

## EXTENSION NEWS

### Ogg and Cruickshank Win Statewide Awards

In October, two University of Nebraska–Lincoln Extension in Lancaster County staff received top awards presented statewide by UNL Extension.



Extension Educator Barb Ogg (left) and Extension Assistant Marty Cruickshank (right)

**BARB OGG, DISTINGUISHED EDUCATOR AWARD** — Ogg’s primary responsibility is overseeing the Biosolids Land Application Program. The City of Lincoln contracts with UNL Extension in Lancaster County to coordinate distribution and application of biosolids to agricultural cropland. Since 1992, the program has saved more than \$3.6 million in landfill tipping fees with more than 360,000 tons of biosolids safely applied to farmland. This program will extend the life of the Bluff Road landfill by more than one year. Ogg also gives presentations on “The Scoop on Poop” to classrooms and at Earth Wellness Festival.

With a doctorate degree in entomology, Ogg has taken the extra initiative to fulfill an increasing demand for urban pest management extension education. She assists the public with pest and wildlife requests through walk-ins, phone calls and e-mails. She has developed or co-developed numerous educational resources, including an award-winning “Removing Head Lice Safely” video, “Cockroach Control Manual,” “Subterranean Termites Manual” and “Ant Identification Resources.” Several of these resources are available in multiple languages. These resources are available on the Web, receiving nearly 3.5 million hits annually.

Ogg helped organize “Termite Control Workshops for Homeowners” which have been presented statewide for 11 years. In 2005, she organized a two-day, hands-on Termite School for Termite Applicators which was repeated in 2006.

**MARTY CRUICKSHANK, DISTINGUISHED EXTENSION NEW EMPLOYEE** — Since joining the Lancaster County 4-H team in August 2003, Cruickshank has made major impacts in all of the program areas for which she is responsible. These include the horse, poultry, rabbit and School Enrichment Embryology programs. Her leadership has inspired a steady increase in the 4-H horse program to an all-time high of 1,500 entries at the 2006 Lancaster County Fair. Cruickshank initiated the “Horseless Horse Program” in Lancaster County and recently started an e-mail Horse Course. Cruickshank was the driving force to update and revise the Dressage tests and rules in the new statewide 4-H Horse Show and Judging Guide. 4-H poultry and rabbit entries at the County Fair have also greatly increased. Cruickshank coordinates the Embryology program, which is a core subject in the science program at Lincoln Public School and other Lancaster County Schools. This past year, 3,635 third graders incubated and hatched baby chicks in classrooms. The UNL Extension in Lancaster County Embryology Web site features “Egg Cam,” which hatches eggs live on the Internet. Egg Cam received more than 650,000 hits this past year.

### Karmazin Receives National 4-H Distinguished Service Award

At the National Association of Extension 4-H Agents (NAE4-HA) conference in November, Lancaster County 4-H staff member Deanna Karmazin received a national Distinguished Service Award for her professional accomplishments. She coordinates the Lancaster County 4-H animal science and agricultural project areas, and spearheads the communications and leadership program areas (including the Citizenship Washington Focus group). Karmazin 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). Six years ago, she started an Ag Awareness Festival in Lincoln.



Extension Associate Deanna Karmazin (left)

## Can You Guess It?



UNL Institute of Agriculture and Natural Resources

Did you guess it? Find out at

<http://lanaster.unl.edu>

Did you guess it from the Nov./Dec. NEBLINE?

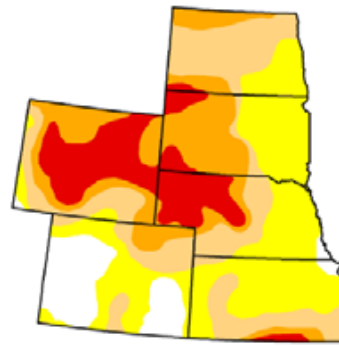
The answer was a healthy snack: string cheese and crackers

## U.S. Drought Monitor Map

As of Dec. 5, Lancaster County was in abnormally dry conditions.

	Drought Conditions (Percent Area)					
	None	D0-D4	D1-D4	D2-D4	D3-D4	D4
Current	9.6	90.4	58.5	34.4	15.2	0.0
Last Week (11/08/06 map)	12.2	87.8	56.2	34.2	15.9	0.1
3 Months Ago (8/12/06 map)	6.1	93.9	75.5	39.9	23.3	0.0
Start of Calendar Year (1/9/06 map)	46.9	53.1	20.5	0.2	0.0	0.0
Start of Water Year (10/9/05 map)	10.2	89.8	61.6	33.7	16.7	0.0
One Year Ago (1/9/05 map)	50.2	49.8	21.5	0.0	0.0	0.0

Intensity:  
 D0 Abnormally Dry  
 D1 Drought - Moderate  
 D2 Drought - Severe  
 D3 Drought - Extreme  
 D4 Drought - Exceptional



For the most recent map, visit <http://www.drought.unl.edu/dm>

Source: National Drought Mitigation Center, University of Nebraska–Lincoln

## ABC’s for Good Health Classes

UNL Extension Nutrition Education Program (NEP) is presenting “ABC’s for Good Health,” a three-part series aimed at limited- to moderate income women. If you are receiving assistance such as food stamps or Medicaid, you would qualify to attend this program at no cost.

Upcoming classes are Wednesdays, Jan. 10, 17 & 24. Choose between two time slots, 10 a.m.–12:30 p.m. or 6–8:30 p.m.

Learn that good health is as easy as:

- A) Aim for fitness — Increase your physical activity with a personalized walking program.
- B) Build a healthy base — Use MyPyramid to guide your food choices.
- C) Choose sensibly — Balance the foods you need and enjoy.

Participants receive:

- A pedometer and inspiration to stay fit
- A notebook with practical nutrition information
- New recipes and food preparation ideas
- A cookbook (valued at \$15) after completing the series

Sessions are held at the Lancaster Extension Education Center, 444 Cherrycreek Road in Lincoln. Please register by Jan. 3. Call NEP at 441-7180 for more information or to register.

Lancaster County 4-H Teen Council presents its annual...

# Overnight Lock-In

Open to all 4th & 5th graders (need not be enrolled in 4-H)

**Jan. 19, 8 p.m. to Jan. 20, 8 a.m.**

Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln

This year’s theme is....

# Opening Night!

Sleep Over!  
Movies!  
Snacks!  
Fun Projects!  
Games!

Bring your sleeping bag, pillow, toothbrush, toothpaste, active wear, sleepwear (sweats) and a friend interested in 4-H!

**Cost \$15/person**  
Registrations due by Jan. 16

Sponsored by University of Nebraska–Lincoln Extension in Lancaster County  
For more information, call 441-7180 and ask for Tracy Kulm.

**LOCK-IN REGISTRATION FORM**

Make check payable (\$15/participant) to Lancaster County 4-H Teen Council and mail with registration form to: Tracy Kulm, UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528-1507

Name of participant(s) \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ Parent or Guardian \_\_\_\_\_

Special Needs or Other Information (such as food allergies) \_\_\_\_\_