

Extension Helps You Put Knowledge to Work

Yard & Garden

UNL Extension plays a vital role in teaching communities horticulture issues customized for local weather, water, soil and pest conditions. Extension 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 Master Gardener Training Program is a volunteer program where people are given training by UNL



Last year, 228 residents attended one of 10 composting workshops presented by extension.

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.

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 an up-to-date Web site.

Some of the agricultural programs presented this year include: Crop Production Clinic, Private and Commercial Pesticide Applicator Trainings, Farmland Leasing Arrangements workshops and a Corn/Soybean Profitability workshop.

Residential acreages are rapidly increasing in Lancaster County. Extension delivers information on a wide range

of issues related to acreages such as proper management of septic tanks and wastewater lagoons, landscape management and alternative crops profitable for acreages. Extension offers an Acreage and Small Farms Insights Web site and monthly e-mail newsletter at <http://acreage.unl.edu>

"I know how to put a value on crop residues and I know more about bioenergy."

—Steve, attendee at Corn/Soybean Profitability workshop.

Nutrition & Food Safety

To help people learn how to eat healthier, extension blends nutrition, food safety and food preparation information into practical actions individuals can use in their daily lives.

Educational materials developed by Extension Educator Alice Henneman for use in local programs (such as PowerPoints and handouts) are made available on the Internet for around-the-clock access, both locally and nationwide. Extension's food Web site received more than 4 million hits last year, extending the outreach of our food and nutrition-related programs in a timely and cost-efficient manner. This year, a Nutrition, Food Safety & Cooking YouTube channel was established and 10 videos uploaded to it which received 8,782 total "views."

The Lancaster County Nutrition Education Program (NEP) helps limited-resource families learn to prepare nutritious and safe foods



Extension Educator Alice Henneman (left) partnered with Buy Fresh Buy Local Nebraska to promote the benefits of locally produced food.

while stretching their food dollars. NEP receives funding from the Expanded Food and Nutrition Education Program (EFNEP) through USDA and the Supplemental Nutrition Assistance Program—Education (SNAP-Ed). NEP partners with more than 200 local agencies, coalitions and schools.

Pests & Wildlife

UNL Extension in Lancaster County has extensive resources to help identify pests and recommend control methods. 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 radio.

Extension's pest and wildlife Web site received nearly 2 million hits last year.

Ogg often partners with community organizations and industry professionals in training and disseminating pest control resources and assistance. For the fifth year in a row, Ogg organized a two-day, hands-on Termite School for Termite Applicators.

Home & Family Living

Extension Educator Lorene Bartos shares her expertise 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," group presentations and other outreach methods. This year, more than 100 individuals registered for a new, 13-week online program, Small Steps to Health and Wealth.

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. Extension Educator Maureen Burson teaches Parents Forever and Guardianship Training classes in Lancaster County. She also organized a Strengthening Families: Daughter/Mother Camp this year.



This year, extension co-presented a Family Treasures: Student/Parent Day Camp for Huntington students and family members.

"I know how to make a budget now and am learning how to save my money and fix my credit."

—RentWise participant

Family & 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. Lancaster County FCE's emphasis is on community service and sponsoring a nursing scholarship. In the past 11 years, FCE has awarded \$2,775 in total scholarships.



Five FCE & Community Leader Trainings were held in 2009.



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.

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