2012

2012 Annual Report

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UNL Extension in Lancaster County develops and delivers educational programs benefiting individuals, families, businesses, and communities.

Extension Educator Maureen Bursen (second from right) is part of the Co-Parenting for Successful Kids online team. In January 2012, the Nebraska Supreme Court approved the online class as a basic parenting class mandated for parents experiencing separation, custody, and divorce. In the first 10 months, 778 parents enrolled in the online class.

Extension Educator Sarah Browning (far right) is a regular panelist on UNL Extension’s Backyard Farmer, which celebrated 60 seasons this year and included a special “50’s night” (pictured). Backyard Farmer is the longest-running locally produced program in television history.

Extension Educator Alice Henneman presented a class, “Quick, Delicious One-Dish Meats” to nearly 350 people at Bryan Medical Center. In 2012, Extension staff in Lancaster County taught face-to-face educational programs to approximately 25,800 people (44,300 teaching contacts).

“Extension has made a big difference in my life. The education I received from Extension classes has empowered me to make good decisions for myself and family. Extension classes provide education, skills, budgeting, and crucial resources to create healthy, balanced families in our community.”

—Keenya Barnes-Heyward, RentWise, Co-Parenting for Successful Kids, and Nutrition Education Program participant.

“Extension’s Guardian and Conservator training allows individuals serving as guardian and/or conservator the unique opportunity to learn their rights and responsibilities from trained professionals. My clients have indicated that this class is an invaluable resource.”

—Chris Blumenberg, attorney and member of Nebraska State Bar Association who volunteers to help answer legal questions at Guardianship Trainings.

“With my involvement with 4-H, I have learned about the importance of leadership, became more confident with myself, and it influenced me to get more involved with my community.”

—Sadie Hammond, 8-year 4-H member, secretary of 4-H Council, and president of 4-H Teen Council.

“Extension Educator Tom Dorn is a very valuable asset to the extension of education to agriculture. He has an in-depth knowledge of many subjects and he is very helpful in directing us to the best choice in an unbiased fashion. I know that when I consult with Tom, I am getting quality information in a style that is very easy to understand.”

—Gale Williams, ag producer.

“Extension is an invaluable community partner for Community CROPS. Extension educators have taught good agricultural practices and pest management in our workshop series, and are always quick to respond to any requests for assistance. Several Extension staff serve on our board and provide excellent leadership and guidance.”

—Warren Kittles, Community CROPS Growing Farmers Training Program Manager.

“The nutrition classes helped me a lot. I have started to eat more whole grains and a variety of fruits. I now use shopping lists. At the grocery store, I buy the meats last, and when I go home, the first thing I do is put milk and meat in the refrigerator. I share what I learned with my community [Karen and Burmese].”

—Wah Wah Moo, Nutrition Education Program graduate through the New American Leadership Academy.

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Since 2000, the Nutrition Education Program (NEP) School Enrichment Kits have increased nutrition education in qualifying Lincoln classrooms. To date, 51,953 students from 2,691 classrooms (grades K–8) have benefited from more than 25,900 total hours of teaching. Teachers have noticed students choosing healthier foods and improving their eating habits. In 2012, the Lancaster County nutrition kits were replicated by the Nebraska Extension for use in nearly 40 other counties.

Extension Educator Barb Ogg has been known as Nebraska’s “Red Cross” since her first year. Barb gave 28 bed bug presentations to agencies, non-profits, nursing homes, youth camp directors, fraternities/sororities, visiting nurses/other medical personnel, and real estate owners and managers — totaling approximately 1,550 attendees. She also consulted with hundreds of renters and homeowners who had bed bugs.

Since 1998, Extension Educator Tom Dorn has hosted and helped present the Commercial Crop Pest Management Applicator Training Sessions in Lancaster County — about 8 a year. In 2012, 423 people attended these trainings. Applicators of training provide reports of their number of previously attended trainings:

- 95% commercial/noncommerical and 93% private frequently or very frequently used safe storage, holding, and application practices for pesticides, and
- 94% commercial/noncommerical and 98% private frequently or very frequently used pesticide best management practices to reduce contamination.

The “Cook It Quick” monthly e-newsletter written by Extension Educator Alice Henneman began in 1996 and now has more than 8,000 subscribers worldwide. A recent online survey of subscribers indicated 84% agreed to improve foods faster and easier. Subscribers also reported learning how to save money, improving their cooking practices, cooking with healthier fats, handling foods safely, eating more home-cooked meals, reducing their sodium, and cooking with more whole flour.

The Nutrition Education Program (NEP) taught nutrition in 437 Lincoln classrooms to 8,664 students grades K–8 in the 2011–12 school year. Return to NEP for Kristen Houaska teaching students how to prepare a healthy snack.

In 2012, Barb Ogg gave 28 bed bug presentations to groups, including the Real Estate Owners and Managers Association (pictured). She also consults with hundreds of individuals.

For 17 years, Extension Educator Loren Bartos has provided leadership and teaching for the “Window of Opportunity” spring child care providers conference. Each year, an average of 100 providers attend the conference for a total of about 1,700. Each provider cares for approximately 10 children. Providers report they have made positive changes in areas of child guidance and discipline, daily learning activities for children, hands-on activities for the children, and safety guidelines and practices in their child care home facility. One participant said, “The most important thing I learned was how much routines that are always consistent really help the child develop better!”

http://lancaster.unl.edu
- BIG IMPACT & BIG CONNECTION

Millions of people access UNL Extension in Lancaster County’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状元 up show near the top in search engine results. We continue to expand our social media outreach to give you even more opportunities to connect with our Extension expertise. Join the conversation — ask questions, give feedback, and share your experiences. On our Facebook and Twitter pages, staff post instant updates on programs and timely resources. The 4-H Facebook page is a special place for 4-H families, volunteers, and members to connect. Our Youtube and Flickr channels are great places to watch informative videos and view photos from local events and programs. The Nebline newsletter, which is mailed to nearly 12,000 Lancaster County residents, is available free on our website.

**HONORS, AWARDS, AND ACCOMPLISHMENTS**

- Contributing author for Getting Connected, Shaping Connected, Loving Each Other
- 2nd place Nebraska book and 10 UNL Extension NebGuides
- Children of Parents Experiencing Divorce (COED) coalition secretary
- 1st place national winner & 1st place Central District winner in “Communication - Internet Education Technology,” presented by National Extension Association of Family and Consumer Sciences (NEAFCS)
- Presente a concurrent session at National Extension Association of Family and Consumer Sciences Conference
- Presented two poster sessions and a concurrent session at Society for Nutrition Education and Extension Conference
- “Evaluating the Effectiveness of Your Social Media Marketing,” accepted for publication in the Journal of the National Extension Association of Family and Consumer Sciences
- Community CROPS board member

**Vicki Jedlicka, Publication and Media Specialist**
- 10 years of service with Lincoln County Extension
- “Distinguished Service Award – Nebraska Extension” presented by Nebraska Extension Association of Family and Consumer Sciences
- 2nd place Nebraska book and 1st place Central Region winner in “Communication - Internet Education Technology,” presented by National Extension Association of Family and Consumer Sciences (NEAFCS)
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- Presented two poster sessions and a concurrent session at Society for Nutrition Education and Extension Conference
- “Evaluating the Effectiveness of Your Social Media Marketing,” accepted for publication in the Journal of the National Extension Association of Family and Consumer Sciences
- Community CROPS board member

**Dave Smith, Extension Technologist**
- 15 years of service with UNL
- Community CROPS board president

**Jim Wies, Extension Associate**
- 15 years of service with UNL

Lancaster Extension Education Center Conference Facilities

As part of Extension’s commitment to community learning, the Lancaster Extension Education Center conference facilities are available to other nonprofit and governmental organizations at a nominal cost. In 2012, more than 4,320 hours of conferences and meetings were held in the facilities.
Communities benefit when they support 4-H. Youth who participate in 4-H learn life skills, science, technology, leadership, and citizenship.*

—Lancaster County 4-H Council

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 — 119 clubs ranging from 5 to 79 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.
- Educational Events — 4-H staff organize workshops, contests, leader trainings, and events such as Clover College.
- Lancaster County Super Fair — Many 4-H youth choose to exhibit their project(s) and participate in contests at the Lancaster County Super Fair held at the Lancaster Event Center. In 2012, more than 800 4-H/FFA exhibitors showcased more than 6,000 exhibits (including static exhibits, animals, contest entries, and Clover Kids exhibits).
- Leadership Opportunities — Several opportunities are available to youth, including the 4-H Teen Council leadership club, youth members and officers on 4-H Council, teens helping younger 4-H members, and more.
- School Enrichment — 4-H programs for classrooms include: Garbology (2nd grade), Embryology (3rd grade), Awareness Festival (4th grade), Earth Wellness Festival (5th grade), and Nutrition Education Program (K-4th grades in qualifying schools). These curricula meet Nebraska Curriculum Standards.
- After-School Programs — 40 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/4h/Embryology.

In the past year, Lancaster County 4-H involved nearly:
- 1,410 club members
- 200 independent members
- 1,587 youth in after-school/summer programs which incorporated 4-H activities
- 20,357 youth in 4-H school enrichment programs

In the 4-H Embryology school enrichment program, 3rd graders incubate, candle, and watch eggs hatch. Pictured is Extension Associate Marty Truax presenting “Fun with Agriculture.”

A day-long workshop, “Fun with Healthy Food!” was new this year. Youth learned that making healthy food choices can be fun and tasty. Pictured is a participant guessing how much sugar is in various drinks, with Extension Associate Tracy Anderson.

Nearly 115 4-H youth and family members painted 36 trash barrels for the Lancaster Event Center as a 4-H community service project.

* 4-Hers who attend national contests are, in my opinion, tomorrow’s leaders. Those kids have learned early in life the concept of very hard work, determination, problem solving, and teamwork. They come out of the 4-H program with a head start to a very bright future.*
—Kendra Bannau, South Prairie Wranglers 4-H club leader and coach for Lancaster County 4-H’ers attending the 4-H/FFA Western National Roundup

Last year, UNL Extension in Lancaster County programs benefited from approximately 1,630 volunteers investing 22,000 hours of time for a total value of $421,500! Volunteers contributed to 4-H, Master Gardener, Family Community Education (FCE), and other Extension programs.

At the 2012 Family & Community Education (FCE) clubs Achievement Day, members donated 140 pounds of canned food and paper products, along with cash, for the Food Bank of Lincoln.

Many 4-H clubs and individual members participate in community service projects. Part of the 4-H pledge is “my hands to larger service.”
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.

Extension Educator Alice Henneman chairs a committee of about 30 UNL staff to develop materials for Extension's statewide food website, http://food.unl.edu, which is continuously updated. Topics include food safety, local foods, meat products, home food preservation, food processing/business development, food allergies, and youth/4-H. Henneman's educational materials include PowerPoints, videos, and handouts, which she shares via various social media such as Pinterest, Facebook, Twitter, YouTube, Vimeo, SlideShare, Flickr, and LinkedIn. She also writes two e-newsletters: Cook It Quick and Food Reflections.

The 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). Extension Educator Karen Wobig and six NEP staff members teach individuals and groups at multiple sites in Lancaster, Gage, Saline, and York counties.

Last year, NEP staff reached:

- 8,987 youth (18,052 teaching contacts) at 27 schools and other sites.
- 873 enrolled program families (3,072 teaching contacts).
- 89 older adults (576 teaching contacts) at 6 senior sites.

Extension Educator Karen Wobig, part of the Nutrition Education Program in Lancaster County, teaches nutrition classes at three senior sites.

Yard & Garden

UNL Extension plays a vital role in protecting 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 Frogge assist area residents and green industry professionals via phone calls, walk-in requests, email questions, publications, and Internet resources. Browning has a weekly column in the Lincoln Journal Star and is a regular panelist on Backyard Farmer.

The Extension Master Gardener Volunteer Program provides new 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 Gardener volunteers extend 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.

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, timely articles in the Nebraska newsletter and UNL CropWatch, and an up-to-date agricultural 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 certification trainings, a pasture management seminar, and a farmland rental workshop. Residential acreages are rapidly increasing in Lincoln County. Extension delivers information on a wide range of issues related to acres such as proper management of septic tanks and wastewater lagoons, landscape management, and alternative crops profitable for acres. Extension Educator Sarah Browning provides education through Extension’s statewide Acreage Insights website at http://acreage.unl.edu and Acreage eNews monthly email newsletter. In 2012, Browning developed a UNL Good Agricultural Practices (GAPs) statewide website at http://cropwatch.unl.edu/web/gaps in partnership with the Nebraska Fruit & Vegetable Growers Association.

Production ag and acreage resources are online at http://droughtresources.unl.edu.

Pests & Wildlife

UNL Extension in Lancaster County has extensive resources to help identify pests and recommend control methods. Emphasis is on low-toxic control methods, whenever possible. Extension Educator Barb Ogg and Extension Associate Soni Cochran assist area residents via phone calls, walk-in requests, email questions, publications, presentations, workshops, and radio. Extension’s popular pest and wildlife website reaches a global audience with research-based information including publications, photos, and videos. Ogg partners with community organizations and industry professionals in training and disseminating pest control educational resources. Ogg helps organize a hands-on Termite School for pest management professionals and inspectors. From 2005 to 2012, 2,216 insects from 30 states earned best practices in inspections, calibration of equipment, and application techniques.

Bed bugs are a growing problem in Lincoln and other Nebraska communities with more people reporting unexplained bites. Ogg helps residents and area schools, apartment complexes, and other rental properties organize a hands-on Termite School for pest management professionals and inspectors. Since 2005, 2,216 insects from 30 states earned best practices in inspections, calibration of equipment, and application techniques. Bed bugs are a growing problem in Lincoln and other Nebraska communities with more people reporting unexplained bites.

Families & Home

Extension Educator Lorene Bartos coordinates and presents child care provider trainings and serves on various community committees supporting education and development of young children. She works with HeadStart/EXCITE programs to support literacy in families. Bartos also shares her expertise on home maintenance, energy conservation, safety in the home, and recycling through the Nebraska newsletter, a weekly column in the Lincoln Journal Star, and other outreach methods. She also assists with the RentWise program by training trainers and teaching classes to help renters increase the skills in becoming a better tenant by learning skills in budgeting, communicating with landlords and neighbors, and caring for the home.

Extension Educator Maureen Burson presents Guardianship Trainings and Co-Parenting For Successful Kids on-site classes in Lancaster County and Southeast Nebraska. These classes meet requirements mandated by the Nebraska Supreme Court. Burson is also on the statewide Co-Parenting For Successful Kids team which developed an online class in 2012. Most participants give positive feedback about the class. One said, “The mix of journal entries, quizzes, and videos made the information ‘sink in’ better than just quizzes alone would have.”

The Window of Opportunity Child Care Conference had nearly 135 attendees.