

Celebrating 30 YEARS of Clover College

By Tracy Anderson, Extension Educator
in Lancaster County

For 30 years, four days each summer have become a cherished tradition for Lancaster County youth — filled with learning, laughter, creativity and discovery. What began in 1996 with just 8 workshops has grown into one of Lancaster County 4-H's premiere educational experiences, offering up to 58 workshops each year.

4-H Clover College provides hands-on learning opportunities for youth ages 6–18 through workshops focused on STEM, agriculture, food and nutrition, career development, and many other project areas. Participants learn alongside caring adult mentors, make new friends, and discover new interests in a fun and welcoming environment. Along the way, they develop valuable life skills, including creativity, problem-solving, communication, and confidence that will serve them now and in the future. Many of the projects created during Clover College may also be exhibited at the Lancaster County Super Fair.

The success of Clover College over the past 30 years is a testament to the dedication of the instructors and volunteers who generously share their time, talents and expertise. Each year, approximately 75 individuals including 4-H volunteers, teen leaders, representatives from local organizations, University of Nebraska–Lincoln faculty and staff, and Nebraska Extension professionals help create meaningful learning experiences. Extension Associate Kristin Geisert has organized and directed Clover College since 2017.

Clover College has come full circle for many families, with former participants returning as volunteers, instructors and parents, helping inspire a new generation of learners.

**See photos of Clover College
dating back to 2012 on Flickr**

<https://go.unl.edu/clover-college-photos>

**“Learning
with
friends!”**

See what people
say on page 7

FLASHBACK TO 1998 *(earliest Clover College photos in our archives)*

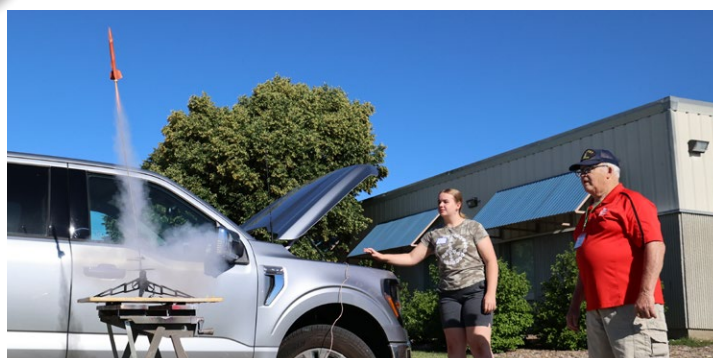


Fun in the Kitchen 1-day workshop was presented by Extension Educator Lorene Bartos. She has taught baking techniques at Clover College for 29 years!



S.E.R.I.E.S. 4-day workshop was taught by multiple presenters, including AmeriCorps VISTA volunteer Tina Brown. One of the hands-on activities was chemical experiments.

2026 CLOVER COLLEGE



4-H volunteer Ron Suing has taught a 4-day rocketry workshop for 30 years! Many youth say launching rockets that they built is their favorite part of Clover College.



Many older 4-H youth volunteer as helpers or presenters. Pictured are 4-H Teen Ambassadors teaching about food loss and waste to Clover Kids Day Camp youth ages 6 & 7.

**2026 Clover College was held
June 9–12 and featured
55 workshops with a total of
910 session registrations.**
New workshops included Discover
Animation, American Speed Tour and
Knot Your Regular Workshop.

Lancaster County 4-H
Nebraska Extension in Lancaster County
444 Cherry Creek Road, Suite A
Lincoln, Nebraska 68528-1591

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Simple Back-to-School Nutrition Strategies for Busy Families

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

As the school year begins, busy schedules, activities and homework can make healthy eating feel like one more thing to manage. A little planning can help make meals and snacks less stressful while ensuring everyone has the energy they need for learning, activities and family time.

Try these simple strategies to make back-to-school nutrition easier:

- **Prepare breakfast the night before.** Overnight oats, egg muffins or hard-boiled eggs can help make busy mornings less hectic. Include foods that provide protein and fiber to help support lasting energy throughout the morning.
- **Create grab-and-go snack stations.** Designate one bin or shelf in the refrigerator and a designated spot in a drawer, cupboard, pantry or on the counter for ready-to-eat snacks. Try stocking the refrigerator with yogurt cups, string cheese and washed, pre-cut fruits and vegetables. Stock the designated non-refrigerated spot with whole grain crackers, trail mix, nuts, applesauce cups and popcorn. When possible, choose options that are lower in added sugars. Keeping nutritious options visible and convenient can make healthy choices easier.
- **Think beyond sandwiches.** Wraps, quesadillas,

snack boxes and leftovers can help make meals more interesting. Focus on whole, nutrient-dense foods and aim to include a variety of foods, such as fruits, vegetables, protein, dairy, healthy fats and whole grains.

- **Plan for after-school hunger.** Have a balanced snack available before homework, practices and activities. Choose snacks that include foods from at least two food groups to provide energy and help keep children satisfied. Examples include apple slices with peanut butter, yogurt with fruit, cheese and whole grain crackers and vegetables with hummus. Encourage water or milk instead of caffeinated beverages.
- **Get kids involved.** Allow children to help choose and prepare fruits, vegetables and snacks for the week. Making cooking and meal preparation a fun and regular part of the household routine can help children learn healthy habits and become more willing to try new foods.

Small changes and a little planning can help support healthy eating habits throughout the school year. For more back-to-school nutrition tips, recipes and resources from Nebraska Extension, visit <https://food.unl.edu>.

Sources:

- <https://food.unl.edu/food-calendar/august/back-school-month/>
- <https://cdc.gov/healthy-weight-growth/healthy-eating/meals-snacks.html>
- <https://cdn.realfood.gov/DGA.pdf>



RECIPES OF THE MONTH

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

Looking for quick and nutritious meal and snack ideas for the busy school year? Try these family friendly recipes from Nebraska Extension to help make healthy eating easier.

MINI QUICHE CUPS

(Yield: 6 servings)

- 3 eggs
- 1/3 cup low-fat milk
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 green onion, gently rubbed under cold running water, chopped
- 1 cup cooked vegetable(s) and/or cooked meat (such as broccoli, potato, mushroom, bell pepper, ham, chicken, or turkey), finely chopped
- 1/2 cup low-fat cheese, shredded

1. Wash hands with soap and water.
2. Preheat the oven to 350°F. Spray mini muffin tin with cooking spray and set aside.
3. Crack eggs into a small bowl then pour into a larger mixing bowl. Wash hands with soap and water after cracking raw eggs. Add the milk, salt and pepper and beat with a fork until blended.
4. In a separate medium bowl, combine the onion, vegetable(s), meat and cheese. Divide the mixture evenly into each muffin cup.
5. Pour egg mixture over vegetable(s), meat and cheese.
6. Bake for 15–17 minutes or until the filling is puffed and golden, and the internal temperature reaches 160°F when measured with a food thermometer.
7. Remove from oven. Cool for a few minutes, then carefully lift out and transfer to a wire rack.
8. Serve warm or cold.
9. Store leftovers in a sealed container in the refrigerator for up to four days.

Notes: These can be made in a regular muffin pan. The recipe makes 6 regular-sized quiche cups and will take 5 minutes longer to bake.

Nutrition Information: Serving Size (3 mini quiche cups): Calories: 80; Total Fat: 4g; Saturated Fat: 1.5g; Cholesterol: 90mg; Sodium: 270mg; Total Carbohydrates: 2g; Fiber: 0g, includes 0g Added Sugars; Protein: 8g; Vitamin D: 6%; Calcium: 6%; Iron: 6% and Potassium: 2%.

Nutrition Software Used: ESHA Food Processor



Photo by Marusa Jonas

APPLE ENERGY BITES

(Yield: 10 servings)

- 1/2 cup creamy nut butter (peanut, soy, almond, etc.)
- 1 medium-sized apple, gently rubbed under cold running water, diced finely (1 cup diced)
- 1 Tablespoon lemon juice
- 1–1/2 cups quick or old-fashioned rolled oats
- 1 Tablespoon honey
- 1/2 teaspoon ground cinnamon
- Cooking spray

1. Wash hands with soap and water.
2. Add peanut butter to a microwave safe mixing bowl and microwave for 20 seconds until just soft.
3. In a large mixing bowl, combine diced apples and lemon juice. Stir until combined.
4. Add softened peanut butter, oats, honey and cinnamon. Stir until mixed well.
5. Spray cooking spray on one hand. Rub hands together.
6. Using a spoon to portion out a small amount, roll mixture into 20 balls and serve.
7. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information: Serving Size (2 bites): Calories: 150; Total Fat: 7g; Saturated Fat: 1g; Cholesterol: 0mg; Sodium: 40mg; Total Carbohydrates: 16g; Fiber: 3g, includes 3g Added Sugars; Protein: 4g; Calcium: 0%; Iron: 0% and Potassium: 2%.

Nutrition Software Used: ESHA Food Processor



Photo by Marusa Jonas

Got Weeds? Fall Beats Spring for Chemical Control

By Rachel Anderson, Extension Educator in Lancaster County

Tired of seeing herbicide drift damage on your trees while lawn and landscape weeds thrive? If so, it might be time to trade in your early-season spray regimen for something new — starting this fall! Research shows that late September and early October is actually the best time of year to target many biennial and perennial landscape weeds including ground ivy, thistle, bindweed and dandelions with post-emergence herbicides. This is because such herbicides are most effectively translocated into plant roots as these weeds prepare for winter. Fall applications also work for winter annual weeds including henbit, chickweed, shepherd's purse, annual bluegrass, goosegrass and field speedwell. Winter annuals can be a little hard to spot in the fall, so start regular inspections now as a key to success.

Along with making sense for

effective weed control, timing herbicide sprays later in the growing season also lowers the risk of injury to plants from off-target drift. Nebraska Extension gets many calls each April and May about oaks, redbuds and other trees with distorted and discolored leaves that remain twisted, cupped or curled for the rest of the growing season. While unintentional damage from herbicide drift is not the only cause of such symptoms, it can happen when lawns and landscapes are sprayed with herbicides as nearby trees and shrubs leaf out after winter dormancy. Tomatoes and other garden plants can be affected, too. Minimizing the use of herbicide sprays during spring green-up could help lessen the problem, especially with more volatile products like 2,4-D and dicamba.

Along with mulching and hand-weeding, favoring pre-emergence herbicides over post-emergence herbicides can also help minimize drift potential. This works because a pre-emergence herbicide is a special kind of weed

killer that only affects new plants as they germinate. You can apply it in late September as prevention for the winter annual weeds mentioned previously, and/or in early- to mid-April to control summer annual weeds like crabgrass, foxtail, prostrate spurge, purslane and oxalis.

Knowing your weeds is an important first step to any control strategy, so reach out to Nebraska Extension for help with identification. When using herbicides, always read and follow the label directions and use the personal protective equipment recommended to keep yourself safe.



2026 GROBigRed

Wednesdays
12 p.m.

Join the experts from Nebraska Extension to learn and ask questions about:

August 12 — Composting for Small-Scale Growers • Katja Koehler-Cole

September 9 — Fall Garden Preparation • Nicole Stoner

October 14 — Spring Flowering Bulbs • Scott Evans & Mary Jane Frogge



Register at <https://hles.unl.edu/grobigrd>

EXTENSION Master Gardener Volunteer Spotlight

PAULA LUTHER has been an Extension Master Gardener Volunteer (EMGV) for 15 years and has volunteered over 600 hours. Paula has mentored new volunteers, answered hundreds of phone questions and served as a 4-H judge at the Lancaster County Super Fair.

Why did you become an EMGV? I did not come from a farm family, and my gardening efforts were all trial and error, as “I knew nothing.” When I saw the chance to learn more about gardening, I leaped at the opportunity to join the program. After the first day in class, I came home and told my husband, “I finally found my people.”

What is your favorite volunteer opportunity? Hands down, it is the people I have met in the program. I have met some of my best friends through this program and volunteer activities that we share.

What has been the biggest surprise about volunteering? That I get more out of volunteering than the organization gets from my efforts! It is always interesting to spend time with the other volunteers and learn more about them and their special garden interests.



GARDEN GUIDE THINGS TO DO THIS MONTH

By Mary Jane Frogge, Extension Associate in Lancaster County

Look for and handpick bagworms from your evergreen and deciduous trees.

If volunteer tree seedlings, such as elm, mulberry, hackberry or maple are found growing in your yard, remove them as soon as possible. If left too long, they will take over gardens and other landscape plantings.

Remove old vegetable plants which have stopped producing to eliminate a shelter for insects and disease organisms.

September is a good time to root cuttings from annual bedding plants such as begonias, coleus, geraniums and impatiens. These plants can be overwintered in a sunny window and provide plants for next year's garden.

Many herbs self-sow if the flowers are not removed. Dill produces seeds that fall around the parent plant and come up as volunteers the following spring.

Every weed that produces seed means more weeds next year. Control weeds before they go to seed.

Hot peppers will keep best if stored after they are dry. Thread the peppers on a string to dry. Hang in a cool, dry place.

Save seeds from favorite flowers such as marigolds by allowing the flower heads to mature. Lay seeds on newspaper and turn them often to dry. Store the dry seeds in glass jars or envelopes in a cool, dry, dark place.

Do not add weeds with mature seed heads to the compost pile. Many weed seeds can remain viable and germinate next year when the compost is used.

Pears should be picked at the hard-ripe stage and allowed to finish ripening off the tree. The base color of yellow pears should change from green to yellow as the fruit approaches maturity.

Be sure to keep strawberry beds weed free. Every weed you pull now will help make weeding much easier next spring.

Tree wound paints used after pruning are no longer recommended as they can slow healing and may promote decay.

Protect Yourself With the Right Repellent

By Kait Chapman, Extension Educator in Lancaster County

As people continue to spend time outdoors enjoying the Nebraska weather, they may also be spending time with pests that can make outdoor activities uncomfortable. Using repellents is an important tool for protecting yourself from tick, mosquito and chigger bites. Preventing bites is more than a matter of comfort. Pests such as ticks and mosquitoes can also potentially transmit illness-causing pathogens. Mosquitoes can spread diseases such as West Nile virus, and ticks can transmit or cause several illnesses.

Unlike insecticides — which kill insects, ticks and mites — repellents are made to be applied to skin and work by making it difficult for pests to locate and bite you, interfering with the sensory cues they use to find hosts. When used correctly, repellents create a protective

barrier that helps reduce the likelihood of bites.

When selecting a repellent, choose only products approved by the U.S. Environmental Protection Agency (EPA). EPA registration means the product has been tested for both effectiveness and safety when used according to the label directions.

EPA-Approved Repellent Active Ingredients

- DEET
- Picaridin
- IR3535
- Oil of Lemon Eucalyptus (OLE)
- Para-menthane-3,8-diol (PMD)
- 2-Undecanone
- Catnip oil
- Oil of citronella

Products come in different formulations and vary by hours of protection and minimum age required for use. Use the EPA repellent search tool to

choose the repellent that works best for you: <https://epa.gov/insect-repellents/find-repellent-right-you>.

While not applied directly to skin, permethrin-treated clothing is also a good option for preventing bites. Permethrin acts as an insecticide that

kills pests that contact it but is safe to wear and can last for many washes.

While many alternative methods are marketed as pest repellents, most have limited evidence supporting their effectiveness. Citronella candles, ultrasonic devices, wearable patches and bracelets and many other products generally do not provide the same level of protection as EPA-registered repellents. For the best protection, combine repellent use with other preventive measures such as wearing long sleeves and pants, avoiding times during peak mosquito activity (dawn and dusk) when possible and performing tick checks after spending time outdoors.

Disclaimer: Nebraska Extension does not endorse, recommend or guarantee any specific product, brand or manufacturer.



Commonly used insect repellent products.

Photo by Kait Chapman, Nebraska Extension in Lancaster County

Schramm After Dark: Moth Lighting

In celebration of National Moth Week, educators from Nebraska Extension and Nebraska Game and Parks will lead a moth lighting at Schramm Park State Recreation Area on Saturday, July 25, 8:30–10:30 p.m.

Bring a flashlight, search for moths at the light trap and learn about moths and other nocturnal insects in Nebraska. We will use the iNaturalist app to document the species we encounter and collect data about nocturnal insects in the park. Data collected during this event will contribute to the Biodiversity in Nebraska State Parks initiative.

Collection of insects at this event is not permitted.

Meet at the park shelter next to pond A. A state park vehicle entry permit is required for vehicles entering the park. Visitors may also park in the parking lot of the Schramm Education Center (no permit required) and

walk to the park shelter.

No cost to participate. This event is presented by Nebraska Extension in Lancaster County and Nebraska Game and Parks Commission.



Sphinx moth



Moth lighting event at Schramm State Park

Photos courtesy of Jennifer Ruyle with Nebraska Game & Parks

Landlord/Tenant Cash Rent Workshop

Thursday, Aug. 20
10:30 a.m. - 2 p.m.

The University of Nebraska–Lincoln's Center for Agricultural Profitability (CAP) and Nebraska Extension will present a workshop for farm and ranch landowners, landlords and tenants who want to learn more about current trends in farm or ranch real estate and best practices for leasing and managing land.

The Landlord/Tenant Cash Rent Workshop will be held on Thursday, Aug. 20, 10:30 a.m.–2 p.m., at the Nebraska Extension in Lancaster County conference rooms, 444 Cherry Creek Road, Lincoln. Lunch will be provided by Peoples Company. **No cost to attend.** Registration is required by Monday, Aug. 17, by calling Nebraska Extension in Lancaster County at 402-441-7180.



LANCASTER COUNTY Super Fair

JULY 30 - AUGUST 8, 2026

4-H & FFA Exhibits & Events July 30–Aug. 2
4-H Horse Shows July 29–Aug. 2
Sandhills Global Event Center
84th & Havelock, Lincoln

SUPPORT 4-H BY EATING AT THE 4-H FOOD STAND

4-H Council's food stand at the Super Fair features a variety of snacks and beverages, including the popular "Walking Taco," snow cones and cotton candy! The Clover Cafe (in the Ag Society Hall) and the Horseshoe Cafe (in the FR8Star Pavilion) will be open July 30–Aug. 2, 10 a.m.–9 p.m. (Sunday closes at 8 p.m.). The food stand is 4-H Council's primary fundraiser. Proceeds support 4-H youth programs, activities and scholarships.



4-H Will Livestream From the Fair



Lancaster County 4-H plans to livestream several animal shows and the Fashion Show via YouTube at <https://youtube.com/4HLancasterNE>. Videos will be available to watch later. Schedule and direct links will be posted at <http://lanaster.unl.edu/live-events>.

4-H CHICKEN DINNER & SILENT AUCTION, JULY 31

Lancaster County 4-H Council is hosting two fundraiser events on Friday, July 31 during the Super Fair in the South Hall (vehicles enter Gate 4 off Havelock, park near South Hall):

- **Chicken Dinner 5:30–7:30 p.m.** — enter through the Lancaster County Farm Bureau Room. Dinner features Slim Chickens chicken tenders, side dishes and dessert! To-go boxes will be available. Tickets at the door are \$10. Advance tickets are \$9 at the Extension office before the fair or at the 4-H food stand during the fair.
- **Silent Auction 5–7 p.m.** — enter through the east doors. Top bidders may pay for and pick up items after 7:30 p.m.

4-H Teen Council Invites New Members

Are you a 7th–12th grader looking for a fun way to build leadership skills, make new friends and give back to your community? Join the Lancaster County 4-H Teen Council! Teen Council members plan and participate in a variety of hands-on activities, community service projects and leadership opportunities throughout the year. Guest speakers and interactive sessions make each meeting both fun and meaningful! Meetings are held monthly on the second Sunday, 3–5 p.m., from September through April at the Nebraska Extension in Lancaster County office (444 Cherrycreek Road, Suite A, Lincoln). Upcoming meeting dates: Sept. 13, Oct. 11 and Nov. 8. Want to learn more or sign up? Contact Tracy Anderson at tracy.anderson@unl.edu or 402-441-7180.

FUN
FAMILY
EVENT

LAUNCH YOUR 4-H JOURNEY

Sunday, Oct. 4 • 5 p.m.

Nebraska Extension in Lancaster County,
444 Cherrycreek Rd., Suite A, Lincoln



This is a great chance for all family members to explore 4-H! 4-H staff will present an overview of 4-H and its many opportunities. Several 4-H members will share their projects. **Free hot dogs and refreshments! Fun door prizes!**

4-H Announcements

FOR ENROLLED 4-H'ERS OR 4-H VOLUNTEERS

The 4-H e-newsletter at <https://go.unl.edu/lan4hnews> has up-to-date information about upcoming 4-H opportunities.



For 4-H & FFA Super Fair-related announcements, see the Fair Book or 4-H e-newsletter.

4-H AT NEBRASKA STATE FAIR

The 2026 Nebraska State Fair will be Friday, Aug. 28–Monday, Sept. 7 at Fonner Park in Grand Island. 4-H events will be featured the first weekend. 4-H members ages 8–18 (by Jan. 1 of the current year) are eligible to participate. Some exhibits, such as static exhibits and Fashion Show, must be selected by judges at a county fair. For a schedule of 4-H activities at the State Fair and more, go to <http://4h.unl.edu/state-fair>.

- **STATIC EXHIBITS ARE SELECTED AT SUPER FAIR** — 4-H static exhibits must be selected by judges at county fairs to advance to the State Fair. Note: In most cases, level 1 projects are not eligible. At the Lancaster County Super Fair, a purple State Fair sticker will be placed on all exhibits selected for State Fair along with a general information sheet. After Super Fair, exhibitors will be mailed a detailed instruction sheet, including a listing of qualified exhibits and when to bring their qualifying exhibits to Nebraska Extension in Lancaster County conference rooms. Lancaster County 4-H staff will transport all Lancaster County 4-H static exhibits for State Fair to and from Grand Island.
- **ANIMAL ENTRIES DUE ONLINE BY AUG. 10** — Livestock, rabbit and dog exhibitors are eligible to participate at the Nebraska State Fair regardless of county fair placing. To be eligible, livestock nominations and payment must have been completed by June 15. 4-H & FFA youth or their families must submit their animal entries online by Monday, Aug. 10, 8 p.m. Select whether showing in 4-H or FFA. Information and link to ShoWorks is at <https://4h.unl.edu/state-fair-livestock-exhibitor>.
- **CONTEST ENTRIES DUE ONLINE BY AUG. 10** — Most of the 4-H contests at the Nebraska State Fair do not require youth to participate or qualify at a county-level contest, including Culinary Challenge, Dog Skillathon, Dairy Judging, Weed & Grass Identification, Horticulture Judging, Tree Identification and Insect Identification. Be sure to review the eligibility requirements for each contest before entering. 4-H youth or their families must submit their contest entries online via ShoWorks by Monday, Aug. 10, 8 p.m. Information and link to ShoWorks is at <https://4h.unl.edu/state-fair-contest-participant>. Note an exception: Fashion Show entries must qualify at a county-level contest, and Extension staff submits the entries.

HORSE AWARDS NIGHT, OCT. 15

Save the date! The annual Lancaster County 4-H Horse Awards Night will be Thursday, Oct. 15, 6:30 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Awards presentation includes Incentive Awards, Horsemanship Levels, All-Around Awards, Herdsmanship, Top Judging buckles and ribbons, as well as a few surprise awards!

4-H Robotics Team Competes at International Tournament



(L-R) Ben Brodersen Kohtz, Emmett Bristol, Owen McCarthy, Leland Williamson and Bryson Stutzman

The Infinite Horizons 4-H club and *FIRST LEGO League* robotics team consisting of Emmett Bristol, Ben Brodersen Kohtz, Owen McCarthy, Bryson Stutzman and Leland Williamson earned 3rd place for the Champion's Award at the *FIRST LEGO League* Challenge Championship held in conjunction with the Nebraska 4-H Robotics Expansion Event in March. The Champion's award recognizes the top all-around teams that excel in core values, innovation project, robot design and the robot game.

As a finalist at state, the team qualified to represent Nebraska at the Western Edge Invitational international competition in Long Beach, Calif. on May 29–31. There, the team placed 33rd out of 87 teams from across the world!

Lori McCarthy said, "The team worked incredibly hard over the last several months, going from a top score of 280 points at regionals on Feb 21, to 300 points at the state competition on March 21, to 425 points at Western Edge on May 30! Saturday evening at Western Edge, they worked with their alliance teams to prepare for the On the Spot competition — they learned the challenge and rules at 4 p.m., worked to build and program the robots until 9 p.m., and then competed the next morning at 9 a.m.! It was so fun to see them work together with new friends. Another highlight came when one of our team members placed 2nd in the Rock Paper Scissors challenge, collecting bead necklaces with each victory!"

Owen McCarthy said, "What I really like about doing robotics is how many people you meet, and how many connections you get at all the competitions, and how fun it is to build robots and code things. You learn how to incorporate multiple ideas into one."

You can follow the Infinite Horizons 4-H club on Facebook at <https://facebook.com/infinitehorizons4h>.

4-H Premiere Communication Event Top Results

The statewide Nebraska 4-H Premiere Communication Event was held on June 16–17 at the University of Nebraska–Lincoln East Campus. Over 243 participants from 53 counties across the state competed in five communication events. Congratulations to all Lancaster County 4-H members who participated! Complete results can be found at <https://4h.unl.edu/premier-communication-event-contests>. Here are the Lancaster County purple ribbon winners:

PREPARED SPEECH CONTEST

- **Senior division:** Amorita Payne, Alexa Smith
- **Intermediate division:** Braxton Thompson
- **Junior division:** Harlan Goens, Eva Thompson

RADIO PUBLIC SERVICE ANNOUNCEMENT CONTEST

- **Senior division:** Amorita Payne (5th place), Alexa Smith, Callia Thompson (1st place)
- **Intermediate division:** Andrea Bettenhausen (2nd place), Gracie Mittan-DeBuhr, Braxton Thompson (1st place)
- **Junior division:** Eva Thompson (Top 5)

IMPROMPTU SPEECH

- **Senior division:** Amorita Payne
- **Intermediate division:** Sophie Huenink (2nd place)



(L-R) Andrea Bettenhausen, Braxton Thompson, Eva Thompson, Alexa Smith and Amorita Payne with their Radio Public Service Announcement awards.

ILLUSTRATED PRESENTATION

- **Senior division:** Andrea Bettenhausen & Evelyn May (Team), Amorita Payne (3rd place), Alexa Smith
- **Intermediate division:** Cora Pracheil
- **Junior division:** Susanna Johnsen

DIGITAL VIDEO COMMUNICATION

- **Senior division:** Alexa Smith (3rd place)

4-H Premiere Animal Science Event Top Results

Congratulations to the Lancaster County 4-H'ers who competed at the statewide Premier Animal Science Event (PASE) held at University of Nebraska–Lincoln East Campus on May 27–29. During this three-day event, 4-H'ers from across the state participated in seven animal science contests, including the Companion Animal Challenge. Complete results can be found at <https://4h.unl.edu/pase>. Here are the Lancaster County top placings.

POULTRY JUDGING CONTEST

- **Senior division:** As a team, Maria Polk, Lathan Huntley, Aiden Powers and Lawrence Rauert earned 8th place.
- **Intermediate division:** As a team, Josephine Polk, Cora Pracheil, Sophie Huenink and Liam Powers earned 6th place. Individually, Josephine Polk earned 9th place.
- **Junior division:** Individually, Daxton Hamblin earned 10th place.

ANIMAL WELFARE JUDGING CONTEST

- **Intermediate division:** Sophie Huenink earned 1st place.
- **Senior division:** Aiden Powers earned 1st place.

COMPANION ANIMAL CHALLENGE (purple ribbon winners)

- **Junior Photography:** Daxton Hamblin (champion) (3 purples), Atlas Hamblin (reserve champion) (3 purples), Harriet Moore
- **Intermediate Photography:** Ariana Hamblin (champion) (3 purples), Elizabeth Hilkemann (reserve champion) (3 purples), Alandra Huntley
- **Senior Photography:** Amorita Payne (champion) (3 purples)
- **Junior Essay:** Harriet Moore (champion)
- **Intermediate Essay:** Elizabeth Hilkemann (champion)
- **Senior Art:** Amorita Payne (reserve champion)
- **Junior Cat Skillathon:** Shelby Huenink (champion)
- **Intermediate Cat Skillathon:** Sophie Huenink (champion), Brigham Moore (reserve champion)
- **Junior Companion Animal Skillathon:** Shelby Huenink (champion)
- **Intermediate Companion Animal Skillathon:** Sophie Huenink (reserve champion)

Celebrating 30 YEARS of Clover College

See
feature
on p. 1

Youth Attendees Say

"My favorite part is learning with friends! And all the really nice people that help you learn."

—Andrea Bettenhausen

"I would tell someone who is thinking about attending next year that it's great, you would make a lot of friends, and you would make lots of memories at the fun activities!!!"

—Nash Greder

"It is really fun to do so many different things that you haven't done before and make new friends that have the same interests."

—Avi Vega

"I love learning new things and Clover College gives me a whole week just to learn. I learned how to keep moving forward when I mess up something and to try again later."

—Evelyn May

"I would tell someone who is thinking about attending next year to just have fun and be yourself, it's so fun to see bits of everyone's personalities show in their projects!"

—Grace Tetzlaff

"My favorite part is learning new things. Clover College is so much fun!!"

—Brayden Belew

Youth Volunteers Say

"I love learning new skills and making things that I can take to the fair and use around my house. I also enjoy teaching the younger kids and showing them how much fun learning can be! Some of my favorite summer memories are at Clover College!"

—Morgan Gabel

"My favorite part is getting to see the excitement in the kids' faces when they create or learn something new because it is so rewarding seeing them spark a new interest or tell friends about theirs."

—Helen Parrott

"A skill I learned [while teaching] is how to introduce a new game or topic so that people will stay interested."

—Aiden Powers

"My favorite part is helping the participants have fun and learn. I love seeing the joy on the kids' faces as they learn new things."

—Emily Bauman



One of the new workshops in 2026 was Petals & Pulp in which youth made paper, then decorated with plant material, glitter, etc.

Adults Say

"Clover College supported me in having a life-long love of learning and trying new things. As a kid, I could hardly wait for Clover College each summer — and as an adult — I could hardly wait to send my kids!"

—Grace (Farley) Troupe

"Learning how to learn is a skill that our children have gained through Clover College, and a skill they will continue to use throughout their lives."

—Tracy Pracheil

"Every one of these Clover College classes is teaching the same thing — these kids are communicating with each other. By the fourth day, they are a community of people working towards a common goal, and they see all of their work pay off."

—Ron Suing

"I think learning patience, the willingness to try new things, looking at what was accomplished with pride, and achieving new skills are all positive attributes of Clover College."

—Karol Swotek

"The classes offered fun hands-on activities that children don't get to experience in the regular school classroom which sparked career choices for some."

—Mary Ann Gabel

"I think the awesome Extension office staff and the many volunteers has been the key to the success of Clover College for 30 years now."

—Liza May



HEART OF 4-H VOLUNTEER AWARD

Recognizing Outstanding Volunteer Service

Tony Isabell is receiving the Lancaster County 4-H August "Heart of 4-H Award." He has volunteered with 4-H shooting sports for 15 years and is a certified shotgun instructor. Tony is head coach of the Raymond Central Youth Trap Club and he helps at the annual 4-H Shooting Sports National Championships in Grand Island. He previously volunteered with the North Star Trap club.



The Raymond Central Youth Trap Club participates in Eastern Cornhusker Trapshooting Conference shoots and various 4-H competitions. The club focuses on trap shooting, but some members also participate in other shooting sports disciplines and a variety of other 4-H projects, like showing animals.

"I enjoy watching the kids grow and develop their personalities over the years," he says. "It is rewarding to see them transition from being shy to becoming confident young adults who recognize their own strengths."

Liza May is receiving the Lancaster County 4-H September "Heart of 4-H Award." She has been co-leader of the Prairie Explorers 4-H club for 2 years, and previously was a club project leader for 2 years. Prairie Explorers has nearly 30 members and has repeatedly been recognized as a Nebraska 4-H Club of Excellence. Liza has led club activities such as rocket launches, tie-dye shirts, making cinnamon rolls and garage/bake sales to raise funds for local charities. In addition, Liza has volunteered at the Lancaster County Super Fair with 4-H static exhibit set-up and staffing shifts at 4-H Council's food stand.



"I have loved getting to see our club members grow and learn things over the years," she says. "4-H really sets them up with so many skills that will help them out later in life."

Nebraska Extension in Lancaster County
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Accommodation requests for registration or attendance may be directed to Karen Wobig at least two weeks prior to the program at lancaster@unl.edu or 402-441-7180. Early requests are strongly encouraged to allow sufficient time to meet access needs.

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EXTENSION NEWS

Tracy Anderson Promoted



Congratulations to **Tracy Anderson** who was promoted from Associate Extension Educator to full Extension Educator effective July 1! Tracy serves as the 4-H Youth Development Urban Program Coordinator in Lancaster County. Her emphasis is on leading the Lancaster County 4-H team, developing experiential learning opportunities for youth, expanding partnerships and serving as the 4-H Council liaison and Teen Council co-leader.

Summer 4-H Interns

Four full-time interns and one part-time intern are helping Nebraska Extension in Lancaster County 4-H staff with ongoing summer programming, including contests, Clover College, Lancaster County Super Fair and other activities.

• **Cameryn Brandt** assists Extension Associate Kristin Geisert with Clover College and Super Fair static exhibits and contests. This is her third summer as a 4-H intern. Cameryn was a Saline County 4-H member for 9 years. She is a recent graduate of the University of Nebraska–Lincoln's College of Education and Human Sciences. She majored in Child, Youth and Family Studies and will begin her teaching career as a



(L–R) Extension full-time interns: Hannah Thomson, Alexa Orf, Cameryn Brandt and Brianna Klabenes. (Inset) Part-time intern Emma Thomson.

Family and Consumer Sciences teacher at Exeter–Milligan–Friend Public Schools in August 2026.

• **Brianna Klabenes** assists Extension Assistant Madelaine Vanderbeek with the livestock projects. This is her first summer as a 4-H intern. Brianna was a 4-H member in Holt County for 14 years. She

is an upcoming Junior at UNL, majoring in Animal Science and Grassland Systems.

• **Alexa Orf** assists Extension Associates Kate Pulec and Elizabeth Thiltges with the horse, rabbit, dog, cat and household pets projects. This is Alexa's first summer as a Lancaster County 4-H intern. She was a 4-H member in Saline County for 2 years and an Extension 4-H summer intern in Fillmore County for 1 year. Alexa is an upcoming senior at UNL, majoring in Elementary Education.

• **Hannah Thomson** assists Extension Educator Tracy Anderson with this summer's Imagine Science program, a national organization focused on STEM education. Hannah will also help 4-H staff with preparations for — and during — the Super Fair. This is her first summer as a 4-H intern. Hannah was a 4-H member in Lancaster County for 9 years. She will be a senior at UNL, majoring in Elementary Education.

• **Emma Thomson** assists Extension Educator Tracy Anderson part-time with this summer's Imagine Science program. This is her first summer as a 4-H intern. Emma has been a 4-H member in Lancaster County for 10 years. She will be a freshman at UNL this fall majoring in Business and Law.



EXTENSION CALENDAR

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

July

- 24 4-H Horse Incentive Program Forms Due to Extension**
- 25 Schramm After Dark: Moth Lighting, Schramm Park State Recreation Area, Gretna** 8:30–10:30 p.m.
- 28 4-H & FFA Static Exhibit Entry for Lancaster County Super Fair, Sandhills Global Event Center - Ag Society Hall.** 4–8 p.m.

August

- Jul. 30–Aug. 8 Lancaster County Super Fair (4-H & FFA Exhibits & Events July 30–Aug. 2; 4-H Horse Shows July 29–Aug. 2), Sandhills Global Event Center**
- 10 Deadline for State Fair 4-H Animal Entries — Enter at <http://nebr.fairwire.com>**
- 12 GRO Big Red Virtual Learning Series: Composting for Small-Scale Growers, <http://hles.unl.edu/grobigrd>** 12 p.m.
- 13 Pesticide Applicator NDA "Walk-In" Testing Session.** 9 a.m.–2 p.m.
- 20 Landlord/Tenant Cash Rent Workshop** 10:30 a.m.–2 p.m.
- 21 Part 107 Remote Pilot (aka Drone) Exam Prep Course** 9 a.m.–5 p.m.
- Aug. 28–Sept. 7 Nebraska State Fair, Fonner Park, Grand Island**

September

- 1 4-H Council Meeting** 6 p.m.
- 7 Extension Office Closed for Labor Day Holiday**
- 9 GRO Big Red Virtual Learning Series: Fall Garden Preparation, <http://hles.unl.edu/grobigrd>** 12 p.m.
- 10 4-H Horse VIPS Committee & Horse After Super Fair Planning & Feedback Meeting** 6 p.m.
- 11 Extension Board Meeting** 8 a.m.
- 13 4-H Teen Council Meeting** 3 p.m.
- 17 Pesticide Applicator NDA "Walk-In" Testing Session** 9 a.m.–2 p.m.
- 26 Composting Demonstration, Pioneers Park Nature Center's backyard composting demonstration area.** 10–11 a.m.
- 30 4-H Council's Alumni Scholarship Deadline**