benefits such as balancing negative feelings, enhancing relationships, lowering stress, and increasing happiness. Due to this workshop, the senior center has been connected with Oklahoma 4-H for future partnerships and possible service project work.





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OSU Extension Community and Giving Garden

The Oklahoma County Master Gardeners annually maintain the OSU Extension Community and Giving Garden which is located on the grounds of the Oklahoma City/County Health Department campus neighboring the OSU Extension Center.



The garden has 36 raised beds and roughly half of those are used by local community members who do not have a space to grow food for their families. The other half is used by Master Gardener volunteers to grow food for local food banks and church pantries. This year, they added 7 new vegetable and pollinator plant beds with help from volunteers which included Master Gardener class interns.



So far this season they have grown and donated over 1,355 pounds of food for the community.



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OHCE HOSTS SASHIKO STITCHING WORKSHOP

The Scissor Tales OHCE (Oklahoma Home and Community Education) Group recently hosted a Sashiko stitching workshop at the OSU Extension Center. Sue Esparza of Two Sisters Quilting was the instructor.

Sashiko (from the Japanese "little stabs") is a form of decorative reinforcement stitching for functional embroidery.

Traditional Sashiko was used to reinforce wear points or repair worn places on clothing. Today, it's used to decorate clothing, pillows, and tableware.





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Irrigation Strategies Workshop Held

The Irrigation Strategies For Water Efficiency workshop was a great start to what will be an ongoing workshop series. This session taught participants how to save water, improve their landscapes, and reduce runoff through the use of smart irrigation practices. A total of 35 people attended the workshop, gaining hands-on knowledge about efficient irrigation strategies and their role in protecting local water resources.

The program was led by Andrew Fleet, Water Conservation Educator with OSU Extension, and María Rendón Montero, Environmental and Chemical Lab Scientist at the State Environmental Laboratory.

The event was promoted through News 9's TV segment, The Porch, which significantly broadened the workshop's impact beyond the in-person attendees. Offered in both English and Spanish, the workshop demonstrated a strong commitment to accessibility and community engagement while providing participants with valuable tools to support water efficiency in their own landscapes.





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Bee and Chick Programs at Metro Libraries

Mason Huddleston, Urban Agriculture and Natural Resource Educator, engaged the community through multiple educational programs in August at public libraries across Oklahoma County.

Mason presented Beekeeping Basics and Backyard Chickens at Warr Acres Library and led a Backyard Composting program at the Edmond Library. These sessions provided practical, research-based knowledge on sustainable practices that residents can apply in their own backyards, from raising poultry to improving soil health.

Strong attendance and interest highlighted the value of these topics, and as a result, Mason has already been invited back to deliver additional programs.





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Mason Huddleston - Urban Ag
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Andrew Fleet - Water Conservation
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Serena Woodard - 4-H Educator

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Danyelle Kuss - 4-H Youth Mental
Health Educator

Aleshia Galura - Strong Dads
Educator

Wilma Schilling - Strong Dads
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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 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, Mason Huddleston, Urban Ag & Natural Resources Educator and Andrew Fleet, Water Conservation Educator



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