

16,000 Youth Participate in Lancaster County 4-H

The University of Nebraska–Lincoln Extension 4-H youth development program is open to all youth ages 5–19. Emphasis is on teaching practical skills and developing life skills through learning-by-doing. In the past year, 4-H reached **more than 16,000 youth** in Lancaster County.

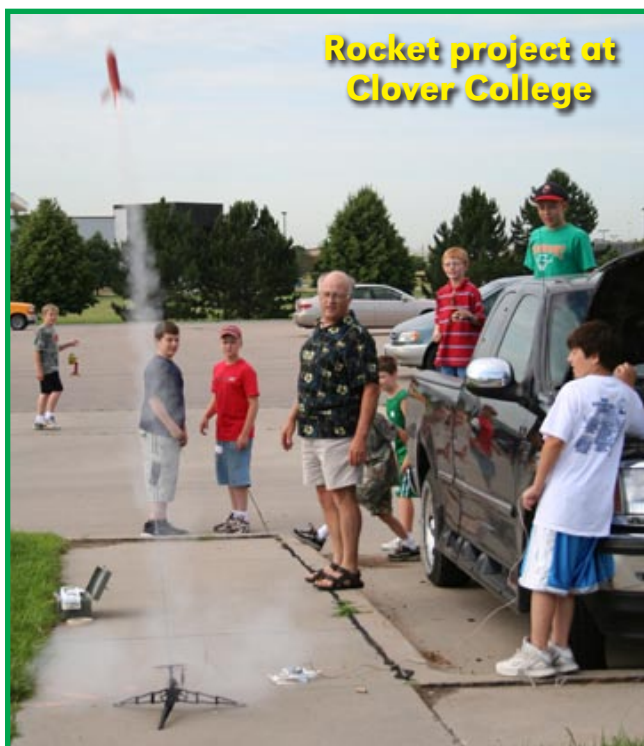


Lancaster County 4-H consists of several components:

- **Organized Clubs** — Lancaster County has more than 130 4-H clubs which range from 5 to 70 members. Each club is led (or co-led) by adults. Youth choose officers to run meetings. Clubs usually participate in one or more projects together.
- **Independent Members** — With increasingly busy schedules, more and more youth are becoming independent 4-H members. Youth work on 4-H projects on their own.
- **Projects** — Youth can choose from more than 150 projects. Project manuals are written by university experts.
- **School Enrichment** — 4-H programs for classrooms include: Garbology (2nd grade), Embryology (3rd grade), Ag Awareness Festival (4th grade), Earth Wellness Festival (5th grade) and Nutrition Education Program (K–5th grades).
- **After-School Programs** — Several Lincoln after-school programs have incorporated 4-H projects into their activities. A few sites have formed 4-H clubs.
- **4-H Embryology Web Site** — EGG Cam and other resources at <http://lancaster.unl.edu/4h/Embryology>.
- **Educational Events** — 4-H staff organize several educational events each year, such as Clover College, speech workshops and leader trainings.
- **Leadership Opportunities** — 4-H Teen Council, 4-H Council, Citizenship Washington Focus group and more.

Lancaster County Fair

Many 4-H youth choose to exhibit their finished project(s) at the county and state fairs. A total 4,473 4-H/FFA exhibits were showcased at the 2006 Lancaster County Fair. New this year was an Archery Range, Cattle Fitting Contest and several new projects (Quilt Quest, Model Vehicles, Fast Foods and Youth in Motion).



Rocket project at Clover College



4-H Theatre Arts project at an after-school program



Beef Fitting Contest at county fair



Horse Show at county fair



Chess project at Clover College

To discover more about Lancaster County 4-H, go to <http://lancaster.unl.edu/4h>

Volunteers Contribute to Extension's Success

UNL Extension in Lancaster County trains and supports, as well as coordinates the efforts of a variety of volunteers: 4-H leaders and superintendents, Master Gardeners, Family Community Education (FCE) volunteers and Nutrition Education Program (NEP) volunteers. In addition, 4-H and FCE members often volunteer in community-related projects. Last year, extension programs in Lancaster County benefitted from **1,811 volunteers investing 27,400 hours** of time for a total value of \$494,296.*

*Independent Sector values volunteer time at \$18.04/hour.



“4-H Teen Council allows teens to broaden and develop leadership skills through community involvement. Whether it’s service projects or the Lock-In, 4-H reaches all generations — past, present and future.”

—Eliza Hammond, age 15, 4-H Teen Council member

Staff Honors, Awards and Accomplishments

Lancaster County 4-H Embryology, Garbology and Ag Awareness

— accepted for inclusion in the national Directory of Successful Urban 4-H Programs.

Guardianship Trainings

Regional Florence Hall and Community Partnership awards presented by the National Extension Association Family Consumer Sciences (NEAFCS); State Team Award presented by Nebraska Epsilon Sigma Phi.

Extension Educator Lorene Bartos

— recognized for 30 years of service to the Lancaster County Fair by the Lancaster County Agricultural Society; Kiwanian of the Year from the Lincoln Center Kiwanis Club.

Extension Educator Gary Bergman

— Nebraska representative on planning committee for the National Urban Extension Conference to be held May 2007 in Kansas City, Mo.; vice-president of the Nebraska Great Plains Resource Conservation and Development.

Extension Educator Maureen Burson

— Creative Programming Grant awarded by the Nebraska Association of Family and Consumer Science (NAFCS); invited to co-present “Strategy to Increase Elementary Classroom Nutrition Education” at the National Urban Symposium; 30 years of service with United States Department of Agriculture.

Extension Assistant Marty Cruickshank

— statewide Distinguished Extension New Employee Award presented by University of Nebraska–Lincoln Extension.

Extension Educator Tom Dorn

— President of the Nebraska Chapter of the National Association of County Agricultural Agents; President of the Nebraska Agribusiness Club.

Extension Educator Alice Henneman

— Educational Technology Award (2nd place) presented by the National Extension Association of Family and Consumer Sciences (NEAFCS); invited to co-present a poster session “Impact of Using the Internet to Share Local Solutions to Global Issues” at Society for Nutrition Education annual meeting; invited to co-present a poster session “Cold Pizza for Breakfast” at the USDA Food Safety & Inspection Service, NSF International, Food and Drug Administration, Centers for Disease Control and Prevention, Cooperative State Research, Education and Extension Service, Food and Nutrition Service 2006 Food Safety Education Conference.

Extension Associate Deanna Karmazin — National Distinguished Service Award



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

presented by the National Association of Extension 4-H Agents (NAE4-HA); President of the Nebraska Cooperative Extension Association (NCEA) 4-H Section.

Extension Associate Mardel Meinke

— invited to co-present a session on the ABC’s for Good Health program at the National Extension Association of Family and Consumer Sciences (NEAFCS) annual conference.

Extension Educator Barb Ogg

— statewide Distinguished Educator Award presented by University of Nebraska–Lincoln Extension; invited to present “The Bedbug Saga” at the Kansas Pest Control Association winter conference.

Extension Staff Secretary Virginia Piening

— 40 years of service with UNL.

Extension Assistant Zainab Rida

— invited to co-present “Strategy to Increase Elementary Classroom Nutrition Education” at the National Urban Symposium.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska–Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.