

LANCASTER COUNTY EXTENSION HIGHLIGHTS

Lancaster Extension Staff Win Top Extension Awards

In October, three Lancaster County Extension staff members won the top three awards presented annually by University of Nebraska Cooperative Extension to county-level extension staff.

ALICE HENNEMAN, DISTINGUISHED EDUCATOR AWARD — Alice is responsible for Lancaster County Extension's food safety and nutrition programs aimed at the general public. She utilizes an omnimedia programming strategy, using multiple media formats and distribution channels to meet consumer information needs.

Alice develops countless educational materials, answers phone calls from the public, gives presentations to small and large audiences, has a presence at many health fairs, writes newspaper articles, appears on radio/TV, and maintains an award-winning Food Web site and two e-mail newsletters. The Web site receives more than one million hits per year and has been rated "Among the Best" by Tufts University Nutrition Navigator for more than four years.

In addition to direct consumer outreach, Alice makes her materials readily available for other educators and health professionals to use. Nationally, Alice is routinely asked to serve as a reviewer and to speak at conferences.



(L-R) Zainab Rida, Deanna Karmazin and Alice Henneman

DEANNA KARMAZIN, OUTSTANDING EXTENSION ASSOCIATE AWARD — Deanna coordinates the Lancaster County 4-H animal science and agricultural project areas, and spearheads the communications and leadership program areas. She leads the Lancaster County 4-H Citizenship Washington Focus (CWF) group which raises funds for a trip to Washington D.C. every three years. Deanna is in charge of the 4-H livestock areas at the Lancaster County Fair and serves as a livestock superintendent at the Nebraska State Fair, Ak-Sar-Ben 4-H Livestock Expo and Premiere Animal Science Events (PASE).

Very active on many local and statewide committees and coalitions (including UNL's AgLEC advisory council and extension's southeast district board). Deanna also presents numerous community workshops. As a member of the Ag Awareness Coalition, she helps implement and evaluate the Ag Awareness Festival in Ithaca. Four years ago, she started a similar festival in Lincoln.

ZAINAB RIDA, EXTENSION NEW EMPLOYEE AWARD — Zainab joined the Nutrition Education Program (NEP) in September 2002 and teaches nutrition to new immigrants, refugees and low income people (she is fluent in three languages: English, Arabic and Persian). In the past year, she has taught 873 lessons to adults and conducted 40 classes for 761 youth. Zainab was a presenter at earth wellness festival and 4-H Clover College.

Karmazin Receives 4-H Achievement Award

In November, Extension Associate Deanna Karmazin was selected as the state winner of the 2004 Achievement in Service Award, presented by the Nebraska Cooperative Extension Association (NCEA) 4-H Section. She was also a national winner of the award, presented by the National Association of Extension 4-H Agents (NAE4-HA). The award is for outstanding contributions to 4-H. Deanna has been a Lancaster County 4-H staff member for seven years (see above for accomplishments).

Wedding Receives Commissioner's Award of Excellence

Karen Wedding received the Lancaster County Commissioner's Award of Excellence for the month of November in the category of productivity. The Award of Excellence recognizes employees who consistently provide outstanding service and work that demonstrates exemplary personal commitment to Lancaster County. Karen provides support to the following Lancaster County Extension program areas: agriculture, acreages, pest management, **earth wellness festival** and Nutrition Education Program. She also coordinates scheduling of the Lancaster Extension Education Center conference facilities.

Kay Coffey, extension administrative aide, said, "Karen is always willing to give any assignment a try without hesitation even if it's something new and different. She enjoys a challenge and is willing to gain the new skills needed to accomplish a task. Karen will also willingly step up and help in any area where an extra hand is needed. Her skills are developing in many areas with each passing year of employment as she is becoming an increasingly important asset to the extension office staff."



Karen Wedding has presented a table setting workshop at the annual 4-H Clover College.

Peterson Named County/City Volunteer of the Month

4-H volunteer Paula Peterson was recognized as the Lancaster County/City of Lincoln Volunteer of the Month for November 2004 by the Retired & Senior Volunteer Program (RSVP) and the Lancaster County Board of Commissioners.

The 4-H youth development program is part of University of Nebraska Cooperative Extension.



At the recent 4-H Kick Off, Paula Peterson (center) talked to youth about the 4-H sheep and bucket calf projects.

Paula has been a 4-H volunteer for eight years and is a 4-H Council member, club leader of Rock Creek Ranchers and 4-H bucket calf superintendent at the Lancaster County Fair. She serves as a liaison between 4-H and the Waverly FFA chapter.

The Waverly-based Rock Creek Ranchers is one of the larger 4-H clubs in Lancaster County, currently with 33 youth. Members are involved in a wide variety of 4-H projects including beef, dairy, bucket calf, swine, photography, foods, clothing and flowers/gardening. Knowing the importance of communication as a life skill, she fosters youth's involvement in many county communication contests. Paula encourages members to participate in community service projects such as petting zoos and bingo at nursing homes.

Paula volunteers at least 20 hours a week on 4-H-related activities. In addition to her club activities, she helps at 4-H events throughout the year including Achievement Night, 4-H Night at the Saltdogs, Spudfest and the 4-H Kick Off — Paula has spent her last eight vacations volunteering countless hours at the Lancaster County Fair.

Her two daughters, Amanda and Erica are members of 4-H and FFA. Amanda recently became a 4-H Council member.

Paula also volunteers for Bethlehem Covenant Church as a Sunday School teacher and Vacation Bible School storyteller.

Lancaster County 4-H thanks Paula for her dedication and enthusiasm to 4-H youth!

Gamma Sigma Delta Ag Society Inducts Dorn



Tom Dorn (right) has given countless workshops and trainings over the years.

The Nebraska chapter of Gamma Sigma Delta, the honor society of agriculture, recently presented Extension Educator **TOM DORN** with a certificate of membership in recognition of high scholarship, outstanding achievement of service. Tom has been in cooperative extension for 24 years, serving as a PUMP project technologist, district irrigation & conservation specialist, and an educator in Holt, Fillmore and currently in Lancaster County.