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2007-2008 Annual Report

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2007–2008

ANNUAL REPORT

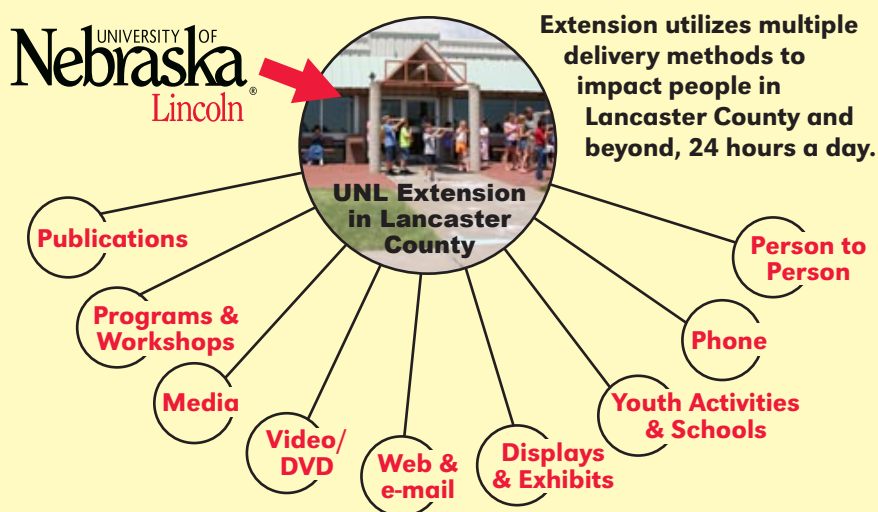
444 Cherrycreek Rd., Suite A, Lincoln, NE 68528 • (402) 441-7180 • <http://lancaster.unl.edu>

Know how. Know **now**.

Land-grant universities work with the people they serve. University of Nebraska–Lincoln teaches, discovers new knowledge through research, and extends this research-based information across the state through extension programs. UNL Extension in Lancaster County develops and delivers educational programs which strengthen individuals, families, businesses and communities.

Extension is committed to helping Nebraskans know how—and know **now**.

From NU to You



Information flows both ways—UNL Extension responds to needs and concerns

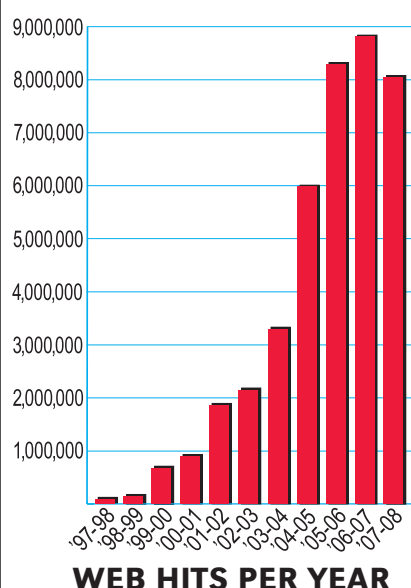
Web Site is Your 24/7 Local University Extension Connection

Through search engines and browsing, hundreds of thousands of people access UNL Extension in Lancaster County's Web site, <http://lancaster.unl.edu>, to find "Know How—Know Now" 24 hours a day, 7 days a week. Visited by an average of 300,000 unique sites* each month, the Web site received more than 8 million hits (accesses) this past year!

The Web site contains thousands of pages of content—featuring extensive resources, educational publications, a searchable database, Egg Cam, YouTube videos, quizzes, Master Gardener Diagnostic Center, outstanding photos and much more. The site is updated daily. Not only do Lancaster County residents, Nebraskans and Americans use the site; the site has Web users from nearly 150 countries monthly.

*unique site = IP address

8 MILLION HITS



"Your Web site is quite informative and very well organized. Thanks for all the work that has gone into creating and maintaining it."

—The Pearsons (Web site users)



15-to-1 Return on Investment

An independent study found the University of Nebraska–Lincoln's Institute of Agriculture and Natural Resources (which includes extension) provides Nebraskans more than a 15-to-1 return on tax dollars invested. Here are some examples of the value extension brings to our community:

Last year, 279 residents attended one of 12 composting workshops presented by extension at Lincoln City Libraries or composting demonstrations at the Pioneers Park Nature Center's new backyard composting demonstration area. Extension also educates the public how to use LinGro, the City of Lincoln's Compost. **An estimated 20,869 tons of yard waste was kept out of the landfill, saving taxpayers an estimated value of over \$686,000.***



*Recycling office bases this estimate on saving over 70,00 cubic yards of landfill space in FY 07–08.

The 4-H youth development program reached 21,865 youth in Lancaster County:

- 1,789 youth participated in the 4-H club program.
- 1,231 youth participated in 4-H after-school and summer programs.
- 17,119 youth participated in 4-H school enrichment programs.



"Supermarket Savings: 16 Tips that Total BIG Bucks!" was posted on the Web as an article and PowerPoint with a handout. It received 13,900 hits in five months. 94% of respondents to an online survey stated these tips will help them save money with an **average savings of \$17/week or nearly \$900/year**. The article was also distributed statewide as a media release.



University of Nebraska Institute of Agriculture and Natural Resources photo by Brett Hampton

Extension presented nine Computerized Farm Financial Recordkeeping workshops to 102 participants in eastern Nebraska last year. Evaluations revealed:

- 92% learned to keep a more **complete** set of financial records.
- 88% learned to keep a more **accurate** set of financial records.
- 96% learned how to create reports to **retrieve and organize financial information** which will **help them make better management decisions in the future**.



For every \$1 spent on the Expanded Food and Nutrition Education Program, **a potential health care savings of \$2 to \$17** may result from the prevention or delayed onset of nutrition-related chronic diseases and conditions. Last year, Lancaster County NEP reached:

- 1,074 adults who care for 4,406 family members.
- 6,016 youth (316 groups) at 17 schools and other sites.
- 587 older adults at 6 senior sites.



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15-to-1 Return on Investment

from preceding page

UNL Extension coordinates distribution and application of biosolids* to agricultural cropland for the City of Lincoln. Last year, more than 35,000 tons of biosolids were delivered and applied to 1,331 acres of crop land, **worth \$470,000 to farmers and saving taxpayers \$350,000** by keeping this recyclable material out of the landfill.

**Biosolids are organic solids separated from wastewater and biologically processed to make them safe to use as an organic fertilizer for crops not in the human food chain.*



Last year, 191 people attended Guardianship Training classes co-taught by UNL Extension and volunteer attorneys. Evaluations indicate:

- 81% better understand Guardianship.
- **92% better understand their responsibilities to the court and their ability to meet them.**
- 75% better understand their financial responsibilities as a guardian.



For the fourth year in a row, UNL Extension organized a two-day, hands-on Termite School for Termite Applicators. Of the 112 participants to date, evaluations show:

- 84% would make changes in inspection and/or pesticide application techniques.
- **93% would be more in compliance with termite pesticide label directions.**
- 96% felt better able to calibrate pesticide equipment.



In March, 135 child care providers who care for approximately 1,143 youth participated in a child care conference organized by UNL Extension and other Lincoln agencies. Evaluations indicate:

- **42% have made changes in child guidance & discipline.**
- **32% apply more safety guidelines & practices.**
- 43% include more hands-on activities for youth.



Approximately **3,000 pounds of pesticide containers** were collected last year in Lancaster County and recycled through the Pesticide Container Recycling Program, which is coordinated by UNL Extension. Since 1992, about 1.75 million pounds of plastic from pesticide containers have been removed from Nebraska's landscape and recycled.



Last year, UNL Extension in Lancaster County programs benefitted from approximately **1,961 volunteers investing 27,138 hours** of time for a total value of **\$529,462!*** Volunteers contributed to 4-H, Master Gardener, Nutrition Education Program (NEP), Family Community Education (FCE) and other extension programs. In addition, 4-H and FCE members often volunteer in community service projects.



**Independent Sector values volunteer time for 2007 at \$19.51/hour.*

"At Work for Nebraska" in Lancaster County

Extension provides more than just information or knowledge. The goal of extension is to help Nebraskans transform knowledge into "know how"—having the confidence, skill and understanding to make better decisions about their businesses, their communities, their families and their personal lives.

Extension is a division of the University of Nebraska—Lincoln's Institute of Agriculture and Natural Resources (IANR), which also includes the Agricultural Research Division and the College of Agricultural Sciences and Natural Resources. A 2007 study by an independent organization found IANR annually returns at least \$15 in benefits to Nebraskans for every dollar of state support, making it a primary engine for economic and social sustainability (<http://atworkfornebraska.unl.edu>).

Extension research and information is based in great part on issues, challenges and opportunities identified by Nebraskans themselves. While the



university is certainly on the vanguard in terms of defining research and educational priorities, extension is also closely connected to the people, businesses and communities it serves. Many valuable and critical extension programs have been created in response to the grassroots needs communicated by Nebraskans through county extension boards and other advisory committees.

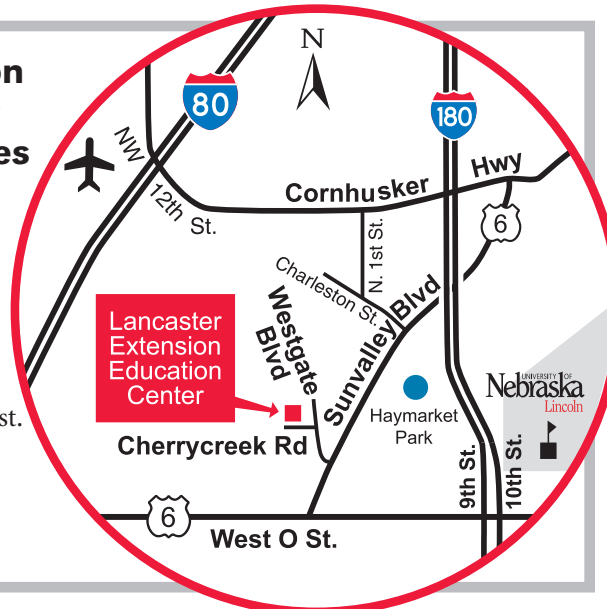
Over the years, University of Nebraska—Lincoln Extension has evolved to meet the changes in the state's challenges and opportunities. Still, the fundamental tenet for extension today is what it has always been—to quickly and effectively transfer university research and information to the people of the state. To help Nebraskans know how—and know now.

Gary C. Bergman

Gary C. Bergman
Extension Educator & Unit Leader

Lancaster Extension Education Center Conference Facilities

As part of extension's commitment to community learning, the conference facilities at Lancaster Extension Education Center are made available to other nonprofit and governmental organizations at a nominal cost. Last year, more than **4,150 hours of conferences and meetings** were held at the Education Center.



Honors, Awards and Accomplishments

Extension Educator Lorene Bartos • national Distinguished Service Award presented by National Extension Association of Family and Consumer Sciences

Extension Educator Gary Bergman • President of the Nebraska Great Plains Resource Conservation and Development • President of the Eastern Nebraska 4-H Center Site Board • Vice-President of the Nebraska Resource Conservation & Development (RC&D) Association

Extension Educator Maureen Burson • member of team receiving Excellence in Team Programming honor presented by University of Nebraska—Lincoln Extension for Parents Forever and Kids Talk About Divorce classes

Extension Associate Soni Cochran • 15 years of service with UNL

Extension Associate Marty Cruickshank • 5 years of service with UNL

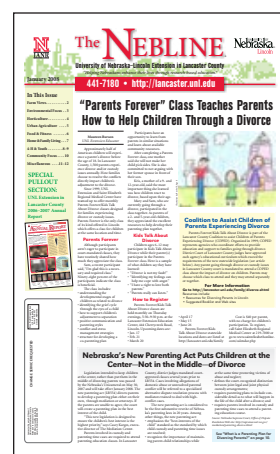
Extension Educator Tom Dorn • one of four statewide senior faculty Holling Family Awards for Teaching Excellence presented by University of Nebraska—Lincoln Institute of Agriculture and Natural Resources • Vice Chair of North Central Regional Search for Excellence Committee • Treasurer of Nebraska Cooperative Extension Association (NCEA)

Extension Educator Alice Henneman • member of team receiving 1st place national and central regional winner Food Safety Team Award presented by the National Extension Association of Family and Consumer Sciences • member of team receiving 1st place state Education Curriculum Team Award presented by the National Extension Association of Family and Consumer Sciences Nebraska Affiliate

Extension Associate Tracy Kulm • national Distinguished Service Award presented by National Association of Extension 4-H Agents • statewide Distinguished Managerial Professional Award presented by University of Nebraska—Lincoln Extension

Extension Educator Barb Ogg • member of team receiving Entomology Educational Project Award presented by the Board Certified Entomologist of Mid-America for the University of Nebraska—Lincoln Hands-On Termite School for Pest Management Professionals

THE NEBLINE Newsletter • 3rd place national and central regional winner Communications—Newsletter Team Award (Maureen Burson, Alice Henneman, Lorene Bartos, Mardel Meinke, Julie Rasmussen, Zainab Rida, Vicki Jedlicka) presented by National Extension Association of Family and Consumer Sciences



• North central regional winner Periodical Publication Team Award (Gary Bergman, Marty Cruickshank, Vicki Jedlicka, Deanna Karmazin and Tracy Kulm) presented by National Association of Extension 4-H Agents

Lancaster County Fair 4-H handout series • North central regional winner Promotional Package Team Award (Gary Bergman, Marty Cruickshank, Vicki Jedlicka, Deanna Karmazin and Tracy Kulm) presented by National Association of Extension 4-H Agents
4-H EGG Cam • named EarthCam Top 10 Webcam (EGG Cam is part of the University of Nebraska—Lincoln Extension in Lancaster County Embryology Web site at <http://lanecaster.unl.edu/eggcam>)

"I believe that THE NEBLINE, word for word, contains more useful information than any other publication of any kind I regularly read or receive. Congratulations to those responsible on a fine work product."

—Terry Schaaf, Lincoln (NEBLINE subscriber)

The UNL Extension in Lancaster County THE NEBLINE newsletter is free to Lancaster County residents.

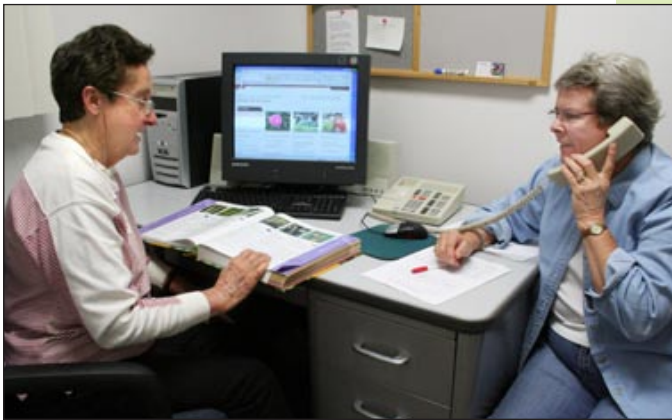
Extension Helps You Put Knowledge to Work

UNL Extension in Lancaster County focuses educational efforts in the following program areas:

Yard & Garden

UNL Extension plays a vital role in teaching communities horticulture issues customized for local weather, water, soil and pest conditions. Extension helps property owners develop healthy, diverse and functional landscapes that are energy and water efficient, as well as less dependent on pesticides.

Extension Educator Don Janssen works with the City of Lincoln to educate the public about reducing yard waste through composting, mulching grass clippings and other yard management practices. This year, there was an educational campaign to teach homeowners to use no/low phosphorus fertilizer to keep phosphorus out of Lincoln-area lakes and waterways.



Master Gardener volunteers answer horticulture questions at the extension office during the growing season.

The Master Gardener Training Program is a volunteer program where people are given training by UNL personnel and then in return, provide 40 hours of volunteer service to extension's educational programs. Extension Associate Mary Jane Frogge coordinates the Master Gardener program for Lancaster County.

Plant and Pest Diagnostic Services

Throughout the year, Lancaster County residents bring plant samples, insects, pests and wildlife "signs" to UNL Extension in Lancaster County. A free service, extension horticulturists and entomologists identify weeds, diseases and insects in and around the home and garden, and make recommendations about the best way to help manage these problems.

Pests & Wildlife

UNL Extension in Lancaster County has extensive resources to help identify pests and recommend control methods. Emphasis is on low-toxic control methods. Extension Educator Barb Ogg and Extension Associate Soni Cochran assist area residents via phone calls, walk-in requests, e-mail questions, publications, workshops and radio. Extension's pest and wildlife Web site received nearly 2 million hits last year. This year, the Spanish version of the Cockroach Control Manual, "Manual Para el Control de Cucarachas," was posted online.

Ogg often partners with community organizations and industry professionals in training and disseminating pest control resources and assistance.

New this year was an Insect Photography workshop presented with the help of Jim Kalisch from the UNL Entomology Department.



UNL Extension in Lancaster County has a lab for diagnostic services.

Nutrition & Food Safety

To help people learn how to eat healthier, extension blends nutrition, food safety and food preparation information into practical actions individuals can use in their daily lives.

Educational materials developed by Extension Educator Alice Henneman for use in local programs (such as news articles and fact sheets) are made available on the Internet for around-the-clock access, both locally and nationwide. Extension's food Web site received more than 3 million hits last year, extending the outreach of our food and nutrition-related programs in a timely and cost-efficient manner. Two e-mail newsletters, "Food Reflections" and "Cook It Quick," have more than 16,000 subscribers combined.

The Lancaster County Nutrition



The Nutrition Education Program teaches nutrition to youth, adults and seniors.

Education Program (NEP) helps limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars. NEP receives funding from the Expanded Food and Nutrition Education Program (EFNEP) through USDA and the Supplemental Nutrition Assistance Program—Education (SNAP-Ed). NEP partners with more than 300 local agencies, classrooms and coalitions.

Farms & Acreages

UNL Extension continues to make agricultural profitability and sustainability a priority issue. Extension Educator Tom Dorn fulfills this goal through numerous workshops and meetings, educational resources, person-to-person contacts and an up-to-date Web site.

Some of the agricultural programs presented this year include: Crop Protection Clinic, Private and Commercial Pesticide Applicator Trainings, Computerized Farm Financial Recordkeeping and Nitrogen Management Training.

Residential acreages are rapidly increasing in Lancaster County. Extension delivers information on a wide range of issues related to acreages such as proper management of septic tanks and wastewater lagoons, landscape management and alternative crops profitable for acreages. Extension offers an Acreage and Small



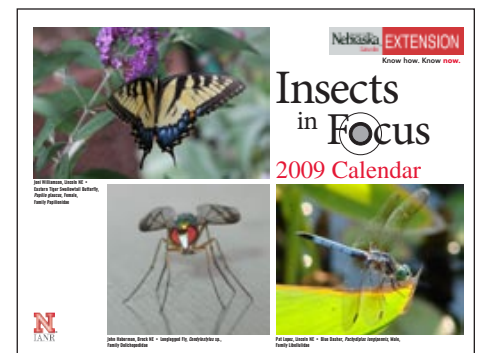
Tom Dorn is extension's statewide contact for grain storage questions.

Farms Insights Web site and monthly e-mail newsletter at <http://acreage.unl.edu>

Home & Family Living

Extension Educator Lorene Bartos disseminates information on home maintenance, indoor air quality, lead paint hazards, safety in the home, shopping smart and recycling through THE NEBLINE, extension's Web site, her weekly column in the "Lincoln Journal Star," group presentations and other outreach methods. In a new partnership this year, Bartos helped Lincoln Housing Authority and other agencies present RentWise classes to renters.

UNL Extension is part of the Lancaster County Coalition to assist Children of Parents Experiencing Divorce (COPED), and co-presents Parents Forever and Kids Talk About Divorce classes. Extension Educator Maureen Burson teaches Parents Forever and Guardianship Training classes in Lancaster County. She also organized a Strengthening Families: Daughter/Mother Camp this year.



A calendar was created with submissions by attendees of an Insect Photography Workshop.

Family & Community Education (FCE) Clubs

The Family and Community Education (FCE) clubs are an educational, social and community-oriented program designed to meet the needs and interests of Nebraska homemakers. FCE members help strengthen communities and families through education, leadership and action. Lancaster County FCE's emphasis is on community service and sponsoring a nursing scholarship. In the past 10 years, FCE has awarded \$2,375 in total scholarships.



In April 2008, the Southeast District FCE meeting was held at the Lancaster Extension Education Center.

4-H Youth Learn Leadership, Citizenship and Life Skills

The University of Nebraska–Lincoln Extension 4-H youth development program is open to all youth ages 5–18. Emphasis is on developing life skills through learning-by-doing. In the past year, 4-H reached **more than 21,865 youth** in Lancaster County.



- Lancaster County 4-H consists of:
- **Organized Clubs**—Lancaster County has around 120 4-H clubs. Each club ranges from 5 to 54 members and is led (or co-led) by adults. Youth choose officers to run meetings. Clubs usually participate in one or more projects together.
 - **Independent Members**—With increasingly busy schedules, more and more youth are becoming independent 4-H members. Youth work on 4-H projects on their own.
 - **Projects**—Youth can choose from more than 150 4-H projects. Project manuals are developed by university experts.
 - **School Enrichment**—4-H programs for classrooms include: Garbology (for 2nd grade), Embryology (for 3rd grade), Ag Awareness Festival (for 4th grade), Earth Wellness Festival (for 5th grade) and Nutrition Education Program (for K–8th grades). These curricula meet Nebraska Curriculum Standards.
 - **After-School Programs**—25 Lincoln after-school programs have incorporated 4-H projects into their activities, 4 sites have formed 4-H clubs and 21 summer sites participated in 4-H county fair exploration activities.
 - **4-H Embryology Web Site**—EGG Cam and other resources at <http://lancaster.unl.edu/4h/Embryology>
 - **Educational Events**—4-H staff organize educational events each year such as Clover College, speech workshops and leader trainings. The 2008 Lancaster County Fair showcased 4,467 4-H exhibits.
 - **Leadership Opportunities**—4-H Teen Council, 4-H Council, Citizen Washington Focus group and more.



In June, the Lancaster County 4-H Citizenship Washington Focus (CWF) group—33 teens and 4 sponsors—traveled by bus on a 15-day itinerary to Washington D.C. CWF is a citizenship and leadership program.



This was the second year a Special Needs Horse Show was held at the Lancaster County Fair.

The Lancaster County 4-H dog club, Canine Companions, was a recipient of the 2008 Governor’s Agricultural Excellence Awards. These funds were matched by the Lancaster County Agricultural Society to purchase new dog agility equipment.



“I know how to grow plants and to identify weeds, trees, plants and flowers.”

—Kyle Pedersen,
4-H member



Lancaster 4-H partnered with many after-school summer sites to provide a county fair-related curriculum with hands-on activities which could be done before the Lancaster County Fair. The groups were then invited to experience the fair hands-on.



At Ag Awareness Festival, fourth graders rotate between interactive stations such as Dairy Calves, Ruminant Nutrition and Farm Technology.



“UNL Extension has developed materials in numerous languages and continues to expand its educational and informational materials in additional languages to meet the growing needs of our community.”

—Kendra Penrod, member of Lancaster County Extension Board



“I know how to maintain my yard. I know when and how to prune the trees and how to care for the perennial plants.”

—Laura Pales,
homeowner



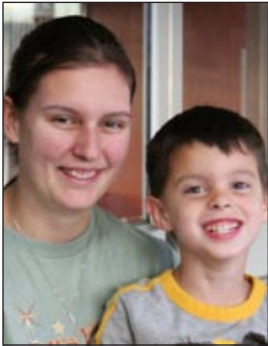
“I know how to fulfill my legal obligations to the court as a guardian.”

—Cory Cooper,
Guardianship
Training attendee



“I know how to do a lot of things, such as be thrifty and keep my family healthy.”

—Darleen Isley,
Family & Community
Education Clubs
55-year member



“We know how to use MyPyramid to make healthy meals and snacks.”

—Megan & Aidan
Battiato,
Nutrition Education
Program participant



“I know how to use digital photography to better appreciate and understand insects and the natural world.”

—Pat Lopez,
Insect Photography
class participant



“I know how to use biosolids to improve my soil, increase crop yields and save on fertilizer costs.”

—Loren Neujahr,
farmer and biosolids
program cooperator



“I know how to better lead the younger kids in my 4-H club.”

—Emily Steinbach,
4-H Teen Council
member



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska–Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.