



**OKLAHOMA COUNTY  
EXTENSION**

## **REPORT TO THE PUBLIC July 2025**

### **Kids Rock Camp**



OSU Extension partnered with the Bethel Foundation and Britton Christian Church to host Kids Rock Camp. The camp was geared toward youth going into 3rd-5<sup>th</sup> grade, focusing on healthy lifestyles and cleaner environments.



OSU Extension staff, interns and volunteers provided educational and hand-on activities for the week-long camp.



Della Pickens, OSU Extension Nutrition Education Assistant, started the camp off with the importance of handwashing. Physical activity lessons, MyPlate, and the benefits of hydration were also taught throughout the week. The lessons were essential in teaching youth how to eat and cook healthier.

Everyday, the participants prepared their own lunch and were sent home with groceries and recipes so they can make the meal at home with their families.



**OKLAHOMA COUNTY  
EXTENSION**

## **Inspiring Curiosity: 4-H Robotics Day Camp**

Oklahoma County 4-H partnered with the Latino Community Development Agency to host a week-long STEM-focused day camp for underserved youth in Oklahoma County. The camp introduced first time participants to 4-H and provided STEM learning at little to no cost.

Throughout the week, youth built rubber band-powered helicopters to explore propulsion and assembled and coded LEGO robots to learn engineering and programming concepts. The camp was led by members and volunteers from the Team OKC Robotics club, whose expertise and mentorship created an engaging, hands-on experience. For many participants, this was their first exposure to both STEM education and 4-H programming, in which many parents expressed gratitude for the opportunity.

Plans are already underway to offer the camp again next summer, continuing to spark curiosity and open doors to future leadership and learning.







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**OKLAHOMA COUNTY  
4-H YOUTH DEVELOPMENT**



## Record-Breaking Success

The 4-H Roundup Conference was held on the OSU campus July 22-24. It featured national-qualifying contests, motivational speakers, and a variety of enriching workshops. This year proved to be exceptional for Oklahoma County, with more successes than ever before.

Six Oklahoma County youth were recognized as top three finalists in their project areas, with four earning the distinction of top project member. Additionally, one Oklahoma County 4-H alum was awarded multiple scholarships. These outstanding members brought home nearly \$10,000 in scholarships!

Youth participated in statewide competitions with notable achievements, including Rexton Potter's first place in Job Readiness, Jolie Marshall's first place in the music contest, Peyton Ramsey's first place in the 4-H Has Talent show, and Rory Joseph placing second place in creative writing.

Karson Potter was honored for her year of service on the State 4-H Council, and Dani McTague was selected to serve a one-year term as Southeast District Representative. Teen leader, Randee Jasper, received her certificate of completion for My PI Camp, a training designed to teach youth how to be prepared for emergencies.

We commend all of our youth for their dedication and accomplishments and remain committed to investing in their futures. We look forward to making next year's Roundup our most successful event to date!

Scholarship Winners:

- Taron Krischel – AOP Agriculture & Natural Resources
- Dani McTague – Advanced Citizenship
- Karson Potter – Advanced Public Speaking
- Rexton Potter – Public Speaking



**OKLAHOMA COUNTY  
EXTENSION**

## Youth Mental Health First Aid

Mental health education continues to be a focus for OSU Extension and 4-H. This month, Youth Mental Health Specialist, Danyelle Kuss, met with 4-H volunteers and community members in Adair County to offer all-day instruction in Youth Mental Health First Aid. This evidence-based program helps adults support young people who may be experiencing a mental health challenge or crisis.

She also led workshops for Oklahoma City Public School counselors on avoiding burnout in the next school year, as well as how to offer a coping skills education program in their schools to bolster the resiliency of youth.

To directly reach young people, the educational program "From Oops to Awesome" was offered at 4-H Roundup. The program focused on learning from mistakes, increasing a growth-oriented mindset, and recovering from setbacks. Danyelle met with Healthy Living Ambassador Teen Leaders to find ways to highlight mental health. They achieved this by including Mindful Moments, led by the teen leaders, in each large group assembly.







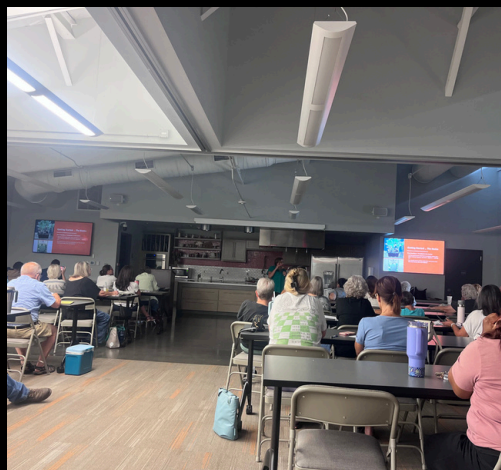
**OKLAHOMA COUNTY  
EXTENSION**

## Home Grown Gardening

To help residents start fall gardens and improve their current gardening efforts, Julia Laughlin, Horticulture Educator, and Mason Huddleston, Urban Agriculture and Natural Resources Educator, hosted the Home Grown Gardening Workshop at the end of July.

With approximately 60 participants, Julia and Mason taught the all-day workshop focused on gardening topics such as taking soil samples to minimize fertilizer overuse, the importance of organic matter in soil, how to create your own compost, efficient irrigation options for the garden and landscape, mulching effectively, and growing fruit trees and berries.

Tips were also covered on how to successfully grow vegetables in central Oklahoma.





**OKLAHOMA COUNTY  
EXTENSION**

## **PARENTING SKILLS TAUGHT AT FIREFIGHTERS' CONVENTION**



Family and Consumer Sciences Educator, Lisa Hamblin, was a guest speaker at the OKC Firefighters Foundation “Code 3: Answering Life’s Alarms” conference on July 18<sup>th</sup>. The meeting offered free workshops to first responders and their families, who face constant challenges in the areas of mental wellness, family support, and resiliency in high-stress environments.



Since the divorce rate is high for first responders, Lisa taught workshops focused on couple communication skills, including how to use “I-Messages” and reflective listening when discussions become heated. She also shared information about different parenting styles and the potential outcomes and consequences as children become adults.





**OKLAHOMA COUNTY  
EXTENSION**



## **Greater Urban League of Oklahoma City**

Andrew Fleet, Water Conservation Educator with Oklahoma County OSU Extension, recently brought a series of engaging and hands-on water educational lessons to the youth of the Greater Urban League of Oklahoma City.



Over multiple sessions, students from kindergarten through 6th grade explored the many ways water shapes their daily lives. From the obvious, like drinking and bathing, to the less visible roles water plays in producing food, generating energy, and supporting the environment around them.



By the end of the day, the youth not only understood water's importance but also shared creative ideas for how they could use it wisely at home, at school, and in their communities.



**OKLAHOMA COUNTY  
EXTENSION**

## **Food Preservation Programming**



Taylor Conner, Family & Consumer Sciences Educator and Registered Dietitian, taught six food preservation classes in July. Three sessions—Pressure Canning, Water Bath Canning, and Home Canning 101—were held at the Oklahoma County OSU Extension Conference Center.



She also presented Preserving Fruits: Freezing and Dehydrating at the Edmond and Ralph Ellison Libraries, and shared a canning presentation with employees at American Fidelity.



Each program emphasized safe, research-based methods for preserving foods which helped participants extend the shelf life of seasonal produce while reducing food waste.





**OKLAHOMA COUNTY  
EXTENSION**

## **Hive Check! Program**



In July, Mason Huddleston, Urban Agriculture and Natural Resources Educator for Oklahoma County OSU Extension, launched the first of two sessions of the "Hive Check!" program.



This hands-on initiative invited participants to explore honeybee hives, learn safe hive inspection techniques, and engage in discussions about hive health and beekeeping practices. The program aimed to educate both novice and experienced beekeepers, fostering community involvement and awareness of pollinator health.



The initial sessions were well-received, with all spots filled and additional dates planned due to high demand.



## OKLAHOMA COUNTY EXTENSION

### *Extension Staff:*

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Sciences Educator

Taylor Conner - Family & Consumer  
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Mason Huddleston - Urban Ag  
Natural Resources Educator

Andrew Fleet - Water Conservation  
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Cody Yount - 4-H Educator

Serena Woodard - 4-H Educator

Lori Goodbary - CNEP Area  
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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/](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, Mason Huddleston, Urban Ag & Natural Resources Educator and Andrew Fleet, Water Conservation Educator**



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