

# University of Nebraska–Lincoln Extension in Cuming County

## 2009 FACT SHEET

### MISSION

The mission of the University of Nebraska–Lincoln Extension is to help Nebraskans enhance their lives through education based on research. We teach in multiple ways with multiple methods. As the front door to the university, we are the link between the research of the land-grant university system and the application of that research to improve people’s lives and livelihoods. We help people put knowledge to work. Our learners range from 5 years old to adults of all ages and our classroom extends across Nebraska.

### ACTION PLAN – Anticipated Outcomes ... 2008-09

#### FOOD PRODUCTION & NATURAL RESOURCE SYSTEMS

- ◆ Improve competitiveness and profitability of producers involved in the livestock industry.
- ◆ Preserve, conserve, and improve the quality of land, water, and air resources.
- ◆ Enhance relationships between livestock producers and communities.

#### BUILDING STRONG FAMILIES

- ◆ Teach families to access, use and manage resources wisely.
- ◆ Teach families to strengthen and improve relationship skills in family and community.
- ◆ Help communities identify family needs; design and implement plans to meet those needs.

#### NUTRITION, HEALTH & FOOD SAFETY

- ◆ Residents will adopt factors of a healthy lifestyle resulting in improved quality of life.
- ◆ Residents will implement practices to reduce safety hazards and risks in high risk operations.
- ◆ Improve self-esteem and coping skills residents use to make decisions related to daily life.

#### 4-H & YOUTH DEVELOPMENT

- ◆ Develop knowledge and skills related to subject matter.
- ◆ Provide an environment for developing decision making, leadership, citizenship and self expression skills.
- ◆ Improve youth self esteem and coping skills.

#### STAFF

Debra Schroeder – Extension Educator  
 Larry Howard – Extension Educator  
 Jennifer Hansen – Extension Assistant  
 Mary Jo Lueckenhoff – Office Assistant  
 Alice Brand – Office Assistant  
 Jill Carlson – Horticulture  
 (part-time, summer only)

#### EXTENSION BOARD MEMBERS

Tom Black, West Point  
 Kayla Consbruck, West Point  
 Sandy Rasmus, West Point  
 Del Heftie, Wisner  
 Kim Knobbe, Dodge  
 Matt Peters, Pender  
 Lori Urwiler, Wisner  
 JoAnn Lewis, West Point  
 Kevin Borgelt, Beemer

#### REACH US AT:

UNL Extension in Cuming County  
 200 S Lincoln Str, Rm 50  
 PO Box 285  
 West Point NE 68788  
 Phone: 402-372-6006  
 Fax: 402-372-2736  
 E-mail: [cuming-county@unl.edu](mailto:cuming-county@unl.edu)



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.

## PROGRAM IMPACT

---

- ◆ Area livestock producers met the Department of Environmental Quality - Land Application requirement by participating in our trainings. Forty-two met the initial and 32 met recertification at our three programs.
- ◆ Beef industry updates reached 74 producers and presented current issues including COOL and high input costs.
- ◆ Over 85 swine producers learned about diseases, health management, swine diets, and managing feed costs.
- ◆ Animal agosecurity issues are very important since Cuming County is the highest populated livestock county in the state. Extension was reported to be a major strength in the Homeland Security Agroterrorism functional exercise.
- ◆ Environmentally in Cuming County, during 2008, Extension helped recycle 2300 pounds of pesticide containers (over 40 ton in past 15 years) and 210 ton of scrap tires (over 1030 ton in 4 years). Over 300 private pesticide applicators were certified.
- ◆ The National eXtension website ([eXtension.org](http://eXtension.org)) has been utilized in agriculture programming to deliver research based information to clientele.
- ◆ Radon Education Project, funded by a grant from National County Officials, distributed 226 radon test kits. Evaluations of the exposed test kits showed 28% of the homes were in the safe range, 49% were in the 4.0 to 9.9 pCi/L, and 21% were over 10 pCi/L. The highest test being 35.4 pCi/L. Eight contractors learned how to mitigate radon in homes.
- ◆ Estimated savings from the 24 clients who were assisted with Medicare Part D enrollments were \$7,280. Through efforts of the Medicare Part D Coalition 88% of those eligible in Cuming County are enrolled in a Medicare Part D plan.
- ◆ Average Americans consume less than five grams of fiber daily when USDA recommends 25 to 35 grams per day for optimum health. Two hundred forty-seven youth and adults, including 42 school food service staff, learned how to read food labels and increase fiber in their daily diet. The school food service staff pledged to increase the fiber in the meals they prepare for 14,664 students daily in northeast Nebraska.
- ◆ Control Diabetes continues as a statewide program, broadcast via satellite and distance education, taught in three, two-hour sessions to 478 people. Programs are also available via Extension web pages and have received 819 hits. Department of Health and Human Services calculates the value of diabetes education as a savings of \$900/person/year with diabetes in medical costs. Calculating this savings for half of the participants would equate to \$215,100/year.
- ◆ **“Preventing Credit Card Blues at 22” was taught to 368 high school seniors to help them avoid credit card misuse challenges and identity theft.** Skills and knowledge developed during the programs will help students develop fiscally sound credit management practices.
- ◆ Helping youth resolve conflict is the goal of the six-part series that was taught to 61 fifth graders in two schools. Of the students 76% adopted techniques and skills that help them stay cool, working out problems and working to win-win solutions.
- ◆ 444 youth enrolled in traditional 4-H club program where they developed life skills through their activities. Life skills developed through 4-H include leadership, teamwork, character, healthy lifestyle choices, decision making, goal setting, social skills, and sharing.
- ◆ 1,286 youth participate in education programs: Embryology, Hand Washing, Food Fun & Reading, Today’s Nutrition, On Your Own, Wise Food Choices and Navigation and Global Positioning Systems (GPS).
- ◆ Increasing communication and teamwork skills and reducing the amount of conflict are the goals of “Talking with TJ” a six part, in-depth series taught to 120 students. Seventy-two percent of the students adopted techniques taught.
- ◆ 108 fifth grade students developed their navigation skills using compasses and GPS units. Eighty-seven percent of students believe that science, engineering or technology would be important in their future job and that learning new things about technology was fun.
- ◆ Following current trends “Clover Colleges” helped youth develop life skills. Over 150 youth developed skills in robotics, painting, fishing, photography, food preservation, basic food preparation, creating a work of art, and creating yard art.
- ◆ 4-H members developed decision making, critical thinking, organizational and public speaking skills, and increased their personal knowledge by competing in the State 4-H Meats Identification, Horse, Livestock and Dog judging contests.

UNL Extension programming in Cuming County is supported by additional funding of \$61,011.05 including: \$16,064.97 grant funds; \$41,681.00 in-kind support; and \$14,480.08 in paid registration fees. Additional support for the 4-H program includes: membership fees \$2260.00; registration fees \$2492.50; food stand income \$5750.00 and Blue Ribbon Club donations \$5945.00. Program efforts were expanded by 213 volunteers. If each volunteer donated an average of 15 hours, valued at a minimum of \$6.50 per hour, volunteer support of the program equated to \$20,767.50.