



4-H Embryology Will Crack 50 Years of Chicks Hatching in Local Classrooms

By Vicki Jedlicka, Publication and Media Assistant
in Lancaster County

Next year will mark 50 years of the Embryology program in Lincoln and Lancaster County. This means two generations of local students have had the exciting experience of hatching baby chicks in their classrooms. Third graders often tell Extension staff visiting their classrooms comments like “we have been waiting for this all year” and “this is the best day of my life!”

Embryology — the study of embryo development — is taught in every third grade classroom in Lincoln Public Schools (LPS), Malcolm, Norris and Waverly, as well as many parochial schools and home schools. This spring, the Embryology program’s three sessions reached 3,945 students in 192 classrooms from 64 schools.

Nebraska Extension in Lancaster County coordinates Embryology, a “4-H in the Classroom” program. Extension Assistant Madelaine Polk currently leads the program, including scheduling classrooms, communication with teachers, delivering supplies, teaching in the classrooms and distributing chicks to area farmers.

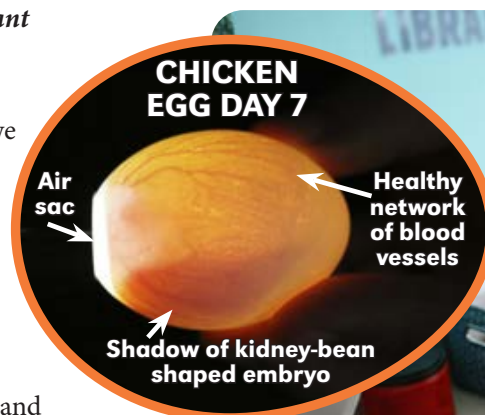
Madelaine says, “I cannot describe the excitement from

students when we first visit their classroom and bring their fertilized eggs. The students are always so eager to learn about the development process and hear about the different stages. One of the things I love is how closely they pay attention to all the care directions to follow while incubating and after the chicks hatch. In addition to being an amazing science project, these students are learning responsibility, teamwork, record keeping and how to care for the chicks after they hatch.”

21+ Days of Learning

The Embryology unit begins with a classroom presentation by Extension staff about embryo development, the parts of an egg like the “germ spot,” and the difference between fertilized eggs and eggs in the grocery store.

Each classroom receives one dozen fertilized chicken eggs — six white and six brown to show genetic differences. Students turn the eggs three times a day and provide water



Photos by Vicki Jedlicka



for humidity in the incubators. After seven days of incubation, Extension staff “candle” the eggs (i.e. shine a bright light through) with the students. By candling the eggs, students can see if the embryos are developing (viable), have stopped developing (died) or were never fertilized.

At the end of the incubation period, about 21 days, the students watch for any signs of “pipping,” when the chicks begin to peck through their shells. Once the eggs start to pip, students repeatedly check the incubator to watch

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Extension staff “candle” eggs in third grade classrooms after seven days of incubation. Pictured is Madelaine Polk at Trinity Lutheran in March of this year. Trinity Lutheran was one of the first schools to participate in 4-H Embryology in 1977. By holding a fertilized egg up to a light, students see how the embryos are growing.

Simple Ways to Eat More Fruits and Veggies Every Day

By Alyssa Havlovic, MS, RDN,
ACSM EP-C, Extension Educator in
Lancaster County

It's no secret that fruits and vegetables are good for us. They're packed with essential vitamins, minerals, fiber and antioxidants that support overall health and help prevent chronic diseases. Yet, approximately 90% of Americans fall short of the recommended vegetable intake (3 cups/day) and 80% don't eat enough fruit (2 cups/day), according to the Dietary Guidelines for Americans. The good news? Increasing your intake doesn't require a complete diet overhaul — just a few small, consistent changes.

Here are some simple and realistic ways to incorporate more fruits and vegetables into your daily routine.

Start Your Day with Produce

Breakfast is a great time to sneak in a serving of fruits or veggies. Try topping your cereal, oatmeal or yogurt with fresh berries or sliced bananas. If you prefer a more savory breakfast, consider adding spinach, tomatoes, peppers or mushrooms to scrambled eggs, a breakfast burrito or a breakfast sandwich. Smoothies are another excellent option — blend a handful of spinach or kale with fruit, yogurt and a splash of 100% juice or low-fat milk for a nutritious option.

Snack Smarter

Instead of reaching for chips or cookies between meals, keep cut-up vegetables and fruit readily available. Carrots, cucumber slices, cherry tomatoes and bell pepper strips are all easy to prep and store in the fridge. Pair them with hummus or a low-fat dressing for added flavor. Fresh fruit like apples, oranges or grapes also make quick and portable snacks.

Fill Half Your Plate with Fruits and Vegetables

When planning meals, aim to fill at least half your plate with fruits and vegetables. This not only boosts nutrition, but can also help with portion control and

weight management. Roasted vegetables, steamed greens or colorful salads can be just as satisfying as heavier sides. Adding veggies to main dishes — like pasta, rice bowls or tacos — also helps increase intake without needing an entirely separate dish.

Use What's Convenient

Eating more produce doesn't mean you have to cook everything from scratch. Frozen and canned fruits and vegetables can be just as nutritious as fresh options — and they're often more convenient and budget-friendly. Look for canned vegetables with low sodium and fruits packed in 100% juice. Frozen options are great for stir-fries, soups or smoothies and reduce food waste since they last longer.

Get Creative in the Kitchen

Think beyond the usual salads and sides. Add vegetables to sauces, soups and casseroles, or use them as a base for dishes. Cauliflower rice, zucchini noodles and lettuce wraps are great low-carb, veggie-forward alternatives. You can even bake with produce — zucchini bread or banana muffins can be a hit with both kids and adults.

Set Yourself Up for Success

The easier it is to grab a fruit or veggie, the more likely you'll eat it. Wash and chop produce as soon as you bring it home so it's ready when hunger strikes. Keep a bowl of fruit on the counter as a visual reminder. Try to include at least one fruit or vegetable at every meal and snack — remember small shifts in healthy habits add up over time.

Boosting your fruit and vegetable intake doesn't require complicated recipes or drastic changes. With a few practical adjustments to your routine, you can easily meet your daily goals and enjoy the health benefits that come with it. Whether it's tossing spinach into your smoothie or reaching for an apple instead of dessert, every small step counts.



Photo by Indigo Studio, stock.adobe.com



RECIPE OF THE MONTH

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

Fresh, crunchy, and full of flavor — these veggie wraps make healthy eating easy!

CRUNCHY VEGGIE WRAPS

Yield: 4 Servings

Ingredients:

- 4 Tablespoons low-fat cream cheese
- 1/2 teaspoon ranch seasoning mix
- 2 whole wheat tortillas
- 1/4 cup broccoli, chopped
- 1/4 cup carrots, grated
- 1/4 cup zucchini, cut into strips
- 1/4 cup yellow summer squash, cut into strips
- 1/2 tomato, diced
- 1/8 cup green bell pepper, seeded and diced
- 2 Tablespoons chives, chopped fine

1. Wash hands with soap and water.
2. In a small bowl, stir ranch seasoning into cream cheese, chill.
3. Wash and prepare vegetables.
4. Spread cream cheese mixture onto flour tortilla, staying one inch from edge.
5. Sprinkle vegetables and chives over cream cheese mixture. Roll tortilla tightly.
6. Repeat steps 4 and 5 for the second tortilla.
7. Chill for 1–2 hours before serving (the wrap will hold its shape better).
8. With a sharp knife, slice into circles and serve.
9. Store leftovers in a sealed container in the refrigerator for up to 4 days.

Nutrition Information: Serving Size (1/2 a wrap): Calories: 100 Total Fat; 4g Saturated Fat; 2g Cholesterol; 10mg Sodium; 260mg Total Carbohydrates; 13g Fiber; 1g, includes 0g Added Sugars; Protein; 4g Calcium; 2% Iron; 0% Potassium; 4%

Nutrition Software Used: ESHA Food Processor

Source: MyPlate Kitchen, Connecticut Food Policy Council



Photo by Marusa Jonas, Nutrition Education Program

Annual Flowers for Sunny Locations

By Mary Jane Frogge,
Extension Associate in
Lancaster County

Annual flowers make a colorful addition to any landscape. The term annual means the flowers complete their life cycle in one growing season. Their versatility makes them useful in gardens since they are available in a wide range of colors and sizes. Take advantage of all the qualities annuals have to offer and present a beautiful landscape that will bloom from spring until fall. Many of these annual flowers also benefit pollinators.

Ageratum (*Ageratum houstonianum*)

Flowers: fuzzy flowers, each flower over 1/2-inch in diameter; in clusters; shades of blue, lavender blue, lilac, white, pink. Height: 6–8 inches

Alyssum, Sweet (*Lobularia maritima*)

Flowers: many small florets in a rounded head; flowers cover the branched, low-spreading plants; pure white is the most popular, but deep lavender, pink and mixtures are available. Benefits pollinators. Height: 4–8 inches

Feather or Plume Celosia (*Celosia argentea* var. *plumosa*)

Flowers: graceful, feathery plume spikes; showy; yellow, gold, orange, red, pink, salmon. Height: 10–16 inches



Cosmos (*Cosmos bipinnatus*)

Flowers: single or semi-double, daisy-like, 3–4 inches in diameter; wide serrated petals around prominent yellow center; shades of pink, rose, red, plus white and several variegated patterns and bicolors; excellent for cutting. Leaves: delicate and feathery; fresh light green color. Benefits pollinators. Height: 1–3 feet

Globe Amaranth (*Gomphrena globosa*)

Flowers: 3/4–1-inch, rounded, clover-like with papery feel; purple-red, white, pink, orange-red. Benefits

pollinators. Height: 10–24 inches

Spider Flower, Cleome (*Cleome hassleriana*)

Flowers: large rounded heads 6–7 inches in diameter; each flower has long spidery stamens; white, pink, light rose, rosy lavender, cerise and mixtures; followed by long-stalked seed capsules. Height: 2–5 feet

Marigold, Dwarf French (*Tagetes patula*)

Flowers: mostly double flowers, 1–2 inches in diameter but some single types; many shades of yellow, gold, orange, mahogany-red or combinations of these colors. Height: 6–14 inches

Portulaca, Rose Moss (*Portulaca grandiflora*)

Flowers: 1–2 inches in diameter, rose-like; single, semi-double or double shades of rose, salmon, pink, scarlet, orchid, yellow, orange, white and some striped; newer cultivars have large, double flowers. Benefits pollinators. Height: 2–5 inches

Blue Salvia (*Salvia farinacea*)

Flowers: on slender spikes; individual flowers small, lipped; colors range



from white through deep blue-lavender. Benefits pollinators. Height: 10–16 inches

Zinnia (*Zinnia elegans*)

Flowers: size ranges from 1–3 inches in diameter; wide range of colors from white, cream, yellow, orange, red, pink, rose, violet and even green; also multicolored and striped cultivars; usually fully double; petals usually flat but sometimes curled, quilled or twisted. Benefits pollinators. Height: 6 inches to 2 feet



Photos by Mary Jane Frogge, Extension Associate in Lancaster County



GARDEN GUIDE THINGS TO DO THIS MONTH

By Mary Jane Frogge, Extension
Associate in Lancaster County

Use bark mulch, like cedar, around young trees to protect them from lawn mower damage.

Weed removal is important for many reasons. It conserves moisture and nutrients in the soil and helps prevent the spread of disease and insects.

For fall harvest of lettuce, radish, carrots, beets, turnips, kale and spinach, sow seeds in late July to early August.

Check the soil moisture of container grown vegetables and flowers daily. As the temperature rises, some plants may need water twice a day.

A brown or grayish cast over a lawn can be caused by a dull or improperly adjusted mower blades that shred grass rather than cut it.

Cutting flowers is best done with sharp shears or a knife which will help avoid injury to the growing plant. A slanting cut will expose a larger absorbing surface to water and will prevent the base of the stem from resting on the bottom of the vase. It is best to carry a bucket of water to the garden for collecting flowers, rather than a basket.

Tall flowers should be staked to prevent damage by wind. Use stakes which are large enough to support the plant but not too conspicuous. Use soft twine or twist ties to secure.

Store pesticides in a safe place in their original containers, away from children and pets. Use pesticides carefully in your garden. Read the labels and follow the directions. The warnings and precautions are for your protection.

Certain pesticides have a waiting period of several days between the time of the last spray and harvest. Read and follow directions on all labels before applying to your vegetable or fruit crops. Wash all produce thoroughly before eating.

Leftover vegetable and flower seeds may be stored in a cool, dry location to save for planting next year.

Start a gardening notebook. Keep all your gardening records in this one location.

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Extension

2025 GRO Big Red

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

Virtual Learning Series via Zoom

6/11 — Garden Friends • Jody Green

7/9 — All About Roses • Nicole Stoner & David Lott

8/13 — Fall Turf Activities • John Fech

9/10 — Growing Herbs • Mary Jane Frogge

10/8 — Unusual Small Fruits • Ian Peterson

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

Wednesdays
12–1 p.m.

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EXTENSION

It's Time for Private Well Maintenance

By Becky Schuerman,
Domestic Water/Wastewater
Extension Associate

Spring is here and that means it is time to conduct a private well maintenance check. Winter can be especially hard on outdoor systems, surfaces and landscaping that are exposed to the elements. A good habit to get into is inspecting and maintaining your well system in the spring and the fall. It will help ensure everything operates efficiently and can potentially save you from shelling out money for costly repairs.

Inspection

Begin by inspecting your wellhead and the area around it. The ground around your wellhead needs to slope away

from it to aid in shedding water and potential contaminants away from your well. Make sure that there are no areas that will retain stagnant water near the wellhead and there are no empty voids in the earth right up around the well casing. Remove close-by trees or plants with deep roots that can cause destruction to the well casing, water lines running from it or the electricity running to it. Your inspection should also include checking that the vent screen is in place and electrical conduit, above ground casing and well cap are intact and secure. Check all hydrants and faucets to make sure none are leaking; properly fix, if necessary. Contact a Nebraska licensed water well contractor to assist with any damage or issues you find.

Runoff

Assess and divert precipitation runoff from rooflines, hard surface areas and landscaping so that it does not run toward your well, as runoff can carry contaminants to your well, and potentially contaminate your water supply. Follow manufacturer's directions of how you use, store and dispose of products like paint, solvents, oil, cleaners, wood preservatives, batteries and adhesives, as well as pesticides, herbicides and fertilizers which can put your drinking water at risk of contamination through runoff.



Photo by Becky Schuerman

System & Equipment

For water equipment, review recommended maintenance procedures and filter/media replacement. This includes: water softeners, filtration systems and water heaters. At a minimum, flush out your hot water heater annually to help eliminate bacterial growth.

Whenever shocking your well, turn each faucet in your house on until you smell chlorinated water coming through and then shut it off. Allow the chlorinated water to sit undisturbed to have sufficient contact time within your water lines for maximum effectiveness. A minimum of 2–3 hours, preferably overnight contact time is recommended before flushing your well system. For detailed information see Nebraska Extension NebGuide

“Drinking Water Treatment: Shock Chlorination” (G1761) at <https://go.unl.edu/shockchlorination>.

Testing

Annually test for nitrate and coliform bacteria, as well as any other contaminants of concern in your area. Contact your local Natural Resource District, Health Department and/or a nearby community water system to inquire about the known water quality in your area.

FOR MORE INFORMATION

on private wells and drinking water publications, check out UNL Extension's water publications at <https://water.unl.edu/article/drinking-water/nebguides>.

Monitoring Pastures for Improving Management and Productivity

By John Nelson, Extension
Educator in Lancaster County

It can be easy to reserve our high-level management and monitoring energy toward cash crops and allow our pastures and rangelands to suffer as a result. However, careful monitoring of pasture conditions throughout and following the grazing season can help us maintain and improve pasture productivity. Proper rangeland monitoring can help pasture managers avoid weed, fertility and overgrazing problems that can be difficult and expensive to remediate if allowed to remain unchecked. Furthermore, historical knowledge of pasture potential can be leveraged in drought years to better manage grazing resources in difficult

growing conditions.

Nebraska Extension has some useful tools to help implement a strong pasture monitoring program. The first is

the NebGuide “Getting to Know Your Pastures: Techniques to Enhance Monitoring” (G2212) at <https://go.unl.edu/know-your-pastures>. This document

outlines methods to systematically document forage density, weeds and emerging production problems.

Photo-monitoring is a recommended technique to understand both short- and long-term changes in a pasture. Combining regular photographs with other data (plant identification, weather conditions) over time can make understanding pasture changes and productivity simpler and more reliable. It is also recommended to clip, dry and weigh all palatable forage in a small known area to estimate grazeable forage (Figure 1, right image).

UNL is developing the GrassSnap mobile app to simplify pasture and rangeland photo-monitoring. This app stores pasture names, photo dates and GPS locations to make replicating pictures easier and more reliable.

PHOTO POINT



PHOTO PLOT



Figure 1. Photo-monitoring photographs should include a pasture landscape scene (left) taken as a Photo Point and a Photo Plot (right) to capture details of the grass and soil surface.

Why Play is Your Child's Most Important Work

By Hayley Jackson Perez,
Extension Educator in
Lancaster County

Watch your young child play — lost in imagination while pretending, carefully building a tower or running freely outside. It looks like pure fun, and it absolutely is! But it's also so much more. For young children, play isn't just a break from learning; it is how they learn best. It's the powerful engine driving their healthy development in every way.

It's easy to fall into the trap of thinking that “real learning” only happens with structured lessons or flashcards, and that play is somehow less valuable. Many parents worry that if their child is “just playing,” they

aren't adequately preparing for school. This is a common misconception! In truth, play is the most effective and natural way young children explore, experiment, understand their world, build essential skills and develop a lifelong love for discovery. For them, playing is serious learning.

When children engage freely in play, they are developing crucial skills across every domain:

- **Cognitive Growth:** That intricate structure built from blocks isn't just a random stack; it's an active lesson in early math concepts (size, shape, counting), physics (balance, gravity), spatial reasoning and creative problem-solving (“How

can I make it taller without falling?”). Pretend play fuels complex language development and abstract thinking as they create scenarios and narratives.



Photo by Chomplearn_2001, stock.adobe.com

- **Social-Emotional Skills:** Dramatic play — whether it's playing family, superheroes or running a pretend store — is a vital practice ground. Children learn to cooperate,

negotiate roles (“Ok, you be the baby this time”), understand others' perspectives (empathy), express their feelings and manage social situations.

- **Physical Development:** Running, jumping, climbing, swinging and digging during outdoor exploration builds strong muscles, coordination, balance and overall body awareness. They learn to navigate their physical world,

test their limits safely and engage their senses, which is crucial for brain development.

So, the next time you see your child deeply engrossed in play, resist the urge to interrupt with something more “educational.” Recognize and celebrate it as the vital work of childhood. Protect their time for unstructured play, offer simple, open-ended materials (like blocks, dress-up clothes, art supplies and access to nature) and perhaps even join the fun yourself. By valuing play, you are providing the richest, most effective foundation for their future academic success, emotional well-being and overall growth. Play is powerful learning in action.



Photo by Mirmage, stock.adobe.com

Keep an Eye Out for Some Common Caterpillars

By Kait Chapman, Extension
Educator in Lancaster County

As summer settles into Nebraska and people spend their days outdoors tending the landscape and the garden, there's a good chance they may notice more than just the blooming flowers. Caterpillars are also a common and essential part of the natural ecosystem, whether they turn into beautiful butterflies or moths.

Monarchs (*Danaus plexippus*)

Arguably the most infamous and recognizable caterpillar in Nebraska, monarch butterfly caterpillars have striking yellow, black and white bands with black appendages on each end that resemble antennae. Monarch butterflies undergo a magnificent migration and feed exclusively on

milkweed (*Asclepias* spp.). As monarch numbers continue to be in decline, consider planting milkweed in a pollinator garden to help these stunning butterflies (and caterpillars) thrive.



Tomato Hornworms (*Manduca quinquemaculata*)

Hornworms are sometimes regarded as pests in vegetable gardens, feeding on a variety of host plants from tomatoes



to peppers and causing headaches for gardeners. Tomato hornworms have impressive green camouflage and, as their name suggests, they also sport a horn-like tail on their backend. And while they may need to be removed from plants to prevent damage, they do turn into large, brown sphinx moths that are often mistaken for hummingbirds due to their size.

Eastern Black Swallowtails (*Papilio polyxenes*)

Another brilliant looking caterpillar, eastern black swallowtail butterflies are a common sight during the summer in Nebraska. While the butterflies themselves are large and black with signature “tails” on the hind wings, the caterpillars start as black and grow to become green with bands of black and yellow spotting. These caterpillars also have a special



trick to help defend themselves against predators — they have a forked osmeterium, a scent gland they extend when threatened, making a foul odor. Black swallowtail caterpillars feed on plants in the carrot family, including dill, parsley and carrots.

With a watchful eye and maybe some patience, summer caterpillar encounters can be a rewarding experience. And while some caterpillars in the garden or landscape can be pests, just keep in mind their adult forms (butterflies and moths) can be important pollinators in the ecosystem. Consider planting a little extra to share with the wriggly, hungry caterpillars.

For insect identification and management tips, contact Nebraska Extension in Lancaster County at lanaster@unl.edu or 402-441-7180.

4-H Embryology

from page 1
the hatching process, which can take hours.

The newly-hatched chicks stay in the classroom where the students learn how to care for them. After 2–3 days, the chicks are picked up by Extension staff and given to local farmers to raise.

A teacher from Cavett Elementary said, “The students absolutely LOVE this experience! It is not only a highlight of their 3rd grade year, but for most their elementary years.”



Extension 4-H staff members Madelaine Polk and Kate Pulec placing chicks from schools into boxes for local farmers to raise.

Program Hatched in 1976

How did it all start? The Lancaster County Embryology program actually had two beginnings, both in 1976.

In 1976, Ruth Hill — LPS school board member and co-founder of Hill Hatchery in Lincoln (along with her

husband) — wanted to do something special for the new school named after her, Ruth Hill Elementary. She asked for guidance from the manager of Hill Hatchery, Richard Earl, who was also a Lincoln Northeast Kiwanis member. That fall, he had a glass incubator with partially incubated eggs delivered to the school, then after the chicks hatched, he visited the students to discuss incubation. The following year, Richard implemented the program in five more schools.

Also in late 1976, County Extension Agent Don Miller and then 4-H Club Aide Lorene Bartos (now Extension Educator Emeritus) cooperated with the County Superintendent of Schools Glenn Turner to start planning “a 4-H science project involving embryology ... for pupils in grades three through six.” In 1977, two spring sessions were scheduled with eight county schools, Rousseau Elementary, four parochial schools and the Malone Center. Fertilized eggs were provided by the University of Nebraska–Lincoln’s research flock.

According to a June 27, 1977 article in *The Lincoln Star*, the program began as an experiment, but grew as the word got around to Lincoln academia. Don was quoted as saying, “It feels good when teachers call and say they’d like to be involved in the program. The 4-H office was better equipped to handle the program because it had access to the proper equipment and even the eggs, things that the schools couldn’t get.”

Lorene’s role was to visit



Screenshot of chicks hatching on 4-H EGG Cam.

classrooms to deliver incubators and eggs, candle the eggs on days 7 & 14, check in during hatching and pick up the baby chicks.

Within a few years, these two budding embryology programs joined efforts. Extension staff coordinated the program and visited classrooms, while Hill Hatchery provided fertilized eggs and repaired incubators.

In 1981, LPS revised its elementary science curriculum and placed Embryology at grade three. In 1993, Embryology became part of the core curriculum for science in LPS.

Betsy Barent, current LPS Science Curriculum Specialist, says, “As we have made strides in science education to create investigations that support students in making sense of the natural world, our partnership with the 4-H Extension office has been invaluable. Our science standards have shifted a bit over time from understanding life cycles, to understanding similarities and differences in life cycles. Using chicken eggs has been instrumental in our ability to meet these new learning goals. The eggs and chicks serve as a real-life model through which students can figure out the similarities and differences of life cycles by comparing them to other organisms.”

EGG Cam Grows New Audiences

Nebraska Extension in Lancaster County started 4-H EGG Cam in 2002 as an offshoot of the Embryology program to give classrooms, families at home and all curious viewers the opportunity to watch chicks hatch online.

In 2020 and 2021, EGG Cam became a vital tool for schools locally and across the nation as education pivoted to virtual learning. In addition to hatching, Extension staff used the livestream for presentations and candlings (later transitioning with classrooms). Teachers across the country contacted Extension expressing appreciation for EGG Cam.

You can watch at <https://lancaster.unl.edu/eggcam>. Chicken eggs are usually incubating on EGG



Lincoln Northeast Kiwanis club members Rick and Susan Waldren pick up eggs from a hatchery three times a year.

Cam January through spring. Sometimes, other eggs, like ducks, are featured. Many hatching and candling videos are on Lancaster County 4-H’s YouTube channel at <https://go.unl.edu/lan4h-eggcam>.

Thank You Partners

The Embryology program would not have happened without great partnerships developed over the years.

The Lincoln Northeast Kiwanis club donated \$400 for video equipment to help start EGG Cam. Richard remained involved in Embryology on behalf of the Kiwanis club until shortly before his passing in 2016. For many years, he drove to the hatchery to pick up the eggs — a duty now done by Kiwanis club members, Rick and Susan Waldren.

Participating schools purchase their own incubators and work closely with Extension staff on scheduling and teaching. Over the years, LPS science specialists have partnered with Extension staff to ensure the program meets state science standards and is updated with current research and technology. All teachers involved in the program have been a crucial part of teaching their students and caring for the eggs in their classrooms.

GQF Manufacturing in Savannah, Georgia designed and built a special incubator for 4-H EGG Cam featuring a lid with an extra large viewing area.

Extension Educator Tracy Anderson says, “For 50 years, the Embryology program has been a labor of love made possible by passionate educators, dedicated volunteers, generous partners and curious young minds. Thank you to everyone who has helped bring this hands-on science experience to life.”

**August NEBLINE
and SuperFair.org
will have a
complete schedule!**



LANCASTER COUNTY Super Fair

JULY 31 - AUGUST 9, 2025

4-H & FFA Exhibits & Events July 31–Aug. 3

4-H Horse Shows July 30–Aug. 3

**Sandhills Global Event Center
84th & Havelock, Lincoln**

2025 SUPER FAIR PARKING PASS —

General public entry is \$15 per day, per vehicle.

- Parking pass includes fair gate entry for everyone in your car.
- Same day re-entry allowed with parking pass.
- \$5 off Fair Parking Pass coupons will be available at U-Stop Shops, Super Saver and Russ's Market locations.

Note: 4-H & FFA exhibitor Entry Pass Hangtags from the Extension office (see NEBLINE p. 10) get exhibitors and their family into the fair all 10 days — no parking pass needed.

CHICKEN DINNER & SILENT AUCTION, AUG. 1 —

Lancaster County 4-H Council is hosting a Chicken Dinner on Friday, Aug. 1, 5:30–7:30 p.m. at South Hall — enter through Lancaster County Farm Bureau Room (vehicles enter Gate 3 off Havelock, park near South Hall). Dinner features Slim Chickens chicken tenders, side dishes and dessert! To-go boxes will be available. Tickets can be purchased at the door and advance tickets are available at the Extension office before the fair or at the 4-H food stand during the fair. A silent auction will be held during the Chicken Dinner, 5–7 p.m. Top bidders may pay for and pick up items after 7:30 p.m. If you wish to donate items or gift certificates for the silent auction, contact Sheri Ramirez at 402-805-2696 or skr0701@windstream.net no later than Wednesday, July 23. Both events are fundraisers for 4-H Council.

Upcoming Babysitting Trainings for Youth Ages 10–15

Extension Educator Hayley Jackson Perez will present a Babysitting Training open to youth ages 10–15 on two separate dates: Monday, June 30 or Friday, July 18. Both will be offered 9 a.m.–3 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Cost is \$45 per participant. Bring a sack lunch. Participants will learn about child development; learn how to identify common household hazards; be introduced to CPR & First Aid basics; make and enjoy a healthy snack; create a busi-

ness card for their babysitting business and receive a babysitter's workbook.

Register and pay at least one week in advance to reserve a spot. Register online at <https://go.unl.edu/babysitting-clinic>. Payment may be made by calling 402-441-7180 with a credit/debit card (small fee), or sending a check or cash to the Nebraska Extension in Lancaster County office. If you are interested in having your child go through formal CPR/First Aid certification at an additional cost, contact Hayley at hayley.jackson@unl.edu or 402-441-7180.

4-H Events Open to All Youth

CLOVER COLLEGE, JUNE 10–13

Lancaster County 4-H Clover College is four days of in-person, "hands-on" workshops. It will be held June 10–13 at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Youth must be at least 6 years old (as of June 10) to attend. Many workshops still have openings! Check for current workshop availability and register link at <https://lanaster.unl.edu/4h/clover-college>.

ONLINE PLANT SCIENCE CONTESTS

All youth, as well as adults, may test their knowledge of plants through two upcoming online plant science contests. Additional information, study materials and links are online at <https://lanaster.unl.edu/hort-fair>.

- Lancaster County 4-H Online Tree ID and Grass & Weed ID Contests will be open from Tuesday, June 10, 9 a.m. through Tuesday, June 24, 9 a.m.
- Nebraska 4-H Online Horticulture Judging Contest will be available from Tuesday, June 10, 8 a.m. through Tuesday, June 24, 8 a.m.

MAY 29

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 is increased by a proportional share of a \$650,000 challenge match fund!

For more information or to make a donation, go to
<https://go.unl.edu/giveto4hcouncil>

give
TO LINCOLN DAY
THURSDAY, MAY 29

2 WAYS TO SUPPORT LANCASTER COUNTY 4-H!



JUNE 17 Runza Fundraiser

**Join us at the 33rd & NE Pkwy
Runza on Tuesday, June 17
from 5–8 p.m.
10% of sales*
will be donated to
Lancaster County 4-H Council!**

**Includes drive-thru, dine-in,
carry-out or order ahead.*





HEART OF 4-H VOLUNTEER AWARD

Recognizing Outstanding Volunteer Service

Sierra Covell

of Denton is receiving the Lancaster County 4-H June "Heart of 4-H Award." For over five years, she has helped Lancaster County 4-H Horse Judging teams prepare for national competitions by hosting the team at her farm to study Clydesdales. Sierra works closely with team coach Roger Bell. She also has done farm tours for the Wranglers 4-H Club in Saline County and the 4-H Partners youth mentor program in Seward County.

Sierra says, "Most of the kids that come to visit our farm have never been exposed to draft horses and especially Clydesdales. It's always fun to show them the size and explain the desired conformation differences from the light horses they are used to. Helping to educate kids and grow their love for horses and agriculture is very important to me."



Deb Faith of

Lincoln is receiving the Lancaster County 4-H July "Heart of 4-H Award." For over 14 years, she has helped in a wide variety of ways:

- As a parent helper with the 4-H Explorers and Sew Green 4-H clubs.
- As organizational leader for the Villa Marie Eagles 4-H club.
- Assisting with club community service projects such as litter pickup and Kiwanis Carnival.
- Helping at the Lancaster County Super Fair with static exhibit set-up, during interview judging and at 4-H Council's food stand.

Deb says, "I like helping youth see all the great opportunities that they can do. I like seeing youth blossom into leaders and gain confidence in themselves and the new skills they learn through 4-H. 4-H gives youth life long skills and helps them find possible job opportunities and/or hobbies."



4-H Horse Stampede Top Results

The 4-H Stampede was held March 29 & 30 at the University of Nebraska–Lincoln East Campus. There were 128 4-H youth from across the state competing in contests, including photography, art, demonstration, public speaking and horse quiz bowl. New this year, horse judging and hippology moved from the State Horse Expo to the Stampede. Complete results are at <https://4h.unl.edu/horse-stampede>. Here are the Lancaster County top and purple ribbon winners:

- **Horse Judging Contest Junior Team Division:** Lancaster Jr. 1 Team — Lena Gropp, Gracen Byrne, Corrine Byrne (reserve champion)
- **Junior Horse Judging Contest Top Individuals:** Lena Gropp (reserve champion), Corrine Byrne (purple)
- **Horse Judging Contest Senior Team Division:** Lancaster Sr. 1 Team — Liz Boshart, Savannah Nordmeyer, Paige Schepers, Avery Stohs (champion)
- **Senior Horse Judging Contest Top Individuals:** Liz Boshart (purple), Savannah Nordmeyer (purple), Avery Stohs (purple)
- **Horse Bowl Senior Division:** Pink Ponies Team — Kamree Leader, Katelyn Lightbody, Natalie Plautz, Avery Stohs (reserve champion); Saunders/Lancaster Team — Adrianna Bordovsky, Cayle Callahan, Lily Wood, Max Roberts (purple)
- **Demonstration Contest Elementary/Junior Team Division:** Corrine Byrne, Gracen Byrne (champion, blue)
- **Demonstration Contest Elementary/Junior Individual Division:** Ava Schepers (champion, blue)
- **Demonstration Contest Senior Individual Division:** Paige Schepers (champion, blue)
- **Art Contest 3-Dimensional Elementary Division*:** Gracie Mittan-DeBuhr (champion)
- **Art Contest 2-Dimensional Senior Division*:** Shea Frink (champion)
- **Photography Contest Elementary Division*:** Gracie Mittan-DeBuhr (champion)
- **Photography Contest Junior Division*:** MacKenzie McCoy (reserve champion)

* Art and Photography ribbon results were not posted. Only champion and reserve champion are noted in these categories.



Shea Frink earned champion in the Art Contest 2-Dimensional Senior Division with a watercolor painting of her dad riding to a branding pen.



Gracie Mittan-DeBuhr earned champion in the Photography Contest Elementary Division with her photo taken at the barn where she leases her horse.

Nebraska 4-H Foundation Scholarship Winner

One Lancaster County 4-H member was among the 2025 Nebraska 4-H Foundation scholarship winners: Micah Pracheil received the 4-H Legacy Scholarship for \$1,000. The 4-H Legacy Scholarship was established to pay tribute to retired 4-H and Extension faculty and staff, 4-H volunteers and 4-H alumni who have touched the lives of Nebraska's youth

through their dedication to Nebraska 4-H.

The 4-H Foundation provides up to \$25,000 worth of scholarships each year to graduating seniors who have been actively involved in 4-H. Youth apply for these scholarships as part of the Senior Achievement Application.

Congratulations to Micah!



4-H Announcements FOR 4-H'ERS AND VOLUNTEERS



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

PREMIER ANIMAL SCIENCE EVENT

— Nebraska 4-H's Premier Animal Science Event (PASE) will be held June 17–18 at the University of Nebraska–Lincoln East Campus. Open to all 4-H'ers ages 8–18 (by January 1 of 2025), these statewide contests include Livestock Judging, Poultry Judging, Livestock Skill-a-thon, Livestock Quiz Bowl, Companion Animal Challenge, Meats for Consumers Judging and Animal Welfare Judging contests. For more information, visit <https://4h.unl.edu/pase>. If you are interested in participating, contact the Extension office at 402-441-7180 or lan4h@unl.edu, by Wednesday, May 21. Anyone is welcome to come cheer on these 4-H competitors!

PREMIER COMMUNICATION EVENT

— Nebraska 4-H's 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 June 19–20 at the University of Nebraska–Lincoln East Campus. 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 lan4h@unl.edu by Friday, May 23. Anyone is welcome to come cheer on these 4-H competitors!

STATE HORSE EXPO ENTRIES DUE JUNE 1

— The Fonner Park State Horse Expo will be held July 12–16 in Grand Island. Exhibitors must be ages 8–18 (by Jan. 1 of the current year) and have passed Horsemanship Advancement Levels I and II. State 4-H Horse Show 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 kpulec3@unl.edu. If you have questions, email Kate Pulec at kpulec3@unl.edu.

LIVESTOCK ACHIEVEMENT PROGRAM, DEADLINE JUNE 15

— The Nebraska 4-H Livestock Achievement Program recognizes Members of Excellence in the project areas of beef, sheep, meat goat, swine, dairy cattle, dairy goat, rabbit and poultry. The program consists of three age levels (8–10, 11–13 & 14–18) that require 4-H'ers to plan and report a range of project-related accomplishments. Apply by Sunday, June 15. Details at <https://4h.unl.edu/livestock-achievement-program>.

HORSEMANSHIP LEVEL TESTINGS, JUNE 17 & 24

— 4-H horsemanship level group testings will be held on Tuesday, June 17 and Tuesday, June 24 at the Sandhills Global Event Center. 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. Anyone wishing to test must sign up by Tuesday, June 10 for June 17 and by Tuesday, June 17 for June 25 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.

SEWING HELP SESSIONS IN JUNE

— Sewing Help sessions for 4-H members ages 8–18 will be held Tuesday, June 24 and Thursday, June 26 from 12:30–4:30 p.m. and Saturday, June 28 from 10:30 a.m.–2:30 p.m. All sessions will be held at the Bernina Sewing Center, 5740 Old Cheney Road, Lincoln. No fees or pre-registration required; just drop in. Expert sewing help is available for fitting your pattern, laying out your project, sewing it together or whatever is needed. Bring your project, sewing machine and supplies with you. Get the help you need to put your project together or for any guidance along the way. Taught by a group of knowledgeable volunteer seamstresses.

EARN A NEW SEWING MACHINE

— This is the 15th year Kath Conroy, a 4-H Clothing Superintendent, and her husband, Mike, are graciously donating a new sewing machine to one Lancaster County 4-H youth! All interested youth should submit an essay describing the clothing projects they have completed in the past and their plans for future sewing projects. Also explain why they should be the youth to receive it. Mail, deliver or email essays by

Thursday, June 26 to Nebraska Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528 or kristin.geisert@unl.edu. If you have questions, contact Kristin at 402-441-7180 or by email. Essays may be handwritten or typed by the 4-H'er. Applicants MUST be currently enrolled 4-H members. Kath Conroy will announce which 4-H'er will receive the sewing machine at the public 4-H Fashion Show on Thursday, July 31.

LIVESTOCK BOOSTERS SCHOLARSHIP DEADLINE JULY 6

— Applications for the Lancaster County 4-H & FFA Livestock Boosters \$500 college scholarships are due July 6. Open to all Lancaster County 4-H or FFA high school seniors, but preference to those who have exhibited production livestock in 4-H or FFA. The application is online at <http://go.unl.edu/livestock-scholarships>.

STATE 4-H HORSE SHOW, JULY 12–16

— The Fonner Park State 4-H Horse Exposition will be held July 12–16 at Fonner Park in Grand Island. Information is at <https://4h.unl.edu/horse-expo>. Please bring a stall gate at least 48-inches wide. All stalls will be required to have bedding and must be cleaned before releasing. Shavings will be available for purchase on the grounds. Please bring your own feed. A 14-day health certificate and a negative Coggins Test will be required for all horses attending. All horses will be checked. No 4-H horse exhibitors and/or owner shall exhibit a horse that has been given in any manner whatsoever, internally or externally, a narcotic, stimulant, depressant, analgesic, local anesthetic or drug of any kind within 24 hours before the first scheduled event of each show day at 8 a.m. A horse on prescribed treatment of phenylbutazone and/or aspirin-like products must file a statement in the 4-H Horse Show office before the horse can be shown. This statement must describe the treatment reason and be signed by an accredited D.V.M.

PHOTOGRAPHY HELP SESSION, JULY 14

— A 4-H Photography Help Session will be held Monday, July 14 from 10 a.m.–2 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. No fees or pre-registration required, just drop in. 4-H youth ages 8 and up. Super Fair Photography Superintendent, Brett Jurgens, will be on hand to answer questions about fair entry, give tips, provide guidance for photo selection and demonstrate the matting process. Bring your photography project(s) and get the help you need to get your exhibits ready for the Super Fair. Fair static exhibit entry tags, photography data tags, as well as mat boards will be available.

HORSE INCENTIVE DUE JULY 25

— Any Lancaster County 4-H member may participate in the horse incentive program and earn points by participating in horse-related activities between January 1 and July 21. The more points you earn, the more valuable the reward! The points you tracked from participating in horse-related activities must be totaled on the Horse Incentive Summary Sheet. Official sheets and the Reward Request Form are due to the Extension office no later than Friday, July 25. More information can be found at <https://go.unl.edu/horse-incentive>.

PREMIER SCIENCE AWARD

— Nebraska 4-H will recognize top science exhibits at the Nebraska State Fair with a Premier Science Award. Exhibits in all static exhibit areas that incorporate or demonstrate concepts from the areas of 4-H STEM (science, technology, engineering or applied math) will be considered for the award. Up to three top exhibits will be chosen to receive a cash award sponsored by the Nebraska 4-H Foundation. 4-H members will be scored on how well they communicate their use of the Scientific Method or Engineering Design Process while completing their exhibit. At the Lancaster County Super Fair, 4-H judges may recognize up to two static exhibits with a county-level Premier Science Award. These do not need to be self-nominated. To apply for the Premier Science Award at the State Fair, 4-H members must self-nominate ONE exhibit from any static exhibit project area entered at a county fair that qualifies for State Fair, and submit an online application at <https://go.unl.edu/NSFPremierScienceApp> by Friday, Aug. 15 at 12 p.m. If a 4-H'er was awarded a county-level 4-H Premier Science Award, they will still need to self-nominate their exhibit for State Fair — Extension staff may not nominate exhibits. More information is at <https://go.unl.edu/4h-premier-science-award>.

NEW VOLUNTEER SCREENING

— Nebraska 4-H requires all 4-H volunteers to rescreen with Sterling Volunteers in the 2024–25 4-H year with their re-enrollment, regardless of their most recent screening. This new screening process (i.e. background check) takes approximately 5 minutes to complete. The Sterling Volunteers screening fee is \$17 per person and lasts 5 years. For 4-H club leaders and project volunteers, the process will be initiated when you re-enroll through 4-H Online at <https://4honline.com>. When you finish your enrollment, you will be automatically brought to Sterling Volunteers' website to complete your screening. Additionally, all volunteers who did not complete the VOLUNTEER ORIENTATION during the 2023–24 4-H year will be required to do so in 2024–25. The orientation takes approximately 45 minutes to complete. Learn more and begin your orientation at <https://4h.unl.edu/volunteer-orientation>.

4-H & FFA at Super Fair

Announcements

FOR 4-H & FFA MEMBERS AND VOLUNTEERS



4-H & FFA ENTRY PASS HANGTAGS

4-H & FFA exhibitors can get free 4-H & FFA Entry Pass Hangtags for their immediate families at the Extension office (available July 1–30) or Extension 4-H fair, horse and livestock offices at the Sandhills Global Event Center (SGEC) (during the 4-H & FFA portion of the fair). These Entry Pass Hangtags allow one vehicle and its occupants to enter the fairgrounds daily and park in designated parking areas. Hangtags are valid for all 10 days of Super Fair and are not needed July 29–30.

BE A FAIR VOLUNTEER — HAVE FUN, MAKE A DIFFERENCE!

Lancaster County 4-H asks for adults and youth ages 8 and up to help 4-H during the Lancaster County Super Fair at the Sandhills Global Event Center. If you, someone from your club or an interested volunteer would like to help, contact the Extension office at 402-441-7180. Help is needed:

- **IN THE 4-H FOOD STAND** (ages 8 and up) from Thursday, July 31 through Sunday, Aug. 3 (sign up online at <http://go.unl.edu/foodstandsignup>). All volunteers are **strongly encouraged** to attend the food stand prep session on Sunday, July 27, 5 p.m. in the Ag Society Hall.
- **WITH STATIC EXHIBIT SET-UP** (ages 8 and up) on Sunday, July 27, 5:30 p.m., in the Ag Society Hall. Bring power screwdrivers, if available. Pizza will be served to the volunteers after set-up.
- **DURING JUDGING OF STATIC EXHIBITS** (ages 12 and up) on Wednesday, July 30.

HORSE JUDGING CONTEST, MAY 31

The Lancaster County Super Fair 4-H Horse Judging Contest will be held on Saturday, May 31 at the Sandhills Global Event Center – LivestockMarket Pavilion, 2 p.m. You may register in advance by emailing name(s) and age(s) of youth to Kate Pulec at kpulec3@unl.edu or before the event 1:30–2 p.m. Open to all 4-H members — 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.

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 the form “4-H Horse Identification Certificate” and submitted to the Nebraska Extension in Lancaster County office by Sunday, June 1. Forms are available at the office as a carbon copy and online at <http://go.unl.edu/horseID>. If you use the online form, make sure to make a copy for yourself.

PLANT SCIENCE IN-PERSON CONTESTS, JUNE 18

The Lancaster County 4-H Plant Science Contests will be held in-person on Wednesday, June 18, 10 a.m.–Noon at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Register by Tuesday, June 17 by calling 402-441-7180. Open to 4-H members ages 9–18 from all counties. Youth choose which contest(s) to participate in:

- **Tree Identification** — identify tree samples. See “Tree Identification Manual” (4H332) for a list of trees that will be used.
- **Grass & Weed Identification** — identify grass and weed samples.
- **Horticulture Contest** — identify samples of vegetables, fruits, nuts, herbs and landscape ornamentals. The plant list contains plants commonly used or sold in Nebraska.

Study materials are at <https://lancaster.unl.edu/hort-fair>. Participants will be able to use a list of plants while identifying samples. These are Lancaster County Super Fair contests held before the fair and are premium events.

4-H & FFA ANIMAL ENTRIES MUST BE SUBMITTED ONLINE JUNE 18–JULY 1

The 2025 Lancaster County 4-H & FFA Animal Requirements for Super Fair and State Fair handout is online at <https://go.unl.edu/lan4h-animal-req>. This handout lists deadlines, events and identification requirements for showing at the Lancaster County Super Fair and State Fair. All 4-H & FFA animal entries for the Lancaster County Super Fair must be entered online through ShoWorks at <https://go.unl.edu/lcsf-animal-entries>. Animal entries may be submitted online starting on Wednesday, June 18. Deadline is Tuesday, July 1, 11:59 p.m. This includes stall requests and livestock/poultry exhibitor T-shirt sizes. Registration website, details and step-by-step instruction guide will be at <https://lancaster.unl.edu/4h/fair/animals/#entries>. No late entries will be accepted! Only parents/guardians and 4-H members may submit animal entries. Youth must have been enrolled at <https://4honline.com> by June 15. Note: Do not use feedback through ShoWorks for comments or questions about entries. If you have questions about the process, call 402-441-7180.

- **STALL/PEN RESERVATIONS:** For beef, bucket calves, dairy cattle, swine, sheep, meat goats, dairy & pygmy goats and horse entries, you must submit stall/pen requests during the online entry process or you will be assigned stalls/pens (requests are subject to space and availability). During online entry, look for ‘_Stalls and Pens_’ as the first option under division (species). Please submit 1 ‘_Stalls and Pens_’ item per animal species. Rabbits, poultry and cats are assigned cages based on entry numbers.
- **LIVESTOCK/POULTRY EXHIBITOR T-SHIRT SIZES:** Livestock and poultry exhibitors will each receive a free T-shirt at the Super Fair courtesy of sponsors. During animal entry online, T-shirt sizes will be required for

livestock and poultry exhibitors prior to check out. T-shirts will be available for pickup during the Lancaster County Super Fair at the livestock office.

TIPS:

- For rabbits, notice there are 4 rabbit divisions. If you can’t find the class you are looking for, try the other rabbit divisions. If you plan to enter 15 rabbits, you will need to submit 15 entries.
- For horses, if you plan to enter 12 horse classes, you will need to submit 12 entries plus 1 for stalls and pens.

LIVESTOCK BEDDING AND HORSE ROPING/WORKING RANCH FEES DUE JULY 7

- Livestock exhibitors who enter the following species will be charged a bedding fee: Beef and dairy cattle — \$12 per head. Bucket calves — \$9 per head. Fill out the form at <https://go.unl.edu/lcsf-livestock>. Print and submit with payment (cash or check) to the Extension office by Monday, July 7.
- Roping/Working Ranch horse exhibitors who enter the following classes which require a calf will be charged a livestock fee: working ranch, boxing, breakaway run, heading run and heeling run — \$15 per class. Fill out the form at <https://go.unl.edu/lcsf-horse>. Print and submit with payment (cash or check) to the Extension office by Monday, July 7.

FASHION SHOW JUDGING, JULY 22; PUBLIC FASHION SHOW, JULY 31

In the Fashion Show contest, 4-H members learn how to present themselves and gain confidence as they model their constructed or purchased clothing projects and show the proper fit of their clothing. Fashion Show is open to 4-H members ages 5–18.

Judging and a Clover Kids optional modeling practice session will be held before the fair on Tuesday, July 22, beginning at 8 a.m. at the Nebraska Extension in Lancaster County conference rooms and lobby, 444 Cherrycreek Road, Suite A, Lincoln. Prior to judging, an email will be sent to participants assigning specific check-in and judging times. Clover Kids may practice modeling any time after 8 a.m. The public Fashion Show will be Thursday, July 31 at 7:30 p.m. at the Sandhills Global Event Center, South Hall. A handout and entry forms as fill-in PDFs are online at <https://lancaster.unl.edu/4h/fair/contests>. All participants are strongly encouraged to read the handout. Forms **MUST** be emailed by Monday, July 14 to Kristin Geisert at kristin.geisert@unl.edu.

BAGGED SHAVINGS

All animal exhibitors must use shavings provided by the Sandhills Global Event Center (SGEC). Absolutely no outside shavings or straw is allowed since SGEC composts. Note: all stalls are disinfected with Nixall between each rental year-round. Special discounted 4-H & FFA price of \$9 per bag (with sales tax included) will be honored for 4-H & FFA animal shows from Tuesday, July 29 through Saturday, Aug. 2 with self-pickup at the General Store in EquineMarket Pavilion. 4-H & FFA exhibitors may pay and pick up their shavings at the General Store on east end of EquineMarket Pavilion during these hours:

- Tuesday, July 29, 4–8 p.m.
- Wednesday, July 30, 7 a.m.–9 p.m.
- Thursday, July 31, 7 a.m.–9 p.m.
- Friday, Aug. 1, 7 a.m.–3 p.m.
- Saturday, Aug. 2, 7 a.m.–1 p.m.

If you need shavings outside of these hours, please call SGEC office at 402-441-6545 or stop by (it is in front of Ag Society Hall on northwest corner of facility) daily 8 a.m.–10 p.m. with any form of valid payment accepted.

PREORDER SHAVINGS! Save time and prepay for shavings online to pick up at the General Store in EquineMarket Pavilion. On arrival, just check in quickly with cashier to sign for your shavings. Preorder at <https://bit.ly/3Kahqrr> no later than Monday, July 28, 4 p.m.

from previous page

STATIC EXHIBIT CHECK-IN, JULY 29, 4–8 P.M.

4-H & FFA static exhibits do not preregister, but MUST be physically checked in during Static Exhibit Check-in on Tuesday, July 29, 4–8 p.m. at the Sandhills Global Event Center, Ag Society Hall. An adult — such as a club leader or parent(s) — should assist 4-H members in entering exhibits. A registration table is set up for each of the project areas — please take project(s) to the appropriate area(s). All entry tags, additional information, recipe cards, data tags, etc. MUST be attached at this time. EACH 4-H static exhibit must have a 4-H Static Exhibit Entry Tag attached. Some classes require additional information — see Fair Book for detailed entry requirements for each class. Specific tags/cards are required to be completed and attached to the following exhibits:

- **Home Design & Restoration Supporting Information Tag** for each Home Design & Restoration exhibit. Information on this tag may be provided on a half sheet of paper. Note: “Quilt Designs Other Than Fabric” exhibits also use this tag.
- **Visual Arts Supporting Information Tag** for each Visual Arts exhibit. Information on this tag may be provided on a full or half sheet of paper.
- **Food Preservation Card** for each Food Preservation item.
- **Photography Data Tag** for each Photography exhibit.
- **Clothing Design Data Card** for some Upcycled and Beyond the Needle classes.
- **Fiber Arts Knitting and Crochet Data Cards** for Knitting and Crochet Level 2 & 3 classes.
- **Clover Kids Entry Tag** for each 4-H Clover Kids (ages 5–7) static exhibit.

It is highly encouraged to pick up tags/cards at the Extension office or download at <https://lancaster.unl.edu/4h/fair/static> and fill them out beforehand, however, tags/cards will be available during check-in. (Exception: Static Exhibit Entry Tag is not available online because it is a carbon-copy triplicate.) All static exhibits will be released on Monday, Aug. 4 from 7–11 a.m. All static exhibits MUST be picked up during release time. Please pick up premium payouts BEFORE picking up static exhibits.

STATIC EXHIBIT INTERVIEW JUDGING, JULY 30

Interview Judging is Wednesday, July 30 beginning at 9 a.m. in the Ag Society Hall. 4-H members have the opportunity to talk to judges about their static exhibits and share what was easy, what was challenging and the lessons they learned. 4-H members also learn what the judge looks for and how to improve skills. See Fair Book, page 21 for project areas which have interview judging. 4-H’ers may interview judge one exhibit from each project area except Clothing, which allows multiple exhibits. To sign up members for a five-minute time slot, call the Extension office at 402-441-7180 between July 7 and 25. If slots are still available, you may sign up in person during Static Exhibit Check-in on Tuesday, July 29, 4–8 p.m. Parents/grandparents/guardians are not allowed in the judging areas.

TABLE SETTING CONTEST, AUG. 1

In the Table Setting Contest, 4-H members select a theme, wear a costume related to that theme and display one place setting, including table covering, dishes, glassware, silverware, centerpiece and menu. (Do not bring/prepare food.) 4-H members also give a 5-minute prepared presentation about their table to a judge. The contest will be held during the Super Fair on Friday, Aug. 1 at the Sandhills Global Event Center, South Hall — use east entrance). Judging time slots will be at 5 p.m., 6 p.m. or 7 p.m. and will be assigned ahead of time by 4-H staff. A “how-to” handout is available at <https://go.unl.edu/table-setting>. All participants are strongly encouraged to read the handout. For the 2025 Super Fair, the “Birthday” category of the 4-H Table Setting contest has been changed to “Holiday.” Register by Tuesday, July 22 by calling 402-441-7180 (there is no entry form). Provide 4-H’ers age and category (picnic, casual, formal or holiday).

CLOVER KIDS SHOW & TELL, AUG. 3

All Clover Kids, youth ages 5–7 by Jan. 1, 2025, are invited to show & tell one of their 4-H exhibits or a small animal during Clover Kids Show & Tell on Sunday, Aug. 3 in Ag Society Hall, Clover Kids exhibit area (15-minute time slots run from 1–2:30 p.m.). Clubs may show a group project or perform a short skit or song. See page 15 of the Fair Book for more information. To sign up for a time slot, call 402-441-7180 between July 7 and July 25. If slots are still available, you may sign up during Static Exhibit Check-In on Tuesday, July 29, 4–8 p.m. near the Clover Kids check-in table in Ag Society Hall.

CLOVER KIDS ANIMAL SHOWMANSHIP

Most livestock shows and the Rabbit Specialty Show include a 4-H Clover Kids Showmanship class for 4-H members ages 5–7 (by Jan. 1 of the current year). To participate, enrolled 4-H Clover Kids should talk to 4-H or FFA members to find an animal (weighing less than 350 pounds) to show and a helper, age 13 or older, to help handle the animal during showmanship.

NEW in 2025 — Clover Kids may bring their own livestock (weighing less than 350 pounds), poultry or rabbit(s) to exhibit in the 4-H Clover Kids Showmanship class at fair. An animal ID must be submitted by June 15 (poultry do not require an ID). Clover Kids do not need to complete Youth for the Quality Care of Animals requirements. Request a stall/pen by emailing lancaster4H@unl.edu by July 1. Clover Kids may follow animal 4-H & FFA exhibitor load-in and load-out guidelines OR arrive day-of the species show. Animals arriving day-of-show must be in stalls by 8 a.m. and may be released at completion of show.

LIVESTOCK PREMIUM AUCTION DONATIONS NEEDED

The Lancaster County 4-H & FFA Purple Ribbon Market Livestock Premium Auction is a way for the community to reward purple ribbon market animal exhibitors. “Premium” cash rewards are given by individuals and businesses. The success of the auction is dependent on donations and buyers. Your help is needed to secure funding — please talk with your community businesses. A brochure with pledge form is online at <https://go.unl.edu/4h-ffa-livestock-auction>. For more information, email Julia Plugge, auction committee chair, at julia.plugge@gmail.com.

JUNE 15 4-H DEADLINES

To participate in 4-H at the Lancaster County Super Fair, youth MUST complete the following before June 15. If you have questions, contact 402-441-7180 or lancaster4H@unl.edu. NOTE: since June 15 falls on a Sunday this year and the Extension Office will not be open, it is highly recommended you complete these deadlines by Friday, June 13. If you wait until June 15 to enroll and then have a question about your enrollment, you may miss the submission deadline.

ENROLL/RE-ENROLL ONLINE

All 4-H members and leaders must re-enroll for the 2024–2025 4-H year. (Note: Parent/guardian helpers do not need to enroll, only their participating children). The website to enroll or re-enroll is 4-H Online at <https://4honline.com>. Only parents/guardians may enroll 4-H youth. Each 4-H household will need to initially set up a family profile where you will add the individual 4-H youth and/or volunteers in your household. For returning families/volunteers, please do not create a new account — use your previous log-in credentials.

- The only required health information is regarding allergies and permission to treat.
- Response to “Image Permission,” yes or no, is required.
- Project selection is no longer required for each entry exhibited at county/state fair(s); however, each youth needs to select at least one project to complete online enrollment. Exceptions: Shooting Sports and Horse project participants MUST select these projects for the required safety permissions.
- Each youth must select a club, Lancaster Independent or FFA Chapter. 4-H members who are not in a club or FFA chapter, will select “Lancaster Independent” under “Club.”

YOUTH FOR THE QUALITY CARE OF ANIMALS (YQCA)

4-H & FFA members participating in any of the following animal projects need to complete Youth for the Quality Care of Animals (YQCA) training: beef (bucket calf, feeder calf, breeding beef, market beef), dairy cattle, goat (breeding meat goat, market meat goat, bottle meat goat, dairy/pygmy goat), poultry, rabbit, sheep (breeding sheep, market sheep), swine (breeding swine, market swine). 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 more information, visit <https://4h.unl.edu/yqca>.
- Attend an in-person training held Thursday, May 22 or Thursday, June 5, 6–7 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, 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. **Note: You will need to take a 5-question pre-test at <https://yqcaprogram.org> before attending.** 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 Road, Suite A, Lincoln, NE 68528. If certificates are not submitted, 4-H staff have no way of knowing if trainings have been completed. Deadline to complete YQCA and submit certificates of completion is June 15.

ANIMAL IDS

- All 4-H & FFA beef, bucket calf, dairy cattle, swine, sheep, goat and rabbit ID forms are due by June 15 to the Extension office or emailed to lancaster4H@unl.edu. Pick up tags and ID forms from Extension office (forms are also at <https://lancaster.unl.edu/4h/fair/animals>). DNA envelopes for State Fair and/or the Aksarben Stock Show are also due June 15.
- 4-H poultry, dogs, cats and household pets do not require identification forms.

Nebraska Extension in Lancaster County
444 Cherrycreek Road, Ste. A, Lincoln, NE 68528
402-441-7180 • lancaster.unl.edu

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EXTENSION CALENDAR

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

May

- 26 Extension Office Closed for Memorial Day Holiday
- 27 4-H Horsemanship Advancement Level Testing, *Sandhills Global Event Center*
- 29 4-H Life Challenge Contest 8:30 a.m.–12 p.m.
- 29 Give to Lincoln Day (4-H Council is a Participating Nonprofit)
- 31 4-H Horse Judging Contest, *Sandhills Global Event Center – LivestockMarket Pavilion*. 2 p.m.

June

- 1 State 4-H Horse Show, ID's and Level Requirements Due
- 1 Super Fair 4-H Horse ID's Due to Extension
- 3 4-H Council Meeting. 6 p.m.
- 5 Pesticide Applicator Neb. Dept. of Ag "Walk-In" Testing Session . . . 9 a.m.–2 p.m.
- 5 Youth for the Quality Care of Animals In-Person Training for 4-H & FFA Livestock Animal Exhibitors 6–7 p.m.
- 6 Extension Board Meeting 8 a.m.
- 10–13 4-H Clover College 8 a.m.–5 p.m.
- 10–24 4-H Online Plant Science Contests, <https://lancaster.unl.edu/hort-fair>
- 11 GRO Big Red Virtual Learning Series: Garden Friends, <http://hles.unl.edu/grobigred>. 12–1 p.m.
- 15 Deadline to Enroll 4-H Members/Volunteers — Must Use 4-H Online at <https://4honline.com>
- 15 Deadline for Identification Requirements of 4-H & FFA Sheep/Goats/Swine/Beef/Bucket Calves/Dairy Cattle/Rabbits
- 15 Deadline for 4-H & FFA Livestock Animal Exhibitors to Complete Requirements for Youth for Quality Care of Animals
- 17 Runza Fundraiser for 4-H Council, *Runza, 33rd & NE Pkwy* 5–8 p.m.
- 17 4-H Horsemanship Advancement Level Testing, *Sandhills Global Event Center*
- 17–18 Nebraska 4-H Premier Animal Science Events (PASE) (Includes Companion Animal Challenge), *UNL East Campus*
- 18 4-H Plant Science Contests: Horticulture/Tree ID/Grass-Weed ID . . . 10 a.m.–12 p.m.
- June 18–July 1 4-H & FFA Animal Entries for the Lancaster County Super Fair Must Be Submitted Online at <https://go.unl.edu/lcsf-animal-entries> Between June 18 and July 1, 11:59 p.m.
- 19 Extension Office Closed for Juneteenth Holiday
- 19–20 Nebraska 4-H Premier Communication Event, *UNL East Campus*
- 24 Horsemanship Advancement Level Testing, *Sandhills Global Event Center*
- 29 Pillow Sewing Workshop, *Walt Branch Library, 6701 S. 14th St.* 1–4 p.m.
- 30 Babysitting Training 9 a.m.–3p.m.

July

- 1 Deadline for All Super Fair 4-H & FFA Animal Online Entries, Horsemanship Advancement Level Requirements and Request a Stall/Pen for Clover Kids Livestock/Poultry/Rabbits
- 4 Extension Office Closed for Independence Day
- 6 4-H Livestock Boosters Scholarship Deadline
- 8 4-H Horse VIPS Committee/Superintendent Meeting. 6 p.m.
- 9 GRO Big Red Virtual Learning Series: All About Roses, <http://hles.unl.edu/grobigred>. 12–1 p.m.
- 10 Pesticide Applicator Neb. Dept. of Ag "Walk-In" Testing Session . . . 9 a.m.–2 p.m.
- 11 Extension Board Meeting 8 a.m.
- 12–16 Nebraska 4-H State Horse Expo, *Fonner Park, Grand Island*
- 14 4-H Photography Help Session 10 a.m.–2 p.m.
- 17 Part 107 Remote Pilot Exam Preparation Course 9 a.m.–5 p.m.
- 18 Babysitting Training 9 a.m.–3p.m.
- 21 4-H Horse Incentive Program Last Day to Log Hours/Points
- 22 4-H Fashion Show Judging Day 8 a.m.
- 24 Pesticide Applicator Neb. Dept. of Ag "Walk-In" Testing Session . . . 9 a.m.–2 p.m.
- 25 4-H Horse Incentive Program Forms Due to Extension
- 29 4-H & FFA Static Exhibit Entry for Lancaster County Super Fair, *Sandhills Global Event Center - Ag Society Hall* 4–8 p.m.
- Jul. 31–Aug. 9 Lancaster County Super Fair (4-H & FFA Exhibits & Events July 30–Aug. 4; 4-H Horse Shows July 30–Aug. 3), *Sandhills Global Event Center*



Plant a Row for the Hungry



Food insecurity impacts 1 in 8 adults and 1 in 6 children in Nebraska. You can help all Nebraskans gain access to healthy, fresh, local food by planting an extra row in your garden and donating the extra produce!

Nebraska Extension in Lancaster County's Nutrition Education Program coordinates a "Plant a Row for the Hungry" campaign that involves community members donating extra produce grown in at-home gardens to those in need. Donations are accepted on Tuesdays and Thursdays from 8 a.m. to 12 p.m. Bring clean, whole, freshly harvested produce to the Nebraska Extension in Lancaster County office at 444 Cherrycreek Road, Suite A, Lincoln, and place in the red wagon in the lobby. The produce will be donated to local food pantries and hot meal programs.

A past produce recipient said, "Fresh [produce] says, 'We care about the community. We care about those in need.'"