

# Extension Helps You Put Knowledge to Work

UNL Extension in Lancaster County focuses educational efforts in the following program areas.

## 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. Dorn is extension's state-wide contact for grain storage questions. Some of the agricultural programs presented this year include: Ten Easy Ways to Boost Profit \$20 per Acre, Crop Protection Clinic, Private and Commercial Pesticide Applicator Training and Agricultural Water Management.

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

### 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 37,000 tons of biosolids were delivered and/or applied to 37 fields and 1,200 acres of crop land. Sixteen farmers saved more than \$56,000 in nitrogen fertilizer and — by keeping this recyclable material out of the landfill — landfill users saved nearly \$370,000.

Insights Rural Living Clinics continue to increase in popularity. In Lincoln, 230 people attended last year. Extension also offers an Acreage and Small Farms Insights Web site and monthly e-mail newsletter at <http://acreage.unl.edu>.

## Pests & Wildlife



Attendees learned inspection techniques at the Hands-on Termite School.

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. Extension's pest and wildlife Web site received more than 2.2 million hits annually.

Ogg often works with community

organizations and industry professionals in training and disseminating pest control resources and assistance. For the second year in a row, she organized a two-day Hands-on Termite School for Termite Applicators. These are the first such trainings offered in Nebraska. 78% of the participants said they would make at least one change in the way they did inspections or treatments. These changes

have been noted by Nebraska Department of Agriculture inspectors who report attendees "are using what they learned at the school."

Two popular manuals written by extension educators were revised this year: a "Cockroach Control Manual" and "Subterranean Termites — A Handbook for Homeowners." Printed versions of the manuals are available for purchase, and both are available free on the Internet.

## 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, a weekly column in the "Lincoln Journal Star," group presentations and other outreach methods.

More than 120 child care providers who care for 1,747 youth participated in a two day



Extension Educator Lorene Bartos

standing the effect of divorce on children.

Child Care Conference 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. Last year, nearly 100 people participated in Parents Forever, with 49% reporting they gain a better under-

## Nutrition & Food Safety

Extension blends nutrition, food safety and food preparation information in user-friendly ways. This year, extension's nutrition staff continued to focus on teaching MyPyramid, the USDA's food guidance system unveiled in 2005.

Educational materials developed by Extension Educator Alice Henneman for local use are then made available on the Internet and used by nutrition professional nationwide. Extension's Food Web site, <http://lancaster.unl.edu/food>, received more than 2.8 million hits last year. Two e-mail newsletters, "Food Reflections" and "Cook It Quick," have more than 22,200 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 250 agencies, classrooms and coalitions and receives funding from the



Nutrition Education Program participants practice food preparation with NEP Extension Assistant Zainab Rida (left).

Expanded Food and Nutrition Education Program (EFNEP) through USDA and the Food Stamp Nutrition Education Program (FSNEP).

This past year, Lancaster County NEP staff presented:

- 1,409 nutrition lessons to 901 adults who care for 3,128 family members.
- 404 presentations to 3,434 youth at 15 schools and other sites.
- 48 programs to 678 older adults at three senior sites.

## Yard & Garden

UNL Extension plays a vital role in teaching 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 management 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.



45 participants attended Master Gardener training.

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. Last year, 45 Lancaster Master Gardener volunteers logged 2,187 hours and had 12,227 direct clientele contacts.

## Family and Community Education (FCE) Clubs

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. This year's emphasis was on community service and sponsoring a scholarship.



More than 120 FCE members and friends attended this year's Sizzling Summer Sampler.