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2002-2003 Annual Report

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New to Extension in 2003

UNL Cooperative Extension in Lancaster County is committed to being relevant and responsive to the evolving needs of Lancaster County residents. Here are some new developments in extension programs.

Heart of 4-H Award

Lancaster County 4-H and 4-H Council established the monthly “Heart of 4-H Award” in January 2003 to recognize outstanding volunteers. Information about all 12 of this year’s honorees are online at lancaster.unl.edu/4h/Chubs/ClubSpotlights. More than 750 adults volunteer their time and talents through 4-H to help youth develop life skills.

NEP Program Kits for Early Head Start

This past year, the Lancaster County Nutrition Education Program (NEP) developed and piloted 12 Early Head Start kits which rotated monthly between five child development centers. Each kit focuses on a nutrition-related topic and includes a teacher’s curriculum, supplies needed for hands-on activities, a supplied snack and a parent letter. While the kits emphasize healthy eating and food safety practices, the activities are also aimed at developing literacy and improving fine/gross motor skills.

NEP Teams Up With Every Woman Matters

This year, NEP collaborated with the Lincoln-Lancaster County Health Department to provide nutrition education for participants in the Every Woman Matters program (women age 40–65 who are low to moderate income level). Each session encourages women to Aim for Fitness, Build a Healthy Base and Choose Sensibly.

Food Safety for Home Cooking on Web Site

In May 2003 a special section on “Food Safety for Home Cooking” was added to extension’s Food Web site at lancaster.unl.edu/food/foodsafety.htm. Consumers can find information on everything from storing to preparing foods safely. It also includes food safety recommendations on everything from canning and freezing instructions to microwave, slow cooker and grilling guidelines. Content for the site is provided in partnership with the Lincoln-Lancaster County Health Department.

“Ask Lorene”

For years, Extension Educator Lorene Bartes has given expert information on household management, shopping and for Fitness, Build a Healthy Base and Choose Sensibly.

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Local Extension Programs Attract Regional, National & International Attention

- Ants: Know Your Target — training materials developed by UNL Cooperative Extension in Lancaster County were integrated into a pest control operators recertification course delivered live via the Web to locations in South and North Dakota.
- Cockroach Control Manual — this manual written by extension educators is being used as the basis of a fact sheet about cockroach control for the Washington, D.C. Asthma Coalition and is used extensively by many states in training activities.
- Earth Wellness Festival — organizers of Earth Awareness Researchers for Tomorrow’s Habitat (Wichita, Kansas) and Georgia Children’s Water Festival (Atlanta, Georgia) have patterned their events after Lincoln’s successful Earth Wellness Festival.

4-H Embryology Web Site (with Egg Cam) — one of 22 Web sites selected for inclusion in the American Library Association’s 2003 Great Web Sites for Kids; Egg Cam was highlighted on g0CyberCamp, a virtual camp for youth developed by University of Minnesota Extension Service.

Food Web Site — continues to be rated “Among the Best” by Tufts University Nutrition Navigator; Cook It Quick section selected as “Site of the Day” by Tufts University Nutrition Navigator; Cook It Quick section selected as “Site of the Day” by Tufts University Nutrition Navigator.

Many of our local extension programs have attracted statewide, regional, national and international attention.

About the Extension Board

The extension board serves as an advocate for UNL Cooperative Extension in Lancaster County. The board provides assistance to extension staff in establishing and accomplishing extension program goals and objectives. Annually, it assists in developing an operating budget and local educational priorities.

The 2003 Extension Board members were:

- Wayne Heyen (pres.)
- Deb Arends (vice pres.)
- Sheila Kepler (sec./treas.)
- Alice Doane
- Dean Lesing
- Kendra Perrod
- Phil Rooney
- Clare Steffens
- Gaylan Suhr
- Jay Wilkinson

Handwashing Poster — the U.S. Department of Agriculture and the Food Safety Training & Education Alliance Web sites linked to handwashing posters developed by UNL Cooperative Extension in Lancaster County and Lincoln-Lancaster County Health Department for county use and shared worldwide via the Internet.

Grain Storage Management — University of Missouri Outreach & Extension incorporated UNL Cooperative Extension in Lancaster County’s presentation, “Grain Storage Management to Minimize Molds and Mycotoxins,” into a regional certified crop advisor training.

Nutrition Education Program (NEP) School Enrichment Curriculum & Kits — extension offices and schools from 13 states and Canada have requested information about NEP’s School Enrichment kits and may replicate the program.

“Removing Head Lice Safety” — more than 1,600 video-tapes of this award-winning video has been sold nationally. The Korean Broadcasting System and French Society Radio Canada have requested to use the video in documentaries about head lice.

Termite Control — the Minnesota Department of Agriculture and the City of Woodstock requested a termite workshop developed by UNL Cooperative Extension be conducted in Woodstock, Minnesota; extension offices from Maryland, Florida, Arkansas have requested information and may replicate program; termite information was presented at national meeting of Entomology Society of America.

Web Site Has Over 3,750 Pages, 2.5 Million Hits Annually

UNL Cooperative Extension in Lancaster County’s Web site, lancaster.unl.edu, has more than 3,750 pages of content and receives nearly 2.5 million hits annually.

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 movie clips, virtual panoramas, online registration forms, quizzes, searchable database 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.

“Thank you for globalizing your knowledge! I’m a mum living in London, England who had an unexpected visitor in my home last night — a spider — I stumbled across your Web site and with your help have found it to be a harmless wood louse hunter! I only wish we had such a comprehensive and expansive link here in the UK.”

UNL Cooperative Extension in Lancaster County 2002–03 Honors and Awards

Extension Educator Alice Henneman — selected to co-present poster session at national Urban Extension Conference; selected to present poster presentation at national meeting of Food and Nutrition Extension Educators and meeting of Society for Nutrition Education.

Extension Assistant Vicki Jedlicka — Commissioner’s Award of Excellence presented by Lancaster County Commissioners

Extension Educator LaDeane Jha — selected to present workshop and co-present two poster sessions at national Urban Extension Conference; co-authored article in national “Journal of Extension”

Extension Associate Deanna Karman — co-authored article in national “Journal of Extension”

Extension Associate Tracy Kulm — Achievement in Service Award presented by National Association of Extension 4-H Agents (NAE4-HA)

Extension Associate Karen Wobig/Extension Educator Maureen Bursen — selected to present workshop and poster presentation at Urban Extension Conference
Helping Every Time People Eat!

Priscilla Bartos modeled a dress made from highway department scrap and recycling through the Nebraska Department of Roads. The dress only cost $10 and was designed by using materials that were free or relatively low cost. It is an example of the use of waste recycling as a way to promote sustainability and reduce waste.

Limited-Income Residents Stay Healthy Through Nutrition Education Program

The Neighbors Working Together (NWT) program — collaborates with other partners such as Extension and other community agencies to strengthen families and communities.

The Great Taste of Nebraska: Food and Nutrition Education Program (NEP) helps limited resource families learn to prepare nutritious and safe foods while stretch- ing their food dollars. In NEP, qualifying adults learn through small groups at agency or community sites, or individually through home visits, mail lessons or phone consultations. This past year, the Lancaster County NEP staff taught 2,041 nutrition education lessons to 1,844 people who care for 6,845 family members. NEP partners with more than 165 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) through Health and Human Services, Lincoln Housing Authority, Early Head Start through Lincoln Action Program and other sources. Women, Infants and Children (WIC) continues to be a primary partner. New this year, NEP was able to provide classes in Arabic and Persian.

Program evaluations show graduates made positive changes in nutrition practices, food resource management and food safety.

"I’ve eaten a veggie at every meal and have added fruit to breakfast," one participant reported. She almost always plans meals ahead of time as a result of the program and even eats breakfast during the day. When asked about favorite foods, she said she now eats more vegetables and fruits.

Research shows for every dollar invested in NEP programs, there is a projected health care cost savings of $8.82.

Promoting Healthy and Safe Homes

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 Nebraska Extension’s Web site, her weekly column in the “Lincoln Journal Star” and other outreach methods.

Bartos is a member of the advisory board for WasteCap of Lincoln. WasteCap promotes waste reduction and recycling by providing local businesses technical assistance and recycling services. The training and education committee (of which Priscilla is also part of) developed a technical guide, “Recycling 101: Train and Maintain.”

More than 220 child care providers gain in-service hours by participating in three day-long Child Care Conferences organized by extension and other Lincoln agencies. The conferences help increase participants’ knowledge and skills in the areas of child development and age related activities.

For more information on the Cincinnati Food Pantry, contact the Cincinnati Food Pantry at 513-556-4363. They are located at 2430 Wadsworth Road, Cincinnati, OH 45229.

Extension Builds Strong Families, Communities

Extension partners with a variety of community agencies to strengthen families and communities. This year, Parents Forever classes, part of the Lancaster County Coalition to assist Children of Parents Experiencing Divorce (COPE), taught 75 divorcing parents how children might be affected by divorce. According to one participant, “These programs have taught us some positive techniques to strengthen our family, thank you.”

Through Real Colors Matrix workshops conducted by extension staff, more than 270 people gained a better understanding of people and personalities, and how to communicate better. Extension promotes character education of youth and adults with Character Counts! and other character education programs.

The Neighbors Working Together (NWT) Project — one of four projects in the Community Outreach Partnership Center’s (COPPC) program — collaborates with other partners such as the Community Learning Center (CLC) and Neighborhoods. Inc. to help develop leadership through trainings and other methods.

“Oh my gosh what a wonderful web site! You have no idea how much I NEEDED this information.”

—Cook It Quick” e-newsletter subscriber
Cultivating Smart Yard and Garden Practices

Gardens and other green spaces help make cities more enjoyable, liveable and sustainable. UNL Cooperative Extension plays a vital role in teaching communities and residents about the importance of horticulture. Extension works closely with other agencies, including the Nebraska Department of Natural Resources, the Nebraska State Horticultural Society, the University of Nebraska-Lincoln, and the Pacific Horticulture Society, to promote the use of sustainable gardening practices.

The Buzz on Controlling Insects and Other Pests

Termite Workshops Help Consumers Make Better Decisions

Since 1995, “Everything Homeowners Need to Know About Termites & Termite Control,” has been presented 35 times in Lincoln, Omaha, and greater Nebraska. More than 1,450 people have attended.

UNL Cooperative Extension conducts the workshops to educate consumers to make more informed decisions about termites and termite control options. The program covers termite biology and behavior, preventing termite damage, inspecting homes, and understanding treatments and termiticide labels.

According to a post-workshop survey, 98 percent of those attending had more confidence in their ability to make decisions about termite control and 82 percent said the workshop helped save them money.

Because applications are so expensive, educated consumers can save thousands of dollars. Extension also has a manual, “Subterranean Termites: A Handbook for Homeowners,” which is available on the Internet.

The problem with termiticide misapplications are not new, but people who are better educated about them understand what constitutes a proper application.

Cultivating Smart Yard and Garden Practices

Master Gardeners Field Calls from Public

The Master Gardener Training Program is a volunteer program where people are given training by University of Nebraska personnel and then in return provide 40 hours of volunteer time to educational extension programs such as:

- Presenting educational programs and workshops
- Assisting in 4-H and other youth programs
- Establishing and maintaining community beautification projects

Extension Associate Mary Jane Frogge coordinates the Master Gardener program for Lancaster County.

The City of Lincoln Parks and Recreation Department offers support to the Master Gardener trainings and in return, Master Gardeners provide educational information at public gardens.

In 2003, 40 Lancaster County Master Gardeners logged 2,028 volunteer hours and had 12,429 direct clientele contacts.

Termites swarms (above) in a Lincoln home with an extensive termite infestation. There was more than $30,000 of damage to the house, including a destroyed house beam (below).

“Soni Cochran and Barb Ogg have been ‘regulars’ on KFOR’s “Problems & Solutions” show, answering a variety of calls from our listeners. Whenever they are on, we know it will be wall-to-wall phone calls — and their wealth of knowledge (with no questions never ceases to amaze me.”

—Cathy Blythe, host of “Problems & Solutions” weekdays 9:10–10 a.m. on KFOR 1240AM
Agricultural Programs Support Nebraska’s Premiere Industry

Lancaster County has approximately 1,540 commercial farms covering 421,000 acres—farm products bring in more than $82 million annually. UNL Cooperative Extension continues to make agricultural profitability and sustainability a priority issue. Extension Educator Tom Dorn fills this goal through numerous workshops and meetings, educational resources, person-to-person contacts and a Web site.

A Crop Protection Clinic was offered to help ag producers make informed weed, insect and disease management decisions. Participants reported an estimated value of the program to be $5.37 per acre—a total benefit of $1.6 million to participants.

A series of four Financial Record Keeping workshops was offered in the surrounding counties to farm operators. Of the responses, 82 percent said they learned to create reports that will help them make better management decisions and 58 percent expected to save time and/or money when preparing their income tax return.

Crop producers continue to take the Irrigation Home Study Course developed by UNL Cooperative Extension in 1998 which teaches irrigation management schemes. Responses indicate an average savings of $4.22 per acre—an estimated annual savings of $3.5 million to participants.

Two Waste Pesticide Collections in Lancaster County last year safely disposed of 17,331 pounds of pesticide products and PCB’s. These collections were held in cooperation with the Nebraska Department of Agriculture, Nebraska Fertilizer & Ag Chemical Association and Nebraska State Department of Environmental Quality.

Through the Pesticide Container Recycling program, about 9,500 pounds of pesticide container materials were collected and recycled in Lancaster County last year.

In addition to direct outreach, UNL Cooperative Extension trains individuals who, in turn, impact or teach others. This includes teachers, business professionals, food and other service industry workers, government employees, health professionals, childcare providers, master gardeners and community volunteers.

Here are some ways Cooperative Extension “trains the trainer” in Lancaster County:

- Provides integrated pest management (IPM) educational resources for pest control professionals, health care professionals and social workers.
- Provides training for Commercial Pesticide Applicator certification. More than 300 people renewed or recertified at the Lancaster Extension Education Center in 2003.
- Provides training for Master Gardener volunteers who then share the information with the public through phone calls, direct contacts, educational programs and special events.
- Offers termite and landscaping workshops which Real Estate licensees receive continuing education credit from the Nebraska Real Estate Commission for attending.
- Educates Commercial Horticulture industry employees on localized horticulture issues with commercial horticulture clinics and videos.
- Offers extensive resources on the Food Web site and e-newsletters for health professionals and educators to use for more successful food, nutrition and food safety programming.
- Presents leader training lessons to Family and Community Education club members and other community leaders.
- Through 4-H, provides ongoing leadership training to 4-H leaders and parents and Livestock Quality Assurance training to 4-H farm families.
- Through 4-H School Enrichment, provides 1–5 teacher, 1–5 teachers with curriculum, training and materials for hands-on classroom activities.
- In cooperation with other agencies, offers child care conferences which Child Care Providers gain inservice hours for attending.
- Developed head lice resources used by many health professionals.
- Developed a teaching program for real estate and land appraiser professionals to help promote functional and sustainable development.
- Developed an award-winning game “Don’t Get Bugged by a Foodborne Insect” for nutrition educators to teach consumers important food safety practices. More than 1,000 copies of the game have been sold to educators nationally and internationally.
- Through Neighbors Working Together, has led or facilitated several leadership trainings for neighborhood leaders.
- Has conducted Success Maker/Journey Mapping trainings for extension staff across the state.

Understanding the 2003 Farm Bill

Six seminars were presented to help farmers take advantage of the new farm legislation to reduce risk and maximize profitability. There were 316 producers, ag lenders and farm managers who attended. These seminars were presented in cooperation with the Lancaster County Farm Service Agency.

Information on the farm bill was also made available through UNL Cooperative Extension’s Web site, including a link to the Texas A&M Base and Yield Analyzer (BYA). The BYA Web site was accessed 2,304 times for farms in Lancaster County registering 459,580 acres (representing essentially all of the crop land in the county).

Cooperative Extension Educator Tom Dorn helped two farmers who are farming more than 3,500 acres. The calculated program payments using the best option according to the BYA were more than $10,000 per year higher ($60,000 over the six years of the farm bill) than the option they were previously considering.

Increasing Outreach Through “Training the Trainer”

Extension Educator Tom Dorn demonstrates protective clothing and equipment during a pesticide certification training.

Biosolids Program Saves $4.5 million

After the 2003 harvest, Mark Benes had one field that yielded 10 percent more corn than before. This fact was even more amazing considering the lack of rain during the heat of the summer. He also had 50 acres of pasture that grew grass so lush that he could have grazed more cattle on it. He believes Lincoln’s nutrient-rich biosolids, which were applied to these fields, was the reason for the increased yields.

Biosolids are organic solids that are separated from wastewater and biologically processed during wastewater treatment to make them safe for land application.

UNL Cooperative Extension in Lancaster County coordinates distribution and application of biosolids to agricultural cropland for the City of Lincoln Wastewater and Solid Waste Division. Mark Benes was one of 20 farmers who used biosolids in 2003. This past year more than 37,000 tons of biosolids were delivered and/or applied to 55 fields and 1,319 acres of crop land.

While results vary, Mark is not alone in seeing a significant improve ment in crop yields. Most farmers report higher yields for several years after using biosolids applications. Studies have shown the nutrient value of biosolids is worth at least $25 per acre for the first year’s crop. Since 1992, when the City of Lincoln’s Biosolids Land Application program began, more than 285,000 tons of biosolids have been distributed to crop fields. This program has saved taxpayers $4.5 million by keeping this recyclable material out of the landfill.

Mark says biosolids are “worth their weight in gold” and will continue using them to improve his soil and crop yields.

“Extension’s programs turn knowledge into action which helps create a stronger Nebraska.”

—Wayne Heyen, Lancaster County Extension Board

Volunteers Contribute to Extension’s Success

4-H clubs and activities, such as Clover College (above), are made possible by numerous volunteers donating their time and talents. Last year, UNL Cooperative Extension in Lancaster County programs benefited from 1,320 volunteers investing 29,127 hours of time for a total value of $481,761. Extension 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, NEP volunteers and earth wellness festival presenters and assistants. 4-H and FCE members often volunteer in community-related projects. Thanks to all these volunteers who help make extension’s programs successful!
4-H is University of Nebraska Cooperative Extension’s youth development program. In the past year, 4-H reached 22,994 youth in Lancaster County (44 percent of the eligible youth).

Youth ages 5–19 can become 4-H members by joining one or more 4-H clubs or becoming an independent member who works on projects individually. Some clubs complete several projects a year and some focus on one particular project area. 4-H has more than 150 project areas available, including: bicycles, chess, child development, clothing, computers, electricity, entomology, flowers/gardening, foods, home environment, horses, household pets, livestock (beef, dairy, swine, sheep, goats, llamas), technology, and some focus on the environment. 4-H members are learning about the health and well-being of their small pets. The club holds meetings 8 to 10 times a year. A typical meeting is attended by 5 to 12 of its 22 members, with many parents and siblings joining them.

“4-H teaches responsibility and citizenship. Clubs actively involve youth in service projects so 4-H’ers have opportunities to give back to the community.”
—Keith Dey, 4-H Council president

About 4-H Council

Paula Peterson (left) was one of many 4-H Council members who assisted at this year’s 4-H Kick Off.

Lancaster County 4-H Council is responsible for determining long- and short-term goals and policy for Lancaster County 4-H. They also raise funds by staffing a snack booth at the Lancaster County Fair. These funds help support 4-H programs and activities. The 2003 4-H Council members were:

- Keith Dey (pres.)
- Emily Veburg (vice-pres.)
- Karen Rutt (treas.)
- Connie Lemke (sec.)
- Deb Arends
- Kathleen Arends
- Rebecca Fiala
- Cindy Fiala
- Jolene Fujan
- Monica Fujan
- Jean Pedersen
- Nicole Pedersen
- Paula Peterson
- Denise Schachennmeyer
- Gene Veburg

Opportunities for Personal Growth and Leadership

4-H offers youth a variety of activities and opportunities which help teach youth decision-making skills and build self-confidence.

Record keeping of projects teaches 4-H’ers record keeping, writing and responsibility.

Youth learn public speaking in the Speech and Demonstration Contest. Ian Blader says, “By participating in the Speech Contest, I learned the ability to write and deliver a speech properly. These speaking abilities will help me the rest of my life.”

Livestock exhibitors have several opportunities to participate in activities across the state, including progress shown, the critically solving problems, respecting self and communicating.

Youth enjoy 4-H because they choose projects to participate in and they receive personalized attention from their leaders and parent while working on projects. These adult/child mentoring relationships are crucial to the positive learning experiences youth gain in 4-H. Youth also have fun in 4-H and develop new friends.

In 2003, Lancaster County had 99 active 4-H clubs. Independent membership was up 23 percent. Youth interested in joining 4-H can contact Tracy Kulm at 441-7180 or visit the Web site at lancaster.unl.edu/4H.

4-H offers opportunities in 4-H activities, including Stockmen’s Market, 4-H Aqua Showmanship contests. The Lancaster County Fair included youth members (see left). 4-H Teen Council members assist with many 4-H activities such as Speech Contest and Fair Fun Day. They also plan, organize and lead a 5th and 6th grade overnight Lock-In.

This year, more than $6,100 in 4-H scholarships were given to graduating seniors.

County Fair Showcases Projects

The County Fair marks the end of the activity year for 4-H members, who work the rest of the year on projects, many of which are exhibited. Winners at the county level go on to State Fair.

At the 2003 Lancaster County Fair, 3,866 exhibits were showcased by 632 4-H members.

This fair marked the start of a new, local Future Agriculturist Incentive and Rewards (F.A.I.R.) program funded, in part, by Alumni Showmanship contests. New this year was a potato bar sponsored by 4-H Council.

Spotlight on a 4-H Club: Pet Pals

The members of Pet Pals 4-H Club share an interest in learning about the health and well-being of their small pets. The club holds meetings 8 to 10 times a year. A typical meeting is attended by 5 to 12 of its 22 members, with many parents and siblings joining them.

Sheri Ramirez and Shirley Condon are co-leaders. Meetings follow an agenda of old and new business, announcements, the evening’s activity, treats provided by a family and scheduling the next meeting date. Often 4-H’ers bring their pets to show.

Meeting activities range from guest speakers to community service projects. Past speakers have included a chinchilla breeder, a graduate student from Wesleyan with rats from the Rat Olympics, a researcher who studies bees (he brought a box of hula-bees!), a specialty pet food manufacturer and representatives from animal rescue organizations. One meeting was held at a pet store where club members were given a tour and tips on animal care.

This year’s community service projects included organizing the club’s annual petting zoo at the Lincoln Children’s Museum, staffing a game booth at the Kiwanis Carnival and decorating a tree at the Heritage League’s “Holiday of Trees.”

Club members also brought pets and answered questions at the 4-H Kick Off. The club donated money from its treasury, for special ribbons awarded at the Lancaster County Fair 4-H Household Pet Show. This year, club members exhibited a total of 10 animals and three educational posters at the Lancaster County 4-H Household Pet Show.

For 4-H’ers, however, the best rewards are learning about taking responsibility for the health and care of their pets, and receiving unconditional love from their pets in return.

4-H Teen Council hosted many activities at the 2003 Lancaster County Fair, including the Ice Cream Social.

District Horse Show, State Fair and the Ak-Sar-Ben 4-H Livestock Expo.

Fifty-one 4-H’ers currently participate in Citizen Washington Focus (CWF), which organizes an educational trip to Washington D.C. every three years. This year, CWF members raised $60,000 through various fundraisers for their June 2003 trip.

4-H Council includes youth members (see left). 4-H Teen Council members assist with many 4-H activities such as Speech Contest and Fair Fun Day. They also plan, organize and lead a 5th and 6th grade overnight Lock-In.

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School Enrichment programs have been a part of Nebraska’s 4-H program since 1974. These programs include teacher guides, videos, books, posters, experiments, games and more. Extension staff develop the programs, train teachers on their use and go into the classrooms for hands-on activities with students.

In the 2003-04 school year, UNL Cooperative Extension in Lancaster educated 17,498 youth in 61 schools through the following science-oriented School Enrichment programs:

**Embryology**
Through incubating and hatching baby chicks in the classroom, third graders study life cycles. A core (required) subject in the science program of the Lincoln Public Schools, Embryology meets the National and Nebraska Learning Standards of Excellence.

**Garbology**
Garbology is a curriculum and kit with hands-on activities which introduces second graders to solid waste management and the three R’s: Reduce, Reuse, Recycle.

**Egg Cam**
A parent wrote, “Great site! I’m helping my daughters’ classes hatch duck eggs as a parent volunteer project. I’ve looked over the web and your site is by far the best.”

“Egg Cam” provides a birds eye view of chicks hatching on web.

Web viewers can take part in the 4-H Embryology program via Egg Cam and other Garbology resources online. Youth, families and classrooms can access information (including photos and movies) about incubating, candling and hatching eggs. Egg Cam has featured chickens, ducks, turkeys, peacocks, quail, pheasant and Guinea fowl successfully hatching.

Nathan (age 8) emailed, “It is cool to watch the chicks hatch. Since almost all the kids are just thinking about when the chick is going to hatch, they don’t think about themselves learning.”

A parent wrote, “Great site! I’m helping my daughters’ classes hatch duck eggs as a parent volunteer project. I’ve looked all over the web and your site is by far the best.”

**Vermicomposting**
Second graders learn a new way to compost in Vermicomposting. About 1,000 red wigglers can eat up to three to five pounds of kitchen scraps a week. Their castings can then be added to potting or garden soil for richer plantings.

**Blue Sky Below My Feet**
Blue Sky Below My Feet links space technology to the everyday interests of four grade students. Youth learn about, design, build, taste space food and communicate with NASA via the Internet.

**4-H Water Riches**
With an emphasis on quantity and quality, 4-H Water Riches looks at the complexities of our most precious resources — water.

**Nutrition Education Program Teaches Healthy Eating**
Lancaster County’s Nutrition Education Program (NEP) offers several School Enrichment programs to qualifying, limited-resource schools. During the 2002-2003 school year, 1,900 Lancaster County youth in 104 classrooms participated in NEP youth presentations. Teachers averaged 11 hours of nutrition instruction in their classrooms per school year, up to two hours in 1998/99.

NEP has developed supplemental kits of hands-on educational experiences designed to enhance first, fourth and fifth grade school health curriculum. Teachers may request these kits for three-week periods, and an extension staff member presents a hands-on and healthy snack food preparation activity in the classrooms as part of the program.

For grades kindergarten, second and third, NEP offers classroom presentations teaching proper handwashing and healthy eating through the food pyramid.

In addition to School Enrichment programs, NEP provides nutrition programs at a variety of community sites such as summer youth camps, preschool and school-age childcare centers and teen residential treatment programs.

**Egg Cam Provides Bird’s Eye View of Chicks Hatching on Web**
Egg Cam offers bird’s eye view of chicks hatching on web.

**Ag Awareness Festival**
Fourth graders who attend the Ag Awareness Festival gain a greater understanding of agriculture and how it impacts their daily lives. This is the third year the festival has been held in Lincoln.

**Thanks to Sponsors**
The educational experience of 4-H’ers is enhanced by support from business and individuals who donate money or in-kind gifts to 4-H events, activities and programs. Lancaster County 4-H would like to thank all of its sponsors.

**Nutritious Education Program Teaches Healthy Eating**
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**Blue Sky Below My Feet**
Blue Sky Below My Feet links space technology to the everyday interests of four grade students. Youth learn about, design, build, taste space food and communicate with NASA via the Internet.

**4-H Water Riches**
With an emphasis on quantity and quality, 4-H Water Riches looks at the complexities of our most precious resources — water.

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