

# Extension Helps You Put Knowledge to Work

University of Nebraska–Lincoln Extension utilizes multiple media avenues and new technologies to impact people in Lancaster County and beyond, 24 hours a day. Some of the delivery methods include: publications, Internet, phone, programs and workshops, broadcast media and displays.

## Nutrition & Food Safety

Extension blends nutrition, food safety and food preparation information in user-friendly ways. This year, extension's nutrition staff incorporated MyPyramid, the USDA's new food guidance system, into Extension's educational food programs.

Extension Educator Alice Henneman created four MyPyramid PowerPoint presentations which were used by nutrition professionals nationwide. Based on an optional Web survey, educators collectively saved 8,462 hours of development time because of Henneman's PowerPoints.

"This is a wonderful presentation," wrote one nutrition professional. "You are so ahead of the rest of the nation in creating materials. I think everyone in nutrition thanks you for the time and effort you have put into this and other programs."

Extension's Food Web site, <http://lanaster.unl.edu/food>, received more than 2.3 million hits last year. Two e-mail newsletters, "Food Reflections" and "Cook It Quick," have more than 21,800 subscribers combined.



The Lancaster County Nutrition Education Program (NEP) helps limited resource families learn to prepare nutritious and safe foods while stretching their food dollars. NEP partners with more than 239 agencies, classrooms and coalitions and receives funding from the Expanded Food and Nutrition Education Program (EFNEP) through USDA, the Food Stamp Nutrition Education Program (FSNEP).

This past year, Lancaster County NEP staff presented:

- 2,464 nutrition education lessons to 1,166 adults who care for 4,171 family members.
- 360 presentations to 3,168 youth at 13 schools and other sites.
- 86 lessons to 693 older adults at four senior sites.



## Community & Leadership Development

UNL Extension in Lancaster County provides expertise in community development and strategic planning. Extension Educator Yelena Mitrofanova works with local organizations, community leaders, businesses and local government to help strengthen neighborhoods and communities.

Mitrofanova is actively involved in supporting Lincoln's diverse population, facilitating activities at several cultural community centers. This past year, she worked with the Nebraska Department of Education to develop one of six cultural profiles (about Russian/Ukrainian/Belarees cultures) to be used as diversity training for staff in the public schools.

Extension is part of Neighbors Working Together, which builds leadership and opens a dialogue between the University of Nebraska–Lincoln and its adjacent neighborhoods.



## Pests & Wildlife

UNL Extension in Lancaster County has extensive resources to help identify pests and suggest management options. Emphasis is on low-toxic control methods. Extension Educator Barb Ogg and Extension Associate Soni Cochran assist area residents via phone calls, walk-in requests, e-mail questions, publications, workshops and KFOR radio.

Ogg often works with community organizations and industry professionals in training and disseminating pest control



resources and assistance.

Extension's pest and wildlife Web site received more than 1.5 million hits annually. In addition, two manuals written by extension educators, "Cockroach Control Manual" and "Sub-

terranean Termites," receive more than 460,000 hits annually.

Translated into Russian this year, UNL Extension in Lancaster County's video, "Removing Head Lice Safely," is now available in four languages.

## 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 and a Web site.

This year, the hot topics in production agriculture were saving energy costs and grain storage. In August, for the first time, Lancaster County hosted a Soybean Management Field Day sponsored by the Nebraska Soybean Board in cooperation with UNL Extension.

Residential acreages are rapidly increasing in Lancaster County. Extension delivers information on a wide range of issues associated with acreages such as proper management of septic tanks and wastewater lagoons, landscape management and alternative crops which can be grown on an acreage.

The Acreage Insights Rural Living Clinics continue to increase in popularity. In Lincoln, attendance was 48 percent more than last year. Extension also offers an



## Biosolids Program

Biosolids are organic solids separated from wastewater and biologically processed during wastewater treatment to make them safe for land application. UNL Extension in Lancaster County coordinates distribution and application of biosolids to agricultural cropland for the City of Lincoln Wastewater and Solid Waste Division. This past year, more than 44,000 tons of biosolids were delivered and/or applied to 40 fields and 1,314 acres of crop land. Nineteen farmers saved more than \$68,000 in fertilizer expenses and — by keeping this recyclable material out of the landfill — landfill users saved nearly \$440,000.

Acreage and Small Farms Insights Web site and monthly e-mail newsletter at <http://acreage.unl.edu>.

## Yard and Garden

UNL Extension plays a vital role in teaching communities horticulture issues customized for local weather, water, soil and pest conditions. Extension also helps property owners develop healthy, diverse and functional landscapes that are energy and water efficient, as well as less dependant on pesticides.

Extension Educator Don Janssen works with the City of Lincoln to educate the public about reducing yard waste through composting, mulching grass clippings and other yard manage-

ment practices. The City of Lincoln Recycling Office estimates these educational programs will extend the life of the Bluffs Road landfill by three to five years over the next 25 years.

The Master Gardener Training Program is a volunteer program where people are given training by University of Nebraska–Lincoln personnel and then in return, provide 40 hours of volunteer service to extension's educational programs. Extension Associate Mary Jane Frogge coordinates the Master Gardener program for Lancaster County.



## Home & Family Living

In the past year, Extension Educator Lorene Bartos has disseminated information on home maintenance, indoor air quality, lead paint hazards, safety in the home, shopping smart and recycling through THE NEBLINE, extension's Web site, her weekly column in the "Lincoln Journal Star" and other outreach methods.

The Family and 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. Bartos presents community training lessons which are then presented to FCE clubs and other community groups.

More than 155 child care providers participated in two day-long Child Care Conferences organized by extension and other Lincoln agencies.

UNL Extension is part of the Lancaster County Coalition to assist Children of Parents Experiencing Divorce (COPEd), and co-presents Parents Forever and Kids Talk About Divorce classes.

