1-1-2011

2011 Annual Report

Follow this and additional works at: http://digitalcommons.unl.edu/extlanannrpt

http://digitalcommons.unl.edu/extlanannrpt/12

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in Annual Report Archive from UNL Extension in Lancaster County by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.
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.

**Big Connection**

Extension is your local connection to university research-based information

**4-H & Youth**
- Clubs, school enrichment, after-school & more
- Developing life skills & leadership
- Hands-on projects, science & technology
- Volunteering & service

**Farms & Acreages**
- Livestock & crop production
- Acreage living
- Urban agriculture
- Water resources

**Home & Families**
- Home environment, safety, energy & consumer education
- Parenting, families & relationships
- Family & Community Education (FCE) clubs

**Food & Nutrition**
- Nutrition & cooking
- Food safety
- Stretching food dollars

**Pests & Wildlife**
- Pest identification
- Insect, spider & wildlife education
- Low-toxic solutions

**Yard & Garden**
- Plant & pest problem diagnosis
- Master Gardener volunteers
- Horticulture education
- Managing water resources

**Outreach**

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

**4-H & Youth**
- Clubs, school enrichment, after-school & more
- Developing life skills & leadership
- Hands-on projects, science & technology
- Volunteering & service

**Farms & Acreages**
- Livestock & crop production
- Acreage living
- Urban agriculture
- Water resources

**Home & Families**
- Home environment, safety, energy & consumer education
- Parenting, families & relationships
- Family & Community Education (FCE) clubs

**Food & Nutrition**
- Nutrition & cooking
- Food safety
- Stretching food dollars

**Pests & Wildlife**
- Pest identification
- Insect, spider & wildlife education
- Low-toxic solutions

**Yard & Garden**
- Plant & pest problem diagnosis
- Master Gardener volunteers
- Horticulture education
- Managing water resources

http://lancaster.unl.edu

= Big connection + outreach

**Community Value**

"Barb Ogg has been a valuable resource in my work with child care facilities. Her willingness to provide pest management training and work individually with child care professionals has made a positive impact on our community."
- Gina Egenberger, Lincoln-Lancaster County Health Department Children’s Environmental Health Educator

"I found out cover crops definitely protect the soil and are beneficial for wildlife. I still have a lot to learn on how to manage cover crops."
- Calvin Paschold, og producer

"After the Nutrition Education Program presented lessons to the Everett Elementary School’s parent group, my son and I have been eating less salt. Other parents report they are now aware of portion sizes and their families are eating more vegetables and fruits."
- Elizabeth Montes, Nutrition Education Program graduate and Lincoln Public Schools Spanish Bilingual Liaison

"4-H has done a wonderful job preparing me for college as an Animal Science major. Horse quiz bowl, hippology, and judging — paired with the work my 4-H leader and Extension staff have done — helped lay a strong foundation for my college education."
- Cory Peters, 10-year 4-H member and UNL freshman majoring in Animal Science

"The Guardianship Training was invaluable with understanding the requirements for guardianship."
- Range Shaw and Bowman Shaw, Guardianship Training participants

"The Master Gardener program gave me an increased level of knowledge on horticultural subjects, and a new understanding of our community gardens. It has been great sharing my love of gardening with others through the program."
- Elaine Booth, UNL Extension Master Gardener volunteer
Since 2000, the Nutrition Education Program School Enrollment Kits have increased nutrition education in qualifying Lincoln classrooms from an average of 5.744 hours to 11 hours per classroom per year. To date, 43,089 students and 2,254 classrooms (grades K–8) have benefited from more than 23,000 total hours of teaching. Teachers have noticed students choosing healthier foods and improving their eating habits.

Extension Educator Sarah Browning has helped present two-day Good Agricultural Practices (GAPs) Trainings at five locations in Nebraska, including Lincoln. A total 135 commercial fruit and vegetable growers received knowledge and applied the practices in their production operations enabling them to maintain or improve the safety of their produce by preventing contamination with microbial pathogens. Three months after the program: 74% implemented a health and hygiene training program for all employees; 59% implemented a system to clean all harvest equipment on a scheduled basis.

Less than a week after USDA unveiled the new MyPlate icon in June, Extension Educator Alice Henneman created a PowerPoint and online slideshow of “Choose MyPlate: Selected Consumer Messages.” The webpage has received 18,595 pageviews. 238 visitors participated in an evaluation, of which 92% indicated they learned something new, and 87% indicated they learned something new. The PowerPoint also was Slideshare.net which has received more than 23,000 views and as a YouTube video which has received more than 7,300 views.

In the 2010–11 school year, NEP taught nutrition in 361 Lincoln classrooms to more than 7,000 students.

Barb Ogg shows a charity organization how to inspect donated beds for bed bugs.

Extension Educator Barb Ogg is known as a bed bug expert. This year, Barb gave 55 bed bug presentations to agencies, businesses, non-profit organizations, daycare providers, and schools — as well as medical, real estate, and pest control professionals — totaling approximately 2,400 total attendees. She also consults with hundreds of renters and homeowners who have bed bugs.

Nebraska RentWise is a six-module educational program for renters. The program educates the consumer on their knowledge and applied the practices in their production operations enabling them to maintain or improve the safety of their produce by preventing contamination with microbial pathogens. Three months after the program: 74% implemented a health and hygiene training program for all employees; 59% implemented a system to clean all harvest equipment on a scheduled basis.

Extension’s statewide Parents Forever classes helps divorcing parents implement positive parenting skills and are approved by the Nebraska Supreme Court. This year, Extension Educator Maureen Burson presented 20 classes to 187 total parents who care for approximately 329 children. Evaluations indicate after the class 93% understand the effects of divorce on children with 66% prior to the class; 94% understood how to develop a co-parenting plan (compared with 55% prior to the class).

http://lancaster.unl.edu is Your 24/7 Local Extension Connection

Hundreds of thousands of people access UNE’s website to find answers to questions and solutions to problems 24 hours a day, 7 days a week, 365 days a year. The website contains thousands of pages of content and is updated daily. Extension’s educational materials often show up near the top in search engine results.

This year we expanded our social media outreach to give you even more opportunities to connect at your convenience. Join the conversation — ask questions, give feedback, and share your experiences. On our Facebook and Twitter pages, staff post instant updates on programs and resources.

The new 4-H Facebook page is a special place for 4-H families, volunteers, and alumni to connect. Our YouTube and new Flickr channels are great places to watch informative videos and view photos from local events and programs.

Gary C. Bergman

UNL Extension Educator & Unit Leader

---

Lancaster Extension Education Center Conference Facilities

As part of Extension’s commitment to community learning, the Lancaster Extension Education Center conference facilities are a year-round asset to the non-profit and governmental organizations at a nominal cost. In 2011, more than 3,744 hours of conference and meetings were held in the facilities.
The University of Nebraska–Lincoln Extension 4-H youth development program is open to all youth ages 5–18. Emphasis is on developing life skills through learning-by-doing. Lancaster County 4-H consists of:

- **Organized Clubs** — 115 clubs ranging from 5 to 67 members and led (or co-led) by adults. Youth choose officers to run meetings. Clubs usually work on one or more projects together.
- **Independent Members** — With increasingly busy schedules, more and more youth are becoming independent 4-H members. Youth and families work independently on 4-H projects.
- **Projects** — Youth can choose from numerous 4-H projects. Project manuals are developed by experts and most project manuals have leader guides.
- **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–8th grades in qualifying schools). These curricula meet Nebraska Curriculum Standards.
- **After-School Programs** — 42 Lincoln after-school/summer site programs have incorporated 4-H projects and/or county fair exploration activities into their programs.
- **4-H Embryology Website** — Egg Cam and other resources at http://lancaster.unl.edu/eh/embryology.
- **Educational Events** — 4-H staff organize events such as Clover College, workshops, contests, and leader trainings.
- **Leadership Opportunities** — 4-H Teen Council, 4-H Council, and more.

In the past year, Lancaster County 4-H reached nearly:
- 1,237 club members
- 1,929 youth in after-school and summer programs which incorporated 4-H activities
- 18,643 youth in 4-H school enrichment programs

Nearly 530 fourth graders from local schools attended the Ag Awareness Festival in April at the Lancaster Event Center. Extension Assistant Cole Meador also assisted at the Ag Awareness Festival in October at UNL’s Agricultural Research and Development Center near Mead.

Five Lancaster County 4-H’ers achieved the top level of Nebraska 4-H Horsemanship — Level IV.

Several Lancaster County 4-H horse members represented Nebraska at the national All American Quarter Horse Youth Congress and 4-H & FFA Western National Roundup contests. Elli Doermont and Hannah Ronnau earned national champions with their team demonstration "Gut Reaction."

"Without the outreach provided by the Extension’s 4-H staff, a large number of youth in Lincoln would miss out on the BIG impact 4-H has on our community. As a Lincoln Parks & Recreation director of quality out-of-school programs called community learning centers, I see on a daily basis the value our youth receive through 4-H’s hands-on projects."

— Ryan Mahling, Lancaster County Extension Board member and Community Learning Center Site Supervisor at Everett Elementary School

"The Lancaster County Extension office and staff are a crucial part of the Lincoln Public Schools science curriculum. The staff are valuable resources who are willing to share their expertise with LPS students and teachers — helping to create meaningful learning experiences for children of Lincoln."

— Kirsten Smith, Lincoln Public Schools Curriculum Specialist for Science

The Lancaster County 4-H Clover College is a four-day series of hands-on workshops held each June. This year’s Clover College featured 52 workshops and 734 total registrations.

At the 2011 Lancaster County Super Fair, nearly 700 exhibitors showcased more than 5,400 4-H/FFA exhibits (including static exhibits, Clover Kids, animals, and contest entries).

Approximately 3,800 third graders in 151 classrooms at 51 schools incubate, candle, and watch eggs hatch as part of the 4-H Embryology school enrichment program.

Garbology means the study of garbage. More than 3,100 second graders in 160 classrooms at 51 schools participate in the 4-H Garbology school enrichment program which includes hands-on experiments.

"The Lancaster County Extension office and staff are a crucial part of the Lincoln Public Schools science curriculum. The staff are valuable resources who are willing to share their expertise with LPS students and teachers — helping to create meaningful learning experiences for children of Lincoln."

— Kirsten Smith, Lincoln Public Schools Curriculum Specialist for Science

**Benefit to Youth**

Youth who participate in 4-H learn life skills, science, technology, leadership and citizenship.

— Lancaster County 4-H Council

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. Lancaster County FCE’s emphasis is on community service and sponsoring a scholarship. Annually, FCE awards a $400 scholarship.

**Volunteerism**

Last year, UNL Extension in Lancaster County programs benefitted from approximately 1,743 volunteers investing 25,510 hours of time for a total value of $425,252! Volunteers contributed to 4-H, Master Gardener, Family Community Education (FCE), and other Extension programs. In addition, 4-H and FCE members often volunteer in community service projects.

*Independent Sector values volunteer time in Nebraska for 2009 at $16.67/hour.*

**Community Service**

The Family and Community Education (FCE) clubs are 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. Lancaster County FCE’s emphasis is on community service and sponsoring a scholarship. Annually, FCE awards a $400 scholarship.
Food & Nutrition

To help people learn how to eat healthier, Extension blends nutrition, food safety, and food preparation information into practical actions people can use in their daily lives.

Educational materials developed by Extension Educator Alice Henneman for use in local programs (such as PowerPoints and handouts) are also made available on the Internet for around-the-clock access, both locally and nationwide. They are promoted and shared via social media networks, such as Vimeo, SlideShare, LinkedIn, Twitter, Flickr, and Facebook. As an example, a community program she delivered in cooperation with BryanLGH about healthy eating using master mixes, drew a live audience of over 400 persons and the materials on the Internet have received over 5,500 views. Alice chairs a committee of 30 UNL staff to develop materials for Extension’s statewide Food website at http://food.unl.edu. Topics include food safety, local foods, meat products, home food preservation, food processing/business development, food allergies, and youth/4-H.

Nutrition Assistance Program (SNAP-Ed).

Nutrition Education provides families in the state with access to a variety of resources to promote healthy eating and physical activity. The Nebraska Nutrition Education Program (NEP) helps limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars. NEP receives funding from USDA through the Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Assistance Program-Education (SNAP-Ed).

Last year, Lancaster County NEP reached:
- 819 enrolled program families
- 7,318 youth (13,121 teaching contacts)
- 7,138 adults (1,718 teaching contacts)
- 34,718 grade 6 health classes.

Extension Associate Mary Abbott developed nutrition kits containing hands-on activities for 6th, 7th & 8th grade health classes.

Yard & Garden

UNL Extension plays a vital role in promoting human health by teaching Nebraskans how to create healthy, sustainable, and diverse landscapes that are energy and water efficient, as well as less dependent on pesticides. Fewer pesticide applications means less chance for human exposure, and reduced potential for chemical residue to end up in lakes and streams. Extension Educator Sarah Browning and Extension Associate Mary Jane Froge assist area residents and green industry professionals via phone calls, walk-in requests, email questions, publications, and Internet resources.

The Extension Master Gardener Volunteer Program provides participants with 40 hours of classroom training on a core curriculum of horticulture topics, and in return they give back 40 hours of volunteer service to their community. Master Gardeners volunteer on the reach of Extension education by teaching yard waste composting, a program developed in partnership with the City of Lincoln Solid Waste Recycling program. Master Gardeners also assist in maintenance of demonstration landscapes, including the People’s City Mission vegetable garden where they teach residents how to care for and harvest garden crops.

Urban Agriculture

With the growing importance of urban agriculture, a statewide website at http://food.unl.edu/urbanag was created to focus on Extension’s many resources in this area. Extension’s statewide team members from Lancaster County are co-leaders Gary Berndt and Sarah Browning, as well as Alice Henneman and David Smith.

Diagnostic Services

Throughout the year, Lancaster County residents bring plant samples, insects, pests, and wildlife “signs” to UNL Extension in Lancaster County. A free service, Extension entomologists and entomologists identify weeds, diseases, and insects in and around the home and garden, and make recommendations about the best way to help manage these problems.

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 an up-to-date website. He is Extension’s statewide contact for grain storage questions. Some of the agricultural programs presented this year include: Private and Commercial Pesticide Applicator Trainings, Nutrient Management seminars, and a Farmland Leasing Arrangements workshop.

Residential acreages are rapidly increasing in Lancaster County. Extension delivers information on a wide range of issues related to acreages such as proper management of septic tanks and wastewater lagoons, landscape management, and alternative crops profitable for acreages. The website also offers an Acreage and Small Farms Insights website at http://acreorge.unl.edu. Production ag and acreage resources are online at http://lancaster.unl.edu/ag.

Home & Families

Extension Educator Lorene Bartos shares her expertise on home maintenance, indoor air quality, energy conservation, safety in the home, and recycling through The Nebraska, Extension’s website, her weekly column in the Lincoln Journal Star, and other outreach methods. She presented or helped present numerous workshops including BemWise, child care provider conferences, and community training lessons. Extension Educator Maureen Burson presents Parents Forever and Guardianship Training classes in Lancaster County and Southeast Nebraska. She is also a part of Lincoln’s Children of Parents Experiencing Divorce (COPED) coalition.

Grant Addresses Childhood Obesity

In 2011, UNL Extension received an Agriculture and Food Research Initiative competitive grant to address the childhood obesity issue in the Lincoln community. The $947,093 grant will be used to replicate the highly successful Lancaster County Nutrition Education Program’s school enrichment kit program which is currently only available to income qualifying schools. All Lincoln Public Schools will now have access to nutrition kits containing hands-on educational experiences designed to enhance the school health curriculum. Teachers will be trained on the usage of kits in their classrooms and the importance of healthy eating. The five-year “Growing Healthy Kids Thru Healthy Communities” also provides for parent/community involvement though a “Family Meal Night” component.

Education and information through the Window of Opportunity Child Care Conference had 137 attendees.

The Window of Opportunity Child Care Conference had 137 attendees.

In 2011, 33 Master Gardeners volunteered 1,466 hours.