



# Animal Care in the Winter

Winter is upon us! Animal care in the winter can often be overlooked as most pets come inside. But there are some tips to ensure your pet has a happy and healthy winter.

As the seasons change from summer and fall to winter, the temperature also changes. Mostly all animals have an indicator that scientists call the Environmental Cue (ASU). One indicator that the weather is changing is seen in animals' coats. Coat bearing animals are great indicators that colder weather is upon us because they start to grow thicker coats. Take for example a horse. When weather starts to change, they go from being slick from the summer heat to having thick and long hair growing from their body to combat the cold.

Another indicator of changing weather is watching for migratory animals. Some Birds for example, migrate to the warmer climates of the south for the winter. Their indicator to migrate is the colder weather and the shortened day lengths that winter has to offer.

Oklahoma winters can sometimes be unpredictable, from wind and rain to snow and ice, you have to take each day with precaution. Check your local news channel or an app on your phone to get up to date on the weather conditions in your area.



Animals, just like humans, need ways to get out of the cold. For common household pets, this is an easy task but for livestock, sometimes it can be a difficult one. Here are some tips and tricks for taking care of your pets/livestock in the winter.

Tip #1: Allow your animals to have a dry and sheltered area to get escape the harshness of winter. In Oklahoma, we experience bouts of high winds, mostly coming out of the North. A way for you to ensure your animal is protected is by giving them at the least a three-sided shelter with the back side facing the north. Wind breaks are used for livestock when three-sided shelters are not available.

Tip #2: If the temperature is below freezing, bring them inside to a heated facility. If your pet can't come in, follow tip #1 and provide jackets/blankets for them as well.

Tip #3: Always have fresh water available to your animals. Make sure that the water is free of ice and is clean. They make heated pet bowls and troughs and sell them at your local feed store.

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Tip #4: Heating pads and Heat lamps are dangerous and to be used with caution. If an animal stays on a heating pad too long, it can cause severe burns to the animal's body. A heat lamp can cause fires and burn down buildings. Both of these items are to be used with extreme caution. If you are to use them, make sure the animal has a way to escape the heat and make sure there is nothing flammable around.

Tip #5: Food/Feed is very important in the wintertime to keep your animal healthy. Since it is cooler outside, your animal may have a need for more calories, especially if kept outside. Increasing how much food you are giving them would be helpful. Contact your local veterinarian on how much and what type of feed your animal should have in the wintertime.

Tip #6: Chemicals need to be stored where a pet cannot reach them. If you are using antifreeze and some other chemical de-icers, store them where a pet cannot get into. These are highly toxic to any animal at very small doses.

Tip #7: If you use any de-icer on places where your pet frequently walks, plays, or is, wipe their paws off after these activities. It can severely injure their paws and cause damage.

Tip #8: Playing in the snow is a great activity for your pet. When you get done playing though, bring them inside to a warm dry place so they can warm up

Tip #9: Animals can get hypothermia and frostbite. Some early indicators of frostbite show up on the tips of their ears or on the skin. If the skin is blue, that is one of the earliest signs of hypothermia. Contact your local veterinarian as this is life threatening to your pet.

Tip #10: This is for all of the hunters that use dogs. Watch your dog's closely and monitor their behavior. Give them breaks often, especially when hunting on lakes and in water. Most of the dogs have been bred for colder weather, but it is good to let them have breaks from the cold. Your dogs will to hunt may be higher than its will to survive.

## November Garden Tips

*David Hillock, Consumer Horticulturist*

### Lawn & Turf

- Fertilize cool-season grasses like fescue with 1pound nitrogen per 1000 sq. ft.
- Continue to mow fescue as needed at 2 inches and water during dry conditions.
- Control broadleaf winter weeds like dandelions ([HLA-6601](#)).
- Keep falling leaves off fescue to avoid damage to the foliage.

### Tree & Shrub

- Prune deciduous trees in early part of winter. Prune only for structural and safety purposes.
- Wrap young, thin-barked trees with a commercial protective material to prevent winter sunscald.
- Apply dormant oil for scale infested trees and shrubs before temperatures fall below 40 Fahrenheit. Follow label directions.
- Continue to plant balled and burlapped and containerized trees.
- Watch for arborvitae aphids, which tolerate cooler temperatures in evergreen shrubs.



## Flowers

- Tulips can still be successfully planted through the middle of November.
- Leave foliage on asparagus, mums, and other perennials to help insulate crowns from harsh winter conditions.
- Bulbs like hyacinth, narcissus and tulip can be potted in containers for indoor forcing.

## Miscellaneous

- Leftover garden seeds can be stored in an airtight container in the refrigerator or freezer until next planting season. Discard seeds over 3 years old.
- Gather and shred leaves. Add to compost, use as mulch or till into garden plots.
- Clean and store garden and landscape tools. Coat with a light application of oil to prevent rusting. Drain fuel tanks, irrigation lines, and hoses. Bring hoses indoors.

## Fruits & Nuts

- Delay pruning fruit trees until next February or March before bud break.
- Harvest pecans and walnuts immediately to eliminate deterioration of the kernel.

# The Current State of Beef Demand

*Derrell S. Peel, Oklahoma State University Extension Livestock Marketing Specialist*

By many measures, beef demand has remained remarkably strong since the pandemic started in March. The first half of the year was characterized by unparalleled disruptions in both beef supply and demand. By the end of June, cattle slaughter was mostly recovered; and has been thus far in the second half of the year. Since July, steer and heifer slaughter has averaged 0.5 percent above year ago levels. Total fed beef production from steers and heifers is up 3.7 percent year over year from July to the end of October.



Beef demand, however, continues to be challenged with restricted food service. Restaurants have recovered somewhat from the initial lockdown with more emphasis on takeout and delivery. Retail grocery demand remains robust and numerous adjustments have helped to shift some food service supply chains to support retail grocery supply chains. There are indications that retail grocery demand is being boosted again by consumers stocking up in the face of increased uncertainty. The shift from summer beef demand to winter raises additional concerns. Food service is typically more emphasized in winter months, which may be an additional challenge. The pandemic is resurging and additional restrictions on food service are a growing risk.

The current state of beef demand is a bit tricky to assess. Choice boxed beef prices have increased sharply the past two weeks after falling from Labor Day through the end of October. However, Choice boxed beef prices the past two weeks have averaged 9.2 percent below one year ago, with the rib primal down 4.4 percent year over year, the loin primal down 10.2 percent, the chuck primal down 8.4 and the round primal down 6.6 percent year over year.

Specific wholesale cuts provide additional insight. Ribeyes are a key market this time of year with strong demand for Christmas and New Year's holiday. So far, Ribeyes are following close to a typical seasonal increase with current Ribeye prices close to year ago levels and up over nine percent the last two weeks. Other food service dependent beef products are less encouraging. Beef tenderloins are currently averaging 25.6 below year ago levels and down 1.5 percent in the last two weeks. Sirloin Top Butt is up 6.0 percent the last two weeks but is down 18.4 percent year over year. Other beef products heavily dependent on food service demand include brisket, down 13.9 percent from one year ago and the Petite Tender, down 20.7 percent year over year. Strip Loin, more frequently used in retail grocery, is up 7.8 percent year over year.

Most chuck and round products are down in the five to ten percent range compared to last year, with few exceptions (chuck Top Blade is up 13.0 percent and Eye of Round is up 5.7 percent year over year). However, several chuck and round products are up double-digit percentages in the past two weeks. Chucks (2-piece) are up 7.0 percent the past two weeks and up 13.7 percent year over year, which may indicate more demand for grinding for retail grocery ground beef. In contrast, 50% trimmings are down 55.7 percent and 90% trimming are down 15.8 percent year over year, although both are up the past two weeks. 50s and 90s are more commonly used for food service ground beef.

Beef demand has fared reasonably well thus far in 2020 but faces numerous challenges this winter. Loss of outdoor dining in cold weather will further aggravate restaurant challenges. Food service demand is likely to be additionally affected with worsening public health challenges. Macroeconomic concerns will grow as consumers go forward with less unemployment support. Ample supplies of beef, pork and poultry increase market price pressure, though disruptions in supply are a threat as well. It looks to be a very challenging winter.



# Avoiding Deer Vehicle Collisions

*Dwayne Elmore, Ph.D., Extension Wildlife Specialist*

During October-December, male deer (bucks) are actively searching for females (does) that are in estrus. This breeding season (called the rut) typically peaks in mid-November. The bucks often move with reckless abandon and chase does across roadways. While this can happen anytime during the day, it is especially likely from sunset through the early hours after sunrise. Deer vehicle collisions are common during this rut period.

A deer vehicle collision typically results in the death of the deer and damage to the vehicle. Unfortunately, it can also cause injury to the motorist. There are several things that motorists can do to reduce the likelihood of collision. First, minimize driving during the period from sunset to sunrise when deer are more active and when visibility is reduced. Also, slow down, especially during those lowlight periods. Be particularly vigilant in places where deer are likely to be such as where the road crosses a stream or where dense vegetation is near the road. At night, watch for eye shine along the road to alert you to deer presence. If you see deer on the side of the road, slow down and anticipate them crossing. If deer do enter the roadway, apply brakes steadily and try to reduce your speed in a controlled deceleration before impact. Do not swerve your vehicle as you are likely to lose control or hit another vehicle. If you hit a deer, pull over when it is safe to do so. When pulling over, get as far off the road as possible and put your hazard lights on. Ensure that your vehicle is safe to continue driving. If you see that the deer carcass is on the road, call law enforcement so that someone can come remove the obstacle so that other drivers do not hit it. Do not try to remove the carcass yourself unless it is safe to do so as you are likely to be hit by oncoming traffic (especially at night). If the deer is wounded, call law enforcement or the local wildlife officer who can euthanize the deer (<https://www.wildlifedepartment.com/law/game-warden-directory>).



*White-tailed deer dramatically increase movements as the rut approaches. The rut also increases distractions for deer. This increased movement and decreased vigilance means that motorists need to be aware of deer crossing roadways.*



# Food Safety Tips for Thanksgiving

**(Stillwater, Oklahoma – Nov. 17, 2020)** The holiday season is officially here, and Thanksgiving Day is quickly approaching. While many Oklahomans will be preparing holiday meals for their families and friends, the risk of food poisoning is lurking.

“Every year in the United States, approximately 48 million people get sick because of some form of foodborne illness,” said Ravi Jadeja, food safety specialist for the Oklahoma State University Robert M. Kerr Food and Agricultural Products Center. “Of those, 128,000 are hospitalized or need medical attention and, unfortunately, 3,000 people die every year.”

FAPC offers the following tips to keep your family safe and make sure food poisoning is not on the menu this Thanksgiving.

## Food handling

- Buy only government-inspected meat and poultry products and check the “sell by” date on all food purchases. Never buy products if the expiration date has passed.
- Wash your hands thoroughly before and after preparing any food product.
- Use two cutting boards: one for preparing raw meat, poultry and fish, and the other for cutting cooked food or preparing salads.



## Food preparation

- Never thaw the turkey on the counter. Thawing at room temperature increases the risk of bacteria growth at the surface of the meat even though the interior may still be chilled.
- Thaw the turkey in its original wrapper on a tray placed in the bottom section of the refrigerator. Allow approximately 24 hours of defrost time for every five pounds of turkey.
- Thawing the turkey in cold water is safe. Submerge the bird in its wrapper in a deep sink of cold water and change the water every 30 minutes to keep it cold. Allow 30 minutes per pound to defrost a turkey in cold water.

## Stuffing the turkey

- Use a meat thermometer to determine when the turkey is done.
- Insert the thermometer in the thickest part of the turkey thigh. Be aware dark meat takes longer to cook than any other part.
- The turkey is done when the thermometer reaches 165 degrees Fahrenheit.
- Basting the turkey while it is cooking is not necessary. Basting tools could be sources of bacterial contamination if dipped into uncooked or undercooked poultry juices and then allowed to sit at room temperature for later basting.
- Do not cook a turkey overnight in an oven set at a low temperature. Cooking a turkey at a temperature below 325 degrees Fahrenheit allows harmful bacteria to multiply.
- Once the turkey is done, remove the stuffing immediately.
- If you purchase a fully cooked turkey, pick it up hot and bring it home to eat immediately.

## Storing leftovers

- After the meal, remove all meat from the turkey carcass. This should be done within two hours of the turkey's removal from the oven.
- Leftovers should be stored in the refrigerator within two hours after cooking is complete.
- Leftovers should be divided into smaller portions and stored in several shallow containers. They should be eaten within three to four days.
- If large amounts are left, consider freezing for later use. Do not wait until the leftovers have been in the refrigerator for several days to freeze. Frozen leftovers should be eaten within six months.

## Eating leftovers

- Reheat leftovers to 165 degrees Fahrenheit throughout or until steaming hot. Soups, sauces and gravies should be brought to a rolling boil for at least one minute.
- Never taste leftover food that looks or smells strange. When in doubt, throw it out.

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# Healthy Leftover Turkey Enchiladas

Author: Kelli Shallal, MPH RD

Link to Recipe: <https://hungryhobby.net/turkey-enchiladas/>

## Ingredients

- 1 white onion diced/finely chopped
- 1 red bell pepper diced/finely chopped
- 1 green bell pepper diced/finely chopped
- 2 tbsp olive oil or avocado oil
- 2 cloves minced garlic or 1T garlic powder
- 3 cups turkey meat (I used the leftover dark meat)
- 2 cups red enchilada sauce
- 6 whole-grain tortillas use GF if needed
- 8 ounces shredded Mexican Blend (2 ounces plus 6 ounces divided)
- 1/2 cup salsa
- 4 green onions chopped



## Instructions

1. Preheat oven to 350F
2. Sauté chopped onion, garlic, and bell pepper in oil until translucent and tender
3. Add in half of the enchilada sauce, 2 ounces (1/4 cup) of cheese, and 3 cups turkey meat to skillet. Mix until everything is well combined and hot.
4. Add 1/2 cup salsa to the bottom of a 9x13 pan in a 1/8 inch layer (just barely line it.) Divide turkey mixture among the tortillas, roll into burritos and place in the casserole dish.
5. Top with remainder of the enchilada sauce and the rest of the cheese (about 3/4 cup.)
6. Bake the enchiladas at 350F for 25 minutes. Garnish the enchiladas with sliced green onions.

# Fact or Fiction: Turkey Makes You Sleepy?

*(Stillwater, Oklahoma – Nov. 19, 2020)* When the last bite of turkey is consumed and the plates are cleared, the next item on the Thanksgiving agenda is a nap. Because turkey makes you sleepy, right?

Darren Scott, food scientist at Oklahoma State University's Robert M. Kerr Food and Agricultural Products Center, debunks this myth.

"It's not really the turkey that makes us sleepy," Scott said. "It's reputed to be the Tryptophan instead. There's really not that much more Tryptophan in turkey than in other poultry."



Scott said there is approximately a quarter of a gram of Tryptophan per 100 grams of poultry.

"Tryptophan is an essential amino acid, which means it's a nutrient we cannot normally produce in our body," he said. "We have to get it from the foods we eat."

Along with turkey, Tryptophan is found in foods that are high in protein, such as red meat, chicken, fish, chocolate, soy, eggs, cheese, milk, almonds, peanuts, and pumpkin and sesame seeds.

Thanksgiving menus contain a copious amount of foods high in sugars and carbohydrates, which contribute to drowsiness, too, Scott said.

"As we digest the turkey and the other carbohydrates, we indirectly influence the amount of serotonin we have in our brains," Scott said. "The serotonin gets metabolized into melatonin, and it's the melatonin that we think actually makes us drowsy."

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# Christmas Tree

*A Long Poem by Robert Frost*



(A Christmas Circular Letter)

The city had withdrawn into itself  
And left at last the country to the country;  
When between whirls of snow not come to lie  
And whirls of foliage not yet laid, there drove  
A stranger to our yard, who looked the city,  
Yet did in country fashion in that there  
He sat and waited till he drew us out  
A-buttoning coats to ask him who he was.  
He proved to be the city come again  
To look for something it had left behind  
And could not do without and keep its Christmas.  
He asked if I would sell my Christmas trees;  
My woods—the young fir balsams like a place  
Where houses all are churches and have spires.  
I hadn't thought of them as Christmas Trees.  
I doubt if I was tempted for a moment  
To sell them off their feet to go in cars  
And leave the slope behind the house all bare,  
Where the sun shines now no warmer than the moon.  
I'd hate to have them know it if I was.  
Yet more I'd hate to hold my trees except  
As others hold theirs or refuse for them,  
Beyond the time of profitable growth,  
The trial by market everything must come to.  
I dallied so much with the thought of selling.  
Then whether from mistaken courtesy  
And fear of seeming short of speech, or whether  
From hope of hearing good of what was mine, I said,  
"There aren't enough to be worth while."  
"I could soon tell how many they would cut,  
You let me look them over."

"You could look.

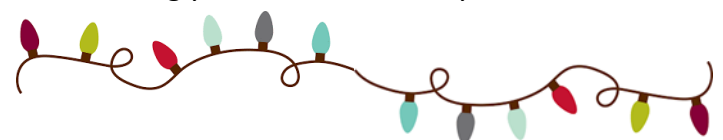
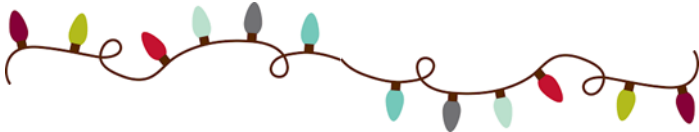
But don't expect I'm going to let you have them."  
Pasture they spring in, some in clumps too close  
That lop each other of boughs, but not a few  
Quite solitary and having equal boughs  
All round and round. The latter he nodded "Yes" to,  
Or paused to say beneath some lovelier one,  
With a buyer's moderation, "That would do."  
I thought so too, but wasn't there to say so.  
We climbed the pasture on the south, crossed over,  
And came down on the north. He said, "A  
thousand."

"A thousand Christmas trees!—at what apiece?"

He felt some need of softening that to me:

"A thousand trees would come to thirty dollars."

Then I was certain I had never meant  
To let him have them. Never show surprise!  
But thirty dollars seemed so small beside  
The extent of pasture I should strip, three cents  
(For that was all they figured out apiece),  
Three cents so small beside the dollar friends  
I should be writing to within the hour  
Would pay in cities for good trees like those,  
Regular vestry-trees whole Sunday Schools  
Could hang enough on to pick off enough.  
A thousand Christmas trees I didn't know I had!  
Worth three cents more to give away than sell,  
As may be shown by a simple calculation.  
Too bad I couldn't lay one in a letter.  
I can't help wishing I could send you one,  
In wishing you herewith a Merry Christmas.



For fun Holiday activities, go to:

[https://ok.agclassroom.org/resources\\_calendar/12/](https://ok.agclassroom.org/resources_calendar/12/)

# Holiday Arts and Crafts Projects Help with Youth Development Skills

*Michelle Neff, Michigan State University Extension*

Let's look at why we should encourage youth to participate in arts and crafts projects and what makes it special around the holidays.



Arts and crafts projects seem to be popular around the holiday season. Teachers' help youth make fun things to take home to their parents, and families may have a tradition of making an ornament or crafts with their kids. Whether it is a tradition or just something fun you like to do with kids, you are playing an important role in helping youth develop skills.

According to "[Art - An opportunity to develop children's skills](#)" from [Better Kid Care](#) at Pennsylvania State University, arts give youth an opportunity to develop skills. Some of the skills that are explored in this article include:

- **Creativity.** During a holiday art project, youth should have the ability to pick colors, supplies and the process for making their craft. It is important to just observe and help guide them, not tell them what to do. It is important we allow youth to express their ideas as their own and not change their mind. Also, using open-ended questions like, "What do you think you can do with the yarn?" are great ways to start getting youth thinking.
- **Cognitive skills.** Arts and crafts project help youth gain decision-making skills. From deciding on colors or maybe when the project is done, this is all part of youth learning cognitive skills. Youth are also able to plan, experiment and problem-solve when a craft doesn't go as planned.
- **Physical skills.** Youth learn to use scissors and really develop their fine-motor skills.

The holiday season is a great time for families and parents to provide a time for youth to do arts and crafts projects. Talking with them about what to do with their projects is also helpful and provides youth opportunities to think of ways to brighten people's day.

For the full article and more information, please go to:

[https://www.canr.msu.edu/news/holiday\\_arts\\_and\\_crafts\\_projects\\_help\\_youth\\_develops\\_skills](https://www.canr.msu.edu/news/holiday_arts_and_crafts_projects_help_youth_develops_skills)

# Community Service Ideas for 4-H and Youth

Janet Fox, Former Nebraska 4-H Extension Specialist

## Children, Family & Friends:

1. Surprise your parent(s) or neighbors and offer to babysit a sibling, relative or friend.
2. Design a game for young children.
3. Explore history by interviewing a nursing home resident about how they grew up.
4. Check on either a younger student or an elderly person after school.
5. Read a book to a younger kid a blind person or an older neighbor.
6. Cheer up a sick friend with a visit or phone call.
7. Celebrate a birthday by asking friends to donate items for causes instead of gifts.
8. Make get well cards for people in hospitals and convalescent homes.
9. Become pen pals to a younger person or someone from another country.
10. Knit or crochet baby blankets.

## School Activities:

1. Paint a mural over graffiti.
2. Volunteer to be a teacher's aide during your study hall.
3. Collect coupons and small gift certificates for students who show progress in school work.
4. Hold a used book sale and donate the money.
5. Set up a buddy system to match new students with ones who have attended school.
6. Start an anti-smoking campaign that encourages students not to smoke.
7. Encourage the school cafeteria to donate left over food to local homeless shelters.
8. Tutor students who are learning English as a second language.
9. Make new kid survival kits for new students at the school.
10. In art class, make drawings and decorations for senior citizens.

## Safety:

1. Take a life-saving class.
2. Create a play that teaches young children how to stay safe at home.
3. Design a flier of after-school safety tips and deliver it to daycare centers and grade schools.
4. Check railroad crossings and make signs to promote safety.
5. Offer a safety workshop prior to July 4th.
6. Ask your parents to help you get your town to fix dangerous intersections.
7. Conduct a bicycle rodeo to help children learn bicycle safety.
8. Ask your fire department how you can help others learn about fire safety.
9. Make emergency kits for your home.
10. Collect money for a good cause.

## Helping the Hungry and/or Homeless:

1. Help cook and/or serve a meal at homeless shelter.
2. During National Nutrition month in March, organize a nutrition awareness campaign.
3. Organize a food scavenger hunt to collect food for the needy.
4. Alter and repair clothes for the needy, elderly and homeless.
5. Gather clothing from your neighbor and donate it to a local shelter.
6. Make "I Care" kits with combs, toothbrushes, shampoo, etc. for homeless people.
7. Bake bread on National Bread Day in November and deliver to the hungry, homeless or just your neighbors.
8. Help with repairs at a local homeless shelter.
9. Donate art supplies to kids in a homeless shelter.
10. Make a care package with mittens, socks, T-shirts, etc. for a child at a homeless shelter.



### For Those with Special Needs:

1. Set up a buddy system for kids with special needs at your school.
2. Raise money for Braille or large print books for blind or visually impaired people.
3. Read books or the newspaper on tape for blind or visually impaired people.
4. Make gifts with friends for kids in the hospital.
5. Prepare sack lunches and deliver them to homeless or homebound people.
6. Bring toys to children in the cancer ward of a hospital.
7. Work with physically challenged kids on an art project.
8. Build a ramp for a person in a wheelchair so it is easier for them to get in and out of their house.
9. Clean a neighbor's yard who can not do it themselves.
10. Give valentines and other cards in individuals who are in the local hospital.

### Neighborhood Enhancement:

1. Help neighbors paint and repair their homes.
2. Volunteer to teach classes on a sport you enjoy and know a lot about.
3. Contact Habitat for Humanity to see how you can support them in your community.
4. Work with the local health department to set up an immunization day or clinic to immunize children against childhood diseases.
5. Organize a newcomers group in your neighborhood to welcome new families.
6. Produce a neighborhood newspaper.
7. Plant native flowers or plants along highways.
8. Research local historic sites and provide the research to visitor's bureau.
9. Volunteer to clean up trash at a community event or county fair.
10. Set up an art exhibit at a local business, school or nursing home.



### Senior Citizens:

1. Adopt a "grandfriend"
2. Visit a nursing home.
3. Rake leaves, shovel snow, clean gutter or wash windows for a senior citizen.
4. During bad weather, visit seniors to make sure they have everything they need.
5. Pick up the morning paper for a senior neighbor on your way to school.
6. Write your "grandfriend" a letter or write letters for an elderly person.
7. Go for a walk with a senior citizen in your community.
8. Hold an afternoon dance for your local nursing home.
9. Teach them your dances and ask them to teach you theirs.
10. Deliver meals to homebound individuals.
11. Offer to pick up groceries with/for a senior citizen.
12. Teach a senior friend how to use a computer or the Internet.

### Helping Animals:

1. Volunteer at an animal shelter. Help clean up, play with the animals, or do whatever's needed to make the shelter a nicer "temporary" home for the animals.
2. Find out about raising a dog for persons with disabilities.
3. Organize a pet show for a local nursing home.
4. Set up donation centers for animal products to be donated to people who don't have homes.
5. Learn about pet therapy and do pet therapy with your animal at nursing homes and day care centers.
6. Collect and sort newspapers to donate to a local animal shelter.
7. Collect food and supplies needed for a local zoo, animal shelter or food bank.
8. Adopt a Zoo Animal.
9. Learn about pet therapy and do pet therapy at local nursing homes or child care centers.
10. Care for a neighbor's pet.
11. Find out about volunteer opportunities at a local wildlife sanctuary or survival center.

To explore more Community service activities, visit:  
<https://lanaster.unl.edu/4h/serviceideas.shtml>



OSU EXTENSION  
**WEST DISTRICT  
4-H YOUTH DEVELOPMENT**

## **SAVE THE DATE – VIRTUAL CUPCAKE WARS**

**WEST DISTRICT-SOUTHERN REGION  
SATURDAY, DECEMBER 12TH – 10:00 A.M.**

REGISTRATION DUE DECEMBER 4TH.

REGISTRATION AND RULES WILL BE SENT IN NOVEMBER.

(INDIVIDUALS ONLY –NO TEAM)



# **2020 WEST DISTRICT SOUTH REGION SPEECH CONTEST**

REGISTRATION DUE: DECEMBER 11TH, 2020  
\$5.00 FEE SENT TO DISTRICT OFFICE (AWARDS AND SHIPPING)  
REGISTER: [HTTPS://TINYURL.COM/WSSPEECH](https://tinyurl.com/wsspeech)

**CONTEST HELD VIRTUALLY  
JANUARY 9TH, 2021**

# Listen in on the Extension Experience Podcasts: *Giving Insights into Oklahoma Agriculture*

This week on *The Extension Experience* podcast, Greg Highfill covers the *History of Wheat Pasture*.

Click our logo below to listen on Spotlight or access the episode via Spotify, Apple Podcast, or Google Podcast apps.

Be sure to check out the show notes for additional information about this week's topic.

Access to all other episodes can be found on our [Spotlight](#) page.



If you are reading this in paper form, the online link to these podcasts is:

<http://spotlight.okstate.edu/experience/podcast/>

