University of Nebraska–Lincoln Extension
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Water conservation always is prudent; in the future it well could be mandated. That’s why many Nebraska producers are working to better manage crop water use.

“All of us are responsible to use water more efficiently,” said Suat Irmak, University of Nebraska–Lincoln Extension water resources engineer. “And everything we do has to be manageable.”

Irmak coordinates the Nebraska Agricultural Water Management Demonstration Network team of extension, the Upper Big Blue Natural Resources District (UBBNRD) and growers. The team’s work includes teaching producers one-on-one how to use moisture-measuring equipment to better manage irrigation.

One project goal is to reduce irrigation by 1 inch per season, Irmak said. He added that in 2005 some producers reported irrigation savings of up to 3 inches compared to how they normally irrigated.

Equipment being demonstrated include Watermark sensors installed in fields at 1-foot intervals to 4 feet. The sensors measure the amount of energy plants must exert to draw moisture out of the soil, and are read with a hand-held meter each week. Atmometers or ET gauges located in producer fields estimate how much water plants are using. The amount of moisture the crop needs is the difference between the sensor readings and the ET gauge.

“Once irrigators can start measuring those two elements they can manage their risk,” said Dan Leininger, a team member and UBBNRD water conservationist.

Declining groundwater levels and years of dry weather eventually could lead to allocated groundwater use in the UBBNRD, Leininger said, so groundwater management is critical and also saves on rising energy costs.

“Farmers are trying but need some more tools,” he said. The equipment costs about $600; the UBBNRD and extension provided half that in a cost-share program for 20 producer participants last year and 50 this year.

Irmak hopes eventually significant numbers of producers statewide will use this type of equipment, or similar, to achieve greater water and energy savings.

Irmak said the UBBNRD has 1 million acres of irrigated cropland, the largest of the state’s 23 NRDs. Within the district are 12,000 irrigation wells. Saving 1 inch of irrigation water saves an estimated $400 to $500 in costs. Over the entire district, he said, a 1-inch reduction would save 27.1 billion gallons of water, and about $5 million just in energy costs.

Gary Zoubek, a team member and extension educator based in York, said the Watermark sensors likely will be most helpful at the beginning of the irrigation season and at the end.

“We want to use as much soil moisture as possible before irrigating and make room for natural recharge by drawing down soil moisture at the end of the season,” Zoubek said.

Gerry George of Waco previously relied on general crop water use reports to irrigate his crops, but is using the Watermark sensors for the second year.

“When you know it’s in your own field you can feel more confident about it,” said George, who held off on at least one watering and put on only half as much on the final irrigation last year.

Brothers David and Doug Cast of Beaver (continued on page 4)
Dean’s comments

Expertise and leadership in science, engineering and technology are extremly important in our world today, and critically necessary for a strong 21st century U.S. work force.

Tomorrow’s experts must begin now to be prepared for the future. Our fast-paced world will not wait for us to keep up with ever-changing technology and the potential it holds — we need to move with it or be left behind.

University of Nebraska–Lincoln Extension 4-H Youth Development is a wonderful venue to help teach science, engineering and technology to tomorrow’s leaders. 4-H programs in these areas prepare youth for the challenges of the 21st century by engaging them in a process of discovery and exploration. 4-H’s direct tie to the nation’s land-grant university system gives it direct access to the latest technological advances in agriculture, life sciences, family and consumer resource management, human development and nutrition.

Extension considers science, engineering and technology so important to our country’s future that 4-H at the national level has proposed the dynamic goal of involving 1 million newly enrolled youth in these areas within the next seven years.

Nebraska 4-H science and technology specialist Brad Barker is helping pave the way by capturing youth interest in robotics as well as in helping lead the National 4-H Technology Leadership Conference held in Lincoln this summer. Read Brad’s comments about robotics and the importance of technology on page 3 in this issue of Connect.

The science, engineering and technology mission mandate is just one of three that forms 4-H’s educational foundation. The other two are healthy lifestyles, tied to human health and well-being; and citizenship, tied to the activities of people with institutions and government for the common good.

The state’s land-grant institution, UNL, through extension, takes research-based knowledge from the university to the people who can use it. 4-H always has been a part of research-based education for youth, with volunteer adults providing guidance. A story on page 8 describes how 4-H helped prepare Kelly Keiser, former Miss Nebraska, for a year of high visibility, and how she chose to give back to 4-H.

Nebraskans also can be very proud to know their volunteering is a part of life. According to the Corporation for National and Community Service, Nebraska in 2005 ranked second for volunteering (Utah is first). Extension and 4-H in particular rely on volunteers to lead and mentor young people to accomplish their goals.

Nebraska continues to rank among the top in the nation in 4-H involvement per capita, with nearly 118,000 youth engaged in 4-H education.

Learning must be an ongoing, lifelong experience, and 4-H is an excellent place to supplement formal schooling. We often say 4-H is your first class at the University of Nebraska–Lincoln, and these days science, engineering and technology are in the spotlight for our nation’s young learners.

Elbert Dickey
Dean and Director
University of Nebraska–Lincoln Extension
Robotics helping boost 21st century science and technology skills

Legos, those colorful flat construction bricks that snap together, are teaming with electronics to make robots a creative learning tool for children — as part of University of Nebraska–Lincoln Extension 4-H Youth Development’s emphasis toward teaching technology and science.

4-H is piloting a new national curriculum teaching children about robots using special Lego Mindstorm kits. The curriculum, developed in a collaborative effort between the 4-H Cooperative Curriculum System, Carnegie Mellon University’s Robotics Academy and Nebraska 4-H, is designed to enhance math, science and technology skills. It will be released nationally in October.

“We know to be ready for the 21st century workplace young people need to understand science and technology skills to prepare them, and we want to give them those skills,” said Bradley Barker, 4-H science and technologies specialist.

Tests have shown U.S. students are falling behind students in other countries in those areas, Barker said, adding robotics can help counter that trend.

“Children learn by the experiential method, a hands-on method,” said Barker, who contributed lessons to the national curriculum. “This is hands-on. Legos are fun for most kids and when they get to see the Legos move by themselves it makes learning more exciting.”

4-H rents the Lego kits to participating schools for $50 each. Each kit contains 828 parts, including Legos, axles, gears, motors and sensors, which children assemble into robots.

Kits also include a laptop computer with specialized software called Robolab to move the robots, so students can learn computer programming, Barker said.

Gibbon Elementary School participated in the first test of the Legos curriculum earlier this year. Third-grade teacher Cheryl Escritt incorporated it in her after-school Inventors Club. About 20 first- through sixth-graders followed the curriculum for six weeks.

“It taught them about problem-solving, logical thinking and using the computer,” Escritt said. “They thought it was awesome.”

Barker conducted math and science pre-tests and post-tests on participants and nonparticipants of the robotics curriculum. Results showed students involved with robotics scored significantly higher in the post-tests than those who did not, Barker said.

Jackie Farrell, extension assistant based in Kearney, said a parent of one Gibbon participant attended a class and showed a videotape of a large robot being used at the company where he worked.

“That made them see that this is something they could do as a career,” Farrell said.

The robotics curriculum also was used this spring and summer by children attending Lincoln’s Community Learning Centers. Donna West, an eighth-grade science teacher at Dawes Middle School, said it helped the dozen or so students in her after-school class learn problem-solving skills and working in teams.

“It’s good for their personal skills,” West said. “When the children understand how to make the robot do things they feel that they have achieved a lot.”

Robotics was one of more than a dozen areas teens could choose to study at the July National 4-H Technology Leadership Conference in Lincoln. About 300 students from across the country were to attend and learn how to apply science and technology to various topics.

— Lori McGinnis

Barker can be contacted at (402) 472-9008.

Check out Extension’s Web site at: http://extension.unl.edu
Decision-making focus of outlook conference

Production agriculture today is as much about decision-making as it is about tilling the soil. Creating awareness about the issues and factors affecting decisions is the purpose of the Cornhusker Economics Management and Outlook Conference.

This series of University of Nebraska–Lincoln Extension outlook conferences was held in five towns across the state in early 2006. Programs focused on factors affecting both short-term decision-making and longer-term strategies.

“Agricultural business decisions are made with the realization that they are influenced by policy, market and world events beyond our control,” said Brad Lubben, public policy specialist.

Such events include the weather, federal budget talks and international trade negotiations. Others include the high cost of fuel and fertilizer, effects of ethanol production, and local land markets and cash rents.

Part of making better decisions is “knowing the settings and the driving factors behind the issues,” Lubben added.

Providing knowledge people can use through the conference at the local level is a good way to do that, he said, adding the next conference series likely will occur during the heat of deliberations on the 2007 Farm Bill.

The conference series attracted about 140 participants, “a good start,” Lubben said. Topics participants ranked as their most highly valued were grain marketing, land markets and leasing, crop energy costs, and agricultural policy and law.

— Cheryl Alberts

Lubben can be contacted at (402) 472-2235.

Future North Platte River uses analyzed

There’s high demand for water in the North Platte River, and that demand comes from people who want to use the water in different ways.

Factual, researched information and education is vital for those making decisions affecting the river’s present and future, and for those in discussions with the decision-makers.

This year a critical water policy agreement seeking to balance needs of endangered species, towns and irrigators that tap the Platte for water is up for signing by governors in Colorado, Wyoming and Nebraska, as well as the U.S. Secretary of the Interior.

C. Dean Yonts, University of Nebraska–Lincoln Extension irrigation specialist based at Scottsbluff, coordinates the annual North Platte River Basin Water Policy Conference to help keep irrigators informed of new developments.

“Irrigators need to understand the total picture” on how multiple interests affect the amount of water allowed for each use, Yonts said.

The annual conference helps irrigators and others become more familiar with endangered species and irrigation issues, and challenges intensified by drought since at least 2002.

— Cheryl Alberts

Yonts can be contacted at (308) 632-1246.

Sensors (from page 1)

Crossing previously used gypsum blocks as soil moisture sensors. They worked, but the Casts said the appeal of the Watermark sensors is that they last up to five years rather than one and are more accurate.

“It didn’t take any convincing at all” to try the new Watermark sensors, Doug Cast said, adding “With all the water issues we’re having in Nebraska this will be all the more important in the future.”

Added David Cast: “You know when to start and when you can quit. This way we know exactly what we have. It eliminates the guesswork.”

— Cheryl Alberts

Irmak can be contacted at (402) 472-4865.

Wyoming hosts the conference some years, since some 50,000 acres of cropland in that state are irrigated from the river. An estimated 280,000 Nebraska acres are irrigated from the snow-fed river as well, Yonts said.

The agreement now being discussed will affect water use in the North Platte Valley for years, Yonts said. Nebraska irrigators want their input considered, and the governor signing the agreement is key to that consideration.

Dennis Strauch, manager for the Pathfinder Irrigation District in the North Platte River basin, said Yont’s efforts have helped “lead the charge” in the Panhandle toward a signed agreement.

An example of how much irrigators are interested in the Platte River issue was shown by participation in the 2006 conference. Although held the day of a snowstorm, it was the largest conference ever, Yonts said, drawing 200 participants.

Yonts also edits a newsletter sent to 2,100 landowners and irrigators to keep them informed about North Platte River discussions.

— Cheryl Alberts

Yonts can be contacted at (308) 632-1246.
Micki Beaudette likens goat ownership to the desire for a popular potato chip. “You can’t have just one,” said Beaudette, who started her herd with two baby goats a decade ago and now has about 800 nanny goats on her farm near Orleans.

She and others have discovered there can’t be too many goats, at least for now.

The demand for the animal is strong, said Beaudette, who sells meat goats.

Demand is growing because the general U.S. food diet is expanding, in part as more people move here from other regions of the world, including Central and Latin America, Africa and the Middle East.

University of Nebraska–Lincoln Extension Educator Steve Gramlich, based in North Platte, called the demand for meat goats in recent years an explosion.

“There may be more people in the world who eat goat than any other meat,” Gramlich said.

Five years ago, meat goat production was a fringe area of the dairy goat industry, he said. Now goat meat is an industry in and of itself, with 17,000 meat goats produced in Nebraska each year.

Goat meat, called chevon, is healthy and leaner than chicken, Beaudette said, noting consumers include more native Nebraskans.

“The loin is the best rib eye steak you’ll ever have,” Beaudette said.

Extension has hosted a meat goat expo in Dawson County for the last four years, with 200 people from seven states attending the 2005 expo.

The interest in the expo correlates to the interest in meat goats, said David Stenberg, extension educator based in Lexington.

This year’s expo is scheduled for Oct. 6-8 and Stenberg again expects about 200 people to attend. New this year will be a session by a Texas veterinarian discussing meat goat health issues.

Usually about half the expo participants have come out of curiosity, Stenberg said, adding many decide to get involved with goats afterward. That is a positive trend, he said.

“The demand is growing, and it’s a challenge to find enough producers,” Stenberg said.

Mel and Doris Uphoff of Elwood have been raising goats for about eight years and currently have about 75. Doris Uphoff cites an article from the American Meat Goat Association claiming the number of meat goats in the United States increased 328 percent between 1992 and 2002.

“Goat is the meat of choice for some countries,” Doris Uphoff said. “The United States doesn’t even start to produce the number of goats needed.”

Meat goats also are good weed management tools, Doris Uphoff said. They eat noxious weeds, even brush — “the things cattle and sheep won’t,” she said.

Nebraska 4-H’ers are getting into the goat industry as well, said Rosie Nold, animal science youth specialist. For the first time, 4-H’ers will show goats at the 2006 Nebraska State Fair. A county survey shows that between 2002 and 2005, the number of counties where 4-H’ers raised goats increased from about six to 40.

“It is increasing very rapidly,” Nold said. “It’s a trend that started farther south and it’s gradually moving north.”

Beaudette expects the demand for chevon to continue growing: “It’s not going to go away.”

— Lori McGinnis

Gramlich can be contacted at (308) 532-2683.

Would you like to treat a friend?

Do you know someone who would like to receive UNL Extension Connect who isn’t currently receiving a copy? Please send the name and address to: Editor, UNL Extension Connect, P.O. Box 830918, University of Nebraska–Lincoln, Lincoln, NE 68583-0918. We’ll do the rest. Thanks.

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Log virtual miles and see Nebraska

Walking is one way people can improve their health, and University of Nebraska–Lincoln Extension is providing the motivation.

Extension offers several walking programs designed to encourage people to take a hike, said Linda Boeckner, nutrition specialist based in Scottsbluff.

“More and more people across the state are realizing that they need to be physically active,” Boeckner said.

The newest extension walking program is Walk Nebraska, which encourages people to get out and walk anytime, anywhere and record their miles online, Boeckner said.

The number of miles actually walked are logged in one of five virtual walking trails ranging from 250 to 650 miles throughout the state. As miles actually walked are recorded at www.walknebraska.org, health tips and photos of Nebraska scenery along the trails pop up on the screen, Boeckner said.

The site averaged about 470 hits per day in May, when it was first promoted, and so far about 150 people have registered.

Walk Nebraska is an offshoot of a more traditional walking program called Steps for Health, Boeckner said. With the Steps program, walkers record their daily steps with a pedometer and log sheet.

Jeanne Murray, extension educator based in Alliance, has coordinated Steps for Health for about three years.

“I’ve noticed decreased blood pressure because (people have been) more active by walking,” Murray said.

Extension also partners with the Husker State Games on N-Lighten Nebraska, a program in which teams are encouraged to walk to stay healthy and lose weight.

Rick Rasby, UNL beef specialist, said the topics covered by the shortcourse have “a major impact in the cow-calf enterprise.”

For example, producers have found that extending the productive life of a beef cow for just one year provides a financial advantage of $25 to $50 per animal, Rasby said.

A question-and-answer session enhances knowledge learned from each of the four to five lessons, Brady said.

“They get working knowledge that they probably don’t pick up from reading a magazine,” he said. “We’ve tried to bring basic knowledge that can help them make better decisions.”

Brady said popular topics include those related to reproduction and feeding ethanol byproducts to cattle.

— Lori McGinnis

Brady can be contacted at (308) 745-1518.

Satellite beef course rounds up producers

Technology is enabling 150 to 250 Nebraska beef producers to get together annually to learn more about the latest developments in their industry.

They are participants in University of Nebraska–Lincoln Extension’s satellite beef shortcourse, entering its sixth year, said Scott Brady, extension educator based in Ord.

The course is taught during winter by extension personnel, other UNL faculty and industry leaders. It is delivered to about 20 sites statewide via satellite, Brady said. Each site has about five to 30 participants.

“People with an interest in beef get exposed to industry leaders, but in many cases they get far more in-depth learning opportunities from people who teach at UNL,” Brady said.

Bill Miller of rural Newman Grove detected some birds in his chicken flock appeared unhealthy but he couldn’t figure out why.

He asked friends who had their own flocks but all they could suggest was to research the symptoms on the Internet. Then someone suggested he contact University of Nebraska–Lincoln Extension, and there he found answers.

Extension, in cooperation with the Nebraska Department of Agriculture, offers free testing of bird flocks for such diseases as avian flu, exotic Newcastle disease and others.

Extension has visited about 100 small poultry operations since March 2004, said Sheila Scheideler, UNL poultry specialist.

Extension gets calls primarily from central and eastern Nebraska flock owners who want their birds disease-tested or because they simply aren’t producing enough eggs, she said.

About 40 percent of callers find they have no serious problems in their operations. Some find they have a type of poultry disease that could be contagious, usually due to older birds once vaccinated but that have lost their immunity, Scheideler said.

Miller learned from extension that a form of bronchitis had killed about 30 of his chickens. He then treated the rest of his flock with medicine placed in their water.

“Without treating them I’m pretty sure it would have ran its course through the flock and I would have lost a lot more,” Miller said, adding he learned “a lot” from extension.

Scheideler said the epidemic of bird flu in other nations around the world has increased interest in bird health. Extension provides current, research-based information on the disease and includes a bird flu test when flocks are examined, she said.

“The flock owners are concerned about bird flu, but most are not alarmed,” she said.

While classified as a contagious flu virus, Scheideler said human-to-human spread of bird flu hasn’t been validated.

She said bird flu has not been detected in the United States and the incidence has actually decreased in Vietnam and Thailand.

— Lori McGinnis

Scheideler can be contacted at (402) 472-6451.

Flock health checks ease concerns

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Teen parents can find legal answers with TPAL

Sometimes you’re a teenage mother who feels threatened by your baby’s father. Or a teen father willing to pay child support but fearful of going to court. Or a teen parent and baby needing a place to live.

Where do you learn the legal knowledge to deal with such situations?

Knowing how the law can protect their families, promote self-sufficiency and help avoid crises is the focus of the Teen Parents and the Law (TPAL) Program.

Deanna Peterson, University of Nebraska–Lincoln Extension educator based in North Platte, is initiating TPAL in Lincoln County, which, she said, has the highest per capita teen birth rate in the state.

The program is supported by the Nebraska State Bar Association, judges, social workers and various community action programs.

Peterson said teen parents often face stresses in relationships, in establishing paternity, and in seeking custody and housing, often while trying to complete high school.

Through TPAL, participants gain knowledge and confidence.

TPAL provides knowledge for teens to say, “Here’s what I want and here’s how I will ask for it,” Peterson said.

Currently a handful of participants attend the North Platte program twice monthly after school, but it has the potential to soon be a part of the public high school curriculum, Peterson said.

TPAL already is established in the public schools in Lincoln and Omaha. In Lincoln Public Schools, TPAL guest speaker and family law attorney Mary Kay Hansen discusses the legal rights of teen parents, child support obligations, paternity, availability of low-cost or free services, and overall legal rights and responsibilities for both mothers and fathers.

Hansen said occasionally teen mothers mistakenly think they hold all the rights regarding the child. Such misconceptions can result in “huge amounts of mistrust,” she said, and if it becomes a legal battleground, matters only escalate. Hansen said she tries to point out that goodwill and cooperation are far more beneficial than involving the courts.

Jodi Sonneman coordinates the transitional living program for Turning Point Family Services in North Platte, which serves teen parents or teens at risk for becoming parents, as well as teens in foster care.

Sonneman said the teens she works with already view Peterson as a valued resource because she doesn’t lecture or pass judgment on them. Peterson can find answers to some legal questions, such as whether a father’s name must be listed on a birth certificate.

Peterson said with accurate educational information through TPAL, teen parents may have fewer unknowns in their lives.

“Now they’re not the victim,” Peterson said. “They’re taking responsibility because they know how.” — Cheryl Alberts

Peterson can be contacted at (308) 696-6717.

50+ becoming more health conscious

Some health-conscious people over 50 are finding proper nutrition can help them improve their health as they age, with education from University of Nebraska–Lincoln Extension.

Two Omaha agencies providing services to people 50 years and older contacted extension to conduct classes for their members on health and nutrition. The demand was striking.

“We started one class and had such an overwhelming response that we had to add another,” said Cindy Brison, extension educator based in Omaha.

Extension began teaching classes every other month two years ago for AgeWell Senior Services of Alegent Health and 55Plus with Methodist Health System. Classes focus on health, nutrition and food safety.

Brison has taught vegetarian cooking, the nutritional benefits of soup and how to stretch the food dollar. She tries to limit the classes to 50 to 65 people, but had to have two classes when 130 people signed up.

People 50 and older are growing more interested in health as they age, Brison said, noting some are being encouraged by their doctors to eat healthier. The extension program is one of the few geared for people nearing retirement age or retiring.

“They’re very interested in staying healthy and living longer,” Brison said. “We’re reaching people a lot of agencies might overlook."

Participants find out about the classes through AgeWell and 55Plus. Word has even spread to the Creighton Family Health Clinic South in Omaha, which sought information about extension classes for patient referrals, Brison said.

After attending classes, more than half of the participants said they had been unaware how easy it is to have a more nutritional diet and that they plan to eat healthier, Brison said.

During follow-up phone calls, participants frequently request more information about healthy food preparation and additional nutrition classes, she said.

— Lori McGinnis

Brison can be contacted at (402) 444-7872.
4-H visibility and benefits heighten with Miss Nebraska platform

From the time she gave her first 4-H speech at age 8 through her reign as 2005 Miss Nebraska, University of Nebraska–Lincoln Extension 4-H Youth Development has been a part of Kelly Keiser’s life.

Keiser chose as her Miss Nebraska platform, or area of advocacy, youth/adult partnerships, key to 4-H success. Keiser worked closely with the state 4-H office in developing her platform marketing plan. In school visits she promoted 4-H programs and benefits, as well as healthy lifestyles, making good decisions, and education/scholarships, and handed out water bottles with a tobacco-free message.

The fourth-generation 4-H’er from Gothenburg participated for nine years in nearly a dozen various 4-H projects. Besides learning skills required for livestock and family and consumer science projects, she said she learned confidence and the rewards of achieving goals. One year she emceed at the Dawson County Fair.

Keiser said 4-H taught her judging is subjective, and it’s up to her to do her best, to follow through on projects, and to respect herself — all lessons that helped in her role as a public figure.

Behind the scenes as Miss Nebraska, Keiser drove 45,000 miles, responded to e-mails up to four hours at a time, and assembled 5,000 water bottles for the schoolchildren she visited.

In McCook, Keiser spoke to nearly 500 people at two schools and an open house, and was interviewed by two radio stations and the daily newspaper.

“It was very positive for her to choose 4-H as her platform to help folks understand not only 4-H youth programs, but life skills and sharing their talents with others,” said Mary K. Warner, extension educator based in McCook.

Keiser said her reward was children asking for 4-H materials after she spoke.

“That’s exciting to me, that they listened and can take advantage of the 4-H program,” said Keiser, now a senior in the UNL College of Business Administration.

Keiser visited all 93 Nebraska counties in less than four months, often relying on local extension offices to help with scheduling.

Once Keiser called a school for an appearance only to be told there were no openings.

Kelly Keiser used her Miss Nebraska crown to promote the benefits of youth/adult partnerships and 4-H in 2005 and 2006.

She said she then contacted the extension office, and “the next thing you know, I’m there.”

— Cheryl Alberts

Warner can be contacted at (308) 345-3390.