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2005-2006 Annual Report

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University of Nebraska–Lincoln Extension in Lancaster County

Nebraska
Lincoln

EXTENSION

2005–2006

ANNUAL REPORT

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

Extension Strengthens Nebraska by Extending the University's Research-Based Resources



Guardianship Training

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.



Firth Community Visioning Process

UNL Extension in Lancaster County develops and delivers educational programs which strengthen individuals, families, businesses and communities. For example:

- Last year, more than **16,000 youth** participated in the Lancaster County 4-H Youth Development Program.



Pesticide Applicator Training



Ag Awareness Festival

- A survey of participants at "Ten Easy Ways to Save \$20 per Acre" workshops held last year estimated an **increased profit of \$49.79 per acre** as the result of changes they will implement.
- Now in its seventh year, the Nutrition Education Program School Enrichment Kits have increased nutrition education in participating classrooms from 2 hours to **10.5 hours per year**. Teachers have noticed students choosing healthier eating habits.
- To date, the Biosolids Land Application Program has saved the City of Lincoln more than **\$3.6 million** in landfill tipping fees and saved farmers an estimated **\$5.8 million** in fertilizer costs.
- Our staff responded to over **25,400** phone calls, walk-ins and e-mails from the public requesting information.
- Our Web site continued to expand exponentially, receiving more than **8.2 million** hits this year.

New This Year

Guardianship Trainings

In 2003, a grassroots task force identified a need for improved statewide education of newly-appointed Guardians and Conservators, and asked UNL Extension to coordinate development of trainings. UNL Extension began presenting statewide Guardianship Trainings in January 2006. The trainings fulfill mandated guardian/conservator education requirements set by the Nebraska Supreme Court. Over 200 people attended trainings in Lancaster County this year.

Community Visioning Process for Village of Firth

Three extension educators facilitated a Community Visioning Process for the Village of Firth to help the community shape their future. The process included two town hall meetings, 10 listening sessions with 139 citizens, community research and written input. Information from the efforts will eventually be used by a private consulting firm to develop a new comprehensive plan which will guide future land development.

MyPyramid PowerPoint Presentations Developed

This year, Extension Educator Alice Henneman developed six PowerPoint presentations to help teach people how to use the new MyPyramid to plan a healthy diet. These were used in local programs and also made available to other educators via the Internet. The PowerPoints have been downloaded 12,576 times, greatly expanding the outreach of our office.



MyPyramid PowerPoint Presentations

4-H Partners with Lincoln After-School Programs

This past year, Lancaster County 4-H began collaborating with Lincoln after-school programs. Currently, 14 after-school programs and six summer sites have actively partnered with 4-H, involving more than 1,600 youth. Many of the sites have incorporated 4-H curriculum into their activities. Seven sites formed 4-H clubs. 4-H also worked with sites to involve after-school youth in the Lancaster County Fair.

Investigating Bed Bug Infestations in Lincoln

In 2005, Extension Educator Barb Ogg started seeing increased numbers of bed bug infestations in Lincoln, which had been rare for decades. Using photographs from infested homes, in 2006, she developed educational materials and has given presentations to pest control and hospitality professionals.



Partners with Nebraska



University of Nebraska–Lincoln Extension helps Nebraskans put knowledge to work. Extension has offices throughout the state providing counties with a readily available resource for information.

Because extension staff are locally based, we are able to be responsive to specific community needs and concerns.

Extension engages residents by utilizing multiple educational delivery methods. In addition to direct outreach, extension reaches a broader audience by teaching individuals, who in turn, teach others. This includes business professionals, service industry workers, health professionals, teachers, childcare providers, government employees, master gardeners and volunteers.

UNL Extension in Lancaster County collaborates with more than 125 agencies, organizations, businesses and school systems to develop and deliver educational programs. We value our community partnerships as a way to leverage our resources and reach even more people.

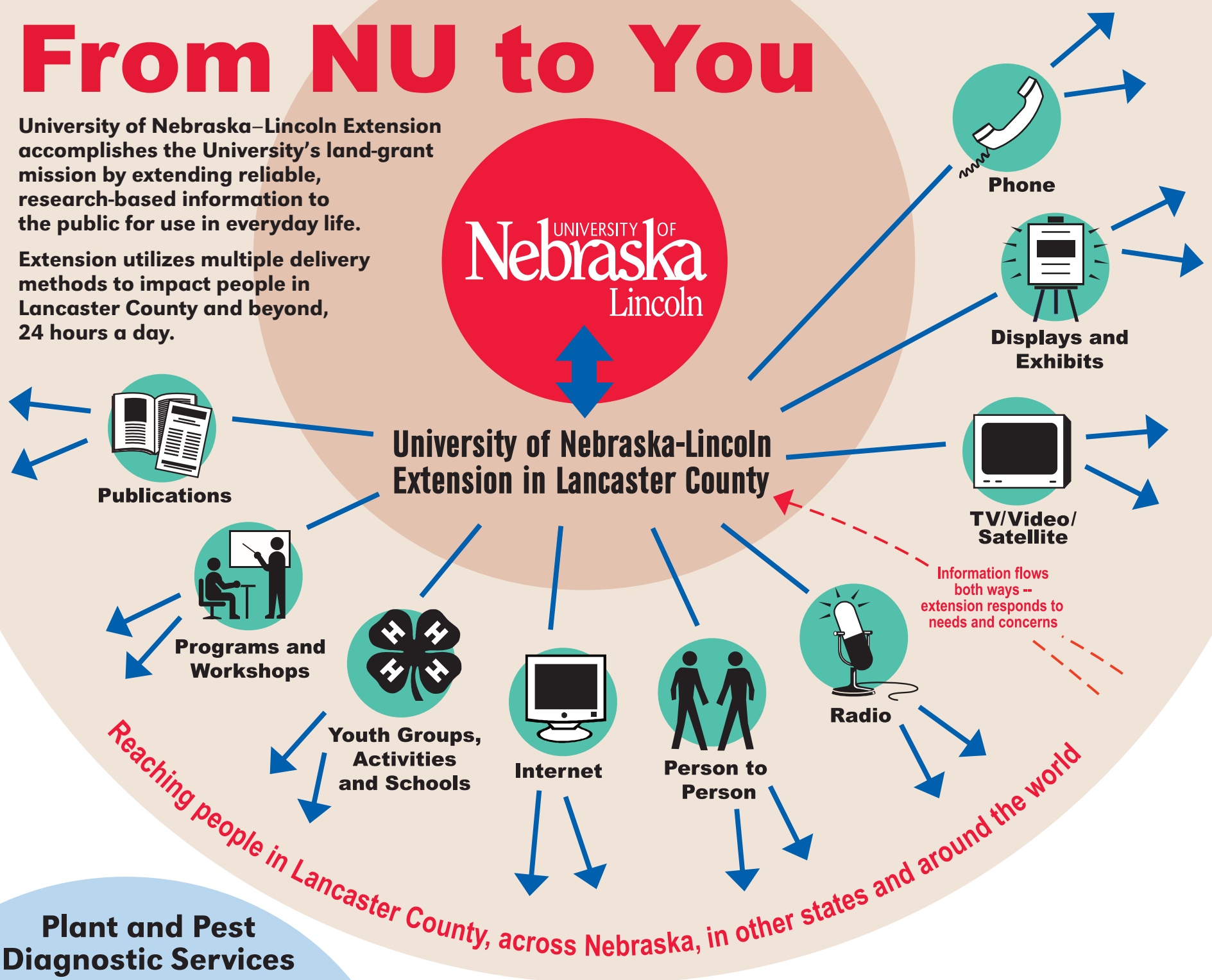
Through this annual report, we invite you to take an in-depth look at our accomplishments over the past year.

Gary Bergman
Extension Educator & Unit Leader

From NU to You

University of Nebraska–Lincoln Extension accomplishes the University's land-grant mission by extending reliable, research-based information to the public for use in everyday life.

Extension utilizes multiple delivery methods to impact people in Lancaster County and beyond, 24 hours a day.



Plant and Pest Diagnostic Services

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



Extension Educator Don Janssen

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 **4,300 hours of conferences and meetings** were held at the Education Center.



Web Site Received 8+ Million Hits Last Year

University of Nebraska-Lincoln Extension in Lancaster County's Web site, <http://lancaster.unl.edu>, contains thousands of pages of content — featuring extensive resources, educational publications, a searchable database, Egg Cam, movie clips, quizzes, Master Gardener Diagnostic Center, outstanding photos and much more. The site is updated daily.

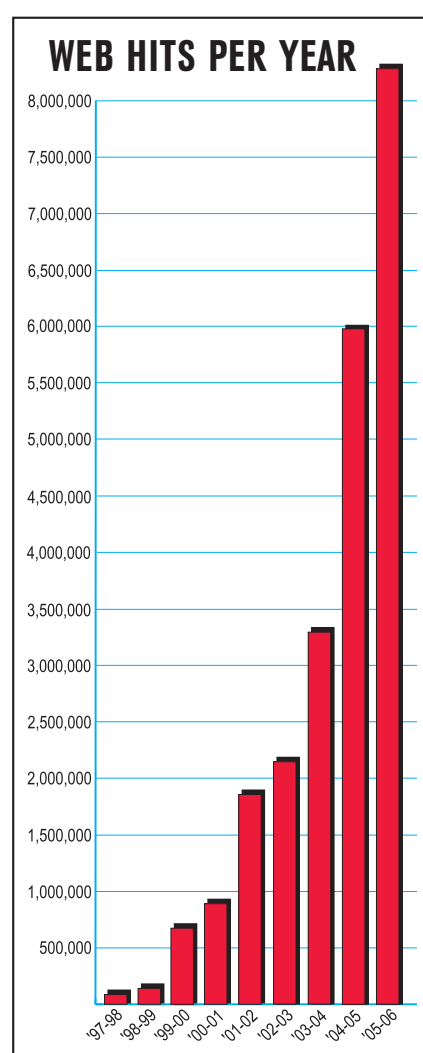
Visited by an average of 340,000 unique sites* each month, the Web site received 8,267,403 hits (accesses) last year! UNL Extension in Lancaster County's Web site's resources are frequently featured near the top of many search engine results. Not only do Lancaster County residents, Nebraskans and Americans utilize the site, the site also has Web users from nearly 150 countries monthly.

New this year were some dramatic changes in the design of the Web site as it adapted to using University of Nebraska–Lincoln guidelines. The new design offers additional ease of navigation and integrated interface with other University resources.

*unique site = IP address

"Your wonderful site has given me easy access to well written, intelligent information. The whole website is fantastic, it is comprehensive, easy to navigate and is a gold mine!!! Everyone associated with the Lancaster extension service is to be commended. Thank you."

Charles D. Bennett, Jr.



"Extension is the front door to the University for many state residents."

— Jane Schroeder, Lancaster County Extension Board member

Extension Helps You Put Knowledge to Work

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

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 a Web site. Dorn is extension's state-wide contact for grain storage questions. Some of the agricultural programs presented this year include: Ten Easy Ways to Boost Profit \$20 per Acre, Crop Protection Clinic, Private and Commercial Pesticide Applicator Training and Agricultural Water Management.

Residential acreages are rapidly increasing in Lancaster County. Extension delivers information on a wide range of issues associated with acreages such as proper management of septic tanks and wastewater lagoons, landscape management and alternative crops which can be grown on an acreage. The Acreage

Biosolids Program

Biosolids are organic solids separated from wastewater and biologically processed during wastewater treatment to make them safe for land application. UNL Extension in Lancaster County coordinates distribution and application of biosolids to agricultural cropland for the City of Lincoln Wastewater and Solid Waste Division. This past year, more than 37,000 tons of biosolids were delivered and/or applied to 37 fields and 1,200 acres of crop land. Sixteen farmers saved more than \$56,000 in nitrogen fertilizer and — by keeping this recyclable material out of the landfill — landfill users saved nearly \$370,000.

Insights Rural Living Clinics continue to increase in popularity. In Lincoln, 230 people attended last year. Extension also offers an Acreage and Small Farms Insights Web site and monthly e-mail newsletter at <http://acreage.unl.edu>.

Pests & Wildlife



Attendees learned inspection techniques at the Hands-on Termite School.

UNL Extension in Lancaster County has extensive resources to help identify pests and suggest management options. 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 KFOR radio. Extension's pest and wildlife Web site received more than 2.2 million hits annually.

Ogg often works with community

organizations and industry professionals in training and disseminating pest control resources and assistance. For the second year in a row, she organized a two-day Hands-on Termite School for Termite Applicators. These are the first such trainings offered in Nebraska. 78% of the participants said they would make at least one change in the way they did inspections or treatments. These changes

have been noted by Nebraska Department of Agriculture inspectors who report attendees "are using what they learned at the school."

Two popular manuals written by extension educators were revised this year: a "Cockroach Control Manual" and "Subterranean Termites — A Handbook for Homeowners." Printed versions of the manuals are available for purchase, and both are available free on the Internet.

Home & Family Living

In the past year, Extension Educator Lorene Bartos has disseminated 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, a weekly column in the "Lincoln Journal Star," group presentations and other outreach methods.

More than 120 child care providers who care for 1,747 youth participated in a two day



Extension Educator Lorene Bartos

Child Care Conference organized by extension and other Lincoln agencies.

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. Last year, nearly 100 people participated in Parents Forever, with 49% reporting they gain a better understanding the effect of divorce on children.

Nutrition & Food Safety

Extension blends nutrition, food safety and food preparation information in user-friendly ways. This year, extension's nutrition staff continued to focus on teaching MyPyramid, the USDA's food guidance system unveiled in 2005.

Educational materials developed by Extension Educator Alice Henneman for local use are then made available on the Internet and used by nutrition professional nationwide. Extension's Food Web site, <http://lanaster.unl.edu/food>, received more than 2.8 million hits last year. Two e-mail newsletters, "Food Reflections" and "Cook It Quick," have more than 22,200 subscribers combined.

The Lancaster County Nutrition Education Program (NEP) helps limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars. NEP partners with more than 250 agencies, classrooms and coalitions and receives funding from the



Nutrition Education Program participants practice food preparation with NEP Extension Assistant Zainab Rida (left).

Expanded Food and Nutrition Education Program (EFNEP) through USDA and the Food Stamp Nutrition Education Program (FSNEP).

This past year, Lancaster County NEP staff presented:

- 1,409 nutrition lessons to 901 adults who care for 3,128 family members.
- 404 presentations to 3,434 youth at 15 schools and other sites.
- 48 programs to 678 older adults at three senior sites.

Yard & Garden

UNL Extension plays a vital role in teaching horticulture issues customized for local weather, water, soil and pest conditions. Extension also helps property owners develop healthy, diverse and functional landscapes that are energy and water efficient, as well as less dependant 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. The City of Lincoln Recycling Office estimates these educational programs will extend the life of the Bluffs Road landfill by three to five years over the next 25 years.



45 participants attended Master Gardener training.

The Master Gardener Training Program is a volunteer program where people are given training by University of Nebraska—Lincoln 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. Last year, 45 Lancaster Master Gardener volunteers logged 2,187 hours and had 12,227 direct clientele contacts.

Family and 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. This year's emphasis was on community service and sponsoring a scholarship.



More than 120 FCE members and friends attended this year's Sizzling Summer Sampler.

16,000 Youth Participate in Lancaster County 4-H

The University of Nebraska–Lincoln Extension 4-H youth development program is open to all youth ages 5–19. Emphasis is on teaching practical skills and developing life skills through learning-by-doing. In the past year, 4-H reached **more than 16,000 youth** in Lancaster County.

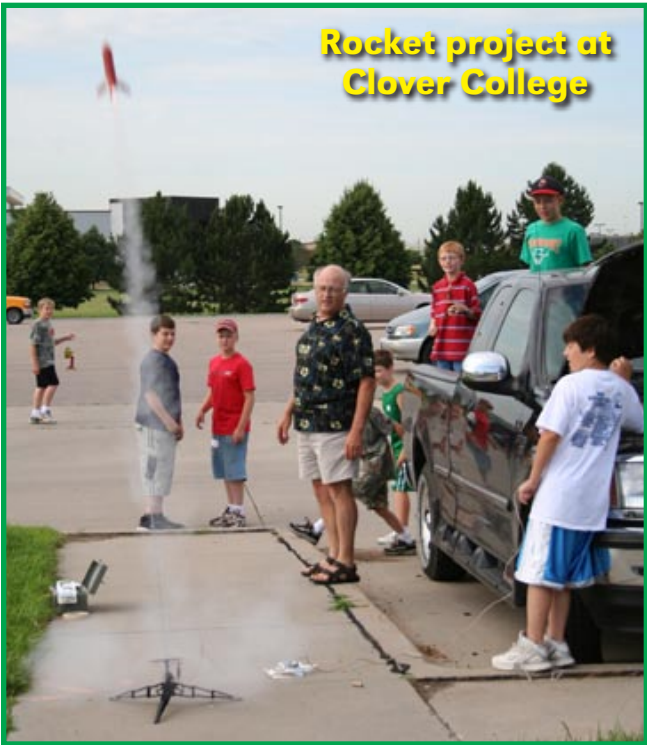


Lancaster County 4-H consists of several components:

- **Organized Clubs** — Lancaster County has more than 130 4-H clubs which range from 5 to 70 members. Each club 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 projects. Project manuals are written by university experts.
- **School Enrichment** — 4-H programs for classrooms include: Garbology (2nd grade), Embryology (3rd grade), Ag Awareness Festival (4th grade), Earth Wellness Festival (5th grade) and Nutrition Education Program (K–5th grades).
- **After-School Programs** — Several Lincoln after-school programs have incorporated 4-H projects into their activities. A few sites have formed 4-H clubs.
- **4-H Embryology Web Site** — EGG Cam and other resources at <http://lancaster.unl.edu/4h/Embryology>.
- **Educational Events** — 4-H staff organize several educational events each year, such as Clover College, speech workshops and leader trainings.
- **Leadership Opportunities** — 4-H Teen Council, 4-H Council, Citizenship Washington Focus group and more.

Lancaster County Fair

Many 4-H youth choose to exhibit their finished project(s) at the county and state fairs. A total 4,473 4-H/FFA exhibits were showcased at the 2006 Lancaster County Fair. New this year was an Archery Range, Cattle Fitting Contest and several new projects (Quilt Quest, Model Vehicles, Fast Foods and Youth in Motion).



Rocket project at Clover College



4-H Theatre Arts project at an after-school program



Beef Fitting Contest at county fair



Horse Show at county fair



Chess project at Clover College

To discover more about Lancaster County 4-H, go to <http://lancaster.unl.edu/4h>

Volunteers Contribute to Extension’s Success

UNL Extension in Lancaster County trains and supports, as well as coordinates the efforts of a variety of volunteers: 4-H leaders and superintendents, Master Gardeners, Family Community Education (FCE) volunteers and Nutrition Education Program (NEP) volunteers. In addition, 4-H and FCE members often volunteer in community-related projects. Last year, extension programs in Lancaster County benefitted from **1,811 volunteers** investing **27,400 hours** of time for a total value of \$494,296.*

**Independent Sector values volunteer time at \$18.04/hour.*



“4-H Teen Council allows teens to broaden and develop leadership skills through community involvement. Whether it’s service projects or the Lock-In, 4-H reaches all generations — past, present and future.”

—Eliza Hammond, age 15, 4-H Teen Council member

Staff Honors, Awards and Accomplishments

Lancaster County 4-H Embryology, Garbology and Ag Awareness

— accepted for inclusion in the national Directory of Successful Urban 4-H Programs.

Guardianship Trainings

Regional Florence Hall and Community Partnership awards presented by the National Extension Association Family Consumer Sciences (NEAFCS); State Team Award presented by Nebraska Epsilon Sigma Phi.

Extension Educator Lorene Bartos

— recognized for 30 years of service to the Lancaster County Fair by the Lancaster County Agricultural Society; Kiwanian of the Year from the Lincoln Center Kiwanis Club.

Extension Educator Gary Bergman

— Nebraska representative on planning committee for the National Urban Extension Conference to be held May 2007 in Kansas City, Mo.; vice-president of the Nebraska Great Plains Resource Conservation and Development.

Extension Educator Maureen Burson

— Creative Programming Grant awarded by the Nebraska Association of Family and Consumer Science (NAFCS); invited to co-present “Strategy to Increase Elementary Classroom Nutrition Education” at the National Urban Symposium; 30 years of service with United States Department of Agriculture.

Extension Assistant Marty Cruickshank

— statewide Distinguished Extension New Employee Award presented by University of Nebraska–Lincoln Extension.

Extension Educator Tom Dorn

— President of the Nebraska Chapter of the National Association of County Agricultural Agents; President of the Nebraska Agribusiness Club.

Extension Educator Alice Henneman

— Educational Technology Award (2nd place) presented by the National Extension Association of Family and Consumer Sciences (NEAFCS); invited to co-present a poster session “Impact of Using the Internet to Share Local Solutions to Global Issues” at Society for Nutrition Education annual meeting; invited to co-present a poster session “Cold Pizza for Breakfast” at the USDA Food Safety & Inspection Service, NSF International, Food and Drug Administration, Centers for Disease Control and Prevention, Cooperative State Research, Education and Extension Service, Food and Nutrition Service 2006 Food Safety Education Conference.

Extension Associate Deanna Karmazin

— National Distinguished Service Award

presented by the National Association of Extension 4-H Agents (NAE4-HA); President of the Nebraska Cooperative Extension Association (NCEA) 4-H Section.

Extension Associate Mardel Meinke

— invited to co-present a session on the ABC’s for Good Health program at the National Extension Association of Family and Consumer Sciences (NEAFCS) annual conference.

Extension Educator Barb Ogg

— statewide Distinguished Educator Award presented by University of Nebraska–Lincoln Extension; invited to present “The Bedbug Saga” at the Kansas Pest Control Association winter conference.

Extension Staff Secretary Virginia Piening

— 40 years of service with UNL.

Extension Assistant Zainab Rida

— invited to co-present “Strategy to Increase Elementary Classroom Nutrition Education” at the National Urban Symposium.



Extension Educator Barb Ogg (left) and Extension Assistant Marty Cruickshank (right)



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.

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