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2005

## 2004-2005 Annual Report

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# Partners with Nebraska

Land-grant universities work with the people they serve. University of Nebraska–Lincoln teaches, discovers new knowledge through research, and extends that new, unbiased information across the state and beyond through extension.



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. Extension helps Nebraskans put knowledge to work.



Termite School for Termite Applicators

## Pioneering New Frontiers



Locally, University of Nebraska–Lincoln Extension in Lancaster County links university resources, research and knowledge to the community — strengthening quality of life, productivity and economic competitiveness. From local youth developing leadership skills through 4-H to increasing profitability of commercial enterprises, extension makes life better.

Communication between local extension educators and campus faculty/departments helps identify current needs, issues and concerns. This is especially important in times of food safety issues, crop and livestock diseases and bio-security. It also initiates future research to solve complex and emerging problems impacting Nebraska communities.

Partnerships in Lincoln's growing and diverse community help your local extension office leverage its resources and accomplish more. Combining resources and expertise with others gets things done faster. We pride ourselves on working with others throughout the community.

A growing community means more people and increases the challenge of providing personalized outreach. To be effective, we have utilized technology and developed a content-rich Web site that continues to expand exponentially. Extension staff also speak to larger audiences, such as Extension Educator Alice Henneman presenting at BryanLGH Medical Center with groups of 200 to 400 in attendance.

Extension's educational programs and services impact individuals, families, businesses, farms and local communities in many ways. Here are some impacts of this past year.

✓ Our staff responded to over 23,500 phone calls, walk-ins and e-mails from the public requesting information.

✓ A survey of the attendees at the Crop Protection Clinic estimated an increased profit potential of \$6.72 per acre on 662,484 acres for a \$4.5 million benefit to participants.

✓ Research shows for every dollar of Nutrition Education Program funding, there is a projected health care cost savings of \$2.07–\$5.29.

✓ 14,848 youth participated in the Lancaster County 4-H youth development program, which focuses on learning-by-doing.

✓ The Citizenship Washington Focus 4-H group completed a three-year project, culminating with an in-depth, 15-day learning experience traveling to Washington D.C.

✓ Our Web site received almost twice as many hits — from 3.3 million hits to nearly 6 million hits annually.

*Gary Bergman*

Gary Bergman,  
Extension Educator & Unit Leader

## New in Extension This Year

### Hands-On Termite School for Termite Applicators

UNL Extension has presented Termite Control Workshops for Homeowners statewide for 10 years. Increased public awareness from these workshops emphasized the need for hands-on, in-depth training of entry-level termite applicators.

Extension Educator Barb Ogg organized a two-day Hands-on Termite School for Termite Applicators. Held in September, this was the first such training offered in Nebraska. Presenters included University of Nebraska–Lincoln faculty, Nebraska Department of Agriculture pesticide enforcement personnel and industry professionals. Ogg also co-authored and edited a reference manual, *Subterranean Termites: A Handbook for Nebraska Pest Control Professionals*.

According to post-workshop evaluations, 100 percent of attendees were better able to calibrate application equipment, 96 percent were more confident in their ability to identify termite and termite damage, 92 percent said they would be less likely to violate label directions. "Your school was well-organized, full of solid educational value," said Bob Heiney of B&G Equipment Company. "I wish there had been a school like this when I first went into pest control."

### School Enrichment Nutrition Kits for K, 2nd and 3rd Grades

At the request of Lincoln Public School teachers, Extension Associate Mary Abbott — a registered dietitian with the Nutrition Education Program (NEP) — developed 4-H School Enrichment nutrition kits for kindergarten, 2nd and 3rd grades. "The kits are absolutely wonderful and have everything we need to succeed," says Kathy Bratt, a kindergarten teacher at Huntington Elementary School. "Mary teaches at the grade level of the students — not too easy or not too difficult."

Designed to supplement the school health curriculum, the kits contain materials for hands-on educational experiences. Teachers may request the kits for a three-week period. NEP staff present a handwashing and healthy-snack experience to each classroom when delivering the kits.



School Enrichment Nutrition Kit for Kindergarten

NEP's school enrichment kits for 1st, 4th and 5th grades are now in their sixth year. Using the kits, teachers now average 13 hours of classroom teaching per year — up from 2 hours when the program began. To date, 11,972 students have participated in NEP's School Enrichment program, and the federal Food Stamp Nutrition Education Program has invested more than \$127,000 into the Lincoln community as the result.



"GPS Basics" at 4-H Clover College

### 4-H and GPS Technology

Lancaster County 4-H began introducing youth to Geographic Information Systems (GIS) and Global Positioning Systems (GPS) technology. With the help of members from the local Civil Air Patrol squadron, a "GPS Basics" workshop was offered at this year's 4-H Clover College. With funding from the Nebraska 4-H Foundation, Lancaster County 4-H placed a geocache as part of the high-tech adventure game, geocaching. 4-H also added

a GIS/GPS static exhibit category at the Lancaster County Fair.

### "Container Plants" Video

Extension Educators Don Janssen (of Lancaster County) and John Fech (of Douglas/Sarpy Counties) developed the seventh of UNL Extension's series of horticultural videos which can be used as training tools for the commercial horticulture industry or as educational tools for interested individuals. The horticultural videos/DVDs can be ordered online at <http://lancaster.unl.edu/hort>.

NEW IN EXTENSION continued on next page



"Container Plants" Video

# New in Extension

continued from preceding page

## Community Visioning Process for Village of Bennet

Wanting to update their Comprehensive Development Plan, members of the Bennet Planning Commission asked Extension Educator Yelena Mitrofanova to help facilitate citizen participation in the process. Mitrofanova and other extension educators have outlined a Community Visioning Process which will bring the community together to help shape the future of the Village of Bennet.

In September, a Town Hall meeting was held and nearly 80 residents attended. Other steps are underway, including committee research, listening sessions and written input. At future Town Hall meetings, the community will develop a vision statement. Eventually, the community input will be used by a private consulting firm to develop a new Comprehensive Plan which will guide future land development.

"I have found it very enlightening to work with extension personnel," said Bennet Planning Commissioner Bruce Dahlberg. "Their knowledge of community planning has proven to be very beneficial in obtaining community input for the shaping of Bennet's Vision."

Mitrofanova has also worked with the Village of Firth on a community attitudes survey, which may lead to a Community Visioning Process.

## Midwest Mold, Moisture & Ventilation Symposium

Extension Educator Lorene Bartos was part of a planning team comprised of extension, health agencies and businesses which organized the Midwest Mold, Moisture and Ventilation Symposium held March 16 in Omaha. More than 250 builders, contractors, remodelers, residential housing managers, real estate licensees, inspectors and HVAC and other housing professionals attended. "I plan to use the information I gained today in the inspection of the



Mold, Moisture & Ventilation Symposium



Community Visioning Project for Bennet

2,500 homes we manage," said one attendee. Another participant said, "This is the best conference I have attended in my 20 years in the business." This was first of a series of indoor air quality conferences.

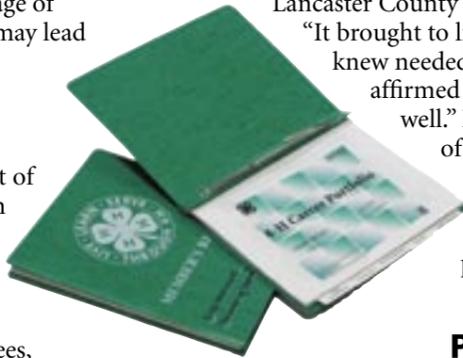
## Fair Impressions

This summer, Extension Educator Yelena Mitrofanova and two educators from other counties conducted Fair Impressions at three county fairs, including the Lancaster County Fair. Evaluations were recorded and presented to the Fair Boards to use as a tool in planning future County Fairs. "Yelena's work with Fair Impressions was great," said Wayne Heyen, Lancaster County Fair Board member.

"It brought to light some things we knew needed changed, and it also affirmed things we are doing well." Based on the success of Fair Impressions this year, other educators statewide will be trained to apply the program locally.

## 4-H Career Portfolios

This year, Extension Associate Deana Karmazin was part of a statewide 4-H team which developed a new record-keeping system, "4-H Career Portfolio." This publication replaces the 4-H awards book. 4-H members can use the portfolio to record their 4-H experiences — including knowledge learned, skills gained and community service activities. The goal of this project was to simplify the 4-H record-keeping system and to provide the youth with a tool to assist them in scholarship, college and job applications.



## Educational Programs at Juvenile Detention Center

This past year, UNL Extension in Lancaster County partnered with the Juvenile Detention Center to present educational experiences at the

Lancaster County Youth Services Center. Extension staff and Master Gardener volunteers presented 10 activities to more than 150 youth, ages 11–18 years old. Focus was on vegetable gardening, but other units included embryology, entomology and a rope-making activity. With the help of a grant, a greenhouse will be built at the Youth Services Center for year-round horticulture activities.

"These activities have exceeded our expectations," said Juvenile Detention Coordinator Annette Thompson. "I've seen these kids take responsibility and work together as a team. They respond well to practical, hands-on teaching."

## Meth Educational Materials

As part of a statewide extension awareness campaign about the dangers of methamphetamine production and use, UNL Extension in Lancaster County delivered educational messages via newspaper articles, printed educational materials (available in English and Spanish), community program lesson, roadside cleanup tape and online links to the statewide Web site at <http://extension.unl.edu/Meth/index.html>

## Integrated Pest Management in Schools

Extension Educator Barb Ogg is part of the UNL Extension Integrated Pest Management (IPM) in Schools Team. The IPM in Schools team has developed a pest management guide book specific for Nebraska schools, learning modules about pests on their Web site at <http://schoolipm.unl.edu>, and workshops for school custodians. Ogg wrote five of eight insect pest modules which were placed online in April. This year, team members conducted pest assessments in three Lancaster County schools: Arnold Elementary, Lincoln East High and Malcolm Public School.



Educational Programs at Juvenile Detention Center



# 14,848 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 14,848 youth in Lancaster County.

"By being in 4-H, I have gained the responsibilities and leadership skills that I will use for the rest of my life — through speech contests and submitting items in the county fair and state fair," says 4-H member Amanda Peterson (age 17).

Lancaster County 4-H consists of several components:

- **Organized Clubs** — Lancaster County has more than 100 4-H clubs which range from 4 to 60 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, Embryology, Earth Wellness Festival, Ag Awareness Festival and Nutrition Education Program.

- **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, Citizen Washington Focus group and more.



2005 CWF Group



Clover College



4-H at the County Fair

Gettysburg, Mount Vernon and Monticello.

CWF is a citizenship and leadership program for high school youth which provides an in-depth look at our nation's government and history. In Lancaster County, CWF organizes a trip to D.C. every three years.

## 4-H at County Fair Continues to Grow

Many 4-H youth showcase their projects at the Lancaster County Fair, which has seen rapid growth since moving to the Lancaster Event Center in 2001. 4-H at the county fair shares in the growth. A total 4,331 4-H exhibits were showcased at this year's fair (including static exhibits, animals and contest entries). Entries in the 4-H horse, beef cattle, dairy cattle

and poultry shows were up significantly and extra stalls and pens had to be installed.

Lancaster County 4-H has the largest county fair horse show in the state with 29 total events!

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

# Extension Helps You Put Knowledge to Work

University of Nebraska–Lincoln Extension utilizes multiple media avenues and new technologies to impact people in Lancaster County and beyond, 24 hours a day. Some of the delivery methods include: publications, Internet, phone, programs and workshops, broadcast media and displays.

## Nutrition & Food Safety

Extension blends nutrition, food safety and food preparation information in user-friendly ways. This year, extension's nutrition staff incorporated MyPyramid, the USDA's new food guidance system, into Extension's educational food programs.

Extension Educator Alice Henneman created four MyPyramid PowerPoint presentations which were used by nutrition professionals nationwide. Based on an optional Web survey, educators collectively saved 8,462 hours of development time because of Henneman's PowerPoints.

"This is a wonderful presentation," wrote one nutrition professional. "You are so ahead of the rest of the nation in creating materials. I think everyone in nutrition thanks you for the time and effort you have put into this and other programs."

Extension's Food Web site, <http://lancaster.unl.edu/food>, received more than 2.3 million hits last year. Two e-mail newsletters, "Food Reflections" and "Cook It Quick," have more than 21,800 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 239 agencies, classrooms and coalitions and receives funding from the Expanded Food and Nutrition Education Program (EFNEP) through USDA, the Food Stamp Nutrition Education Program (FSNEP).

This past year, Lancaster County NEP staff presented:

- 2,464 nutrition education lessons to 1,166 adults who care for 4,171 family members.
- 360 presentations to 3,168 youth at 13 schools and other sites.
- 86 lessons to 693 older adults at four senior sites.



## Community & Leadership Development

UNL Extension in Lancaster County provides expertise in community development and strategic planning. Extension Educator Yelena Mitrofanova works with local organizations, community leaders, businesses and local government to help strengthen neighborhoods and communities.

Mitrofanova is actively involved in supporting Lincoln's diverse population, facilitating activities at several cultural community centers. This past year, she worked with the Nebraska Department of Education to develop one of six cultural profiles (about Russian/Ukrainian/Belarees cultures) to be used as diversity training for staff in the public schools.

Extension is part of Neighbors Working Together, which builds leadership and opens a dialogue between the University of Nebraska–Lincoln and its adjacent neighborhoods.



## Pests & Wildlife

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.

Ogg often works with community organizations and industry professionals in training and disseminating pest control



resources and assistance.

Extension's pest and wildlife Web site received more than 1.5 million hits annually. In addition, two manuals written by extension educators, "Cockroach Control Manual" and "Sub-

terranean Termites," receive more than 460,000 hits annually.

Translated into Russian this year, UNL Extension in Lancaster County's video, "Removing Head Lice Safely," is now available in four languages.

## 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.

This year, the hot topics in production agriculture were saving energy costs and grain storage. In August, for the first time, Lancaster County hosted a Soybean Management Field Day sponsored by the Nebraska Soybean Board in cooperation with UNL Extension.

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 Insights Rural Living Clinics continue to increase in popularity. In Lincoln, attendance was 48 percent more than last year. Extension also offers an



## 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 44,000 tons of biosolids were delivered and/or applied to 40 fields and 1,314 acres of crop land. Nineteen farmers saved more than \$68,000 in fertilizer expenses and — by keeping this recyclable material out of the landfill — landfill users saved nearly \$440,000.

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

## Yard and Garden

UNL Extension plays a vital role in teaching communities 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 manage-

ment 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.

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.



## 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, her weekly column in the "Lincoln Journal Star" and other outreach methods.

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. Bartos presents community training lessons which are then presented to FCE clubs and other community groups.

More than 155 child care providers participated in two day-long Child Care Conferences 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.



## 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. Extension programs in Lancaster County benefitted from 1,871 volunteers investing 22,671 hours of time for a total value of \$397,876.\*

\*Independent Sector values volunteer time at \$17.55/hour.

## 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 and entomologists identify insects, weeds



and diseases in and around the home and garden and make recommendations about the best way to help manage these problems.

## Lancaster Extension Education Center Facilitates Community Programs

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. "This is such a valuable community resource and has been much appreciated by my office," says Deputy Jerry Witte with the Lancaster County Sheriff's Office.

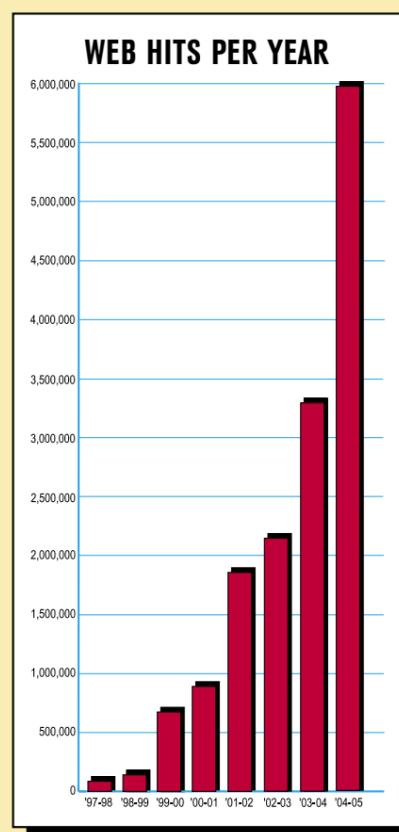


# Web Site Receives Nearly 6 Million Hits Annually

University of Nebraska–Lincoln Extension in Lancaster County's Web site, <http://lancaster.unl.edu>, has more than 5,000 pages of content and received 5,966,790 hits (accesses) last year! The Food Web site continued to be rated "Among the Best" by Tufts University Nutrition Navigator. Extension in Lancaster County's Web site's resources are frequently featured near the top of many search engine results.

Visitors can easily navigate the site and find extensive educational resources in extension's program areas. The site is updated daily and has interactive features such as online registration forms, searchable database, Egg Cam, movie clips, quizzes and Master Gardener Diagnostic Center.

Not only do Lancaster County residents, Nebraskans and Americans utilize the site, the site also has Web users from more than 100 countries monthly.



"I have to compliment you on your very informative site! I needed more information about poultry egg candling, development, etc. and your site was by far the most interesting, informative and navigable."

—G. Kohart, Ohio

## Staff Honors, Awards and Accomplishments

### 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 Tom Dorn** — president-elect of the Nebraska Section of the National Association of County Agricultural Agents; president-elect of the Nebraska Agribusiness Club.

**Extension Educator Alice Henneman** — 2004 Omtvedt Innovation Award presented by John Owens, Vice Chancellor of the UNL Institute of Agriculture and Natural Resources; member of the Scientific Advisory Committee for Food and Health Communications; invited to co-present "Leading the Way in Osteoporosis Prevention" at the Society for Nutrition Education annual meeting; invited to present a poster session on "Sink Those Germs: An Activity to Promote Handwashing to Younger Children" at the Society for Nutrition Education annual meeting.

**Retired Extension Associate Arlene Hanna** — 2005 National Award Winner of the Edith Stevens



(L–R) John Owens, Alice Henneman and Irv Omtvedt

Groundwater Educator Award by The Groundwater Foundation.

**Extension Associate Deanna Karmazin** — state-wide Communication Award presented by the Nebraska Cooperative Extension Association (NCEA) 4-H Section; regional semi-finalist Communication Award presented by the National Association of Extension 4-H Agents; elected 2006 president of NCEA 4-H Section.

### Extension Associate

**Mardel Meinke** — invited to present a poster session on the ABC's for Good Health program at the Society for Nutrition Education annual meeting.

**Extension Educator Barb Ogg** — member of Urban Pest Management Conference Team which received an Excellence in Team Programming Award from UNL Extension.

**Staff Recognized for Years of Service** — Extension Educator Tom Dorn (25 years); Extension Educator Alice Henneman (25 years); Extension Educator Maureen Burson (20 years); Extension Associate Mary Jane Frogge (15 years); Extension Educator Barb Ogg (10 years); Extension Associate Mardel Meinke (10 years).



"The information resources UNL Extension in Lancaster County has available comes from knowledge based on experience, science and technology. The availability of this information allows all members of this community to have the opportunity to better function within the natural environment around them."

—Oscar Rios Pohrieth, Lancaster County Extension Board