Way to Go Sherman Grubb!

When Family & Consumer Science Extension Educator Susan Lovelace of Creek County, had a serious family emergency and was not able to stay for the Farm To You children’s program, fellow Ag./4-H Educator, Sherman Grubb was quick to jump right in and fill in for her.

Grubb only had two hours notice before stepping in and teaching at the first station of the program, the “Cheeseburger Farm.” With his best efforts, Grubb managed to teach more than 100 kids from Bristow, OK, grades kindergarten through 2nd. He accomplished all this in one afternoon.

Grubb’s kindness and hard work truly deserves its utmost recognition. Way to go!
About “Farm to You”
Farm to You is a traveling interactive walk-through exhibit for elementary school children. It allows for exploration of the relationships between agriculture, food and health.

Farm to You is designed to involve kindergarten to 6th-grade students, and usually has about nine stations. Students spend about six minutes at each station, participating in activities and listening about the different topics that are presented.

Coordinated by OCES, Farm to You is a collaboration between the state agency, commodity and community partners.

Some of its objectives include learning how to use food labels to make healthy choices, learning the importance of physical activity and personal hygiene, and increasing knowledge about good health and behaviors.

For More information contact:
Diana Romano, Farm to You Exhibit Coordinator
Oklahoma County Oklahoma Cooperative Extension Service Office
930 N. Portland, Oklahoma City, Oklahoma 73107
P. 405-713-1125 ext. 2122 diana.romano@okstate.edu

Caught doing good—(Pictures on the right and below)
Sherman Grubb at the Cheeseburger Farm Station teaching the kids.

Thanks to Susan Lovelace for sharing her brief story with us, and providing us with these outstanding pictures.

If you have any amazing stories to share about any programs or events that you were a part of, send it to Staff & Program Development at dianne.c.tordillo@okstate.edu or joyce.martin@okstate.edu
Finally meet the people you’ve been working with for years!!!

Meet **Barbara Krajacic**, Accounting Specialist. She has been working with the Extension Finance area for three years.

She is an OSU graduate and has worked mostly on campus since 1975. She took a break after her graduation to work in Arkansas for eight years, and Guthrie for three years.

We may see Barbara working with P-card transactions, requisitions, bi-weekly time input, and most other situations that involve the movement of dollars. She also answers the telephone to assist counties and others in problem-solving, or to direct inquiries to the appropriate individu-

Meet **Peggy Armstrong** Temporary Clerical Secretary.

Her duties include keeping leave records for campus personnel and monitoring leave taken in County Extension offices. She also bills counties for various charges such as contractual services & postage meter charges, central mail & the 4-H department, as well as computers and administrative services.

In addition, she handles fund changes as needed, enters charges into the bursar system for various charges, and sets up cost share accounts.

Meet **Suzanne McNatt**, Senior Financial Coordinator. She has been with Extension for six and a half years. Before that, she worked in public accounting for 15 years.

Suzanne’s duties include working with state and federal funding & budgets, accounting & reporting, audits, providing financial & policy guidance to County, District, and central administration offices, and lastly, overseeing Extension daily functions and the Extension finance office.
Meet **Steven Bonds**, Accountant II.

He started working with Extension Finance last August. Prior to his current position, he lived in Texas where he worked for the Dallas County Auditor’s Office.

Steven performs audits for Cooperative Extension offices around the state. He also prepares daily deposits, maintains county and district inventory listings and records, and reviews county budgets and records for accuracy, completeness and consistency.

Meet **Pat Kidd**, Financial Assistant.

With federal benefits, she provides support for the Federal Benefits Administration and Federal Financial Management for extension employees. This support includes analyzing, compiling and processing any information or financial contributions related to Federal Life Insurance, Federal Health Insurance, Federal Retirement, and Federal Thrift Savings Plan. Pat’s other duties include verifying salary data, assisting in the annual budget development system, and reviewing county contracts and county expenditures pink sheets.

Meet **Cecilia Herrmann**, Clerical Supervisor.

She has worked with Extension Finance for 35 years and will be retiring November 2.

She works with Extension Finance’s travel section. Her duties include auditing travel vouchers/claims for both the Extension state office personnel and the Extension field staff. She also looks at all Extension out-of-state requests, as well as getting needed approval for the requests.

Cecilia says she tries to keep all Extension personnel up-to-date on the latest travel information and travel requirements.

Meet **Bob Klein**, Assistant Vice President for Fiscal Affairs in the Division of Agricultural Sciences and Natural Resources (DASNR).

His duties include supervising budgets, accounting, sponsored programs and reporting finances for all fiscal areas of DASNR. He also establishes fiscal procedures, audits guidelines and reviews fiscal operations of county and district offices, as well as agricultural research stations/centers within the state.

**Missing: Starry Clark**, Senior Account Clerk

Her main duty is auditing travel claims.
AG HALL—A dead hawk was found outside on a ledge right below our window mid-October. Dr. Tim O'Connell, Associate Professor in the Department of Resource Ecology and Management identified the bird as a Sharp-shinned Hawk, from its bluish-gray wings and white belly covering its 13-inch frame. Its cause of death was determined to be an in-flight window collision.

Wanting to keep the hawk for his research, O'Connell introduced us to some fascinating information about the growing problem concerning bird mortality rates. He noted that windows are a newly developed source of mortality for birds.

"Everyone, whether into birds or not, can relate to the experience of finding a dead bird by a window."

O'Connell took notice of two things. One, the species were migrants, which probably died while passing through the area. Two, he thought the birds would be valuable additions to the collections at Virginia Commonwealth University where he knew its museum’s bird curator.

It was then that O'Connell decided to find some way of quantifying the bird mortalities. So, he spent a year searching for birds around the same location, and keeping records of all his findings.

He has been keeping track of relevant information ever since, and has developed his own methods that has led to his current conclusions about avian window-collision mortalities.

The following information will contain summaries further looking into this topic, mostly incorporating O’Connell’s input about his own studies concerning this newfound phenomenon.

**How Big of a Problem is This?**

Biologist Daniel Klem from Muhlenberg College in Pennsylvania was one of the first people to conduct experiments that explored the topic of birds striking windows. O’Connell often uses Dr. Klem’s findings to illustrate the severity of the issue.

According to a fact sheet on Muhlenberg College’s Acopian Center for Ornithology Web site, an estimate for the annual window-collision mortality in the United States ranges from 97 million to 975 million. O’Connell shares that there are about 20 billion birds total in North America each autumn when annual populations peak.

“If the number killed by windows actually approaches a billion birds, then this one source of mortality is far greater than the number killed by cats, hunters, auto collisions, and pollution, and other factors,” he said.

About 75% of bird-window collisions end up fatal for birds, Klem estimated. Even if a bird is merely stunned from the collision and attempting to recuperate, they could become an easy prey for predators, such as cats.

**Examining the Problem**

O’Connell’s search for birds mostly revolves around the Noble

(continue reading ‘Birds’ on pg. 6)
Research Center roughly every morning. He tries to find birds that have died while migrating the night before.

Getting to NRC as early as he can reduces the chances for any predator, or he adds, “some other well-meaning ornithologist on campus,” to remove the bird before O’Connell ever gets the chance to record it.

O’Connell guesses he records about 90% of the total mortality at the building, despite the fact that there are some animals that do end up scavenging for the dead birds, such as cats, raccoons, opossums, skunks, or foxes.

“But the rate seems to be low,” he said.

After a bird has been collected, it is placed in a freezer with a card indicating the date and location the bird was found, as well as the bird’s species, age, sex, and manner of death. O’Connell also lists the fat scores of the birds. The fat score is an estimate of the bird’s health and readiness for migration at the time of its death.

Although window collision mortality is a minor component of O’Connell’s research program, he frequently reviews studies and proposals from other people doing similar work.

### The Interest in Avian Window-Collision Mortalities

O’Connell suspects that some species are more susceptible to this kind of mortality than others, reflecting the amount of urban development that has occurred along certain migratory routes.

Although windows might be one of the primary dangers for migrating birds, it is difficult to determine what sort of broad impact this mortality might have on any one species’ population. To estimate the relative influence of window-collision mortality for a species would require reliable estimates of the total population of the species, a coordinated effort among multiple sites to estimate all sources of mortality, and some complex statistical modeling. For now, O’Connell is just trying to test the feasibility of regular monitoring to see if it would make a good research project for his undergraduate students.

Discussing window-collision mortality on bird-related listservs is one of O’Connell’s ways of spreading the word about conservation issues that affect wild birds.

Another way he expresses his findings is through his new blog, started last August, titled “Avian Window Kills.” The blog serves as a regular online record of the window collisions that have occurred at the NRC.

“[Blogs] are an exceedingly simple and uncluttered place online where people can go to obtain information on this phenomenon, and track the regular ‘progress’ [of my findings],” O’Connell said.

### Conclusion

One compelling fact that prompts O’Connell to say that this issue is a ‘big deal’: birds have always had to deal with predators, rough weather, and food shortages during migration. However, it has barely been 200 years that they have had to deal with windows during their trek.

“There probably hasn’t been time for birds to evolve in their behavior for complete avoidance of human structures while on migration—especially considering they’ve had eons of evolution shaping their behavior to follow those exact routes where we’ve put up a bunch of buildings,” O’Connell said.

His original plan was to survey the NRC for window-killed birds from August to October, but an increase in casualties has him extending his searches, perhaps for a full year.

A possible alternative based off of his findings recorded on his blog would be building a database to share his analyses. He said while it is important to analyze these data for publication in scientific literature, information in journal articles is not nearly as accessible or timely as in a free, daily blog.

Tim O’Connell is currently teaching four classes at OSU: Ecology of Natural Resources, Wildlife Habitat Ecology, Applied Landscape Ecology, and Writing for Publications.

To visit Dr. O’Connell’s blog, click on the link below. [http://birdsmack.wordpress.com](http://birdsmack.wordpress.com)
In last month’s issue of the Extension Exchange, we touched on several factors to consider when trying to prevent the flu at the office. In response to the article, one of our readers sent us a very interesting exchange, which prompted us to revisit the topic to provide further clarification on the issue. We thought it would be a great addition to the segment about office flu, and to answer some common questions about hand sanitizers. To our readers, thank you for your responses and concern about our topics!

We look forward to any of your exchanges in the future!

From the Staff & Program Development Team

On last month’s article, “Office Flu Prevention”...

“Hello,
I noticed that there was a lot of talk about bacteria in the article about the flu. It seems like the author is not aware that the flu is a viral disease and has nothing to do with bacteria. This does in no way mean that the general tips for avoiding the flu such as hand washing etc. are not correct, but it does increase general confusion on the subject.
Best regards, Kent Andersson”

-An email from Kent Andersson; Senior Research Specialist; Natural Resource Ecology & Management

Do hand sanitizers kill both bacteria and viruses?

Hand sanitizers are marketed to express how effective they are on bacteria. But as for viruses, such as the flu, it is a different story.

Although all answers point to NO for this question, hand sanitizers do affect both entities in some way. While they definitely kill bacteria, hand sanitizers merely make viruses less likely to stick to hands because of its components. It will reduce the amount of virus on your hands but it does not necessarily kill it.

Hand sanitizers: Good or Bad?

This will of course, vary from person to person. Some may find hand sanitizers useful on a busy day when one is too far from a sink to wash his or her hands as frequently as possible.

One belief about hand sanitizers is that they may cause current bacteria to morph into sanitizer-resistant bacteria, becoming accustomed to its germ-killing components.

According to Rhonda Jones, a writer for Infection Control Today newsletter, this fact is said to be a myth. Resistance will only apply to antibiotics, not necessarily disinfectants or sanitizers, she said.

Lastly, some may claim that hand sanitizers make hands dry. Due to its high alcoholic content, this is truly possible, and nothing that a good moisturizer can’t fix.

There are potential hazards to hand sanitizers that users should consider. These hazards include alcohol poisoning, irritation on burns or cuts, and the fact that they are highly flammable. Of course, these hazards will mostly tend to arise after hand-sanitizers are improperly used. Alcohol poisoning is only likely to happen, for example, if the sanitizer is somehow ingested.

Since hand sanitizers don’t kill viruses, what can we do to protect ourselves?

Dr. Sanjay Gupta, CNN’s Chief Medical Correspondent, once said on his blog to be methodical about good hygiene, emphasizing that it should be maintained “all year long.”

The simple and common prevention tips may also help, such as staying away from sick people, covering mouths with arms (not hands) when coughing or sneezing, washing hands frequently, etc.

There is no one way to prevent flu viruses, but hand sanitizers can be an easy, portable and affordable way to remove many germs.

Look up the difference between bacteria and viruses at www.CDC.gov.
Oklahoma’s Assistive Technology Program

http://oec.okstate.edu/loan/

Introducing, the Pocket Talker Ultra from an ABLE Tech brochure. It is an assistive listening device for meetings, classes and other group settings.

ABLE Tech can loan this piece of equipment, or any other equipment, with free shipping through a short-term loan program.

If interested in purchasing, the prices of the Pocket Talker Ultra ranges from $140 to $180 from various companies.

Visit the http://oec.okstate.edu/loan for the complete online inventory.

Oklahoma’s ABLE Tech is a program that operates to increase accessibility and utilization of assistive technology. The program is available to Oklahoma residents with disabilities, their family members and the professionals that support them.

This month’s wise owl words of wisdom

“Can anything be sadder than work left unfinished? Yes; work never begun…”

-Christina Georgina Rossetti, British Poet

Until our next exchange!