

ANNUAL REPORT

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Extension Strengthens Nebraska by Extending the University's Research-Based Resources

Land-grant universities work with the people they serve. University of Nebraska-Lincoln teaches, discovers new knowledge through research, and extends this research-based information across the state through extension programs. UNL Extension in Lancaster County develops and delivers educational programs which strengthen individuals, families, businesses, and communities. For example:

▶ Since 2001, Extension Educator Tom Dorn has helped present 15 Computerized Farm Financial Recordkeeping Trainings to representatives from **202 farming operations** in southeast Nebraska. Past evaluations indicate 96% of participants learned how to create reports to retrieve and organize financial information which will **help them make better management decisions in the future.**

▶ Since 2000, the Nutrition Education Program School Enrichment Kits have increased nutrition education in local classrooms from an average of two hours to 11 hours per classroom/year. To date, **35,879 students from 1,893 classrooms (grades K-8) have benefited from 20,000 total hours of teaching.** Teachers have noticed students choosing healthier foods and improving their eating habits.

▶ Extension Educator Barb Ogg is known as a bed bug expert. She has been quoted by newspapers and appeared on TV and radio. This year, Barb organized **four bed bug workshops which had 337 total attendees** (landlords attending manage more than 5,500 units total) and gave **20 presentations to agencies, businesses, and non-profit organizations with approximately 1,110 total attendees.**

▶ This year, Extension Educator Maureen Burson presented 25 Guardianship Trainings to 286 guardians in Lancaster and nearby counties. Based upon a 90% statewide return rate, evaluations indicate: **95% better understand their responsibility to the court**, compared to 25% prior to the class; and **98% better understand their responsibility to their wards** compared to 48% prior to the class.

▶ In March, 131 child care providers who care for approximately 1,520 youth participated in a child care conference organized by Extension Educator Lorene Bartos and other Lincoln agencies. Evaluations by past attendees indicate: **67% increased hands-on activities**, and **54% increased daily learning activities.**



Computerized Farm Financial Recordkeeping Training



Nutrition Education Program School Enrichment Kits

Extension helps you know how—and know now.



Bed Bug Workshop



Guardianship Training

▶ In November, Extension Educator Alice Henneman presented "How to Add a Little Spice & Herbs (and Less Salt, Fat, Sugar, and Calories) to Your Life" at BryanLGH to **270 attendees.** Web resources "Add a Little Spice (and Herbs) to Your Life!" were **accessed 3,103 times** this year.

▶ Staff responded to approximately **37,500 phone calls, walk-ins, and emails** from the public requesting information.

▶ The Web site <http://lanaster.unl.edu> continued to expand, receiving more than **11.2 million hits** this year (see next page).

▶ UNL Extension coordinates distribution and application of biosolids* to agricultural cropland for the City of Lincoln. Over the last 18 years, **more than 500,000 tons of biosolids have been recycled**, increasing soil nutrients, organic matter, and crop yields. This biosolids recycling program will **increase the life of the North Bluff Landfill by 4.9 years.**



*Biosolids are organic solids separated from wastewater and biologically processed to make them safe to use as an organic fertilizer for crops not in the human food chain.

Know how. Know now.



"I know how to look for bed bugs and what preventative measures to take so we can provide the best possible services to our clients."

—Alan Radke, Bed Bug Training for Agencies attendee and American Red Cross volunteer



"I know how to safely wash clothing exposed to pesticides."

—Gracie Bohmont, Family & Community Education (FCE) member



"I know how to eat healthy and spend less on food."

—Karla Hobbs, Nutrition Education Program graduate



"I know how to choose which days to run my grain dryer to save energy."

—Russ Robertson, ag producer



"I know how to communicate better with my daughter and how important it is to have fun together."

—Susan VanBibber, Strengthening Family Treasures: Mother/Daughter Camp participant



"I know how to help with gardening questions or direct callers to the proper resources."

—Teresa Hendricks, UNL Extension Master Gardener volunteer



"I know how to help a team keep a positive attitude and overcome challenges."

—Philip Hanigan, 4-H member and First Lego League team participant

Benefits of Land-Grant Universities



Without question, our nation has enjoyed tremendous social and economic benefit from land-grant universities. Providing educational opportunities for all people, these universities have fueled our nation's capacity to create an enormously productive food and agricultural enterprise system.

Land-grant universities, over time, also transformed our country through the dissemination of researched-based knowledge to not only those enrolled as university students, but to those earning a livelihood and raising their families. Given educational opportunities to improve production techniques and practices, more and more people improved their lives and levels of income.

In 2007, an independent study found the University of Nebraska-Lincoln's Institute of Agriculture and Natural Resources (IANR), of which extension is an integral part, provides at least a 15-to-1 return on the state tax dollars Nebraska invested.

It was President Lincoln who signed the Morrill Act in 1862 which led to the creation of "colleges for the people." At the time, federal grants of land helped establish land-grant universities. Like many other states, Nebraska formed a land-grant university two years after statehood in 1869.

While previously only for the elite, higher education was now available to everyone. In subsequent years, legislative milestones such as the Hatch Act in 1887 and the Smith-Lever Act of 1914 would bring about the **teaching, research, and extension system** we all benefit from today.

Over the years, I've witnessed how other countries have admired and tried to replicate our extension model through dissemination of non-biased research-based information to the people. It really is a system envied throughout the world. Usually, about once a year, our extension office hosts an international group interested in knowing more about our programs and delivery systems.

Your local extension staff is proud to be part of University of Nebraska — the state's only land-grant university system. We are equally proud of making a positive contribution to our community by teaching and advising on foods, nutrition, home and family environment, horticulture, pest management, and agricultural business and production. Engaging youth in experiential learning through 4-H is also rewarding.

We look forward to serving you and your family this new year.

Gary C. Bergman
UNL Extension Educator & Unit Leader

Lancaster Extension Education Center Conference Facilities

As part of extension's commitment to community learning, the conference facilities are made available to other nonprofit and governmental organizations at a nominal cost. Last year, more than **4,800 hours of conferences and meetings** were held at the Lancaster Extension Education Center.



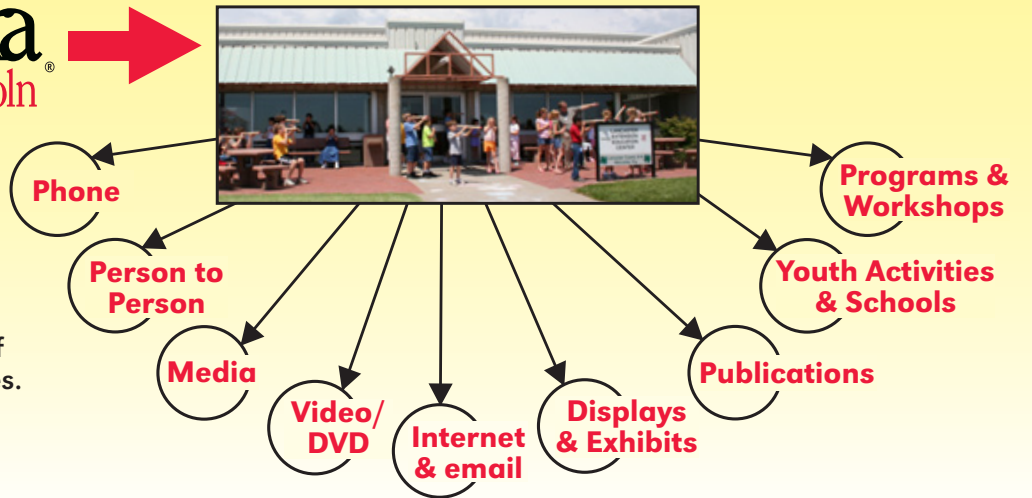
Nebraska Agribusiness Meeting

UNL Extension Utilizes Multiple Delivery Methods to Impact People in Lancaster County and Beyond



UNL Extension in Lancaster County

University of Nebraska-Lincoln extends research-based knowledge across the state through a network of local extension offices.



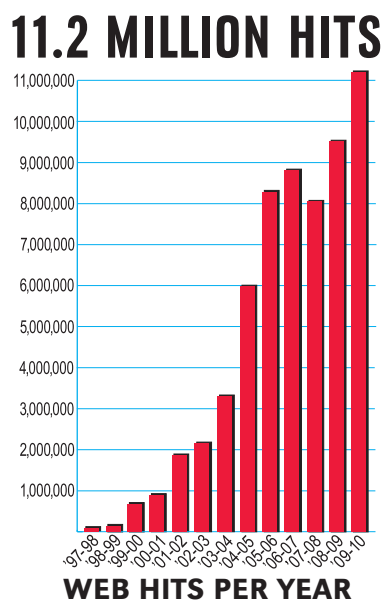
<http://lancaster.unl.edu> is Your 24/7 Local Extension Connection

Through search engines and browsing, hundreds of thousands of people access UNL Extension in Lancaster County's Web site, <http://lancaster.unl.edu>, to find "Know How — Know Now" 24 hours a day, 7 days a week, 365 days a year. Visited by an average of 300,000 unique sites* each month, the Web site received more than 11.2 million hits (accesses) this past year!

The Web site contains thousands of pages of content — featuring extensive resources, educational publications, a searchable database, Egg Cam, YouTube videos, quizzes, Master Gardener Diagnostic Center, outstanding photos, and much more. The site is updated daily.

Not only do Lancaster County residents, Nebraskans, and Americans use the site; the site has Web users from nearly 150 countries monthly.

*unique site = IP address



Connect. Learn. Share.

UNL Extension in Lancaster County uses popular social networking Web sites to provide even more opportunities for you to connect, learn, and share with your local extension office:



YouTube: extension has three channels and currently has 70 videos uploaded, including 52 Lancaster County 4-H videos!



Twitter: follow extension and 4-H by quickly exchanging ideas in a "tweet."



Facebook: 4-H EGG Cam Fan Page — get regular updates, share photos, comments, and discuss what's happening on EGG Cam.

Join us online at <http://lancaster.unl.edu/Media>.

Honors, Awards and Accomplishments

Extension Associate Lorene Bartos

- President of the Family & Consumer Sciences section of Nebraska Cooperative Extension Association (NCEA)

Extension Educator Gary Bergman

- President of the Eastern Nebraska 4-H Center Site Board

Extension Educator Maureen Burson

- part of state team which received 2nd Place national Community Partnership Award (for Guardianship trainings) presented by National Association of Extension Family & Consumer Science (NAEFCS)
- presented a poster session "Participants Indicate Daughter/Mother Camp Strengthens Communication" at the Children Youth and Families at Risk (CYFAR) national conference
- 25 years of service with UNL

Extension Clerical Support Deanna Covault

- 10 years of service to Lancaster County

Extension Educator Tom Dorn

- Treasurer of the Nebraska Agribusiness Club
- Treasurer of Nebraska Cooperative Extension Association (NCEA)
- North Central Regional Vice Chair of the National Search for Excellence Committee, National Association of County Agricultural Agents (NACAA)
- 30 years of service with UNL

Extension Associate Mary Jane Frogge

- 20 years of service with UNL

Extension Educator Alice Henneman

- received a statewide Extension Award of Excellence: Creativity and Vision for Extension Presence at Husker Harvest Days presented by Elbert Dickey, dean and director of UNL Extension
- 30 years of service with UNL

Extension Educator Don Janssen

- retired after 30 years of service with UNL Extension in Lancaster County.

Extension Assistant Vicki Jedlicka

- received the statewide Distinguished Managerial/Professional award presented by UNL Extension

Extension Associate Deanna Karmazin

- President-Elect of Nebraska Cooperative Extension Association (NCEA)

Extension Associate Mardel Meinke

- 15 years of service with UNL

Extension Educator Barb Ogg

- 15 years of service with UNL

Lancaster County 4-H Embryology School Enrichment Program

- received a statewide award presented by the Nebraska Poultry Industries and the Poultry & Egg Division of the Nebraska Department of Agriculture

Lancaster County Nutrition Education Program's School Enrichment (Karen Wobig, Mary Abbott, and Zainab Rida)

- received the statewide Excellence in Team Programming award presented by UNL Extension

Lancaster County 4-H 2009 Year in Review Video

- received the national and regional award for Communicator Award — Video Program presented by the National Association of Extension 4-H Agents (NAE4-HA)



Lancaster County staff received three awards at the statewide extension conference

4-H Youth Develop Positive Skills for Life



A 2009 National 4-H Study of Positive Youth Development by Tufts University shows that children who participated in 4-H for at least one year by 8th grade were 3.5 times more likely to contribute to their families, themselves, and their communities.



This year marked the 15th annual 4-H Clover College, which is four days of hands-on workshops. It has grown to 51 workshops, nearly 70 volunteers, and 741 total class registrations.



Lancaster County 4-H and the Lancaster Horse VIPs Committee hosted a District 4-H Horse Show. 171 exhibitors participated in 449 total entries.

The University of Nebraska–Lincoln Extension 4-H youth development program is open to all youth ages 5–18. Emphasis is on developing life skills through learning-by-doing.

Lancaster County 4-H consists of:

- **Organized Clubs** — More than 120 4-H clubs. Each club ranges from 5 to 100 members and is led (or co-led) by adults. Youth choose officers to run meetings. Clubs usually work on one or more projects together.
- **Independent Members** — With increasingly busy schedules, more and more youth are becoming independent 4-H members. Youth and families work independently on 4-H projects.
- **Projects** — Youth can choose from numerous 4-H projects. Project manuals are developed by experts and most project manuals have leader guides.
- **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–8th grades in qualifying schools). These curricula meet Nebraska Curriculum Standards.
- **After-School Programs** — 27 Lincoln after-school programs have incorporated 4-H projects into their activities, 18 sites have formed 4-H clubs, and 27 summer sites participated in 4-H county fair exploration activities.
- **4-H Embryology Web Site** — EGG Cam and other resources at <http://lancaster.unl.edu/4h/Embryology>.
- **Educational Events** — 4-H staff organize events such as Clover College, workshops, contests, and leader trainings.
- **Leadership Opportunities** — 4-H Teen Council, 4-H Council, Citizenship Washington Focus, and more.



Kyle Pedersen became the first Lancaster County 4-H'er to achieve the Diamond–Level 6 in the Nebraska 4-H Diamond Clover Program. Kyle's service-learning project included transplanting nearly 200 plants to a children's home and starting a 4-H club for the children at the home.



Citizenship Washington Focus is a 4-H leadership program for high school youth to explore and develop civic engagement. Two years of preparation and fundraising for 28 Lancaster County youth culminated in June with a 12-day educational seminar to Washington D.C. Learning experiences included meeting with Nebraska Senator Ben Nelson (left) and Congressman Jeff Fortenberry (in back).



In the past year, Lancaster County 4-H reached nearly:

- 1,742 club members
- 392 independent members
- 958 youth in after-school and summer programs which incorporated 4-H activities
- 18,635 youth in 4-H school enrichment programs

The Lancaster County Super Fair expanded to ten days this year. 4-H & FFA exhibits and events took place during the first four days. Nearly 700 4-H & FFA exhibitors showcased more than 5,000 exhibits (including static exhibits, animals, and contest entries).



New this year, the 4-H livestock booster committee established a 4-H & FFA livestock auction at the Lancaster County Super Fair. A portion of all proceeds was set aside to start a scholarship program for local 4-H & FFA members.



AmeriCorps Member part of Go-Green Initiative

Sarah Bailey spent a year with UNL Extension in Lancaster County as an AmeriCorps State and National member. AmeriCorps places members in local organizations for one-year terms. Sarah was a part of the AmeriCorps Recovery-Go Green Initiative which provides community outreach and service focused on environmental issues. She worked with 4-H after-school programs, 4-H school enrichment, People's City Mission garden, and took the lead in renovating the Culler Middle School courtyard into an outdoor classroom and rain garden.



Approximately 4,000 third graders in 175 classrooms at 53 schools incubate, candle, and watch eggs hatch as part of the 4-H Embryology school enrichment program.



Garbology means the study of garbage. Nearly 3,000 second graders in 147 classrooms at 46 schools participate in the 4-H Garbology school enrichment program which includes hands-on experiments.



“As 4-H’ers work on projects, they develop life skills, leadership, and citizenship. Our communities benefit because youth apply these skills to all aspects of their lives.”

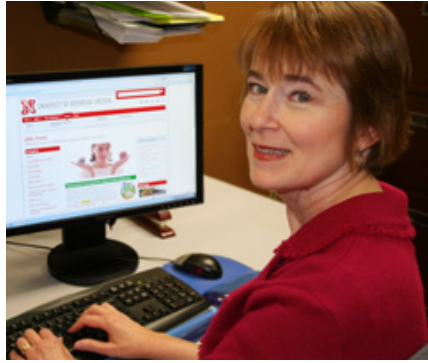
— Quentin Farley, president of 4-H Council and member of Lancaster County Extension Board

Extension Helps You Know How. Know Now.

Nutrition & Food Safety

To help people learn how to eat healthier, extension blends nutrition, food safety, and food preparation information into practical actions people 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. UNL Extension in Lancaster County's food Web site received nearly 4.5 million hits last year.

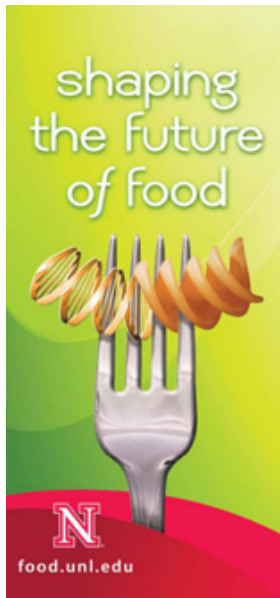


This year, Alice chaired a committee of about 30 UNL staff to develop extension's statewide Food Web site at <http://food.unl.edu>. Alice also helped coordinate planning of the display at Husker Harvest Days which promoted the launch of the Food Web Site in September. Topics on the statewide Web site include food safety, food allergies, local foods, meat products, home food preservation, food processing/business development, youth/4-H, and more.

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

Last year, Lancaster County NEP reached:

- 857 enrolled program families (1,430 teaching contacts).
- 7,462 youth (14,214 teaching contacts) at 28 schools and other sites.
- 92 older adults (428 teaching contacts) at 6 senior sites.



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: Private and Commercial Pesticide Applicator Trainings, Computerized Farm Financial Recordkeeping Training, Farmland Leasing Arrangements workshop, 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.

Production ag and acreage resources are online at <http://lancaster.unl.edu/ag>.

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," and other outreach methods. She presented or helped present numerous workshops including RentWise, Window of Opportunity Child Care Conference, and Small Steps to Health and Wealth.



Two Daughter/Mother Camps were presented.

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 two Strengthening Families: Daughter/Mother Camps this year.



Last year, UNL Extension in Lancaster County programs benefitted from approximately **2,193 volunteers investing 26,907 hours of time for a total value of \$442,082!*** Volunteers contributed to 4-H, Master Gardener, Nutrition Education Program (NEP), Family Community Education (FCE) and other extension programs. In addition, 4-H and FCE members often volunteer in community service projects.

*Independent Sector values volunteer time in Nebraska for 2008 at \$16.43/hour.

Yard & Garden



28 Lancaster County Master Gardener volunteers logged 1,189 hours this year.



Extension presented nine composting workshops and demonstrations.

UNL Extension plays a vital role in teaching communities horticulture issues designed 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 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 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.

UNL Extension in Lancaster County helps maintain a garden for residents at the People's City Mission. Extension provides the expertise, networking, and volunteers to teach residents how to care for and harvest garden crops.

Plant and Pest Diagnostic Services



Throughout the year, Lancaster County residents bring plant samples, insects, pests and wildlife "signs" to UNL Extension in Lancaster County. A free service, extension horticulturists and entomologists identify weeds, diseases, and insects in and around the home and garden, and make recommendations about the best way to help manage these problems.

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, email questions, publications, workshops, and radio. Extension's pest and wildlife Web site received nearly 2 million hits last year.

Ogg partners with community organizations and industry professionals in training and disseminating pest control resources and assistance. Bed bugs are a growing problem in Lincoln and other Nebraska communities.

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 scholarship. Annually, FCE awards a \$400 scholarship.



Five FCE & Community Leader Trainings were held in 2010.