2002

2001-2002 Annual Report

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Helping You Put Knowledge to Work

University of Nebraska Cooperative Extension in Lancaster County invites you to take an in-depth look at program accomplishments over the past year.

By extending UNL’s resources to urban and rural Nebraskans, Cooperative Extension strengthens individuals, families, businesses and communities. Extension’s mission of “Helping You Put Knowledge to Work” provides educational outreach through multiple delivery methods. (See next page.) Lancaster County Extension fully utilizes the Internet to maximize its outreach. Lancaster County Extension also leverages its resources and those of the Lincoln community by collaborating with more than 260 agencies, organizations, businesses and schools. Here are some recent examples of the impact extension’s programs make in our community:

- The BioSkills Land Application program. Pesticide Container Recycling program and Composting Education workshops have saved taxpayers an estimated $556,749 this year by keeping waste out of the landfill.
- Research shows that for every dollar invested in the Expanded Food and Nutrition Education Program (EFNEP), there is a projected health care cost savings of $8.82.
- The Character Counts! character education program initiated in Nebraska by 4-H has been so successful that many schools have adopted, and are implementing, character education programs. Presently, the Nebraska Department of Education is promoting Character Counts! statewide.
- In the past year, 4-H programs reached 25,957 youth in Lancaster County—nearly half of the eligible youth.
- Our Web site, lancaster.unl.edu now has more than 3,000 pages of online resources and received nearly 1,900,000 hits last year!

We are pleased with Lancaster County Extension’s program accomplishments and are proud of our role in the community.

Gary Bergman, Unit Leader

New in Extension in 2002

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

Translation Efforts
As the Lincoln-area population becomes increasingly diverse, Extension has begun to translate educational resources into other languages including Spanish, Vietnamese, Arabic and Russian.

Lancaster County Extension’s award-winning video, Removing Head Lice Safely, was translated into Spanish and Arabic this year.

New programs and partnerships are forming to extend extension’s resources to these growing audiences. For example, a “Living with Diabetes” class was taught in Arabic by Bozora Rida, who worked at Extension as a Volunteer In Service to America (VISTA).

Environment of the Home
Additional program emphasis has been dedicated to consumer and family science/home environment issues. Educational efforts include indoor air quality, lead paint hazards, safety in the home and more.

Neighbors Working Together
Through monthly meetings, neighborhood workshops, leadership training, needs assessments and collaboration with other groups, the Neighbors Working Together program focuses on developing neighborhood leadership and community organization.

Egg Cam
Started as an offshoot of the 4-H School Enrichment Embryology program, Egg Cam provided Web surfers a live view as incubated eggs gave way to new baby chicks! In April 2002, after the launch of Egg Cam, the 4-H web site had 204,108 hits, compared to 1,013 hits in April 2001. During the fall months, Egg Web Cam took a look at different 4-H Household Pets projects such as gerbils, mice and fish. View Web Cam at lancaster.unl.edu.

Garbology
The Garbology unit of the 4-H School Enrichment program was updated for the 2002-03 school year to meet the National and Nebraska Learning Standards of Excellence. Garbology teaches second graders to reduce, reuse, and recycle.

4-H Youth Development
- Hands-on projects
- Gaining life skills
- Career development

Pest Management
- Insect pest identification
- Low-toxic solutions
- Wildlife educational resources

Food, Nutrition & Food Safety
- Nutrition, food safety and food preparation
- Stretching food dollars

Agriculture
- Farm management
- Crop & livestock production
- Rural living

Strong Families
- Parenting/child care
- Marriage relationships
- Resource management

Environment of the Home
- Indoor air quality
- Home maintenance and safety
- Reduce, reuse, recycle

Leadership Development
- In families and youth
- In neighborhoods
- In organizations

Gov. Johanns Proclaimed 2002 “4-H Centennial Year in Nebraska”

4-H celebrated its 100-year anniversary last year. Gov. Mike Johanns, a former 4-H’er from Iowa, proclaimed 2002 “4-H Centennial Year in Nebraska.” See inside for more about the Centennial Celebration!
Cooperative Extension carries out University of Nebraska’s land-grant mission by extending reliable, research-based information to the public for use in everyday life.

Lancaster County Extension utilizes multiple media avenues and new technologies to impact people in Lancaster County and beyond, 24 hours a day.

From NU to You

University of Nebraska Cooperative Extension in Lancaster County

Over 3,000 Web Pages of Content

UNL Cooperative Extension in Lancaster County’s Web site, lancaster.unl.edu, has grown substantially since 1998, from receiving approximately 100,000 total hits annually to nearly 1,900,000!

Visitors can easily navigate the site and find resources on 4-H and Youth Programs, Agriculture and Agreements, Environment and Natural Resources, Family Living, Food Safety and Nutrition, Gardening, Home Environment and Pests and Safety and Nutrition, Gardening, Home Environment and Pests and Safety, and find resources on 4-H and Youth Programs, Agriculture and Agreements, Environment and Natural Resources, Family Living, Food Safety and Nutrition, Gardening, Home Environment and Pests and Safety.

“The content-rich Web site is updated daily and consists of nearly 1,900,000 total hits/year, has grown substantially since 1998, from receiving approximately 100,000 total hits annually to nearly 1,900,000!”

—Web site user

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Increasing Outreach Through “Training the Trainer”

Lincoln Public School teachers learn how to use Nutrition Education Program activity kits during a teacher training.

UNL Cooperative Extension in Lancaster County 2001–02 Honors and Awards

As part of its extension’s commitment to community learning, the conference facilities at Lancaster Extension Education Center are made available to other non-profit and governmental organizations. Last year, more than 2,125 hours of meetings were held at the Education Center by entities such as City of Lincoln, Human Service Fed- eration, Lincoln Action Program, Lin- coln Public Schools and United Way.

In addition to direct outreach, University of Nebraska Cooperative Extension trains individuals who in turn impact multiple people. This includes teachers, busi- ness professionals, food and other service industry workers, government employees, health profes- sionals, childcare providers and community volunteers.

Here are some ways Cooper- ative Extension trains the trainer in Lancaster County:

- **Extension provides training for Certified Food Protection Applicator certification. More than 350 people were trained or recertified at the Lancaster Extension Education Center in 2002.**

- **Extension provides integrated pest management (IPM) educational resources for pest control professionals.**

**Lancaster Extension Education Center**

**Facilitates Community Programs**

Education provides the power to transform lives as well as entire communities. Cooperative Extension’s programs turn knowledge into action which helps create a stronger Nebraska.

—Wayne Hayen, president of Lancaster County Extension Board

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**Lancaster Extension Education Center**

**UNL Cooperative Extension in Lancaster County**

<table>
<thead>
<tr>
<th>2002–03 Award</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Extension Educator Barb Ogg</td>
<td>Award winner for volunteering more than 1,200 hours in Lincoln Public Schools, Venu- mes in Partnerships.</td>
</tr>
<tr>
<td>Extension Educator Alice Hanneman</td>
<td>Award winner, Regional Communications (Educational Technology). National Extension Association of Family and Consumer Scientists, invited to be Keynote speaker at wellness conference sponsored by Wyo- ming Cooperative Extension; selected to co-present poster pres- entation at national meeting of Cooperative Extension’s Bridge for Adolescent Pregnancy, Parenting and Sexuality; selected to co-present session and poster presentation at annual conference of National Extension Association of Family and Consumer Sciences; selected to co-present session at annual meeting of the American Evaluation Association.</td>
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<td>Extension Educator Tom Dorn</td>
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**UNL Cooperative Extension in Lancaster County 2001–02 Awards and Honors**

- **Extension Educator LaDene Jha** — co-winner, Regional Communications (Educational Technology) at the National Extension Association of Family and Consumer Scientists; invited to be Keynote speaker at wellness conference sponsored by Wyoming Cooperative Extension; selected to co-present poster presentation at national meeting of Cooperative Extension’s Bridge for Adolescent Pregnancy, Parenting and Sexuality; selected to co-present session and poster presentation at annual conference of National Extension Association of Family and Consumer Sciences; selected to co-present session at annual meeting of the American Evaluation Association.

**A Winning Partnership**

Norris FFA students test nitrate levels in private well water.

In beginning in 1997, Lancaster County Extension began a partnership with Nebraska Public Schools to teach vocational agricul- ture classes about precision agriculture techniques such as global positioning sys- tems (GPS) and geographic information system (GIS) technologies. This knowl- edge base builds students’ involvement in “Safe Water Tomorrow Through Pollu- tion Prevention Today,” a project developed by Lincoln/Lancaster County Health Department. Norris FFA students are in the process of testing and mapping 600 private drinking water wells.

In October 2002, Norris students placed third in a nationwide water quality competition at The National Youth Wa- tershed Summit in Edgewater, Maryland.
Celebrating 100 Years

The 4-H Youth Development program recognized its 100th anniversary with celebrations on national, state and county levels. Lancaster County 4-H had no exception and planned centennial-related activities throughout 2002.


Throughout the evening, dif- ferent generations of 4-H'ers shared their 4-H experi- ences.

One of the highlights was the Lancaster County 4-H Centennial Celebration "theme," with centennial activities, including a hilarious "4-H Centennial Proclamation," and even a Centennial Cel- ebration Theme Night at the Lincoln Saltdogs Baseball game on July 12. More than 1,000 4-H'ers, vol- unteers and families from across the state marched onto the field prior to the game. There were many 4-H fun activities such as 4-H temporary tattoos and a draw- ing for a 4-H Garfield cookie jar.

4-H Teaches

4-H is University of Nebraska Cooperative Extension’s youth development program and em- phasizes learning by doing. Organized clubs are the foundation of 4-H, but it also has activities and camps open to all youth, 4-H and non-4-H. Over the years, 4-H has expanded its outreach through numerous School Enrichment programs. In the past year, 4-H reached 25,957 youth in Lancaster County (49 percent of the eligible youth).

4-H Clubs Develop Life Skills

Youth ages 5–19 can be- come 4-H members by:
• Joining a traditional club in which members complete several projects a year.
• Joining a nontraditional 4-H club which focuses on one particular project area.
• Becoming a member of more than one club.
• Becoming an independent member who works on projects individually.

4-H has
more than 150 project areas available, including: bi- cycles, chess, child development, clothing, computers, elec- tricity, entomology, flowers/gar- dening, foods, home environ- ment, horses, household pets, livestock (beef, dairy, swine, sheep, goats, llamas), photogra- phy, rocketry, small engines and woodworking.

4-H Council Provides
Behind-the-Scenes Support

Lancaster County 4-H Council is responsible for deter- mining long- and short-term goals and policy for Lancaster County 4-H. Composed of 15 elected members, including 10 adults and five youth, 4-H Coun- cil represents the interests of youth, parents and leaders. 4-H Council also raises funds by staffing food booths at the Lancaster County Fair. These funds help support 4-H programs and activities. Last year, 4-H Council sponsored year-round centennial activities, including 4-H Centennial Theme night at Lincoln Saltdogs (see left). Members of 4-H Council are also quite active setting up, or- ganizing and overseeing events at the Lancaster County Fair. Last year, members volunteered more than 500 hours for the fair.

Lancaster County 4-H Council member Tracy Kulm at 441-7180 or visit the Web site at lancaster.unl.edu/4H.

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Youth “Learning by Doing”

4-H Offers Many Opportunities for Personal Growth

4-H offers youth a variety of activities and opportunities which help teach youth decision-making skills and build self-confidence. The largest event of the 4-H year is the Lancaster County Fair (see story below). However, there are activities throughout the year, such as the annual Speech Contest, Music Contest and Demonstration Contest. Karen Clinch says “Speech is a great experience for me. I used to be very quiet and shy, but now I’m able to get out in public and speak.”

4-H Livestock exhibitors have several opportunities to participate in activities across the state, including progress shows, the District Horse Show, State Fair, and the Ak-Sar-Ben 4-H Livestock Exposition.

Non-4-H youth can participate in 4-H Clover College, the 4-H Lock-In and Nebraska 4-H summer camps. Clover College is a four-day series of workshops held each June. Last year saw 278 registrations — more than double the previous year’s.

Nuturing Leadership

Lancaster County 4-H also offers a variety of leadership possibilities. 4-H Council (see article opposite page) includes youth members.

4-H Teen Council helps with many 4-H activities such as Speech Contest and Fair Fun Day. They also plan, organize and lead a fifth and sixth grade overnight Lock-In. Teen Council member Ian Beck-Johnson says “I feel that this has taught me how to become successful when it comes to helping people.”

Last year, more than $5,100 in 4-H scholarships was given to graduating seniors. Jami Rutt, recipient of $600 in 4-H scholarships, says the money helped a lot in helping pay tuition for her first semester in college.

County Fair Showcases Talents

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.

In addition to the usual 4-H/FFA activities which span all five days of the fair, the 2002 Lancaster County Fair had many new activities. 4-H Teen Council members did free face painting and gave temporary tattoos. A 4-H/FFA Pre till-Est Cow contest garnered much attention. This was also the first year in which Theater Arts, Leather Craftsmanship and Barn Again projects could be exhibited.

At the 2002 Lancaster County Fair, 4,708 exhibits were show cased by 611 4-H members.

4-H School Enrichment Programs Feature Hands-On Learning Activities

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.

UNL Cooperative Extension in Lancaster County educates 17,988 youth in 58 schools with the following School Enrichment programs:

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. This unit is a core (required) subject in the science curriculum at Lincoln Public Schools (LPS).

Vermicomposting

Second graders learn a new way to compost in Vermi composting. About 1,000 red wigglers will convert five pounds of kitchen scraps a week. Their castings can then be added to potting or garden soil for richer plantings.

Embryology

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

Character Counts!

In Nebraska, the Character Counts! character education program was initiated and coordinated by Cooperative Extension/4-H. From a pilot site in Lincoln at Belmont Elementary School, the program now reaches the majority of schools in Lancaster County.

Character Counts! has been so successful most Nebraska schools have adopted and are implementing character education programs. This year, extension and other community partners sponsored the third annual Character Counts! Conference in York. Each year the conference gets bigger, and one participant this year — a school principal — noted it was the best $25 he had ever spent.

Citizen Washington Focus (CWF) Teaches Government and History

Citizen Washington Focus (CWF) is a citizenship and leadership program for high school youth which provides a look behind the scenes at our nation’s capital. In Lancaster County, CWF organizes a trip to Washington D.C. every three years, raising money for the trip during the off years.

In June 2002, 32 teens and five sponsors traveled by bus on an ambitious 15-day itinerary. Stops along the way included historical sights such as the Statue of Liberty, Ellis Island, Valley Forge, Gettysburg, Mount Vernon and Monticello.

The group spent five days at the National 4-H Conference Center near Washington, D.C. with delegations from other states. There the 4-Hers held mock congressional sessions and learned how bills become law.

Tours of the capital included the Capitol building, the Smithsonian, the Holocaust Museum, Arlington Cemetery and all of the memorials. The group had the opportunity to visit with all five of Nebraska’s Congressmen and Senators and share ideas. One participant said, “This is a great trip to help teens to improve their leadership and communication skills and knowledge of how our government works.”

Character Counts! (see story below) was given to graduating seniors. Jami Rutt, recipient of $600 in 4-H scholarships, says the money helped a lot in helping pay tuition for her first semester in college.

4-H Water Riches

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

Blue Sky Below My Feet

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

Earth Wellness Festival

Lancaster County Extension collaborates with 10 community partners to present the earth wellness festival (ewf), a yearlong school curriculum with a one-day festival offering 2,888 fifth graders hands-on experiences to discover the inter-dependency of land, water, air and living resources.
Cooperative Extension — Your Resource for Pesky Pest Problems

“This [termite workshop] is a wonderful public service! It has given me peace of mind and confidence as a homeowner. Thank You! I will be recommending this class to other homeowners.”
— 2002 Termite Workshop attendee

Collaborating with Social Workers

Social workers may be confronted with pest problems in their caseload, but may not have the training to help. Extension Educator Barb Ogg has taught several social workers how to identify pest problems and what low-toxic controls work best. Social workers from Lincoln Housing Authority, Lincoln-Lancaster County Health Department, Lincoln Public Schools and League of Human Dignity have received assistance. One particularly challenging case in 2002 was a serious cockroach infestation in a substandard rental occupied by a foreign student and his family, including a pregnant wife and two children. A collaboration between Lancaster County Extension, the UNL Pesticide Safety Education Program, Lincoln Action Program and a local pest control professional resulted in a treatment with low-toxic baits, reducing pesticide exposure to the family.

Head Lice Resources You Can Trust

Lancaster County Extension has developed extensive head lice resources, including printed materials, photos and an award-winning video, Removing Head Lice Safely. Recently translated into Spanish and Arabic, more than 1,400 copies of the video have been sold. The video is the most requested video on 5 City-TV and plays more than 20 times per month on Lincoln Cable Channel.

The Know Lice Resources You Can Trust pages on extension's Web site were accessed 51,252 times last year. Internet clients report they are more confident about making informed decisions about managing lice.

Phthirapterist Dr. Robert C. Dalgleish remarked, “You have done an exemplary job of describing pediculosis in accurate terms understandable to the general public.”

Gardens and other green spaces help make cities more enjoyable, liveable and sustainable. UNL Cooperative Extension plays a vital role in teaching community horticulture issues customized for local weather, water, soil and pest conditions.

Extension also tries to help property owners develop healthy, diverse and functional landscapes that are energy efficient and less dependent on pesticides.

In 2002, horticulture staff:
• Presented 86 educational programs to groups and through other venues such as home and garden shows.
• Disseminated information through the media, such as “Garden Gossip,” a weekly column in the Lincoln Journal Star; Lincoln Live on KFOR radio; and Backyard Farmer on Nebraska ETV.
• Answered more than 6,500 telephone calls.
• Diagnosed problems via samples brought to the extension office or onsite.
• Continued adding educational resources to the gardening section of Lancaster County Extension’s Web site.

Lancaster County Extension also educates employees in the horticulture, soil and water through Commerical Horticulture Clinics and videos. This year, two videos were developed on irrigation scheduling and landscaping with small trees.

This year, a teaching curriculum, The Dynamics and Profitability of Landscaping: Beyond Erosion Flowers, was developed for real estate and land appraiser professionals to promote functional and sustainable landscapes.

Managing Yard Waste

Lancaster County Extension conducted 18 hands-on composting presentations throughout Lincoln to teach citizens how to successfully compost yard waste in their own backyards. More than 575 residents attended these presentations. An estimated 3,000 residents participate in an informal, self-guided tour of the composting demonstration site at University Place Park, 50th and Colby Streets.

Lancaster County Extension also educates the public on the benefits of mulching grass clippings through a “Bag-No-More” campaign.

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.

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 participate in an informal, self-guided tour of the composting demonstration site at University Place Park.

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

In 2002, 45 Lancaster County Master Gardeners logged 2,076 volunteer hours and had 10,995 direct clientele contacts.
Food Programs: Helping Every Time You Eat!

“I just want to say how much I LOVE your Web site! I have learned S00000000000000 much from your thorough articles. They are long enough to be greatly informative yet short enough for anyone not to lose interest.”

—Food Web site user

Limited-Income Residents Stay Healthy Through Nutrition Education Program

Nutrition Education Program (NEP) partners with 161 agencies, classrooms and coalitions to teach budgeting food dollars, saving money through meal planning, saving time by fixing quick and easy meals, keeping food safe to eat, feeding infants and children and preparing nutritious snacks.

Malnutrition and food security are real issues in Lincoln. In 2001, 17,841 people accessed food through the Emergency Food Pantries System. The Food Bank — a 10 percent increase over the previous year. Limited-income adults may participate in NEP classes or receive individualized lessons, including meal planning with Women, Infants and Children (WIC) and commodity foods.

Above: Lancaster County Extension NEP staff lead a game of Food Jeopardy at the Lincoln Action Program. Left: Sudanese women learn tips on how to feed their families.
Leadership and community development, as well as fostering family strengths, are by-products of most Cooperative Extension programs. Extension also has programs specific to these areas.

Extension partners with a variety of community agencies to present workshops such as Strengthening Families, Resource Management and Basic Insecting. Real World — Real Decisions, Parents Forever (for divorcing parents) and other Family Strengthening programs.

New this year is a strong partnership with the Community Learning Centers (CLC’s) as part of the Neighbors Working Together Project (see article at right).

In response to increased community concerns about home environment and safety, UNL Cooperative Extension in Lancaster County is placing additional program emphasis in this area. Expanded educational efforts include indoor air quality, lead paint hazards, safety in the home and more. In the past year, Bartos disseminated information and conducted neighborhood meetings to better educate neighbors about high priority community concerns. These meetings often featured local experts, tours or training, every meeting includes time for interneighborhood networking.

Ten-Year-Old Biosolids Program Saves $4 million

UNL Cooperative Extension in Lancaster County coordinates with the City of Lincoln Wastewater and Solid Waste Division. Biosolids are organic solids that are separated from wastewater and biologically processed to make them safe for land application.

Lancaster County Extension encourages use of the latest technologies in precision agriculture to ensure biosolids are applied in an environmentally sound manner. GPS/GIS technology, which is an important aspect of the record-keeping database and monitoring system, helps make this a state-of-the-art program nationally.

The past year, more than 35 tons of biosolids were delivered and applied to 32 fields and 1,169 acres. Studies on farmer’s fields have shown that the nutrient value of biosolids is worth at least $25 per acre for the first year’s crop. The applied biosolids were worth more than $500,000 to Lancaster County farmers.

Since 1992, when the City of Lincoln’s Biosolids Land Application program began, more than 250,000 tons of biosolids have been distributed to crop fields. This has saved taxpayers $4 million by keeping this recyclable waste out of the landfill. Over the entire life of the Bluff Road landfill, recycling biosolids could add a total of 2-1/2 years to the landfill.

*Independent Sector values volunteer time at $16.05/hour.

Nutrition Education Program

Continued from preceding page

A woman struggled to get her children to eat a good variety of foods. After receiving the fruit and vegetable lessons, she fixed the recipes for their children. She was impressed how much they ate and that they would actually eat vegetables. These are two of 1,492 adults responsible for feeding 5,360 Nebraska families.

More than 2,200 students in 105 classroom programs participated in NEP School Enrichment programs. Lancaster County NEP staff developed hands-on activities to supplement the first, fourth, and fifth grade health curriculums. As a result, teachers taught 10 hours of nutrition in the classroom.

In addition, 101 senior citizens participated in an average of four lessons each. One tip seniors learn is they can cut down on sodium by using NEP master mix instead of canned soups for casseroles.

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