

2017

2017 Extension Highlights

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"2017 Extension Highlights" (2017). *Annual Report Archive from UNL Extension in Lancaster County*. 17.
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2017 Extension Highlights

NEBRASKA EXTENSION is your local connection to university research-based information. Nebraska Extension in Lancaster County is a partnership between Lancaster County, University of Nebraska–Lincoln and the U.S. Department of Agriculture. We extend knowledge, provide solutions and change lives in these educational program areas:

- Community Environment
- Food, Nutrition & Health
- Cropping & Water Systems
- 4-H Youth Development
- Learning Child
- Beef Systems
- Community Vitality

Extension helps people solve real-world problems



Early Childhood Development Trainings for Child-Care Providers – in 2017, Extension taught or coordinated 99 early childhood trainings for local child-care professionals. Total attendance was 1,854, generating 413 in-service hours approved by the Nebraska Department of Health & Human Services. 86% of participants at Early Learning Guidelines trainings indicated they would use “a lot” or a “great deal” of what they learned during the trainings in their work. Pictured is Extension Educator Jaci Foged (second from right) teaching a CPR and first aid training.



Cover Crops Conference – Extension Educator Tyler Williams (standing far left) and other colleagues organized a conference, “Opportunities for Growing and Grazing Cover Crops,” during the Lancaster County Super Fair. It was attended by 150 crop growers and cattle operators from 35 counties, representing 80,000 acres of farm ground and 9,600 head of beef cows. 73% said they plan to expand, modify or start a new practice from the information learned and estimated a value gained of \$18 per acre.



Emerald Ash Borer Injection Workshop – at a two-day workshop, 33 professional arborists learned how each of the seven commonly used commercial injection systems differ in application and effectiveness. Extension Educator Sarah Browning (far left) led development of this program in association with the Nebraska Arborist Association. Phil Pierce, retired Omaha City Forester, said, “The equipment demonstrations helped tree professionals compare and select the best treatment methods for their customers.”



Termite Academy – Extension Educator Jody Green (third from left) partnered with industry professionals, UNL faculty and the Nebraska Department of Agriculture in presenting a two-day, hands-on termite academy to train pest management professionals. Emphasis was on pesticide safety, following the label, calibrating equipment and proper/legal application of termiticides. Attendees rated each of the 16 sessions as either “good” or “excellent,” and 100% said they would recommend this termite training to someone in the industry.



Onsite Wastewater Professional Development Trainings – this year, 357 certified wastewater professionals attended 9 trainings across the state. Extension Educator Meghan Sittler (second from right) organized and co-led the workshops in partnership with the Nebraska On-site Wastewater Association and Nebraska Department of Environmental Quality. 91% of attendees indicated they increased their understanding of key and emerging issues. Comments from participants included, “I will be able to take a lot of this information home to use on my job sites.”



Nutrition Education Program – NEP helps families on limited budgets make healthier food choices and choose physically active lifestyles. Two projects introduced this year changed Lincoln’s food retail to make eating healthy easier. “Double Up Food Bucks” increased the amount of money Supplemental Nutrition Assistance Program customers in Lincoln spent on fruit and vegetables by 40–89% per retail site. “Choose Healthy Here” helped stores improve their selection of healthy foods through marketing and educational support. Pictured is Extension Assistant Meredith Hein (front) with a store manager.



Growing Healthy Kids Nutrition Program – GHK provides nutrition kits with curriculum and supplies for teachers to teach hands-on activities in K–2nd grade classrooms at Lincoln Public Schools not served by the Nutrition Education Program. Last year, 5,093 students gained the knowledge and skills to make healthy food choices and how to incorporate physical activity into their day. Extension Educator Alyssa Havlovic (far right) leads one or two lessons in most classrooms. In the fall of 2017, the program expanded to 3rd–5th grades.



Nutrition Resources – Extension Educator Alice Henneman increases outreach by sharing materials she develops for in-person programs on the food.unl.edu website, email newsletters and social media. “Makeover Your Leftovers” presentations were attended by over 250 people and the online materials were viewed over 2,200 times in three months. Online feedback included, “Good information that my clients, and myself, can use.” Henneman also presents nationally on how she conducts programs (pictured at a poster session during a national conference).

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Benefit to People



"Nebraska Extension has been a great resource in helping the Lincoln Children's Zoo identify tree diseases and insect pests. They have given us great treatment and control recommendations on a number of tree specimens on the zoo grounds. Also, the zoo is very happy to partner with Extension's Master Gardener program. The Master Gardener volunteers have been a tremendous help in the upkeep of the zoo's landscape."

— **Isaac Fuenning**, curator of Horticulture, Lincoln Children's Zoo



"Nebraska Extension has greatly benefited my adult English as a Second Language class with their classes regarding common household insects like bed bugs, head lice and cockroaches. Many of my students come from countries without the same insects that we have here, and the education provided by Extension helps them feel more empowered to keep their homes clean and bug-free."

— **Kelly Ross**, ESL Instructor, Southeast Community College



"Extension has been a part of my life for over 55 years. This summer, Extension staff helped diagnose a problem with dead areas of grass in a pasture and I attended two meetings on cover crops that gave me info that I have now implemented."

— **Rod Hollman**, farmer



"In 4-H, I've learned a wide variety of life skills. I worked to put together an educational, yet entertaining, PowerPoint for fourth and fifth graders. This activity also helped me gain leadership skills. I had to coordinate and work with others to make this a reality, allocating time and choosing how to fill that time. Teamwork has been key in many more areas than this."

— **John Boesen**, member of Teen Council and Go Go Goat Getters 4-H club



"I learned that whole grains are a better option than processed grains and I also learned the three parts of a whole grain. The activity was fun and I got to share what I learned about grains with my family."

— **Shaylynn Ashely** (pictured center), 4th grade student in Nutrition Education Program's afterschool Healthy Living & Nutrition Club at Salvation Army



"Extension has benefited my staff and program in so many ways. Jaci Foged has come to our facility to offer a variety of trainings which is super helpful and convenient. She provides hands-on activities to engage teachers with the children. The trainings have helped our center make strong policies that will better our staff and center and help educate our families."

— **Kayla Baker**, director at Peaceful Beginnings Early Childhood Center

Another Year of Continued Growth in Programming

Nebraska Extension in Lancaster County continues to see growth and strong commitment to serving residents.

The Nutrition Education Program (NEP), which serves some of our most vulnerable residents, created a new position for the Expanded Food and Nutrition Education Program (EFNEP). Extension Educator Emily Gratopp was hired to serve as EFNEP coordinator here in Lancaster County as well as to cover five additional counties as part of a statewide appointment.

Extension Educator Kristen Houska was named the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) coordinator and leads staff and programming in Lancaster County and nine nearby counties. One of the highlights of SNAP-Ed is its highly



successful school enrichment nutrition program. In the 2016–2017 school year, nearly 7,500 youth received in-depth education leading to healthier life-long nutrition habits.

Our 4-H program continues to grow as well. 4-H Extension Educator Tracy Anderson reports

35,946 youth participated in 4-H programs — **a 9% increase from last year!** Investing in our youth is truly investing in our future.

It has been an enjoyable year watching Extension's dedicated staff lead and grow programs serving Lancaster County residents and beyond.

Karen Wobig

UNL Extension Educator & Unit Leader



New Extension Educators (L-R) Emily Gratopp and Kristen Houska



4-H Youth Development

35,946 Youth Engaged in 4-H Programs

Including Clubs, School Enrichment, After-School/Summer Sites and Camps

Youth participating in the 4-H positive youth development program have opportunities to get involved and develop to their full potential. Positive youth development is a framework that highlights the things youth need to become successful. It focuses on strengths instead of limitations and leads to the five Cs — competence, confidence, character, connection and caring.

Sources: 4-H National Headquarters Essential Elements Fact Sheet and Essential Elements Curriculum and Training Guide



4-H Clubs — with 79 clubs ranging from 5 to 83 youth members, clubs are an important part of the Lancaster County 4-H program. 4-H clubs are led by adult volunteers, often hold regular meetings, elect youth officers, recite the 4-H pledge, learn together and do community service projects. Many club members participate in contests and fair events. Pictured are Fusion 4-H'ers club members working on a project during a club meeting, which members then exhibited at the Lancaster County Super Fair.



4-H Clover College — Extension Associate Kristin Geisert (second from left) organizes Clover College, which is 4 days of hands-on workshops. This year, 153 youth attended 55 workshops with a total 960 class registrations.



4-H School Enrichment Programs — Lancaster County 4-H presents several programs in local schools, including: Garbology (2nd grade), Embryology (3rd grade), Ag Literacy Festival (4th grade), Earth Wellness Festival (5th grade), Nutrition Education Program (K–5th grades in qualifying Lincoln Public Schools) and Growing Healthy Kids (K–2 grades in the rest of LPS schools). These curricula meet Nebraska Curriculum Standards. Extension Associate Cole Meador (pictured center) organizes the Ag Literacy Festival at which more than 500 students from eight local schools gain a greater understanding of agriculture and how it impacts their daily lives.



4-H at Lancaster County Super Fair — at the 2017 Super Fair, nearly 702 4-H/FFA exhibitors showcased approximately 5,261 exhibits (including static exhibits, animals, contest entries and Clover Kids exhibits). The Super Fair provides 4-H youth an opportunity to showcase the projects they've worked on throughout the year. Lancaster County has the largest 4-H county fair horse show in Nebraska, with 41 events spanning 7 days. Pictured is Extension Assistant Kate Pulec presenting trophies at the Hunter Show.



True Leaders — participating in community service is a powerful way for youth to gain skills they need to be prepared to lead. Last year, Lancaster County 4-H'ers reported over 2,827 hours of community service through 4-H. Pictured are 4-H Teen Council members making tie blankets for People's City Mission. Extension Educator Tracy Anderson is third from left.

Extension's Volunteers Worth Over Half a Million Dollars!



In 2017, Nebraska Extension in Lancaster County benefited from an estimated 1,635 volunteers who helped extend the reach of programs such as 4-H and Master Gardeners. Pictured are Master Gardener volunteers assisting in the People's City Mission community garden. The garden gives Mission residents the opportunity to learn how to grow and harvest garden crops. Extension staff member David Smith established the garden in 2006. **Extension volunteers' estimated 26,616 total hours of service are worth nearly \$592,206* to our community!**

*Based on Independent Sector's estimate of Nebraska's value of a volunteer hour in 2016 as \$22.25