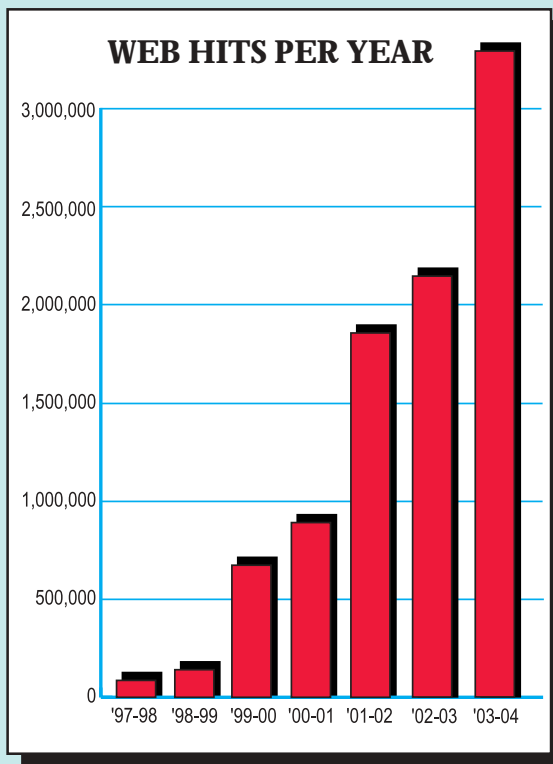


## Web Site Has More Than 4,000 Pages of Content, 3.3 Million Hits Annually

UNL Cooperative Extension in Lancaster County's Web site, [lancaster.unl.edu](http://lancaster.unl.edu), has more than 4,000 pages of content and receives nearly 3.3 million hits annually. The Food Web site continues to be rated "Among the Best" by Tufts University Nutrition Navigator.

Visitors can easily navigate the site and find extensive educational resources in extension's program areas. The site is updated daily and has interactive features such as online registration forms, searchable database, Egg Cam, movie clips, quizzes and Master Gardener Diagnostic Center. Not only do Lancaster County residents, Nebraskans and Americans utilize the site, the site also has Web users from more than 100 countries monthly.



"Thanks for clueing me in to 'my' extension, telling me how to deal with woodpecker damage, et al. I came for 'Cook it Quick,' but there is so much available here."

—Lancaster County Web user

## Staff Honors, Awards and Accomplishments

**Extension Educator Tom Dorn** — inducted to Gamma Sigma Delta, the honor society of agriculture.

**Extension Educator Alice Henneman** — Community Health Award presented by Lincoln-Lancaster County Board of Health; 2004 Distinguished Extension Educator Award presented by University of Nebraska Cooperative Extension; Educational Technology 2nd place Team Award presented by National Extension Association of Family & Consumer Scientists; invited to present "Choices for a Healthy School Nutrition Environment"



(L-R) City of Lincoln Mayor Colleen Seng and Extension Educator Alice Henneman

at Nebraska Association for Health, Physical Education, Recreation and Dance (NAHPERD) and Action for Healthy Kids Conference; invited to present "Using the Internet for Food Safety Education" at National Association of Food and Drug Officials regional meeting; contributed to *Cooking Healthy Across America* book published by American Dietetic Association Food and Culinary Professional Practice Group; contributed to *Nutrition Care Manual* published by American Dietetic Association.

**Extension Assistant Vicki Jedlicka** — 2003 Annual Commissioner's Award of Excellence presented by Lancaster County Commissioners; Award of Excellence presented by Lancaster County Agricultural Society.

**Extension Associate Deanna Karmazin** — 2004 Outstanding Extension Associate Award presented by University of Nebraska Cooperative Extension; Achievement in Service Award presented by the Nebraska Cooperative Extension Association (NCEA) 4-H Section as well as the National Association of Extension 4-H Agents (NAE4-HA); Fair Person of the Year presented by Lancaster County Agricultural Society.



(L-R) Extension Educator Alice Henneman, Extension Associate Deanna Karmazin, Extension Assistant Zainab Rida, and Director of Cooperative Extension Elbert Dickey.

**Extension Educator Barb Ogg** — invited to present "Integrated Pest Management For Daycare Providers" in Kansas City.

**Extension Assistant Zainab Rida** — 2004 Extension New Employee award presented by University of Nebraska Cooperative Extension.

**Extension Support Staff Karen Wedding** — November 2004 Commissioner's Award of Excellence presented by Lancaster County Commissioners.

**4-H Staff** — Lancaster County 4-H staff presented a poster session at the 2004 national conference of National Association of Extension 4-H Agents (NAE4-HA) about developing an annual marketing plan for 4-H.

**Staff Recognized for Years of Service** — Extension Educator Lorene Bartos (35 years); Extension Support Staff Pam Branson (30 years); Extension Associate Karen Wobig (5 years).

## New in 2004

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Camp Abbott (a nine-week youth enrichment program sponsored by the Capitol Sports Foundation and The Ethel S. Abbott Sports Complex). More than **480 youth** participated in these nutrition lessons.

### "Plants for Problem Places" Video



Don Janssen discusses plants with low-water needs suitable for hot-dry places.

Extension Educators Don Janssen (of Lancaster County) and John Fech (of Douglas/Sarpy Counties) developed the sixth of UNL Cooperative Extension's series of horticultural videos which can be used as training tools for the commercial horticulture industry or as educational tools for interested individuals. "Plants for Problem Places" and other videos (now available on DVD) can be ordered online at [lancaster.unl.edu/hort](http://lancaster.unl.edu/hort).

### 4-H Partnership With Lincoln City Libraries



At the 4-H wildlife workshop, youth made tracks with animal paw print stamps, stickers and stencils.

Lancaster County 4-H and Lincoln City Libraries (LCL) initiated a partnership. In this first year:

- Several 4-H'ers volunteered for the summer reading program
- 4-H presented two series of workshops, "Wild in Nebraska" (with the help of the Nebraska Game & Parks Commission and Pioneer Park Nature Center) and "Paper-a-Plenty" as part of LCL's summer reading events.
- 4-H and LCL compiled two "4-H Discovery Bags," one for wildlife and one for arts & crafts.

### Horseless Horse 4-H Club

Lancaster County 4-H started its first "horseless horse" club (second in the state) for youth without horses who want to participate in a 4-H horse project. The Lincoln Broomtails 4-H club currently has 10 members who do activities such as researching horse breeds and participating in herdsman duties at County Fair. The Riding Wranglers 4-H club recently gave members of the Lincoln Broomtails an opportunity to ride by sharing their horses with them.



One eager member of the Lincoln Broomtails donned cowboy boots and a bicycle helmet for her first horse ride.

## Discover Practical and Life Skills



By next June, 51 CWF'ers will have raised a total of \$97,818 through various fundraisers for their June 2005 trip to Washington D.C.



Lancaster County 4-H'er Hannah Spencer had the top 4-H Multimedia Presentation — a new category this year — at the State Fair.



Two Lancaster County Horse Judging Teams qualified to represent Nebraska at national competitions in 2004. In January, the team (above, L-R) of Dana Hahn, Melissa Raisch, Katy Cockerill and Esther Anderson placed 4th nationally. In October, Cassie Krueger, Joanna Duhachek, Morgan Marshall and Mindy Leach placed 11th nationally.

Katy Cockerill's pencil drawing (left) won Grand Champion Award in the first ever State 4-H Horse Art Contest.



This past year, \$6,100 in 4-H scholarships were awarded to graduating seniors.

