

The NEBLINE

UNIVERSITY OF
Nebraska
Lincoln

University of Nebraska Cooperative Extension
Lancaster County

February 2003
Vol. XVI, No. 2

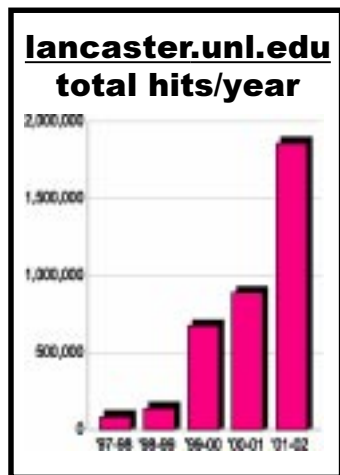
"Helping Nebraskans enhance their lives through research-based education."

Access Extension's Extensive Resources On the Information Highway

More and more Internet users are visiting UNL Cooperative Extension in Lancaster County's Web site. Last year, the site received more than two million hits. People from around the globe access the site for reliable, research-based information. In addition, Lancaster County residents can find out about Extension's events and activities, as well as get resources customized for local needs.

This past year, 1,000 pages of Web content were added to the Web site. That totals 3,000 pages of Web resources available to you 24 hours a day/seven days a week. The site is updated continually with new resources for you and your family.

The site consists of numerous educational resources, a program calendar, photos of events, multimedia clips and downloadable Powerpoint presentations. The site also has interactive features such as a searchable database, online registration forms, quizzes and Master Gardener Diagnostic Center. You can subscribe to Food Reflections



Newsletter and Cook It Quick Updates: "How-to" message on food, nutrition, or food safety for health professionals, educators, and consumers.

The Lancaster County Extension Web site has won several awards:

- The Ag and Acreage Web site was a national winner in the National Association of County Agricultural Agents Communications Awards
- The Food Web site is rated "Among the Best!" by Tufts University Nutrition Navigator.
- The 4-H Egg Cam and "Head Lice Resources You Can Trust" Web pages have been selected by the National Science Teachers Association as a resource for their "SciLinks," an endeavor to connect textbooks to useful online content.
- Several individual educational resources have

received the Lightspan STUDYWEB Academic Excellence Award.

If you haven't visited Lancaster County Extension's Web site yet, we invite you to take a look!

In this issue...

| | | |
|---|------------------------------------|------------|
|  | Horticulture | —page 2 |
|  | Environmental Focus | —page 3 |
|  | Farm Views | —page 4 |
|  | Urban Agriculture | —page 5 |
|  | Food & Fitness | —page 6 |
|  | Family Living | —page 7 |
|  | 4-H & Youth | —pages 8-9 |
|  | Community & Home Living | —page 10 |

An Inside Look at lancaster.unl.edu

4-H and Youth: Loaded with resources for 4-H leaders, parents and club members. Keep track of local activities, share ideas, and learn more about local clubs and members. Online questions/contact form.

Agriculture & Acreage: Drought Resources and the Farm Bill are two popular topics. Keep track of trends and quickly find information to answer your questions in the new "Frequently Asked Questions" section.

Environment/Natural Resources: Find information about the Biosolids program, water quality and youth education.

Family Living: Upcoming programs, parenting resources, families & divorce education, community programs, "Rate Your Family Strengths" online quiz.

Food Safety & Nutrition: New this year is the Food Safety for Home Cooking section — highly recommended for anyone who enters the kitchen. Includes food storage, cooking temperatures/times, preparing foods in advance, microwaving, using a slow cooker, grilling and much more.

Gardening: Timely articles and "To-Do Lists" focus on the unique needs of Lancaster County gardeners and plant enthusiasts. Pest updates give you a heads-up on potential problems for your garden, landscape or houseplants.

Home Environment and Family Living: Find information on upcoming programs, household hints & help, healthy homes, Family & Community Education (FCE) clubs, and more.

Pests and Wildlife: This site continues to add wonderful photos (some submitted by local residents) of insects, spiders and more. Access head lice resources you can trust — watch the award-winning video online (in English, Spanish and Arabic).

Lancaster County NEP (Nutrition Education Program): Contains program successes and educational resources. Local teachers can sign up online for school enrichment kits.

THE NEBLINE Newsletter: View current/past issues online.

About Us: Learn more about Lancaster County Extension, meet the staff & Extension board members, find map & directions, and access annual reports.

Calendar: Stay updated on programs, events and special activities.

Site Map: A complete and updated list of the resources you'll find on the Web site.

Lancaster County Web Announcements: Sign up to get free, weekly e-mail updates of Web site highlights and program updates.

Web Cam/Egg Cam: Watch chickens, ducks, turkey's and even peacocks hatch on Egg Cam. The eggs and chicks educate and entertain thousands. This includes classrooms like Ms. Farrar's Kindergarten students who use their computers to track the progress of the eggs, and then e-mail Lancaster County staff with their questions. New in 2003, the Egg Cam features streaming full motion videocast.

News & Information: Updated weekly with news and topics that are current and of interest to our growing Web audience.

NU IANR News: News announcements from NU's Institute of Agriculture and Natural Resources.

Links to NU departments and Resources, City of Lincoln/Lancaster County Web site and more.



UNL Cooperative Extension in Lancaster County SATELLITE OFFICE

located at

LANCASTER EVENT CENTER 84th & Havelock, Lincoln

Open Wednesday 8 a.m.—4:30 p.m.;
Mon, Tue, Thur, Fri
8 a.m.—4:30 p.m. by appointment

Main office at 444 Cherrycreek Rd.
Phone for both offices: 441-7180

Lancaster County 4-H Council
University of Nebraska
Cooperative Extension in Lancaster County
444 Cherrycreek Road • Suite A
Lincoln, Nebraska 68528-1507

CHANGE SERVICE REQUESTED

Non-Profit Organization
U.S. Postage Paid
Permit No. 537
Lincoln, Nebraska