



Life Challenge Contests

4-H Life Challenge judging contests help youth learn more about issues related to family and consumer science (FCS). Contests are open to all 4-H'ers, need not be enrolled in a specific project. Preregistration is not needed for the county level contests. Contact Tracy at 441-7180 for more information.

County-level Senior Life Challenge (for ages 12 and up) is scheduled for Saturday, June 7, 9:30 a.m. at the Lancaster Extension Education Center. Contest questions will be based on the following 4-H manuals: Fast Foods, You're the Chef, Foodworks, Money FUNDamentals, Money Moves, Design Decisions and Shopping in Style. They may be checked out prior to the contest for studying.

Statewide FCS Life Challenge (for ages 12 and up) will be held Monday, June 30 and Tuesday, July 1 on UNL East Campus. To participate, please contact Tracy at 441-7180 by June 9. Information is online at <http://4h.unl.edu/programs>

County-level Junior Life Challenge (for ages 8-11) will be held Saturday, July 12 at 9:30 a.m. at the Lancaster Extension Education Center. Contact Tracy for study packet.

Premier Animal Science Events, June 30 & July 1

If you are interested in participating in UNL's Premier Animal Science Events, Monday, June 30-Tuesday, July 1, please call Deanna at 441-7180 to let her know of your interest by May 27. Teams are forming now for poultry, meats and livestock judging, livestock quiz bowl and livestock skill-a-thon. This is a great experience to learn about livestock, explore UNL's East Campus and meet new friends from across the state.

4-H Dog Club to Receive Governor's Ag Excellence Award

Congratulations to the Lancaster County Dog Club for being selected to receive one of the Nebraska 4-H Foundation's 2008 Governor's Agricultural Excellence Awards! The awards will be presented at the PASE/Life Challenge event on Monday, June 30 at 7 p.m. on UNL's East Campus green space, south of the Student Union.

New Breeding Gilt Show at Ak-Sar-Ben

A breeding gilt show has been added to the Ak-Sar-Ben 4-H Livestock Exposition swine show. If you are interested in showing, animal nominations are due into the office by June 15. Forms are available at the extension office or online at <http://aksarben.org/4-H>

Ak-Sar-Ben Feeder Calf Show New Rule

If you are planning to exhibit feeder calves at the Ak-Sar-Ben 4-H Livestock Exposition, they will need to be DNA tested by June 15. To set up an appointment, call Deanna Karmazin at 441-7180.

Free Sewing Help on Wednesdays

Lancaster County 4-H and Bernina Sewing Center are partnering to provide 4-H members free expert sewing help. Every Wednesday from 6:30-8:30 p.m. youth are welcome to bring their sewing machines and 4-H projects. 4-H members can sew and have their questions answered by experts. If your sewing machine does not make good button holes or will not sew through six layers of denim, then there are classroom machines available for rental. The Bernina Sewing Center is located inside Hancock Fabrics, 6800 P St., Lincoln.

2010 4-H Washington Group Forming Now!

Any Lancaster County youth age 14-18 can join 4-H Citizenship Washington Focus (CWF), a summer citizenship program which culminates in a nine-day, intensive trip to Washington D.C. in June 2010. CWF delegates learn about the democratic process and their role as citizens. Get the inside scoop about how government really works from prominent guest speakers and from Senators and Congressman themselves. We will also take a few more days to discover the wonders of New York City. Youth who sign up now are able to start earning funds through organized fund-raising. A \$100 deposit is needed to reserve your spot. For more information, contact Deanna Karmazin at 441-7180.

Be a 4-H Clover College Volunteer!

Adult and teens volunteers are needed to help during Clover College! No experience needed!

Volunteer for one session or all four days!

If you are interested in this opportunity, contact Tracy at tkulm1@unl.edu or 441-7180.

Clover College

Tue., June 17-Fri., June 20

Lancaster Extension Education Center, 444 Cherrycreek Rd

Open to youth ages 6-19

Four days of "hands-on" workshops full of fun and learning! Youth may attend as many workshops as they wish. Youth attending workshops that overlap the lunch period should bring a sack lunch. Food will not be available (unless otherwise stated in the workshop description). If you have questions, contact Tracy Kulm at 441-7180.



WORKSHOP DESCRIPTIONS

3-Day Workshops

#4 Insect Collecting for Beginners

Learn the most common insect orders and make your own starter collection. You will collect aquatic insects so come dressed to enjoy the outdoors. WED-FRI, JUNE 18-20; 12:45-2:45PM AGES 10 & UP • FEE \$15 INSTRUCTOR: Barb Ogg, Extension Educator

2-Day Workshops

#5 Checkmate One

Beginning chess players learn rules and values of pieces. Build skills and play complete games in stages. TUES & WED, JUNE 17-18; 10:15AM-12:15PM AGES 8 & UP • FEE \$5 INSTRUCTOR: James Walla, 4-H Checkmates leader

#6 "La feria española"

Learn basic Spanish vocabulary for the fair, play games, prepare and eat traditional snacks and make a typical Spanish craft. ¡Olé! WED & THU, JUNE 18-19; 12:45-2:45PM AGES 8-12 • FEE \$3 INSTRUCTOR: Jill Greff, 4-H volunteer

1-Day Workshops

#9 Primitive Rope Making

Learn rope making as it was done by the indigenous cultures. Learn techniques using natural fibers found in the woods or prairie. TUE, JUNE 17; 8-10AM AGES 8 & up • FEE \$3 INSTRUCTOR: BJ Spring, owner, Nyakuwalk, Primitive Survival Skills

#13 Garbage Getters

Learn about the world of worms and how they turn our garbage into healthy food (called vermicompost) for your plants and flowers. Create a worm habitat and take home your very own worm friends. TUE, JUNE 17; 12:45-2:45PM AGE 8 & up • FEE \$8 INSTRUCTOR: Roberta Sandhorst, Master Gardener

#15 What's the Point?

Learn the basic stitches used to make beautiful pictures, trims and pillows. Participants will receive a hoop, floss, needles, practice material and more. TUE, JUNE 17; 3-5PM AGES 10 & up • FEE \$6 INSTRUCTOR: Chris, Jessica and Jaime Stephenson, 4-H volunteers

#16 Super 'Cycling

Create cool, fun crafts by recycling items found around the house. TUE, JUNE 17; 3-5PM AGES 8 & up • FEE \$3 INSTRUCTOR: Jami Rutt, Extension Intern

#18 Style Revue

Style Revue at county fair will be here soon! Come to this workshop and learn new styling procedures and practice your modeling. TUE, JUNE 17; 3-5PM AGES 8 & up • FEE None

#23 Aquarius Beads

Learn the basics of making beaded jewelry! Make more than one piece of jewelry. WED, JUNE 18; 12:45-2:45PM AGES 8 & up • FEE \$10 INSTRUCTOR: Wendy O'Brien, Aquarius Beads & Gifts, Inc

#24 Creative Crafts

Celebrate crafts as you create your masterpiece in this fun workshop. WED, JUNE 18; 3-5PM AGES: 8 & up • FEE: \$5 INSTRUCTOR: Jessica Bauman, Extension Intern

#25 Fun in the Kitchen

It's easier than it looks to mix and shape bread and rolls. Learn mixing and shaping techniques through this hands-on workshop. WED, JUNE 18; 3-5PM AGES 10 & up • FEE \$5 INSTRUCTOR: Lorene Bartos, Extension Educator

#26 Imagination Galore

Learn to creatively express yourself through imagination and to create characters through gestures and voice. WED, JUNE 18; 3-5PM AGES 8-10 • FEE \$5 INSTRUCTOR: Teri Hlava, Extension Assistant

#28 Hooded Towels

Create a hooded towel for a baby or toddler (great baby gift!). Fee includes towel and thread. Bring scissors, sewing pins, ruler and sewing machine (if available). THU, JUNE 19; 8-10AM AGES 11 & up • FEE \$10 INSTRUCTOR: Maureen Burson, Extension Educator

#30 Advanced Origami

This class is for those who already know the basics or have taken Beginning Origami. Learn more difficult and intricate designs. THU, JUNE 19; 10:15AM-12:15PM AGES 10 & up • FEE \$2 INSTRUCTOR: Rhonda Griess, 4-H volunteer

#32 Money, Money, Money

Learn the basics of banking and how to spend and save wisely. THU, JUNE 19; 10:15AM-12:15PM AGES 10 & up • FEE None INSTRUCTOR: TierOne Bank, Clocktower Branch

#34 Basketball Basics

Learn the basic skills needed to be a successful basketball player. Basketball included to take home. THU, JUNE 19; 3-5PM AGES 8 & up • FEE \$10 INSTRUCTOR: All-State Basketball Player, Evan Kucera

#35 Here's Henna!

This temporary tattoo is made with all natural ingredients, is safe & will last 1-2 weeks. THU, JUNE 19; 3-5PM AGES 10 & up • FEE \$10 INSTRUCTOR: Jhoni Kucera, 4-H volunteer

#38 Sensational Summertime Crafts

Create your own sensational summertime arts & crafts. FRI, JUNE 20; 8-10AM AGES 8 & up • FEE \$5 INSTRUCTOR: Jami Rutt, Extension Intern

It's not too late to sign up!

To Register, Use Form on Page 11 of This Issue!

Telephone registration not accepted. For current class availability, go to <http://lancaster.unl.edu/4h/programs/clovercollege>

#39 Fun with Paper Part II

Learn to make pop-ups, weaving and fun things to do with punches. These techniques will make unique greeting cards and decorations. FRI, JUNE 20; 8-10AM AGES 10 & up • FEE \$5 INSTRUCTOR: Rhonda Griess, 4-H volunteer

#40 Anyone Can Act

Learn the basics of becoming a great actor such as realistic stage stunts. Stunt prop included to keep. FRI, JUNE 20; 10:15AM-12:15PM AGES 9 & up • FEE \$10 INSTRUCTOR: Drama State Finalist, Christian Kucera

#41 Advanced Basketball

Learn higher level skills to outplay your competition and impress your friends. See instructor's famous dunks or other smart moves. T-shirt included. FRI, JUNE 20; 10:15AM-12:15PM AGES 10 & up • FEE \$10 INSTRUCTOR: All-State Basketball Player, Evan Kucera

#42 Fabulous Face Painting

Learn how to paint awesome designs on faces, arms and legs. FRI, JUNE 20; 10:15AM-12:15PM AGES 10 & up • FEE \$10 INSTRUCTOR: Jhoni Kucera, Paradise Face and Body Painter

#43 Martial Arts

Learn about the history of Taekwondo, basic Taekwondo and self-defense techniques. Wear comfortable clothing (long pants recommended) and bring a water bottle. FRI, JUNE 20; 10:15AM-12:15PM AGES 10-14 • FEE \$5 INSTRUCTOR: Michael Catron & Hilary Strom, owners of Chung Do Kwan Taekwondo

#44 Nail Art

Learn how to create different designs on your nails using decals, rhinestones, striping tape and beautiful nail paints. Come with clean finger and toe nails. FRI, JUNE 20; 12:45-2:45PM AGES 9 & up • FEE \$10 INSTRUCTOR: Jhoni Kucera, 4-H volunteer

#45 Air Brush

Learn from the pros. Ever wonder how easy and fun it is to use an airbrush? FRI, JUNE 20; 12:45-2:45PM AGES 10 & up • FEE \$10 INSTRUCTOR: Christian and Evan Kucera, Paradise Face and Body Painters

#46 Terrific Table Setting

Create an awesome centerpiece and learn all you need to know to participate in the county fair 4-H Table Setting contest. FRI, JUNE 20; 12:45-2:45PM AGES 8 & up • FEE \$3

#48 Babysitting Basics

Learn the basic skills needed to be a responsible and creative babysitter. Focus is on activities, making snacks and toys. FRI, JUNE 20; 3-5PM AGES 11 & up • FEE \$5 INSTRUCTOR: Lorene Bartos, Extension Educator