



# NEBLINE



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“The skills I learned in CHIME will stick with me for life. We talked about how we can use breathing techniques to ground ourselves when overwhelmed. I learned to think positively and gratefully, which changed my outlook in life.”

—Kristin Burkhardt, Family Service Site Supervisor at Eastridge Elementary



## 2022 Extension Highlights

Engaging with Nebraskans wherever they are, connecting them with the resources, research and innovation of the University of Nebraska.



**Nutrition Education Program (NEP)** — NEP increases nutrition security through classes and policy, system and environmental (PSE) initiatives. Last year, NEP staff taught 258 adults and 5,207 youth with classes, as well as impacted 84 PSE changes. Three bilingual staff provided education in English & Spanish and partnered with translators to offer classes in five languages. Pictured (L–R): Extension Assistants Meredith Kuca partnering with the Lincoln Fresh Mobile Distribution Truck, Irvin Ramirez-Benavides engaging youth through the Soccer for Success program and Victoria Reis teaching El Centro de las Americas families.

**Cultivating Healthy Intentional Mindful Educators (CHIME)** — This program for early childhood educators (birth–kindergarten) developed by Nebraska Extension continues to grow by leaps and bounds! Extension Educators Jaci Foged and Hayley Jackson delivered CHIME to 54 participants in Lancaster County, impacting 1,590 children. Feedback indicates the trainings made a positive impact (see quote above). Hayley piloted a newly adapted version of CHIME to target providers working with children ages K–5th grades (pictured above with Family Service educators). Jaci began coordinating a four-year, multi-state Early Head Start University Partnership grant for CHIME which focuses on supporting Early Head Start/Head Start staff well-being.

### Thank You Volunteers! Valued at \$711,217

Lancaster County Extension’s estimated **2,421 volunteers gave 25,919 total hours of service worth \$711,217\*** to our community! Extension benefits from these volunteers who help extend the reach of programs such as 4-H, Master Gardeners and Extension Board members. Pictured below left are volunteers presenting a 4-H Clover College workshop. Below right is a Master Gardener volunteer harvesting produce from Extension’s donation garden, along with Extension Assistant Courtney Eitzmann.

\*Based on Independent Sector’s estimate of Nebraska’s value of a volunteer hour in 2021 as \$27.44



Extension helps people solve real-world problems

MORE HIGHLIGHTS ON NEXT PAGE

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**Insect/pest programs** — Extension Educator Kait Chapman offered several educational programs, including a series of three “Everything Bed Bugs” workshops for pest management professionals (pictured above), homeowners/renters and businesses. 100% of the homeowners/renters felt confident they could create an action plan. 100% of the total participants would recommend the program to others. Feedback included, “WONDERFUL training! Hands-on is so beneficial.”



**70 years of Backyard Farmer** — In 2022, Nebraska Extension’s popular gardening TV show celebrated its 70th year helping Nebraskans solve lawn and garden problems. This year, Extension Educators Sarah Browning (pictured at right) and Kait Chapman (second from left) were regularly featured experts, answering horticulture and entomology questions. Over 130,000 viewers watch the live show weekly and over 1.3 million YouTube viewers watch more than 50,000 hours of recordings annually.



**Domestic water/wastewater management** — Extension Associate Becky Schuerman serves as Extension’s statewide water coordinator. Her duties include collaborating with other organizations, developing resources and teaching. Pictured is Becky at the inaugural year of the Build A Hut Camp, a summer STEM program through Douglas/Sarpy Extension. She was a member of the curriculum writing team and assisted with activities.

## From the Unit Leader: Global Connections

This summer, our office had a unique opportunity to meet and engage with 25 Mandela Washington Fellows. These professionals represented 18 African countries.

Each Fellow positively impacts their home community through a variety of ways such as developing youth leadership and educational conferences, establishing non-profit organizations, and addressing environmental challenges and



Karen Wobig addresses Mandela Washington Fellows.

climate concerns.

I was able to share the Extension model of translating

University research into programs and information that directly benefits people. The Fellows were highly receptive of this model as they strive to connect with and help residents in their African countries.

Connecting with people from a global lens benefits us all, and it was a privilege to have this interaction.

*Karen Wobig*

Karen Wobig,

Extension Educator & Unit Leader



## 4-H Programs Engaged 32,332 Youth

through opportunities such as clubs, workshops, school enrichment programs, afterschool/out-of-school activities and camps



**4-H school enrichment** — Lancaster County 4-H presents several programs in local schools which meet Lincoln Public Schools, Nebraska or national education standards. Pictured is Extension Assistant Calvin DeVries presenting iGrow – Corn. This new program teaches students about corn production and how agriculture affects their daily lives. During its first year, 1,389 students at 22 schools participated.



**4-H clubs** — With over 70 clubs ranging from 5 to 54 youth members, clubs are an important part of the Lancaster County 4-H program. 4-H clubs are led by adult volunteers, hold regular meetings, elect youth officers, recite the 4-H pledge, learn together and do community-service projects. Pictured is Extension Associate Mary Jane Frogge teaching Horticulture 4-H Club members how to propagate plants.

4-H prepares youth for successful futures



**4-H STEM** — Science, Technology, Engineering and Math (STEM) 4-H programs help equip youth with the skills they need to succeed in life. In 2022, Lancaster County 4-H increased its STEM footprint which provided more youth with opportunities to acquire these essential skills. Pictured is Extension Assistant Elizabeth Thiltges teaching afterschool youth how to create code for robots.



**4-H at Lancaster County Super Fair** — 525 4-H/FFA exhibitors showcased nearly 4,500 exhibits (including static exhibits, animals, contest entries and Clover Kids exhibits). The Super Fair provides 4-H youth an opportunity to share the projects they’ve worked on throughout the year. Pictured are youth congratulating each other at a horse show. Lancaster County has the largest 4-H county fair horse show in the state.