

2023 Extension Highlights

“I just love 4-H and fair. It’s my favorite thing in the summer. I do 4-H because I get good learning experiences in a supportive environment. People are always willing to help you because they want you to learn.”

—Tenley Bauman, 4-H member



Nit Kit Program — Extension Educators Kait Chapman and Hayley Jackson (pictured L-R) designed and developed a new Nit Kit program to tackle issues surrounding the spread and management of head lice in children. Nit Kits are convenient kits that include a guide book written by Extension entomologists, nit combs (for manually removing head lice and eggs) and an activity for children to do during the removal process. In 2023, the team trained 207 individuals and distributed 412 Nit Kits to 79 early childhood organizations and schools across 30 counties in Nebraska.



Local and Indigenous Foods Training — Pius X High School collaborated with Extension Educator Alyssa Havlovic (pictured at left) on a Nebraska Farm To School Program. Students tested, marketed and menued recipes using local black beans and bison. Carmen Goeden, Director of Nutrition Services at Pius X, said, “Introducing and incorporating Nebraska indigenous foods in our classrooms and cafeteria ignited a whole new learning experience for students, teachers and kitchen staff.”



Water Dogs Landscape Program — 158 homeowners attended one of 14 workshops across the state in 2023 to increase water conservation and improve turf & landscape health. Extension Educator Sarah Browning (pictured center) helped organize and present the program. In a follow-up survey of previous participants, 100% indicated they reduced landscape water usage and 63% saw an increase in turfgrass health.

Thank You Volunteers! Valued at \$787,090

Lancaster County Extension’s estimated **2,541 volunteers** gave **26,681 total hours of service worth \$787,090*** to our community! Extension benefits from these volunteers who help extend the reach of programs such as 4-H, Extension Master Gardener and Master Health volunteers.

*Based on Independent Sector’s estimate of Nebraska’s value of a volunteer hour in 2022 as \$29.50

Extension helps people solve real-world problems

MORE HIGHLIGHTS ON NEXT PAGE



Agriculture Outreach — Lancaster County Extension board member Bob Huttes (pictured at left) hosted a lunch at his farm to introduce new Water & Cropping Systems Educator John Nelson (pictured at right) to area producers. Approximately 50 people attended. John discussed crop production issues and made connections, including with a producer who is now participating in the Highboy Cover Crop Interseeding Project (HiCCIP), which is part of Extension’s Nebraska On-Farm Research Network.



Domestic Water/Wastewater Management — Extension Associate Becky Schuerman (pictured in the foreground) serves as Extension’s statewide water coordinator. Her duties include collaborating with other organizations, developing resources and teaching. This year, Becky organized an Alternative Absorption Seminar & Field Day in Central City featuring a first-of-its-kind, alternative absorption system installed in Nebraska (pictured). There were 21 onsite wastewater professionals in attendance.

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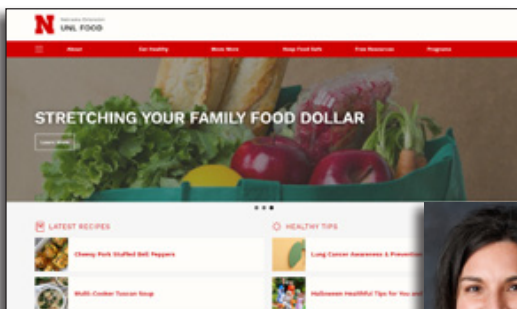
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Nutrition Education Program (NEP) — NEP increases nutrition security through classes, as well as policy, system and environmental (PSE) initiatives. This year, NEP staff taught 1,105 adults and 5,998 youth with classes, as well as impacted 116 PSE changes. New this year, nutrition classes were presented in Persian and Arabic to 42 Afghan and Sudanese refugees by Extension Assistant Zahraa Rida (pictured at right). Feedback included, “The knowledge I gained ... has had a profound impact on my lifestyle and well-being,” and “the most eye-opening lesson for me was the danger of thawing meat at room temperature. Since the class, I abandoned that practice and now follow the recommended safe methods.”



Childcare Career Classes — Extension Educator Jaci Foged (pictured standing) partners with Lincoln Littles to coordinate and train the Connection Cadre, available to graduates of the Childcare Teacher Foundations Class. Cadre participants increase their knowledge of child development and build relationships with other Lincoln providers. This year, 30 people participated in the Cadre, earning up to 6 in-service hours. Funding for the program is provided from the American Rescue Plan Act through the Nebraska Department of Labor.



food.unl.edu — Extension Educator Kayla Colgrove (pictured) coordinates Extension’s statewide website, which received over 2.6 million pageviews in 2023 and is one of University of Nebraska–Lincoln’s top 5 domains. The website provides tips, recipes and resources to help people make healthy food choices, safely prepare food and increase physical activity.



4-H Programs Engaged 39,421 Youth

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



4-H Clubs — With nearly 70 clubs ranging from 5 to 65 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. 4-H Teen Council club members are involved in several leadership activities such as organizing the annual 4th & 5th Grade Lock-In (pictured).



4-H at Lancaster County Super Fair — 496 4-H/FFA exhibitors showcased nearly 4,880 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. The 4-H Dog Show obedience classes are judged on how well the youth handle their dogs (pictured).

4-H prepares youth for successful futures



4-H Clover College — Four days of hands-on workshops emphasize science, ag literacy, healthy living, career development and citizenship/leadership. This year’s event featured 52 workshops with a total of 939 session registrations. Workshops included “Wind: A Super Power” presented by Extension Assistant Elizabeth Thiltges (pictured holding fans).



4-H School Enrichment — Lancaster County 4-H presents several programs in local schools which meet Lincoln Public Schools, Nebraska or national education standards. The Agricultural Literacy Festival is a 2-day event with 10 interactive stations, including sheep (pictured). In 2023, 260 fourth graders from 8 schools learned how agriculture impacts their daily lives.

Nebraska Extension’s Strategic Direction

- 1) Strengthen Nebraska Agriculture & Food Systems
- 2) Inspire Nebraskans & Their Communities
- 3) Enhance The Health & Wellbeing of All Nebraskans



How the Big 3 energize Nebraska’s future:

- ✓ Developing a skilled workforce
- ✓ Enhancing health & wellbeing
- ✓ Creating statewide economic vitality
- ✓ Retaining & attracting young people
- ✓ Leveraging our strengths for sustained success

