



The 4-H Thriving Model Provides a Guide for Helping Youth Grow to Their Full Potential

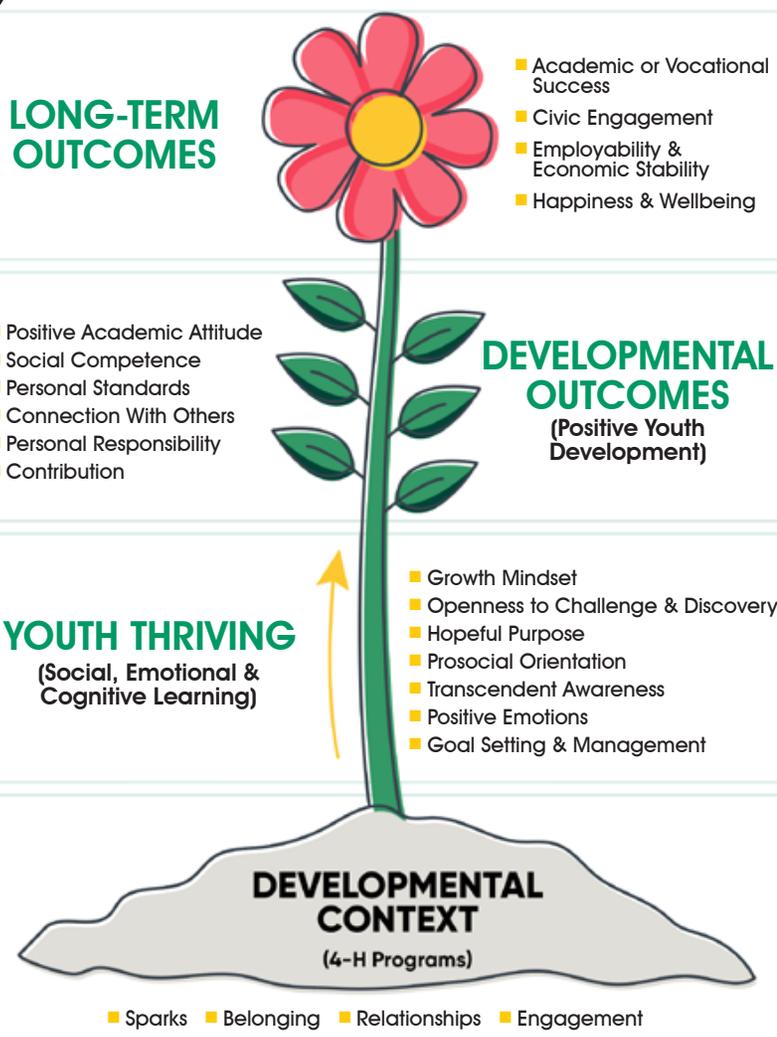
By Tracy Anderson,
Extension Educator in
Lancaster County

Research shows participating in positive youth development programs such as 4-H, leads to young people who care about others, provide leadership and are civically engaged. The 4-H Thriving Model provides a guide for how to ensure what happens in a program is actually positive youth development.

The 4-H Thriving Model is a “predictive model.” It predicts that when youth experience quality 4-H programs and are engaged, they will thrive. This means they are more likely to attain academic or vocational success, economic stability, be civically engaged and have happiness and well-being.

Developmental Context

A flower graphic provides a visual for the model. Beginning with the developmental context or the “soil,” flowers need high-quality soil to grow. Youth also need a good base — we refer to this as the developmental context — which consists of opportunities for youth to: 1) find their spark such as engineering, food and nutrition, leadership or animal



science, 2) feel a sense of belonging, 3) build relationships and 4) foster engagement.

Youth Thriving

Youth Thriving is the next step and provides a bridge between program context and outcomes and intentionally promotes social, emotional and cognitive learning. Within

this step, there are seven key indicators:

1. Growth mindset
2. Openness to challenge and discovery
3. Hopeful purpose
4. Pro-social orientation
5. Transcendent awareness
6. Positive emotions
7. Goal setting and management

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What 4-H Alumni Say

Adults who participated in Lancaster County 4-H as youth report how 4-H contributed to their thriving today as adults. (High school graduation dates are in parenthesis.)

“4-H was a big part of my childhood and formed me into the person I am today. 4-H gave me self-confidence. This self-confidence led me to be a leader throughout school, college and my career. Through 4-H, I developed relationships that last a lifetime. ... These skills helped me get a job and to thrive as a math teacher, wife and mother.”

—Karen (Clinch) Lindstrom (2006)

“The skills I developed in 4-H ... have contributed significantly to my experiences as a ‘natural leader.’ Some of it may be natural, but it was fostered in 4-H where I learned to lead a meeting, set an

agenda, seek feedback and contribute as a team member. 4-H is an invaluable part of my upbringing.”

—Dr. Nicole (Pedersen) Bartek (2006) DNP, Psychiatric Nurse Practitioner, Houston

“My experiences in 4-H helped me develop many necessary life skills. The 4-H program taught me the importance of community involvement and service. My 4-H experiences also helped me develop effective communication skills. In May, I am graduating with a degree in Nursing from the University of South Dakota.”

—Anna Sump (2019)

“By participating in 4-H, I made some very special friendships, learned how to balance work, enhanced my personal life, strengthened my communication skills and learned how to give back to the community. I am excited to begin my first teaching job this fall.”

—Valerie Gabel (2019)

Beef — A Healthy and Delicious Choice for Your Next Meal

By Kayla Colgrove, MS, RDN, ACSM-CPT, Extension Educator in Lancaster County

Beef is packed with 10 essential nutrients your body needs; such as protein, iron, zinc and B vitamins. These nutrients help with preserving and building muscle, carrying oxygen in red blood cells, maintaining a healthy immune system, brain function and supporting energy production and metabolism. To help celebrate National Beef Month, I would like to share how to make beef healthier, less expensive and a delicious choice for your next meal.

Choose Lean Beef

Lean beef can be a part of a heart-healthy lifestyle when keeping portion size in mind, trimming visible fat, preparing in healthy ways and pairing with vegetables, fruits and whole grains. Choose lean beef with “round” or “loin” in the name and enjoy a 3-ounce serving, which is about the size of a deck of cards.



Budget Friendly Choices

Great ways to reduce the cost of beef are watching grocery store sales, purchasing the family-sized or value pack and freezing what you don't use. Check out these affordable choices:

- **Ground Beef** — Versatile and beef's most popular item. Choose 93% lean or leaner most often. Ideal for burgers, casseroles, pasta dishes or tacos.
- **Sirloin Tip Steak** — Great value for a lean cut. Ideal for stir fry, fajitas, kabobs, stew meat or cubed steak.
- **Sirloin Tip Roast** — Great value for a lean cut. It is best to roast and carve into thin slices.
- **Eye of Round Roast** — A lean cut that is mostly used for roast beef at the deli but can be roasted or slow-cooked at home.
- **Chuck Eye Roast** — Also known as America's Beef Roast. A good value with lots of flavor. Roasting highlights flavor and natural tenderness.

Best Way to Cook Beef

There are many ways to cook beef such as grilling, roasting, stir-frying or slow-cooking. The best cooking method will depend on the cut of beef and your personal preference. Depending on the cut of beef, marinating beef can add flavor and/or help tenderize it. It's important to cook beef to the appropriate internal temperature to ensure it's safe to eat. Use a food thermometer to make sure ground beef reaches 160°F and steaks and roasts reach 145°F with a 3-minute rest time. Learn more about the variety of cooking methods and which is recommended for each cut at <https://beefitswhatsfordinner.com/cooking>.

Beef is also a great option for leftovers. Leftovers help save money and reduce food waste.



Here are some tips for using leftover beef:

- Make a beef stir-fry with vegetables and rice.
- Shred beef and add to a salad or wrap.

- Use beef in a soup or chili.
- Make beef quesadillas or tacos.
- Use beef in a pasta dish.

Sources:

- www.beefitswhatsfordinner.com/nutrition/beef-nutrients
- www.beefitswhatsfordinner.com/nutrition/beef-and-heart-health
- www.beefitswhatsfordinner.com/cuts/collection/33335/affordable-beef-cuts-for-families
- www.beefitswhatsfordinner.com/cuts/collection/33359/lean-beef-cuts

RECIPE OF THE MONTH

By Kayla Colgrove, MS, RDN, ACSM-CPT, Extension Educator in Lancaster County

May is National Beef Month. Celebrate by making this quick and easy one-pan meal!

SKILLET LASAGNA

(Yield: 6 servings)

- 1/2 pound lean ground beef**
- 1 small onion, scrubbed with clean vegetable brush under running water, chopped**
- 1 garlic clove, minced or 1/2 teaspoon garlic powder**
- 1 (15 ounce) can tomato sauce**
- 1 cup water**
- 1/2 teaspoon dried oregano (optional)**
- 1/2 teaspoon dried basil (optional)**
- 1/2 teaspoon salt (optional)**
- 3 cups whole wheat egg noodles, uncooked**
- 1 (10 ounce) package frozen spinach, thawed**
- 1 cup low-fat cottage cheese**
- 2 ounces Mozzarella cheese, shredded**

1. Wash hands with soap and water.
2. In a large skillet, brown ground beef, onion and garlic. Cook until internal temperature reaches 160°F as measured with a food thermometer. Drain fat.
3. Add tomato sauce, water, oregano, basil and salt, if desired. Bring to a boil.
4. Add noodles and stir. Cover and boil gently for 5 minutes.
5. Break up thawed spinach into small pieces. Stir in skillet mixture. Bring to a boil. Cover and boil gently for 5 minutes. Stir mixture again.
6. Spoon cottage cheese on top. Sprinkle with shredded cheese.
7. Reduce heat, cover and simmer for about 10 minutes or until noodles are tender and mixture is hot and bubbly. Add water if it gets too thick.
8. Store leftovers in a sealed container in the refrigerator for up to 4 days.

Nutrition Information: Serving Size (1/6 of recipe): Calories 280; Total Fat 9g; Saturated Fat 4g; Cholesterol 50mg; Sodium 500mg; Total Carbohydrates 31g; Fiber 4g; Total Sugars 6g; Protein 22g; Vitamin A 120%; Vitamin C 30%; Calcium 20%; Iron 20%; ESHA Food Processor

Source: food.unl.edu



Photo by Marusa Jones, Nutrition Education Program

Managing Chlorosis in Trees

By Sarah Browning, Extension Educator in Lancaster County

Eastern Nebraska tends to have high soil pH, also known as alkaline soil, which can cause problems for some plants like river birch, pin oak, big-leaf hydrangeas and blueberries to name a few. Alkaline soil changes the availability of certain plant nutrients in the soil, often making them less available, resulting in deficiency symptoms such as chlorosis.

Other conditions contributing to the chlorosis include the following:

- Wet, compacted soil with poor oxygen penetration.
- Root damage reducing a tree's ability to pull up existing nutrients. Roots buried too deeply in the soil also don't function at peak efficiency and can contribute to chlorosis.
- High nitrogen or phosphorus levels in the soil binding-up the available iron, preventing it from being available for tree roots to absorb.

Chlorosis Symptoms

Chlorosis is characterized by light green or yellow leaves with darker green veins. As the deficiency worsens, leaves become scorched and brown around the edges or between the leaf veins. Severe deficiency can cause branch dieback and, if left untreated, cause death of the tree over several years.

Iron is the most commonly deficient nutrient, but the same symptoms can be caused by manganese deficiency too. Leaf tissue testing is the only way to accurately determine which is the cause. For this reason, some chlorosis products used by arborists contain both iron and manganese.



Chlorosis in red maple.



Chlorosis symptoms in pin oak.

Chlorosis Treatments

There are several methods for treating chlorosis, each with its own advantages and disadvantages.

Broadcast sulfur applications to the soil — intended to lower the soil pH and convert the existing natural iron to a form more easily absorbed by tree roots.

- **Advantages:** Relatively inexpensive and can be done by homeowners with a fertilizer spreader.
- **Disadvantages:** Changing soil pH is difficult and happens slowly.

Iron chelate application to the soil — chelated forms of iron are more easily absorbed by tree roots. Look for products like Fertilome Chelated Iron EDDHA 6%. These products are water soluble, dissolved in water and poured around the base of the tree.

- **Advantages:** Can be effective and are easy to apply.
- **Disadvantages:** Can be expensive and have a short term effect, usually only one year.

Trunk injections or implants — these products place iron directly into the tree trunk via holes drilled in the root flare.

- **Advantage:** Highly effective at treating chlorosis for 1 to 3 years.
- **Disadvantage:** Causes physical damage to the tree each time it is treated. Injections should only be done by certified arborists trained in the procedure.

Whitcomb Method — a grid of holes are drilled in the soil beneath the tree's canopy and filled with three

products — sulfur, a complete fertilizer and a micro-nutrient fertilizer.

- **Advantages:** Can be very effective and provide long-term chlorosis control.
- **Disadvantages:** The initial treatment is labor intensive. It can also be difficult to find the required micro-nutrient product.

Iron nails, shavings or other forms of solid iron buried in the soil are not effective at treating chlorosis in alkaline soil. As the iron breaks down, it is tied up by the soil chemistry just as the naturally occurring iron is.

Reference to commercial products is made with the understanding that no discrimination is intended and no endorsement by Nebraska Extension is implied. Mention does not imply approval or constitute endorsement by Nebraska Extension. Nor does it imply discrimination against other similar products.

FOR MORE INFORMATION

Treatment options for chlorosis:

- Nebraska Forest Service Handout, "Chlorosis of Trees in Eastern Nebraska" at <https://go.unl.edu/east-chlorosis>
- Nebraska Forest Service Handout, "Chlorosis of Trees in Central and Western Nebraska" at <https://go.unl.edu/west-chlorosis>



Iron chlorosis on foliage of trident maple.

GARDEN GUIDE THINGS TO DO THIS MONTH

By Mary Jane Frogge, Extension Associate in Lancaster County

Watering roses with soaker hoses or drip irrigation will reduce the spread of black spot disease.

Plant ground covers under shade trees that do not allow enough sunlight to grow grass. Vinca minor or English ivy are ground cover plants that grow well in shade.

Mulch around newly planted trees and shrubs. This practice reduces weeds, controls fluctuations in soil temperature, retains moisture, prevents damage from lawn mowers and looks attractive.

Stay out of the garden when the vegetable plant leaves are wet. Walking through a wet garden spreads disease from one plant to another.

Four or five layers of newspaper will serve as an effective mulch in the garden. Cover it with grass clippings or wood bark like cedar to prevent it from blowing away.

Put tools away at the end of the day. Clean them and hang them up so they are ready to use and easy to find when you need them.

Plan a landscaping project on paper first. Do not over plant. Be sure you know the mature size of each plant and allow for growth.

Grass clippings can be used as a mulch in flower beds and vegetable gardens if allowed to dry well before use. Never use clippings from a lawn that has been treated with a herbicide.

In May, plant marigold, petunia, ageratum and begonia transplants. All are good border plants.

Cabbage loopers and imported cabbage worms are green caterpillars. They eat large holes in the leaves of plants in the cabbage family. For control, caterpillars can be picked off by hand or sprayed with *Bacillus thuringiensis* (Bt), a natural, non-toxic preparation available by various trade names.

Harvest rhubarb by cutting or by grasping the stalk and pulling up and gently to one side.

To grow annuals in containers on the patio, use a light weight soil mixture. Keep the plants well watered because the soil dries out fast. Apply a water soluble fertilizer according to package directions every 2 weeks.

May is the Perfect Time to Learn More About Your Drinking Water!

By *Becky Schuerman*,
Extension Associate,
Domestic Water/Wastewater
Management

Water is life! In Nebraska, approximately 85% of people receive their drinking water from groundwater resources. This includes individual homeowners living in suburban and rural areas, as well as the majority of towns and cities across the state. Because of Nebraska's relative wealth of groundwater resources, we often tend to overlook the vital role water plays in the everyday lives of Nebraskans and our state as a whole. The month of May provides a great opportunity to celebrate and learn more about Nebraska's drinking water resources, as well as recognizing and thanking our water professionals who work tirelessly to provide us with water and protect the quality of our water resources.

National Drinking Water Week is held in May each year to bring attention to all things water. This includes water quality, quantity, services and infrastructure, as well as Nebraska's important link between groundwater and people's drinking water. This year, National Drinking Water week will be observed May 7–13. In commemorating the week, Nebraska Extension encourages everyone to seize the opportunity to learn more about their water resources in general and think about where your water comes from.

Here are some ideas to make your home more water-wise and help you learn more about your drinking water and Nebraska's groundwater resources:

- ◆ If you have a point-of-use water treatment device, check



to confirm you have replaced cartridges and maintained it following the manufacturer's recommendations.

- ◆ Check for leaky faucets and toilets.
- ◆ Work to conserve water usage wherever and whenever you can.
- ◆ Spend some time familiarizing yourself with the wealth of information on the Nebraska Extension water website: <https://water.unl.edu>.
- ◆ Check with your local Natural Resources District (NRD) for information on their groundwater programs, projects and studies.

If You Have Your Own Well

- ◆ Use the month of May as an annual time to test your water quality. At a minimum, test for nitrate and bacteria. The contaminant limit for nitrate is 10 mg/L and for bacteria, it is 0 (zero). If there are other known contaminants of concern in your area, it would be wise to test for those too. You can find out about contaminants of concern in your area through your local NRD, health department and/or nearby public water supply system. The Nebraska Public Health Environmental Laboratory can provide you with the proper test kit(s) or a list of accredited drinking water labs across the state. Go

to <https://dhhs.ne.gov/Pages/Public-Health-Lab.aspx> for further details.

- ◆ Take time to walk around and inspect your wellhead and outdoor hydrants:
 - Make sure your wellhead is not damaged.
 - Check for and repair leaky faucets/hydrants.
 - Make sure there aren't trees or bushes growing near your wellhead.
 - That potential contaminant sources are far away from your wellhead.

If you receive your water from a public water supply, review the Annual Water Quality/Consumer Confidence Report for information on water-quality test results and other water-related information for your public water supply. This report is made available sometime between March and July of every year by each of Nebraska's 597 community water systems. Delivery methods are based on population size. Check with your municipality if you would like to receive a printed copy.

Water is life, which is why we need to respect and protect all of Nebraska's water resources so they remain sustainable for people, agriculture, wildlife and the environment for many years to come.

**Some content in this article was contributed by former Extension Educator Meghan Sittler.*

Cash Rent Survey

The University of Nebraska–Lincoln's Department of Agricultural Economics annually surveys land industry professionals across Nebraska, including appraisers, farm and ranch managers, agricultural bankers and related industry professionals. Results from the survey are divided by land class and summarized by the eight Agricultural Statistic Districts of Nebraska.

Land industry professionals responding to the annual survey attributed the rise in Nebraska agricultural real estate values to current crop and livestock prices, purchases for operation expansion, the financial health of current owners and as a hedge against inflation. Rising commodity prices helped the financial position of many

operations despite rising input expenses and drought concerns. As a tangible investment to hedge against inflation, many operators turned to agricultural land markets as long-term investments. Agricultural tractors and equipment also experienced a rise in market value as operators updated machinery lines.

Source: *Cornhusker Economics*, March 15, 2023.

FOR MORE INFORMATION

Read the *Cornhusker Economics* full article at <https://go.unl.edu/cashrentsurvey>. For questions regarding this survey, contact Agricultural Systems Economist Extension Educator Jim Jansen at 402-261-7572 or jjansen4@unl.edu.

Table 2. Reported **cash rental rates for various types of Nebraska farmland and pasture**: 2023 averages, percent change from 2022 and quality ranges by Agricultural Statistics District ^a

TYPE OF LAND		AGRICULTURAL STATISTICS DISTRICT	
		EAST	SOUTHEAST
Dryland Cropland	Average	\$245/acre 4% change	\$200/acre 5% change
	High Third Quality	\$285/acre	\$245/acre
	Low Third Quality	\$205/acre	\$165/acre
Gravity Irrigated Cropland	Average	\$305/acre 7% change	\$290/acre 11% change
	High Third Quality	\$335/acre	\$330/acre
	Low Third Quality	\$260/acre	\$245/acre
Center Pivot Irrigated Cropland ^b	Average	\$345/acre 5% change	\$335/acre 6% change
	High Third Quality	\$385/acre	\$370/acre
	Low Third Quality	\$295/acre	\$290/acre
Pasture	Average	\$60/acre 9% change	\$56/acre 5% change
	High Third Quality	\$73/acre	\$71/acre
	Low Third Quality	\$48/acre	\$45/acre
Cow-Calf Pair Rates ^c	Average	\$62.55/pair 7% change	\$60.20/pair 5% change
	High Third Quality	\$71.40/pair	\$70.55/pair
	Low Third Quality	\$55.05/pair	\$48.60/pair

^a Source: Reporters' estimated cash rental rates (both averages and ranges) from the University of Nebraska–Lincoln Nebraska Farm Real Estate Market Developments Survey, 2022 and 2023.

^b Cash rents on center pivot land assumes landowners own total irrigation system.

^c A cow-calf pair is typically considered to be 1.25 to 1.30 animal units (animal unit being 1,000 lb. animal) for a five-month grazing season. However, this can vary depending on weight of cow and age of calf.

Challenging Behavior Corner: Providing Choices

By Hayley Jackson, Extension Educator in Lancaster County

Challenging behavior in young children is defined as a repeated pattern of behavior that impedes the ability of the child to engage in appropriate social interactions with both their peers and adults is defined by the National Center for Pyramid Model Innovations (NCPMI, 2023). Examples of challenging behaviors include defiance, aggression and temper tantrums. Although challenging behaviors in young children can be frustrating for both the child and caregiver alike, there are some simple strategies we can use to lessen the likelihood that challenging behaviors are going to happen.

Over the course of the next few months, we will be diving into some of these strategies. This Challenging Behaviors series is part of a larger, ongoing program currently underway in Lancaster County where Extension Educator Hayley Jackson is teaching early childhood educators' strategies to use when handling challenging behaviors. So far, this online series has reached 799 educators across the state of Nebraska.

Challenging Behaviors

Throughout the day there are lots of times when we, as adults, need children to complete tasks. Sometimes, the child's first reaction is to say, "no." This can happen for a



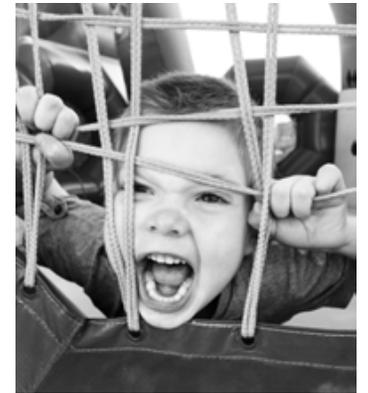
number of reasons, but two of the more common reasons are the child is attempting to exert their will over the environment or gain control of the situation. It makes sense, when you think about just how little young children have control over.

Providing Choices

When facing a child who

has given you a "no" response, a simple strategy to use is to provide the child with choices. The beauty of this is that the two choices you give the child are both acceptable to you as the adult — for example, if the child is saying "no" to going upstairs to take a nap, you could say, "Would you like to hop up the stairs like a bunny rabbit to get to your bed, or would you like to slither like a snake upstairs to your bed?" Regardless of which choice the child agrees to, the ultimate goal of getting upstairs to take a nap will be achieved. Providing choices gives the child an opportunity to take some control over their environment while also still complying with your request. Another example of providing

choices would be to give two different times to complete a task by asking, "Would you like to start your bath right now, or in 5 minutes?" Providing choices is a great way to reduce challenging behaviors in young children while also supporting their ability to problem solve and express their opinions.



Pollinator Spotlight: The Yucca Moth

By Kait Chapman, Extension Educator in Lancaster County

When the average person thinks of the word "pollinator," their mind, most likely, pictures bees or the occasional butterfly. And while bees take the crown of most efficient, and arguably the most important animal pollinators, there are plenty of others out there providing the essential service most plants rely on for reproduction. From brilliant birds, bats and beetles to often misunderstood flies and wasps, pollinators can take many forms. One other fascinating group of pollinators are moths. Nebraska has a fascinating array of moths, whose diversity can range from the drab brown moths we often find at our porch lights, to brilliant giant silk moths,

like the Luna. Like most other pollinators, moths inadvertently transfer pollen while they visit flowers for a nice meal of nectar. And while not all moths pollinate (some moths don't even have mouthparts to feed!), there is at least one species of moth essential to the survival of its namesake plant: the yucca moth.



This yucca moth (magnified) is inside the flower of a yucca, *Yucca glauca*.

Yucca moths are essential when it comes to how yucca seeds are produced, performing the vital duty of yucca pollination. What makes the relationship between plant and moth most interesting is that it is not one-sided. In this mutualistic scenario, the plant could not live without the moth and the moth could not live without the plant.

When yucca plants have matured and begin to bloom, adult yucca moths will synchronously emerge from their cocoons. Once mated, a female will begin to gather pollen from yucca flowers. This pollen collection is not an accidental act as adult

yucca moths have no interest in plant nectar. Instead of mouths that are adapted for nectar feeding, yucca moth mouths have unique "tentacles" that are specially designed for collecting pollen and forming it into a ball. She brings this ball to an new flower, on an entirely different yucca plant. After laying an egg in the new flower's ovary, she then deposits the pollen ball. Not only does this pollinate the yucca plant, but it also ensures the yucca moth caterpillar will have a tasty meal when it hatches. The yucca will produce enough seeds to ensure its own reproduction but also feeds the hungry caterpillars it will eventually rely upon.



Photo by Alan Cressler

Yucca moths are about 1/2" in length. Here they are on a yucca flower.

In summary, if you enjoy the unique, spiky greenery or beautiful, striking blooms of a yucca plant in your landscape — be sure to thank the yucca moth. You can also enjoy the unique beauty of other moths in Nebraska and learn about this year's Nebraska Moth Week at <https://lancaster.unl.edu/nebraska-moths>.

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Developmental Outcomes

Youth who experience the developmental context and social, emotional skills and cognitive learning achieve key positive youth developmental outcomes, which is the next step. This includes:

1. Academic motivation and success
2. Social competence
3. Personal standards
4. Connection with others
5. Personal responsibility
6. Contribution

Long-term Outcomes

Long-term outcomes — the final step — are more likely to be achieved when youth achieve developmental outcomes. These are marked by vocational or academic success, civic engagement, employability and economic stability, and happiness and well being.

References:

- Arnold, M. E., Gagnon, R. J. (2019) "Illuminating the Process of Youth Development: The Mediating Effect of Thriving on Youth Development Program Outcomes." *Journal of Human Sciences*, 7(3), 24-30.
- Arnold, M. E. (2018). "From Context to Outcomes: A Thriving Model for 4-H Youth Development Programs." *Journal of Human Sciences and Extension*, 6(1), 141-160.

At Ag Literacy Festival, 4th Graders Learn How Agriculture Impacts Their Daily Lives

More than 250 fourth graders from eight schools in the Lincoln area attended the Agricultural Literacy Festival held March 30 and 31 at the Lancaster Event Center Fairgrounds. Students gained a greater understanding of agriculture and how it impacts their daily lives. They rotated between the following ten interactive stations: Beef, Water, Equipment & Technology, Poultry, Dairy, Corn & Soybeans, Swine, Ag Careers, Horse and Sheep.

The Ag Literacy Coalition, led by Nebraska Extension, organizes the festival with the help of Lancaster County Farm Bureau, Nebraska Corn Board, agriculture businesses, commodity associations and food industry companies. This is the 21st year the festival has been held in Lincoln.

More photos are on Flickr at <http://go.unl.edu/agliteracyfestival>.



Students learned the various uses of horses in the horse session taught by Extension Associate Kate Pulec. Youth got a hands-on look at many animals, including a horse.



Local farmer Paula Peterson brought a heifer with twin calves and talked to youth about her experience raising cattle, as well as the overall beef industry.



Extension Assistant Elizabeth Thiltges presented the sheep session, explaining that sheep are raised for wool, meat, and byproducts such as milk and lanolin.



4th graders learned how agriculture technology and time required to produce ag products has changed over the years, and saw modern farm equipment up close.

Photos: Vicki Jedlicka, Nebraska Extension

Household Pets Clinic, June 3

Do you have a child or children interested in learning more about household pets — which includes hamsters, gerbils, guinea pigs, fish, caged birds and any animal small enough to put in your pocket?

Attend a 4-H Household Pets Clinic on Saturday, June 3, 10 a.m.–Noon at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Open to all youth and their families, this clinic is presented by the Pet Pals 4-H club and Nebraska Extension in Lancaster County. Youth do not need to be enrolled in 4-H. Cost is \$2 per family. Sessions/activities include: guest speakers and animal trivia.

Register by Friday, May 26 with name, age and grade of youth, and their preference of making an educational poster or display/collage. To register, or for more information, contact Elizabeth Thiltges at ethiltges2@unl.edu or 402-441-7180. Cash or check (payable to Lancaster County Extension) can be given to Elizabeth at the event.

Five Lancaster County 4-H'ers Model Their Sewn Garments at Omaha Fashion Week

Five Lancaster County 4-H'ers were treated like "super models" as they prepared and walked the runway at Omaha Fashion Week's Student Night. Kylie Hansen, Clara Johnson, Dayton Jons, Vanessa Peterson and Alexa Smith wowed the audience as they walked like professionals in garments they sewed.

Sixteen 4-H'ers from across Nebraska qualified to be in the 4-H Collection. To be considered, garments must have been exhibited at the Nebraska State Fair and be fashion-forward, runway appropriate and display high-quality construction.

"This is a great opportunity to feature the outstanding work of our 4-H designers at a regional level," said Marie Nelson, Nebraska Extension Assistant.



(L-R) Dayton Jons, Alexa Smith, three 4-H'ers from other counties, Kylie Hansen, Vanessa Peterson and Clara Johnson.

4-H Achievement Celebration

Lancaster County 4-H and 4-H Council presented the Lancaster County 4-H Achievement Celebration on Thursday, Feb. 23. The theme was “Celebrating Awesomeness.” 4-H members, clubs and leaders were recognized for their 2022 achievements. Lancaster County 4-H congratulates all 4-H youth who commit themselves to excellence! The Lancaster County Board of Commissioners proclaimed Feb. 16 as “4-H Achievement Day.” Note: Achievement Celebration was originally scheduled for Feb. 16, but postponed due to weather. For a complete list of award recipients and link to photos on Flickr, go to <http://lancaster.unl.edu/4h/achievement>.



NEBRASKA 4-H ANNUAL ACHIEVEMENT AWARD

These are a record of a 4-H'ers annual achievements in 4-H.

Completed a Junior application: Noah Babcock, Emily Bauman, Andrea Bettenhausen, Reagan Breuer, Khloe Cuttlers, Adam Gabel, Ethan Gabel, Morgan Gabel, Parker Hansen, Dayton Jons, Amorita Payne, Korben Payne, Silas Pracheil, Alexa Smith

Completed a Senior application: Samuel Babcock, Clare Bauman, Lilee Chevalier, Aleya Cuttlers, Kylie Hansen, Nettie Lunquist, Micah Pracheil, Olivia Vanderford

NEBRASKA 4-H DIAMOND CLOVER PROGRAM

At the beginning of the 4-H year, youth choose goals from a provided list, and at the end of the 4-H year, complete a report which documents their accomplishments. Youth may progress from Level 1-6.

Level 1 – Amethyst: David Bauman, Emily Crawford, Mia Crawford, Galen Goforth, Sophie Huenink, Everett Marsh, Isaac May, Korben Payne, Lucy Pflanz, Josephine Polk, Silas Pracheil, Grace Tetzlaff, Marin Twidwell

Level 2 – Aquamarine: Monica Bauman, Brayden Belew, Payzleigh Belew, Andrea Bettenhausen, Samantha Branch, Reese Dell, Meredith Marsh, Evelyn May, Maria Polk, Eli Ramaekers, Ethan Ramaekers

Level 3 – Ruby: Noah Babcock, Tenley Bauman, Josephine Branch, Helayna DeBuhr, Anna Fousek, Parker Hansen, Dayton Jons, Evan Mittan-DeBuhr, Brooklynn Nelsen, Amorita Payne, Catherine Polk, Alexa Smith, Kathryn Weaver

Level 4 – Sapphire: Emily Bauman, Claire Polk

Level 5 – Emerald: Drew Frain, Nettie Lunquist, Vanessa Peterson, Emma Thomson

Level 6 – Diamond: Clare Bauman, Kamryn Wanser

LANCASTER COUNTY 4-H COMMUNITY SERVICE AWARDS

Presented to 4-H'ers who have completed the most hours of community service.

Age 14 and over: Clare Bauman, Aleya Cuttlers, Kylie Hansen, Mischa Lunquist, Nettie Lunquist, Connor Paitz, Kamryn Wanser

Age 13 and under: Noah Babcock, Emily Bauman, Tenley Bauman, Khloe Cuttlers, Drew Frain, Galen Goforth, Dayton Jons, Brooklynn Nelsen, Amorita Payne, Korben Payne, Bailey Petersen, Alexa Smith, Kathryn Weaver

NEBRASKA 4-H CLUBS OF EXCELLENCE

Nebraska 4-H Clubs of Excellence have met criteria outlined by the State 4-H office.

Clever Clovers, Fantastic 4, Five Star 4-H Club, Fusion 4-H'ers, Horticulture Club, Joes Clover Knights, Lancaster Leaders, Little Green Giants, N-Bots 4-H Club, Prairie Explorers 4-H Club, Rabbits R Us, Southern Lancaster Kids

LINCOLN CENTER KIWANIS OUTSTANDING 4-H CLUB AWARDS

Lincoln Center Kiwanis Club awards traveling trophies to the top 4-H clubs participating in the Lancaster County Super Fair.

Category I (membership of 5–10): Clever Clovers (Leader: Sara Hansen)

Category II (membership of 11–20) & Wayne C. Farmer Memorial Cup overall winner: Fantastic 4 (Leader: Jennifer Smith)

Category III (membership of 21 or more): Star City Cornhuskers (Leader: Stephanie Polk)

NEBRASKA 4-H GIVES BACK

To achieve this statewide honor, a 4-H'er or team must complete a major service-learning project that benefits their community.

Kamryn Wanser, Kennedy Powell, Brooklynn Nelsen (team)

LANCASTER COUNTY 4-H COUNCIL LEADERSHIP AWARD

This award recognizes youth in grades 10–12 who show outstanding qualities in servant leadership.

Lilee Chevalier, Aleya Cuttlers, Hannah Thomson, Ava Wharton, Christina Xu (below L-R)



LANCASTER COUNTY OUTSTANDING 4-H MEMBERS

Presented to individuals 14 years of age or older who have excelled in their involvement with the Lancaster County 4-H program.

Clare Bauman, Kylie Hansen (above L-R)

LANCASTER COUNTY MERITORIOUS SERVICE TO 4-H

Presented to individuals or organizations who have exhibited consistent and strong support of the Lancaster County 4-H program.

Brandy & Kirk Gunnerson (below L-R)





HEART OF 4-H VOLUNTEER AWARD

Tyler Pickinpaugh

Lancaster County 4-H is proud to announce Tyler Pickinpaugh of Lincoln as winner of the May "Heart of 4-H Award" in recognition of outstanding volunteer service.

He has volunteered with 4-H since aging out of 4-H in Wyoming 9 years ago. Tyler coaches Lancaster County livestock judging teams through regular practices and at contests such as the statewide Premiere Animal Science Event. At the Lancaster County Super Fair, he is the superintendent of the 4-H Livestock Judging Contest. Tyler and his wife raise club lamb projects and help multiple families with their market lamb and breeding sheep projects, as well as provide sheep for several youth livestock judging contests.

"Growing up 4-H was a huge part of my life. I was a member and both of my parents were 4-H club leaders and Council members, so we were always involved," says Tyler. "It only seems right to give back to a program that helped mold me into the person I am today and to help youth understand the importance of agriculture. I have a passion for teaching and working with youth. There is no better feeling than helping a 4-H youth attain their goals all while learning life skills along the way."



Come Learn With Carla Horse Clinic, June 3

Nebraska Extension is presenting a Come Learn With Carla Clinic on Saturday, June 3 at the Lancaster Event Center Fairgrounds, Pavilion 3. Register by May 5. Participants will be notified of their start time. Come learn with experienced clinician and judge Carla Wenburg! Cost: \$40 for 4-H'ers, \$80 for non-4-H youth, \$80 adults. Show flyer is at <https://go.unl.edu/carlaclinicLNK>. For more information and to register, go to <https://go.unl.edu/carlaclinics>. For questions about the clinic or registration, contact Grace Kim at grace.kim@unl.edu. For stalling/bedding and other questions, contact Kate Pulec at kpulec3@unl.edu or 402-441-7180.

4-H Horse Stampede Results

The 4-H Stampede was held March 25 at the University of Nebraska–Lincoln East Campus. Eighty-two youth from across the state competed in contests, including photography, art, demonstration, public speaking and horse quiz bowl. Complete results are at <https://4h.unl.edu/horse/stampede>. Here are the Lancaster County purple ribbon winners:

- **Demonstration Contest Junior Division:** Katy Weaver (reserve champion)
- **Public Speaking Contest Senior Division:** Lilee Chevalier (champion)
- **Public Speaking Contest Junior Division:** Madalyn Chevalier (champion), Hannah Chevalier (reserve champion)
- **Art Contest 1D Senior Division:** Shea Frink
- **Art Contest 1D Junior Division:** Katy Weaver (champion)
- **Art Contest 2D/3D Junior Division:** Katy Weaver (champion)
- **Art Contest 2D/3D Elementary Division:** Gracie Mittan-DeBuhr (reserve champion)
- **Photography Contest Senior Division:** Shea Frink (champion)
- **Photography Contest Junior Division:** Katy Weaver
- **Photography Contest Elementary Division:** Gracen Byrne (champion)



"Winny in Color" by Katy Weaver (above) earned champion in the Art Contest 1D Junior Division.



Shea Frink's photo (at right) earned champion in the Photography Contest Senior Division.

4-H'ers Qualify for State Speech & PSA Contest

The Lancaster County 4-H Prepared Speech and Radio Public Service Announcement (PSA) contest was held on March 5. More than 40 Lancaster County 4-H youth competed, while learning to communicate effectively. The following top winners will have the opportunity to represent Lancaster County at the Premiere Communication Event contests on June 23 at the University of Nebraska–Lincoln East Campus. County contest champions (Ch) and reserve champions (Res Ch) are indicated.

PREPARED SPEECH CONTEST:

- **Intermediate (10–12 years):** Andrea Bettenhausen, Brooklynn Nelsen, Amorita Payne (Ch), Kanyon Plugge, Alexa Smith (Res Ch)
- **Senior (13–18 years):** Lilee Chevalier, Emma Thomson (Res Ch), Kamryn Wanser (Ch)

RADIO PUBLIC SERVICE ANNOUNCEMENT (PSA) CONTEST:

- **Intermediate (10–12 years):** Amorita Payne (Ch), Maria Polk, Alexa Smith, Callia Thompson (Res Ch), Katy Weaver
- **Senior (13–18 years):** Riley Peterson (Ch), Catherine Polk, Emma Thomson (Res Ch)



Andrea Bettenhausen and judge at the Prepared Speech Contest



4-H Announcements

FOR 4-H'ERS AND VOLUNTEERS

The 4-H Youth Development Program is open to all youth ages 5–18 and free to join in Lancaster County. If interested in joining or volunteering, call 402-441-7180.

4-H COUNCIL 4-H CAMP SCHOLARSHIPS

— A limited number of Lancaster County 4-H youth will receive \$200 scholarships to attend one or more of the following camps:

- Nebraska 4-H Summer Camp
- Nebraska 4-H Big Red Summer Academic Camps
- University of Nebraska–Lincoln Winners Unlimited Livestock Judging Camp

Preference given to applications submitted by May 1. Application is available at <http://go.unl.edu/campsch>.

SHEEP & MEAT GOAT WEIGH-IN,

MAY 9 — 4-H/FFA market sheep or market meat goat exhibitors planning to participate in the performance class based on rate of gain at the Lancaster County Super Fair, must have their lambs and goats weighed on Tuesday, May 9, 6–7 p.m. at the Lancaster Event Center Fairgrounds – Pavilion 1. For more information or to RSVP, contact Kate Pulec at 402-441-7180 or kpulec3@unl.edu by Monday, May 8.

DOG VIRTUAL TRIVIA CONTEST,

MAY 10–17 — The Lancaster County 4-H Dog Virtual Trivia Contest will be available Wednesday, May 10, Noon–Wednesday, May 17, 11:59 p.m. Contest is open to 4-H'ers ages 8–18. This year's contest will focus on Non-Sporting, Foundation Stock Service and Miscellaneous Class dog breeds. A study guide is now online at <https://lancaster.unl.edu/4h/fair/virtualanimals>. Contest links for each division will be posted at this same website on May 10 at Noon.

HORSEMANSHIP LEVEL TESTINGS,

MAY 9, 23 & JUNE 27 — A 4-H horsemanship level group testing will be held on Tuesday, May 9, at the Lancaster Event Center Fairgrounds. All of the written horsemanship level requirements must be completed and submitted to Kate Pulec before the riding portion of the levels can be conducted. Additional level testings will be held on Tuesday, May 23 and Tuesday, June 27 at the LEC Fairgrounds. Anyone wishing to test must sign up by May 2 for May 9, by May 16 for May 23 and by June 20 for June 27 by emailing Kate at kpulec3@unl.edu. Held in the evening, time slots will be emailed. Remember, all other horsemanship level requirements and paperwork must be completed and handed in to Kate at the Extension office before the riding portion can be done.

HORSE IDENTIFICATION FORMS DUE JUNE 1

— Each horse being shown in 4-H at the Lancaster County Super Fair or State Horse Expo must be identified on form “4-H Horse Identification Certificate” and submitted to the Nebraska Extension in Lancaster County office by June 1. Forms are available at the office as a carbon copy form. If you use the online form at <http://go.unl.edu/horseID>, make a copy for yourself.

4-H STATE HORSE EXPO ENTRIES, HIPPOLOGY AND JUDGING ENTRIES DUE JUNE 1

— Beginning in 2023, there will no longer be 4-H District Horse Shows. The Fonner Park State Horse Expo will be held July 15–19 in Grand Island. Exhibitors must be ages 10–18 (by Jan. 1 of the current year) and have passed Horsemanship Advancement Levels I and II. State 4-H Horse Show, Hippology and Horse Judging entries, horse ID's, and level requirements are due June 1. The entry process must be completed online by the exhibitor or their family. For more information and entry link, go to <https://4h.unl.edu/horse-expo>. Horse identification certificates, 2- & 3-year old western pleasure affidavits and completed horsemanship levels must be submitted to the Extension office or lancaster4H@unl.edu or kpulec3@unl.edu. Hippology and Horse Judging contest entry fees of Lancaster County 4-H youth will be reimbursed by Lancaster County 4-H Council. Submit receipt invoice to lancaster4H@unl.edu or the Extension office. If you have questions, contact Kate Pulec at kpulec3@unl.edu.

HORSE JUDGING CONTEST, JUNE 2

— The Lancaster County Super Fair 4-H Horse Judging Contest will be held on Friday, June 2 at the Lancaster Event Center Fairgrounds – Pavilion 3, 5 p.m. You may register in advance by emailing name(s) and age(s) of youth to Kate Pulec at kpulec3@unl.edu or at the event 4:30–5 p.m. Open to all 4-H'ers — need not be enrolled in a horse project. This is a Lancaster County Super Fair contest held before the fair and is a premium event. Ribbon placings will be awarded. The top 10 contestants in all three age groups will be recognized at Horse Awards Night. The champion in each age group must participate in both judging and oral reasons to receive a belt buckle.

LIFE CHALLENGE CONTEST, JUNE 2

The Lancaster County 4-H Life Challenge contest helps youth learn more about issues related to family and consumer science and entrepreneurship. It will be held on Friday, June 2, 8:30 a.m. at Nebraska Extension in Lancaster County conference rooms at 444 Cherrycreek Road, Lincoln. Register by Thursday, May 25. A study packet will be available in May. To register or request a study packet, call 402-441-7180 (there is no entry form) or email Kristin Geisert at kristin.geisert@unl.edu. Life Challenge is open to all 4-H'ers ages 8–18 (by January 1 of the current year) — need not be enrolled in a specific project. This is a Lancaster County Super Fair contest held before the fair and is a premium event.

PREMIER ANIMAL SCIENCE EVENT

The Premier Animal Science Event (PASE) will be held June 21–22 at UNL East Campus. For more information, visit <https://4h.unl.edu/pase>. 4-H volunteer Tyler Pickinpaugh will be coaching this year's Lancaster County 4-H livestock judging teams. Entries are due Friday, June 1. If you are interested in participating in PASE, please contact the Extension office at 402-441-7180 or lancaster4h@unl.edu.

PREMIER COMMUNICATION EVENT

— Nebraska 4-H's new Premier Communication Event consists of several state-level contests: Prepared Speech, Radio Public Service Announcements, Illustrated Presentation, Impromptu Speech and Video Communication. The event will be held on Friday, June 23 at Nebraska East Union on University of Nebraska–Lincoln East Campus. Most contests require qualifying at a county contest, except any 4-H youth ages 10–18 may participate in the Impromptu Speech and Video Communication contests. More information is at <https://4h.unl.edu/premier-communication-event>. If you are interested in participating in Impromptu Speech or Video Communication, contact the Extension office at 402-441-7180 or lancaster4H@unl.edu by June 1. Lancaster County 4-H Council will pay contest entry fees for Lancaster County 4-H'ers.

YOUTH FOR THE QUALITY CARE OF ANIMALS (YQCA) DUE JUNE 15

— 4-H/FFA members enrolled in any of the following animal projects need to complete Youth for the Quality Care of Animals (YQCA) training: beef, dairy cattle, goat, poultry, rabbit, sheep and swine. The deadline to complete YQCA and submit certificates of completion is June 15. In Lancaster County, youth may choose one of two options to complete their YQCA requirements:

- Complete online training at <https://yqcaprogram.org>. Cost is \$12. For directions and more information, visit <https://4h.unl.edu/yqca>.

- Attend an in-person training held Thursday, May 25 or Thursday, June 8, 6–7 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Rd., Suite A, Lincoln. To sign up for in-person trainings, you must go to <https://yqcaprogram.org> before the training. The training will cost \$3 payable by credit or debit card on the website. We cannot take payments in person, all families must register and pay online. You must sign in as proof of attendance — certificates will be available online.

Send completed certificates to lancaster4H@unl.edu or Nebraska Extension in Lancaster County, 444 Cherrycreek Rd., Ste. A, Lincoln, NE 68528. If you have further questions, contact the Extension office at 402-441-7180 or lancaster4H@unl.edu.

4-H/FFA ANIMAL REQUIREMENTS FOR SUPER FAIR & STATE FAIR

The 2023 Lancaster County 4-H/FFA Animal Requirements for Super Fair and State Fair is now online at <https://lancaster.unl.edu/4h/fair/2023/4H-Livestock-Checklist-23.pdf>. This handout lists deadlines, events and identification requirements for showing at the Lancaster County Super Fair and State Fair. New in 2023 for State Fair: Each livestock project must have a DNA envelope submitted and a \$7 nomination paid on Show Stock Manager by June 15. This includes feeder calves, and all market and breeding livestock for ALL SPECIES (excluding rabbits and poultry). With this update, livestock animals will automatically be eligible for both breeding and market.

4-H'ERS AGES 9 & UP MAY PARTICIPATE IN ALL IN-PERSON EVENTS AT STATE FAIR

— Nebraska 4-H has lowered the age eligibility requirements for State Fair for all in-person events (livestock, contests, Fashion Show) to be 9 years of age (by January 1 of the current year). This change does not affect static exhibits which are selected by judges (and in many cases, level 1 projects do not advance to State Fair).

LIVESTOCK PREMIUM AUCTION DONATIONS NEEDED

Please remember to talk with your community businesses to get donations for the Lancaster County 4-H/FFA Purple Ribbon Livestock Premium Auction at the Lancaster County Super Fair. The success of the auction is dependent on 4-H'ers to acquire donations and buyers for the auction to support scholarships for the youth of this county! For more information, email Julia Plugge, auction committee chair, at Julia.Plugge@gmail.com.

Clover College

June 20–23, 2023

Nebraska Extension in Lancaster County conference rooms,
444 Cherrycreek Road, Suite A, Lincoln

Lancaster County 4-H Clover College is four days of in-person, “hands-on” workshops full of fun and a sense of belonging. Learning topics include STEAM concepts of science, technology, engineering, art and math, which can spark career interests. Youth must be at least 8 years old (as of June 20) to attend most workshops — some workshops have older age requirements. The Clover Kids Half-Day Camp is open to ages 6 & 7 (as of June 20 — must have completed kindergarten). Youth may attend as many workshops as they wish. All supplies will be provided unless otherwise noted. Youth attending workshops which 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, call the Extension office at 402-441-7180 or email lancaster4H@unl.edu.

	TUE, JUNE 20	WED, JUNE 21	THU, JUNE 22	FRI, JUNE 23
8:00–10:00	1 CLOVER KIDS 2 ROCKETRY 4 DERBY CARS 6 HORSE COURSE – A	1 CLOVER KIDS 2 ROCKETRY 18 TREASURE MAP 19 SEWING 101 20 OUTDOOR ADVENTURES	1 CLOVER KIDS 2 ROCKETRY 5 GONE FISHING 33 BEGINNER LOOM 34 GREEN THUMB SCIENCE	1 CLOVER KIDS 2 ROCKETRY 4 DERBY CARS 46 ON THE BIKE PATH 47 TABLE SETTING
10:15–12:15	1 CLOVER KIDS 7 HORSE COURSE – B 8 BUSY BUGS 9 WHEAT TO PANCAKES	1 CLOVER KIDS 21 MONSTER MACHINES 22 APPLI-DOODLE SEWING 23 POLLINATOR PARTY 24 HYDRO-DIP PAINTING	1 CLOVER KIDS 5 GONE FISHING 35 LOOM – INTERMEDIATE 36 BUILD A BUDDY 37 MANDALA DOT PAINTING	1 CLOVER KIDS 48 RABBITS, RABBITS 49 RAIN CHAINS
12:45–2:45	3 KICKSTART CHESS 10 UNL EXPERIENCE & ICE CREAM 11 LET'S BE ARTSY! 12 KITCHEN CHEFS 13 VIRTUAL REALITY BLDG	3 KICKSTART CHESS 25 DESIGN IT. BUILD IT. 26 A-MAIZE-ING CORN 27 BUBBLES & FIZZ 28 ROBOT CHALLENGE	3 KICKSTART CHESS 38 PLAY WITH CROCHET 39 EAT LIKE A COW 40 COOL & UPCYCLED 41 WIGGLY WORMS	3 KICKSTART CHESS 50 CREATIVE RECLAIM 51 PIZZA PARTY 52 BEAUTIFUL BOTTLES
3:00–5:00	14 ESCAPE ROOM 15 WATERCOLOR WONDERS 16 LIGHT UP ART 17 CSI DISCOVERY	29 PHOTOGRAPHY 30 WACKY SCIENCE 31 DOUGH FUN 32 GAME ON!	42 DISCOVER KUMIHIMO 43 BRAIN STEM 44 GIFTS FROM THE KITCHEN 45 WIND: A SUPER POWER	NO CLASSES

WORKSHOP DESCRIPTIONS

 Indicates youth will create a project which may be entered as a 4-H static exhibit at the Lancaster County Super Fair.

4-Day Workshops

1 Clover Kids Day Camp

Clover Kids will participate in hands-on activities while learning about animals, science and art. Mid-morning refreshments provided each day.  TUE–FRI, JUNE 20-23; 8AM–12:15PM AGES 6 & 7 (must have completed kindergarten) FEE \$50
Instructors: Various Extension Staff and 4-H Volunteers

2 Rocketry

Build your own rocket and launch it. Receive a rocket kit and one engine. **Only for youth who have not previously taken this class.**  TUE–FRI, JUNE 20-23; 8–10AM AGES 8–12 • FEE \$20
Instructor: Ron Suing, 4-H Volunteer

3 Kickstart Chess!

Want to become a grandmaster? Learn basic rules to game-winning strategies. This progressive program is for beginners and those beyond. Lessons are supplemented by practice and play. TUE–FRI, JUNE 20-23; 12:45–2:45PM AGES 8 & up • FEE \$15
Instructor: James Walla, 4-H Volunteer

2-Day Workshop

4 Derby Cars

Design, paint and race your own derby car. **Wear clothes appropriate for painting.**  TUE, JUNE 20; 8–10AM FRI, JUNE 23; 8–10AM AGES 8 & up • FEE \$15
Instructor: Karen Wedding, Extension Staff

1-Day (4-Hour) Workshop

5 Gone Fishing!

Bring your fishing pole, line, hook and bobber for fishing fun at a nearby lake. Extra tackle is optional. Bait provided. **Wear closed-toe shoes and sun protection. Only for youth who have not previously taken this class.** THU, JUN 22; 8AM–12:15PM AGES 9 & up • FEE \$5
Instructor: Dave Smith, 4-H Volunteer

1-Day (2-Hour) Workshops

6 Horse Course – A

An introduction to grooming, tacking and safety around a horse. A horse will help teach. **Must wear closed-toe shoes.** Same as Horse Course – B. TUE, JUNE 20; 8–10AM AGES 8 & up • FEE \$6
Instructor: Kate Pulec, 4-H Extension Associate

7 Horse Course – B

An introduction to grooming, tacking and safety around a horse. A horse will help teach. **Must wear closed-toe shoes.** Same as Horse Course – A. TUE, JUNE 20; 10:15AM–12:15PM AGES 8 & up • FEE \$6
Instructor: Kate Pulec, 4-H Extension Associate

8 Busy Bugs

Learn why insects are so successful at their jobs out in nature through outdoor exploration. **Bring boots, water bottle, sunscreen and/or hat.** TUE, JUNE 20; 10:15AM–12:15PM AGES 8 & up • FEE: \$10
Instructors: Dr. Jody Green and Kait Chapman, Extension Educators of Urban Entomology

9 Wheat to Pancakes

Thresh, winnow, grind and turn heads of wheat into tasty pancakes. **Not for gluten-sensitive youth.** TUE, JUNE 20; 10:15AM–12:15PM AGES 8 & up • FEE \$8
Instructors: Noel and Diane Ditmars, 4-H Volunteers

10 UNL Experience & Ice Cream

Learn about Textiles, Merchandising, Fashion Design and more during a tour and hands-on activities at University of Nebraska–Lincoln's Home Economics Building. Enjoy a tasty stop at the UNL Dairy Store. TUE, JUNE 20; 12:45–2:45PM AGES 8 & up • FEE \$8
Instructor: 4-H Extension Intern

11 Let's Be Artsy!

Use found objects to create a printed collage of interesting lines and designs.  TUE, JUNE 20; 12:45–2:45PM AGES 8 & up • FEE \$6
Instructor: Caitlyn Schmidt, Art Educator, Blessed Sacrament School

12 Kitchen Chefs

Put on your chef hat and apron and have a blast in the kitchen with new recipes that can be remade for the Super Fair.  TUE, JUNE 20; 12:45–2:45PM AGES 8 & up • FEE \$10
Instructor: Kayla Colgrove, Extension Educator

13 Virtual Reality Building

Create and present a building model in virtual reality using SketchUp. Take home your own Google virtual reality headset. TUE, JUNE 20; 12:45–2:45PM AGES 8 & up • FEE \$10
Instructor: Yasaman Ahmadi, UNL PhD student, Architectural Engineering and Construction

14 Escape Room

Use strategy and clues to solve scenario puzzles in order to escape the room. TUE, JUNE 20; 3–5PM AGES 8 & up • FEE \$5
Instructors: GameSchool Project Volunteers

15 Watercolor Wonders

Learn watercolor painting techniques to design a fair project.  TUE, JUNE 20; 3–5PM AGES 8 & up • FEE \$8
Instructor: Caitlyn Schmidt, Art Educator, Blessed Sacrament School

16 Light Up Art

Science meets art when paper circuits illuminate your creation. TUE, JUNE 20; 3–5PM AGE 8 & up • FEE \$10
Instructor: Joy Harvey, 4-H Volunteer

17 CSI Discovery

Learn how evidence leads to answering questions and solving cases. TUE, JUNE 20; 3–5PM AGES 8 & up • FEE \$6
Instructor: 4-H Extension Intern

18 Treasure Map

Be a pirate and create your own map using GPS and GIS technology. WED, JUNE 21; 8–10AM AGES 8 & up • FEE \$6
Instructors: Lancaster County Engineers

19 Sewing 101

For beginning sewers — use tips, tools & techniques to complete an easy sewing item. **Bring your sewing machine and kit. Some office machines available upon request.**  WED, JUNE 21; 8–10AM AGE 8 & up • FEE \$6
Instructor: 4-H Extension Intern

20 Outdoor Adventures
Explore nature and make an outdoor first aid kit. 
WED, JUNE 21; 8–10 AM
AGES 8 & up • FEE \$10
Instructor: Julia Plugge, Outdoor Specialist, Nebraska Game & Parks Commission

21 Monster Machines
Get a “behind the scenes” look at BIG equipment and build a simple hydraulic machine.
WED, JUNE 21; 10:15AM–12:15PM
AGES 8 & up • FEE \$6
Instructors: Lancaster County Engineers

22 Appli-Doodle Sewing
A little applique, a little sewing and a lot of creative fun. **Bring your sewing machine and sewing tools. Some office machines available for use upon request. Must have basic sewing skills.** 
WED, JUNE 21; 10:15AM–12:15PM
AGES 10 & up • FEE \$10
Instructor: Kath Conroy, 4-H Volunteer

23 Pollinator Party
Build a home and watering station for solitary bees and learn why native pollinators are so important. **Bring a water bottle.** 
WED, JUNE 21; 10:15AM–12:15PM
AGE 8 & up • FEE \$10
Instructors: Dr. Jody Green and Kait Chapman, Extension Educators of Urban Entomology

24 Hydro-Dip Painting
Learn how to spray paint into a bucket full of water and make two amazing water bottles to take home. **Wear clothes appropriate for painting.** 
WED, JUNE 21; 10:15AM–12:15PM
AGES 8 & up • FEE \$10
Instructor: Karen Wedding, Extension Staff

25 Design It. Build It.
Build fantastic bridges and more.
WED, JUNE 21; 12:45–2:45PM
AGES 8 & up • FEE \$6
Instructors: Lancaster County Engineers

26 A-maize-ing Corn
Pop it. Taste it. See it germinate.
WED, JUNE 21; 12:45–2:45PM
AGES 8 & up • FEE \$8
Instructor: 4-H Extension Intern

27 Bubbles & Fizz
Learn the science of bubble (Boba) drinks.
WED, JUNE 21; 12:45–2:45PM
AGES 8 & up • FEE \$10
Instructors: UNL Food Science and Technology Department

28 Robot Challenge
See what they can do and how to make them move.
WED, JUNE 21; 12:45–2:45PM
AGES 8 & up • FEE \$5
Instructors: Jason Babcock, 4-H Volunteer, and N-Bots 4-H Club Members

29 Focus on Photography
Take, choose & prepare better photos for the Super Fair. **Bring your phone or camera to take pictures.**
WED, JUNE 21; 3–5PM
AGES 8 & up • FEE \$10
Instructor: Michelle Huber, 4-H Volunteer

30 Wacky Science
Have fun with ECO+Stem activities of paper making and more.
WED, JUNE 21; 3–5PM
AGES 8 & up • FEE \$8
Instructor: Elizabeth Thiltges, 4-H Extension Assistant

31 Dough Fun
It's easier than it looks to mix and shape bread and rolls. Learn techniques and take samples home.
WED, JUNE 21; 3–5PM
AGES 10 & up • FEE \$10
Instructor: Lorene Bartos, Extension Educator Emeritus

32 Game On!
Play modern board games like never before by using special reasoning and critical thinking.
WED, JUNE 21; 3–5PM
AGES 8 & up • FEE \$6
Instructors: GameSchool Project Volunteers

33 Loom Weaving – Beginner
Learn about loom weaving while creating a unique, colorful potholder. 
THU, JUNE 22; 8–10 AM
AGES 8–10 • FEE \$10
Instructors: Rhonda Griess and the Lincoln Hand Weavers Guild

34 Green Thumb Science
Conduct amazing science experiments using succulents, miracle berry and flytraps.
THU, JUNE 22; 8–10AM
AGES 8 & up • FEE \$8
Instructor: Dr. Christian Stephenson, UNL Assistant Professor, Agronomy & Horticulture

35 Loom Weaving – Intermediate
Learn about loom weaving while creating unique, colorful potholders. For older youth. 
THU, JUNE 22; 10:15AM–12:15PM
AGES 11 & up • FEE \$10
Instructors: Rhonda Griess and the Lincoln Hand Weavers Guild

36 Build a Buddy
Find your voice and make communicating fun while building a stuffed animal!
THU, JUNE 22; 10:15AM–12:15PM
AGES 8 & up • FEE \$5
Instructors: Paula Peterson and Erica Siemek, 4-H Volunteers

37 Mandala Dot Painting
Create medallion designs on wooden blocks using small dots of paint.
THU, JUNE 22; 10:15AM–12:15PM
AGES 8 & up • FEE \$8
Instructor: 4-H Extension Intern

38 Play With Crochet
Learn basic techniques to make a kitchen washcloth. 
THU, JUNE 22; 12:45–2:45PM
AGES 8 & up • FEE \$8
Instructor: 4-H Extension Intern

39 Eat Like a Cow
Create your own feed ration you can eat yourself!
THU, JUNE 22; 12:45–2:45PM
AGES 8 & up • FEE \$8
Instructors: Erica Siemek and Paula Peterson, 4-H Volunteers

40 Cool & Upcycled
Combine unique, new items by using common objects or materials in creative ways. 
THU, JUNE 22; 12:45–2:45PM
AGES 8 & up • FEE \$8
Instructor: Tammy Sheldon, 4-H Volunteer

41 Wiggly Worms
Learn how worms turn garbage into healthy food (called vermicompost) for plants and flowers. Create your own worm habitat with your new worm friends!
THU, JUNE 22; 12:45–2:45PM
AGES 8 & up • FEE \$10
Instructor: Pam Cuttlers, 4-H Volunteer

42 Discover Kumihimo
Explore the Japanese art of cord braiding. 
THU, JUNE 22; 3–5PM
AGES 8 & up • FEE \$6
Instructor: Cathy Babcock, 4-H Volunteer

43 Brain STEM
Challenge your mind with fun hands-on STEM activities.
THU, JUNE 22; 3–5PM
AGES 8 & up • FEE \$8
Instructors: University of Nebraska–Lincoln Interns

44 Gifts from the Kitchen
Using jars, create food mixes all tied up to be homemade gifts. 
THU, JUNE 22; 3–5PM
AGES 8 & up • FEE \$6
Instructor: 4-H Extension Intern

45 Wind: A Super Power
Build and race a sail car. Learn about wind power and renewable energy. 
THU, JUNE 22; 3–5PM
AGES 8 & up • FEE \$10
Instructor: Elizabeth Thiltges, 4-H Extension Assistant

46 On the Bike Path
Learn bicycle safety, riding tips and more! **Bring your bike and helmet. Wear closed-toe shoes — no flip flops.**
FRI, JUNE 23; 8–10AM
AGES 8 & up • FEE \$5
Instructor: Dena Noe, UNL Federal Credit Union Vice President of Member Experience

47 Terrific Table Setting
Create an awesome centerpiece and learn how to participate in the 4-H Table Setting Contest at the Super Fair. 
FRI, JUNE 23; 8–10AM
AGES 8 & up • FEE \$6
Instructor: 4-H Extension Intern

48 Rabbits, Rabbits
Learn with live rabbits; their care and showmanship.
FRI, JUNE 23; 10:15AM–12:15PM
AGES 8 & up • FEE \$5
Instructor: 4-H Extension Intern

49 Rain Chains
Disperse outdoor water from a roof/gutter to decrease runoff using recycled silverware. 
FRI, JUNE 23; 10:15AM–12:15PM
AGES 8 & up • FEE \$8
Instructor: Becky Schuerman, Extension Associate

50 Creative Reclaim
Use your creative touch to give items a second chance.
FRI, JUNE 23; 12:45–2:45PM
AGES 8 & up • FEE \$5
Instructor: Elizabeth Thiltges, 4-H Extension Assistant

51 Pizza Party
Create your own unique pizza and make homemade ice cream!
FRI, JUNE 23; 12:45–2:45PM
AGES 8 & up • FEE \$8
Instructor: 4-H Extension Intern

52 Beautiful Bottles
Decorate glass vases using a variety of techniques and embellishments. 
FRI, JUNE 23; 12:45–2:45PM
AGES 8 & up • FEE \$10
Instructor: Nicole Miller, 4-H Volunteer

Clover College ONLINE Registration

Registration will **ONLY** be available online!
Walk-in or mail-in registrations will **NOT** be accepted at the Extension office.

Classes fill up quickly!

Registration opens **Wednesday, May 3 at noon** for currently enrolled 4-H members.

In late April, currently enrolled 4-H families will be emailed a link and access code to register, which will activate on May 3 at noon.

Registration opens **Wednesday, May 10 at noon** for non-4-H youth.

Registration link will be posted at <http://lancaster.unl.edu/cc>.



REGISTRATION TIPS:

- An email address and a debit or credit card will be required to complete a registration. There are no additional online or credit card processing fees, only the cost of the chosen workshop(s).
- To speed the process during registration, determine your workshop choices ahead of time and alternate choices in case first choice workshops are full.
- Take note of the age requirements. Age is calculated as of the first day of Clover College.
- Please note any food allergies and check photo and evaluation permissions on each child's registration.
- To receive reimbursement for yellow 4-H Activity Certificates after registering online, bring Certificates and your Clover College online confirmation to the Extension Office.
- There are no refunds.

Nebraska Extension in Lancaster County
444 Cherrycreek Road, Ste. A, Lincoln, NE 68528
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Support 4-H Youth During "Give to Lincoln Day," May 24

Lancaster County 4-H Council is one of the nonprofits the community can give donations to during "Give to Lincoln Day" hosted by Lincoln Community Foundation. Your donation on May 24

is increased by a proportional share of a \$500,000 challenge match fund!

For more information or to make a tax-deductible donation, go to <http://go.unl.edu/giveto4hcouncil>.



EXTENSION NEWS

Reverse Osmosis Team Wins State Award

Nebraska Extension's reverse osmosis (RO) education team, which includes Extension Domestic Water/Wastewater Associate Becky Schuerman, was selected as the 2023 State Winner of the National Association of County Agricultural Agents (NACAA) Communications Award in the category of "Computer Generated Presentation With Script." Their presentation, "Reverse Osmosis Rebate Program In-Service," was delivered via Zoom to 74 Nebraska Extension professionals.



EXTENSION CALENDAR

All events held at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln, unless otherwise noted.

April

- 25 **4-H Horsemanship Advancement Level Testing**, Lancaster Event Center Fairgrounds
- 27 **4-H Spring Leader/Volunteer Update Training** 9 a.m. & 6:30 p.m.
- 27 **Pesticide Applicator NDA "Walk-In" Testing Session** 9 a.m.–2 p.m.
- 29 **Spring Fling Horse Dressage Schooling Show**, Lancaster Event Center Fairgrounds 8 a.m.–5 p.m.
- 30 **Nebraska Extension/4-H True Leaders in Equity Photovoice Exhibit at Asian American and Pacific Islander Heritage Celebration**, Lancaster Event Center Fairgrounds – Lincoln Room 1–5 p.m.

May

- 1 **Preference Given to 4-H Council Camp Scholarship Applications Submitted to Extension by May 1**
- 2 **4-H Council Meeting** 6 p.m.
- 3 **Runza Night for 4-H Council**, Runza, 33rd & Pioneers 5–8 p.m.
- 4 **Culver's Scoops of Thanks Day for 4-H Council**, Culver's three Lincoln locations
- 5 **Nebraska Extension/4-H True Leaders in Equity Photovoice Opening Reception**, LUX Center for the Arts, 2601 N. 48th St. 5–8 p.m.
- 8 **Challenging Behaviors Series Online Class for Early Childhood Professionals**, child.unl.edu/register-upcoming-classes 1–2:30 p.m. & 7–8:30 p.m.
- 8–9 **4-H EGG Cam Chicks Hatching**, go.unl.edu/eggcam
- 9 **4-H/FFA Sheep & Meat Goat Weigh-In**, Lancaster Event Center Fairgrounds – Pav. 1 6–7 p.m.
- 9 **4-H Horsemanship Advancement Level Testing**, Lancaster Event Center Fairgrounds
- 11 **Pesticide Applicator NDA "Walk-In" Testing Session** 9 a.m.–2 p.m.
- 10–17 **4-H Dog Virtual Trivia Contest**
- 12 **Extension Board Meeting** 8 a.m.
- 20 **Composting Demonstration**, Pioneers Park, across from the Nature Center. 10 a.m.
- 23 **4-H Horsemanship Advancement Level Testing**, Lancaster Event Center Fairgrounds
- 25 **Pesticide Applicator NDA "Walk-In" Testing Session** 9 a.m.–2 p.m.
- 25 **Youth for the Quality Care of Animals In-Person Training for 4-H/FFA Livestock Animal Exhibitors** 6–7 p.m.
- 29 **Extension Office Closed for Memorial Day Holiday**

Ag Society Hall of Fame

The Lancaster County Agricultural Society Hall of Fame Award formally recognizes individuals who have made significant contributions to the advancement or improvement of the Lancaster Event Center Fairgrounds and/or the Lancaster County Super Fair. The following 2022 recipients were recently recognized at the Lancaster Event Center Fairgrounds Blue Jean Gala.

Ken Majors has volunteered with 4-H at the Lancaster County Fair since the mid-1980s, helping with 4-H rabbits, poultry, dogs, cats and other small animals. He continues to serve on the Lancaster County

4-H Rabbits Volunteers in Program Service (VIPS) Committee, which acts as overall superintendent of the 4-H Rabbit Shows at the Lancaster County Super Fair.

Deb Schorr served as a Lancaster County Commissioner for 20 years. During her tenure, the County Board partnered with the Lancaster County Ag Society to continually grow and improve the Lancaster Event Center Fairgrounds. Deb has volunteered on the LEC Fairgrounds at numerous Super Fairs, including helping with the annual Watermelon Feed and judging a 4-H "best dressed goat costume contest."

Support 4-H by Eating Out, May 3 & 4

Hungry? Support 4-H by eating out at upcoming restaurant fundraisers for Lancaster County 4-H Council! 4-H Council helps support 4-H programs, activities and scholarships.

- **Runza at 33rd & Pioneers on Wednesday, May 3**, 5–8 p.m. 4-H Council will receive 15% of the proceeds.
- **Culver's restaurants at Lincoln's three locations on Thursday, May 4** — Scoops of Thanks Day. All day long, you'll receive a scoop of Fresh Frozen Custard in exchange for your \$1 donation. 4-H Council thanks Runza and Culver's, and everyone who takes advantage of these yummy fundraisers!