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2012 Annual Report

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University of Nebraska–Lincoln Extension in Lancaster County develops and delivers educational programs benefiting individuals, families, businesses, and communities.

**Outreach**

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

**Community Value**

"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 Blomenberg, attorney and member of Nebraska State Bar Association who volunteers to help answer legal questions of 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 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 (Burmese and Karen)."

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

"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

**Connection**

Extension is your local connection to university research-based information.

**4-H & Youth**

- Clubs, school enrichment, after-school & more
- Developing life skills, citizenship, leadership & career readiness
- Hands-on projects, science & technology

**Farms & Acreages**

- Livestock & crop production
- Acreage living
- Urban agriculture
- Drought & water resources

**Food & Nutrition**

- Nutrition & cooking
- Food safety
- Stretching food dollars

**Families & Home**

- Early child development, parenting & family relationships
- Home environment & energy
- Family & Community Education (FCE) clubs

**Pests & Wildlife**

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

**Yard & Garden**

- Plant & pest problem diagnosis
- Master Gardener volunteers
- Horticulture education
- Drought & water resources
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 are noticing students choosing healthier foods and improving their eating habits. In 2012, the Lancaster County nutrition kits were replicated by the Nebraska State Extension for use in nearly 40 other counties.

Extension Educator Sarah Browning educated fruit and vegetable growers on Good Agricultural Practices (GAPs), enabling them to maintain or improve the safety of their produce by preventing contamination with microbial pathogens such as Salmonella or E. coli. 65 growers attended a day-long workshop taught through the five-state Great Plains Growers Conference (GPGC). 19 additional growers increased their knowledge of GAPs through their local one-day workshop. After the program, 89% of participants agreed that they need the tool for farm food safety practices as “high” or “very high.”

Extension Educator Barb Ogg is known for her “Bed Bug Book.” In 2012, Barb gave 28 bed bug presentations to agencies, nongovernmental organizations, youth camps, fraternities/sororities, visiting nurses/other medical personnel, and real estate owners and managers – totaling approximately 1,550 total attendees. She also consulted with hundreds of renters and homeowners who had bed bugs.

Since 1998, Extension Educator Tom Dorn has hosted and helped plan and present the Crop Protection and Applicator Training Sessions in Lancaster County – about 8 a year. In 2012, 423 people attended these trainings. Applicators of pesticide residue report and have increased the number of previously attended trainings:

- 95% commercial/noncommercial and 93% private frequently or very frequently used safe storage, handling, and application practices for pesticides, and
- 44% commercial/noncommercial and 88% 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% gained ideas for preparing 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 sugar, and cooking with more whole wheat.

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.

http://lancaster.unl.edu — BIG outreach & 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 show up 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 expertise. Visit the extensionashington.celebrate150.org website to learn more about the Extension programs and resources available near you.

For 17 years, Extension Educator Lorene 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 15 children. Providers report they have made positive changes in the areas of child guidance and discipline, daily learning activities for children, hands-on activities for the children, and safety guidelines and practices in their childcare 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!”

“Extension has played a big role in my family through 4-H and its ag research and education programs. By serving on the Extension Board, I see the big impact Extension provides throughout the whole community to all ages in both rural and urban settings through its many excellent programs.” — Denise Farley, Extension Board Vice President

Gary C. Bergman Extension Educator/Unit Leader

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HONORS, AWARDS, AND ACCOMPLISHMENTS

Tracy Anderson, Extension Associate
- 15 years of service with UNL

Lorene Bartos, Extension Educator
- “Continuing Education Award – Nebraska Winner” and 1st place Central Region winner in “Crop Management – Written/Press Release” presented by National Extension Association of Family and Consumer Sciences (NEAFCS)
- Nebraska Resource Conservation and Development Achievement Award
- 15 years of service with UNL
- Nebraska Resource Conservation and Development Achievement Award

Maureen Burson, Extension Educator
- Co-presented a concurrent session at National Extension Association of Family and Consumer Sciences conference
- Family & Consumer Sciences section president of Nebraska Cooperative Extension Association (NCEA)
- Contributing author for Getting Connected, Shayping Connected, Loving Each Other Day to Day, 221 page book and 20 UNL Extension NebGuides
- Children of Parents Experiencing Divorce (COPED) coalition secretary

Tom Dorn, Extension Educator
- Two CropWatch articles, “How to Estimate the Bushels of Grain in a Bin,” and “Estimating the Tonnage of Silage in a Bale”
- Nebraska Tier 3 Producer of the Year

Maureen Burson presented 21 UNL Extension Guardianship workshops in Lancaster County and Southeast Nebraska to 314 newly appointed guardians/conservators. Statewide evaluation indicated 89% of participants agreed their responsibility to the court compared to 11% prior to the class, and 80% understood what guardianship/conservatorship is compared to 20% prior to the class.

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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-8th 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.

**New at the 2012 Lancaster County Super-Fair was a 4-H/FFA Livestock Judging Contest. About 80 youth participated, judging Angus heifers, market steers, commercial gilts, market hogs, commercial ewes, and market goats.**

**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.**

**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

**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**

6 Lancaster County 4-H’ers attended the 4-H/FFA Western National Roundup and helped team Nebraska earn the High Overall State Award in the Horse Classic. The Horse Bowl team (pictured) of Megan Luedtke, Cory Peters, Ian Schuster, and Erika Warner earned national champion. Seven Lancaster County 4-H’ers were part of the first Nebraska 4-H team to compete at the national American Rabbit Breeders Convention. 4-H Council provided financial support for these youth attending nationals.

**B1G COMMUNITY SERVICE**

The Family & 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 $4,000 scholarship.

**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.”**

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

**BIG VOLUNTEERISM**

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.

* Independent Sector values volunteer time in Nebraska for 2010 at $16.86/hour.
Food & Nutrition

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 at 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. Henneman’s educational materials include PowerPoint presentations, 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:
- 8,733 enrolled program families (3,072 teaching contacts).
- 8,987 youth (18,052 teaching contacts) at 27 schools and other sites.
- 89 older adults (576 teaching contacts) at 6 senior sites.

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 Tim Newman, Extension’s website, her 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.

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 mean 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 Gardeners 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 maintaining demonstration landscapes, including the People’s City Mission vegetable garden where they teach residents how to care for and harvest garden crops.

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, when ever 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 pest management messages 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 Termitc School for pest management professionals and inspectors. From 2005 to 2012, 2,216 attendees have learned 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 requesting unbiased information about managing this pest.

Extension Responds With Drought Resources

By late 2012, more than 95 percent of Nebraska was in extreme to exceptional drought. Lancaster County Extension staff developed and disseminated drought resources to assist ag producers, homeowners, and communities. Topics included the management of drought-impacted trees, turf, and ornamentals; water conservation in the home and landscape; and corn storage management to minimize mold and mycotoxins.

Information was delivered in newspaper articles, publications, on TV via the Internet, and during face-to-face programs. Staff responded to numerous phone, walk-in, and email inquiries related to drought. UNL Extension created a statewide website at http://droughtresources.unl.edu.

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 Nebline 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 Lancaster County. Extension delivers information on a wide range of topics related to acres such as proper management of septic tanks and wastewater lagoons, landscape management, and alternative crops profitable for acreages. 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://lancaster.unl.edu/ag.