



# Tips on Staying Cool During the Heat of a Temper Tantrum



By Hayley Jackson Perez, Extension Educator in Lancaster County

**T**EMPER TANTRUMS. They're a rite of passage for many young children, and a test of patience for even the most seasoned parents and caregivers. Knowing what to do during a child's temper tantrum is tricky, but remember, you're not alone. Here are some helpful strategies to help you navigate these stormy seas while keeping your cool.

First and foremost, understand that tantrums are often a child's way of expressing big emotions they haven't yet learned to manage. Young children, especially toddlers and preschoolers, are still developing their communication skills. Frustration, fatigue, hunger or simply feeling overwhelmed can trigger a cascade of emotions that erupt as a tantrum. Recognizing this helps shift your perspective from frustration to empathy.

It's crucial to understand that emotional regulation

is a developmental process, and children of different ages require tailored support. See the table on this page for a breakdown of best practices, categorized by age range.

## The Importance of Self-Regulation

Before addressing your child's tantrum, focus on your own self-regulation. Self-regulation is a person's ability to manage their own emotions, behavior and thoughts. In simpler terms, self-regulation is the ability to keep your cool, stay focused and act appropriately even when faced with challenges. Self-regulation is crucial for keeping your cool when your child is melting down. Children are incredibly perceptive and mirror our emotions. If you're anxious or angry, it will only escalate the situation. Taking a few deep breaths, counting to ten, or

*continued on page 5*

## Ways to Support Children's Self-Regulation by Age

INFANCY (0–12 months)	TODDLERHOOD (1–3 years)	PRESCHOOL (3–5 years)
<p><b>Co-regulation:</b></p> <ul style="list-style-type: none"> <li>• Infants rely entirely on caregivers to regulate their emotions. Respond promptly and consistently to their cries and needs.</li> <li>• Use soothing techniques like gentle rocking, singing and skin-to-skin contact.</li> <li>• Create a calm and predictable environment.</li> </ul> <p><b>Building Secure Attachment:</b></p> <ul style="list-style-type: none"> <li>• Consistent and responsive caregiving fosters a sense of security, which is foundational for emotional regulation.</li> <li>• Pay attention to infant's cues and respond appropriately.</li> </ul>	<p><b>Labeling Emotions:</b></p> <ul style="list-style-type: none"> <li>• Begin to name and describe emotions. "You seem sad," or "You're feeling angry."</li> <li>• Use simple language and visual aids like facial expressions.</li> </ul> <p><b>Providing Comfort and Support:</b></p> <ul style="list-style-type: none"> <li>• Offer physical comfort, such as hugs and cuddles, when they're upset.</li> <li>• Acknowledge their feelings, even if they seem irrational.</li> </ul> <p><b>Distraction and Redirection:</b></p> <ul style="list-style-type: none"> <li>• Redirect their attention to a different activity or object when they're becoming overwhelmed.</li> <li>• Offer alternative ways to express their feelings, such as banging on a drum instead of hitting.</li> </ul> <p><b>Establishing Routines:</b></p> <ul style="list-style-type: none"> <li>• Predictable routines provide a sense of security and help toddlers regulate their emotions.</li> </ul>	<p><b>Expanding Emotional Vocabulary:</b></p> <ul style="list-style-type: none"> <li>• Introduce a wider range of emotion words, such as frustrated, excited and disappointed.</li> <li>• Use stories and role-playing to explore different emotions.</li> </ul> <p><b>Teaching Coping Strategies:</b></p> <ul style="list-style-type: none"> <li>• Introduce simple calming techniques, such as deep breathing or counting.</li> <li>• Help them identify their triggers and develop strategies to manage them.</li> </ul> <p><b>Promoting Problem-Solving:</b></p> <ul style="list-style-type: none"> <li>• Encourage children to think of solutions to their problems.</li> <li>• Help them understand that all feelings are valid, but not all behaviors are.</li> </ul> <p><b>Modeling Emotional Regulation:</b></p> <ul style="list-style-type: none"> <li>• Children learn by observing adults. Demonstrate healthy ways to express and manage your own emotions.</li> </ul>

### KEY PRINCIPLES ACROSS ALL AGES

- **Create a Safe and Supportive Environment:** Children need to feel safe and secure to express their emotions.
- **Validate Their Feelings:** Acknowledge and accept their emotions, even if you don't understand them.
- **Be Patient and Consistent:** Emotional regulation is a gradual process.
- **Teach by Example:** Model healthy emotional expression and coping strategies.
- **Focus on Positive Reinforcement:** Praise and encourage their efforts to regulate their emotions.
- **Co-regulation:** Especially in the early stages, the caregiver is the regulator. This is where the caregiver helps the child to calm down, by staying calm themselves and using soothing techniques.

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# What's Your BBQ IQ?

Food is often the highlight of celebrations with family and friends. Be sure to follow good food safety practices when grilling or smoking to reduce the risk of food poisoning. How much do you REALLY know about food safety? Check your "BBQ IQ" by taking the quiz below!

**Question 1: Do meat and poultry need to be thawed before grilling or smoking?**

- Yes  
 No

*YES and NO: Frozen foods can be grilled safely as long as the food reaches a safe internal temperature. However, grilling frozen meat and poultry will take longer and the food may cook unevenly. It is not safe to smoke frozen food, because smokers cook food at lower temperatures, it would take too long to reach a safe internal temperature.*

**Question 2: Is it safe to marinate meat and poultry on the kitchen counter?**

- Yes  
 No

*NO: Marinating should be done in the refrigerator.*

**Question 3: When preparing meat and vegetables for grilling, is it safe to use the same cutting board without washing for both items?**

- Yes  
 No

*NO: Always use a clean cutting board. Wash cutting boards, dishes and counter tops with hot, soapy water after preparing each food item and before you go on to the next item. If possible, use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.*

**Question 4: Is it safe to serve a marinade at mealtime that has been used with raw meat?**

- Yes  
 No

*NO: If you want to serve your meal with additional marinade, be sure to set some aside before using on raw meats.*

**Question 5: Where should a thermometer be placed when determining the doneness of meat?**

- In the middle  
 In the thickest part  
 A thermometer is not needed  
 Sideways, so the thermometer can easily be read

*A thermometer should be placed in the thickest part, usually in the center.*

**Question 6: Should pork be cooked to a higher temperature than other raw meats?**

- Yes  
 No

*NO: Cook all raw beef, pork, lamb and veal steaks, chops and roasts to a minimum internal temperature of 145°F. All poultry should be cooked to an internal temperature of 165°F. Cook hamburgers & ground beef mixtures to 160°F.*

**Question 7: Is it safe to cut watermelon and leave it on the picnic table all afternoon?**

- Yes  
 No

*NO: Refrigerate or chill fruits and vegetables within 2 hours after you cut, peel, or cook them (or 1 hour if exposed to temperatures above 90°F).*

**Question 8: Is smoking a safe way to prepare meat and poultry?**

- Yes  
 No

*YES: Smoking is done more slowly than grilling, so less tender meats benefit from this method. A thermometer is needed to monitor the air temperature in the smoker to be sure the heat stays between 225°F and 300°F throughout the cooking process.*

## RECIPE OF THE MONTH

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

In celebration of National Beef Month, this Air Fryer Teriyaki Beef Kabobs recipe is a flavorful and budget-friendly way to enjoy steak. It's perfect for the air fryer or grill, making it a versatile option for quick meals.

### AIR FRYER TERIYAKI BEEF KABOBS

(Yield: 6 servings)

#### FOR TERIYAKI SAUCE:

- 1/3 cup low sodium soy sauce
- 1 1/2 Tablespoons cornstarch
- 3 Tablespoons brown sugar
- 1/2 teaspoon ginger powder
- 1/2 teaspoon garlic powder
- 1/2 cup water

#### FOR KABOBS:

- 1 pound flat iron steak, cut into 1-inch cubes
- 1/2 red onion, scrubbed with clean vegetable brush under running water, chopped
- 1 red bell pepper, scrubbed with clean vegetable brush under running water, chopped
- 1/2 pineapple, scrubbed with clean vegetable brush under running water, peeled, chopped
- 1 medium zucchini, scrubbed with clean vegetable brush under running water, chopped
- 12 wooden kabob skewers, cut to 6 inches or to fit in your air fryer
- 3 cups cooked rice (optional)
- 1 Tablespoon sesame seeds (optional)
- 1/4 cup green onions, gently rubbed under cold running water, chopped (optional)

1. Wash hands with soap and water.
2. In a small saucepan combine teriyaki sauce ingredients. Place on the stove over medium heat and cook, stirring constantly until bubbly and thickened enough to coat the back of a spoon, about 3 minutes. Set aside to cool.
3. Soak wooden skewers in water for 10 minutes before using; drain.
4. Cut meat, onion, bell pepper, pineapple and zucchini into similar-sized pieces. Combine them in a large bowl.
5. Add 1/2 the sauce and mix until everything is coated. Wash hands after handling uncooked meat.
6. Set the air fryer to 400°F and preheat for 5 minutes.\*
7. Make kabobs by skewering meat cubes, vegetables and pineapple, leaving small space between each to ensure even cooking. Discard leftover marinade.
8. Place 3-4 kabobs in an air fryer basket. Make sure they are not touching. Cook for 5-7 minutes, or until the meat reaches an internal temperature of 145°F on a food thermometer. Remove from air fryer and keep warm. Repeat with the remaining kabobs.
9. Serve over rice, drizzled with teriyaki sauce. Sprinkle with sesame seeds and green onions, if desired.
10. Store leftovers in a sealed container in the refrigerator for up to four days.

*Note: \*This recipe can also be enjoyed on the grill! Preheat your grill to medium-high heat and grill the kabobs for 3-5 minutes per side, or until the meat reaches an internal temperature of 145°F on a food thermometer.*

*Nutrition Information: Serving Size: (2 (6-inch) skewers); Calories 260; Total Fat 10g, Saturated Fat 4g; Cholesterol 65mg, Sodium 450mg; Total Carbohydrates 22g; Fiber 2; includes 4g Added Sugars; Protein 21g; Calcium 30%; Iron: 0%; Potassium 10%.*

*Nutrition Software Used: ESHA Food Processor*



Photo by Marusa Jones, Nutrition Education Program

# Insect and Disease Control for Organic Vegetable Gardeners

By Sarah Browning, Former Extension Educator in Lancaster County

Pest control — insects, diseases and weeds — is challenging for organic home vegetable gardeners. Start first by preventing pest problems. Next, consider ways to physically protect plants from pests and preserve beneficial insect populations. Finally, use organic or low-toxicity products when chemical control is needed.

Ultimately, organic gardeners may have to accept a higher level of insect and disease damage. Decide for yourself how much damage can be tolerated as a threshold for determining when control is needed.

## Low-Toxicity Pesticides

Before using any pesticide, start by accurately identifying the insect or disease problem. Gardeners can submit pictures of plant problems to Nebraska Extension experts through our Digital Diagnostic Network, <https://digitaldiagnostics.unl.edu>.

Below are a few products useful in either disease or insect control that may be acceptable to organic gardeners. However, these products typically suppress a pest problem rather than eliminate it. And while they are less damaging to beneficial insects, that does not mean no damage. Always make sure any product purchased is labeled for use in the vegetable garden and follow all directions on waiting periods after application before harvesting again.

- **Bacillus thuringiensis** — commonly referred to as B.T. and marketed under the trade names Dipel, Thuricide and others. Consists of spores from a soil-inhabiting bacteria that kills the larvae of moths and butterflies, such as armyworm, cabbage loopers, cutworms, corn earworm and tomato hornworm. Will also kill desirable butterfly and moth larva, so apply carefully.
- **Copper fungicide** — one of the first elements used as a plant fungicide. Provides protection against infection

by killing disease pathogens on a leaf or other surface before they infect the plant. Must be applied preventatively. Has no post-infection action. Many formulations of copper fungicides are available in garden stores.

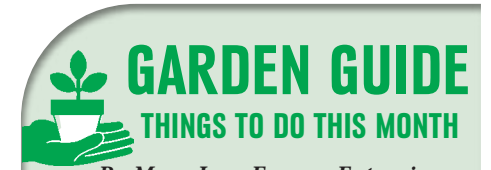
- **Diatomaceous earth** — finely ground fossilized diatoms, a single-celled form of algae. Their sharp edges scratch and scrape the waxy or oily outer layer of soft-bodied insects causing them to dehydrate and die. Often used for slug control.



This gardener sprinkles diatomaceous earth onto the soil, protecting salad greens from insects. This product is a safe, eco-friendly pesticide and low-toxicity method of insect control in the organic vegetable garden. (Note: Follow label directions on how much product to apply.)

- **Horticultural oil** — highly refined vegetable or mineral oil, which kills insects in several ways, but most importantly, by suffocating them. Oils act like a contact insecticide and provide no residual control, so the insects must be present and in a vulnerable stage of development for an oil application to be effective. Plant damage may occur if used when temperatures are too high.
- **Insecticidal soaps** — these products are liquid formulations of potassium salts of fatty acids and are effective at controlling some soft-bodied insects such as aphids, mites, leafhoppers and plant bugs. Requires thorough plant coverage and multiple applications. Use soaps with caution, as leaf injury is possible with certain plants.
- **Kaolin clay** — finely ground natural clay product. When sprayed, creates a fine film on plant surfaces and acts as an irritant, repellent or physical barrier. Heavy use has been found to be harmful to beneficial insects and can result in spider mite infestations.
- **Neem** — made from neem tree seed extracts and contains either neem oil or the purified active ingredient azadirachtin. Effective as a contact spray or through ingestion. Acts primarily by disrupting normal insect growth, and in some insects, has anti-feeding or egg-laying properties. Quickly broken down by sunlight.
- **Spinosad** — made by fermentation of a soil bacteria and disrupts the insect nervous system, resulting in paralysis and death. Effective as a contact spray or through ingestion. Kills affected insects in 1–2 days. Toxic to bees and parasitic wasps if sprayed or they come into contact with wet plant surfaces.
- **Sulfur** — finely ground sulfur can be used either as a dust or spray to prevent diseases and is sometimes used to control spider mites. The chemical may ‘burn’ tender foliage if applied when air temperatures are above 90°F or higher. Do not apply within 20–30 days of applying a horticultural oil, plant damage may result.

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



By Mary Jane Frogge, Extension Associate in Lancaster County

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

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

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

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

In May, have successive plantings of beans and sweet corn to extend the harvest season in the vegetable garden.

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

When you visit botanical gardens and arboretums, take your camera and notepad with you. Plan now for changes you will make in your landscape.

Grow your own dried flowers. Raise statice, globe amaranth, straw flowers and other everlastings to provide flowers for this year's arrangements.

For maximum landscape interest in a small, vertical space, try annual vines. They can hide plain walls and fences. When trellised, vines can create shade and privacy while hiding undesirable views. Try morning glory, nasturtium vine and scarlet runner bean.

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

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

# Cash Rent Survey

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

Land industry professionals responding to the annual survey attributed the drop in Nebraska agricultural real estate values to current crop prices, interest rate levels and farm input costs commonly used by operations across the state. Lower crop prices for commodities grown across the state have tightened the financial positions of many

operations. Interest rates have raised borrowing costs for loans used for leasing or real estate purchases. Farm input costs and current interest rates present elevated financial pressure and influence land or agricultural equipment investment decisions.

Source: *Cornhusker Economics*, March 12, 2025.

## FOR MORE INFORMATION

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

# No Matter Where You Live, Submit a Request Before You Dig!

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

Spring is here, and that often means it's time to start outdoor projects. Whether you are spading in new trees, putting in a koi pond or other excavated landscape features, drilling a new well or installing a new onsite wastewater system, you want to make sure a "Locate Request" has been submitted to Nebraska811 before digging.

Nebraska811 is the statewide one-call notification center, set up by Nebraska state law. It is the link between people who want to excavate and the underground facility owners/operators.

White lining is the process of pre-marking the area where digging will occur with white paint and/or white flags. White lining saves time, avoids confusion, and prevents damages by indicating to locating crews exactly where work will take place. Although not required, Nebraska811 strongly recommends white lining whenever possible.

Locate requests must be submitted to Nebraska811 at least two business days prior (excluding weekends and holidays), but not more than 10 business days before your planned excavation by calling 811 or 1-800-331-5666 (both numbers are toll free) or going online to <https://ne1call.com>.

The following information is required in order to submit a locate request.

### Contact Information:

The name and phone number of the person making the notification and the on-site contact person.

### Excavator

**Information:** The name, address, email address and phone number of the excavator.

### Excavation

**Information:** The type of work and maximum depth of excavation. The date and time excavation is scheduled to commence. The extent of excavation being planned, including whether the excavation involves tunneling or horizontal boring.

### Location

**Information:** The county, city or nearest city, whether the site is inside the city limits, address of the site or nearest intersection and directions to the site.

### Marking

**Instructions:** A specific description of where the

work will take place and whether the proposed area of excavation is white-lined.

### Driving Directions:

Starting from the nearest intersecting street, how far and in which direction to the site.

Once a request is submitted, the utilities affected by your proposed dig site will promptly be notified by Nebraska811. The utility companies notified must respond by the start date/time by informing you if they are clear from your dig site or by marking the approximate location of their underground utilities. If digging must take place in the area defined as the tolerance zone (18 inches on either side of the mark, plus half the width of the facility), hand digging and extreme caution is suggested. The excavator should exercise such reasonable care as may be necessary for the protection of the underground facility.

It's FREE. It's EASY. It's the LAW. Protect yourself and your wallet by contacting Nebraska811 before you dig.

*Information for this article is from the Nebraska811 "Excavation Safety Guide."*



Everyone, everywhere in the state of Nebraska must contact Nebraska811 before excavating or disturbing the soil, even in your own backyard! Submit a locate request two business days prior to starting the digging. By contacting Nebraska811, you will be placing a request for the underground utilities in your excavation area to be located and marked. Contacting Nebraska811 is required by state law (Nebraska Statute 76-2321) and is designed to protect you, underground facilities and the public.

Reported **cash rental rates for various types of Nebraska farmland and pasture:** 2025 averages, percent change from 2024 and quality ranges by Agricultural Statistics District <sup>a</sup>

TYPE OF LAND		AGRICULTURAL STATISTICS DISTRICT	
		EAST	SOUTHEAST
Dryland Cropland	Average	\$235/acre -2% change	\$190/acre -3% change
	High Third Quality	\$275/acre	\$235/acre
	Low Third Quality	\$190/acre	\$155/acre
Gravity Irrigated Cropland	Average	\$310/acre -3% change	\$280/acre -2% change
	High Third Quality	\$345/acre	\$320/acre
	Low Third Quality	\$265/acre	\$245/acre
Center Pivot Irrigated Cropland <sup>b</sup>	Average	\$345/acre -3% change	\$335/acre -1% change
	High Third Quality	\$395/acre	\$385/acre
	Low Third Quality	\$285/acre	\$275/acre
Pasture	Average	\$66/acre 2% change	\$63/acre 4% change
	High Third Quality	\$81/acre	\$75/acre
	Low Third Quality	\$49/acre	\$47/acre
Cow-Calf Pair Rates <sup>c</sup>	Average	\$67.05/pair 1% change	\$64.45/pair 2% change
	High Third Quality	\$78.55/pair	\$76.70/pair
	Low Third Quality	\$56.70/pair	\$52.95/pair

<sup>a</sup> Source: Reporters' estimated cash rental rates (both averages and ranges) from the University of Nebraska–Lincoln Nebraska Farm Real Estate Market Developments Survey, 2024 and 2025.

<sup>b</sup> Cash rents on center pivot land assumes landowners own total irrigation system.

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



## Temper Tantrum

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stepping away for a moment (if safe to do so) can help you regain composure.

Self-regulation in adults directly impacts a child's ability to learn how to regulate their own emotions. By modeling calm and collected behavior, you demonstrate to your child how to manage challenging feelings. This is a powerful teaching moment, even if it doesn't feel like it in the midst of the storm.

### Practical Strategies for Staying Calm and Helping Your Child

**Create a Safe Space:** Ensure your child is in a safe environment. Remove any potential hazards and allow them to express their emotions without fear of injury.

**Remain Calm and Empathetic:** Speak in a calm,

soothing voice. Avoid yelling or engaging in power struggles. Acknowledge and validate their feelings: "I know you're feeling really upset right now." Your child's feelings may not make sense to you, but avoiding judgment and instead validating how they are feeling is helpful when a child is in the midst of a melt down.

**Offer Comfort, Not Rewards:** During a tantrum, your child needs comfort and support in regulating their emotions, not material rewards. Offer a hug, a gentle touch or simply your presence.

**Calm Down, Together:** Young children will need your support in learning how to calm down. During a temper tantrum, your job is to help support the child in regulating their emotions. You can help children with this by taking deep belly breaths together. One way to teach this is to have



Belly breathing with a stuffed animal

Caroline White, Nebraska Extension in Lancaster County

a child lay on their back with a stuffed animal on their tummy. Ask the child to breathe in and out so that the stuffed animal moves. This can help children take multiple deep breaths and calm themselves.

**Set Clear Boundaries:** Consistency is key. Establish clear and consistent boundaries and stick to them. Children thrive on predictability and structure.

**Teach Emotional Literacy:** Once the tantrum has subsided, talk to your child about their feelings. Help them identify and label their emotions. "You were feeling angry because you didn't get the toy you wanted." This helps them develop emotional literacy, which is essential for self-regulation.

**Practice Self-Care:** Dealing with tantrums can be emotionally draining. Prioritize self-care. Take breaks when needed, seek support from your partner or family, and engage in activities that help you relax and recharge.

Remember, every child is different, and what works for one may not work for another. Be patient, persistent and compassionate. Tantrums are a normal part of development, and with consistent and calm guidance, your child will learn to manage their emotions effectively.

# Battling Scales in the Landscape

By Kait Chapman, Extension Educator in Lancaster County

Scale insects may be tiny, but they can cause big problems for your landscape plants. These fascinating, yet troublesome pests target trees, shrubs, flowering plants and more, often going unnoticed until they become a serious infestation.

## What's the Buzz About Scales?

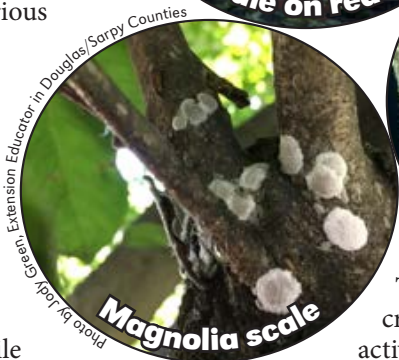
Scale insects have a unique life cycle that makes them both intriguing and challenging to control. While adult male scales have wings, females are wingless and remain immobile on plants, hiding beneath a protective shell-like covering. Under this shield, females lay eggs, which hatch into tiny, mobile "crawlers."



Oystershell scale on red twig dogwood



Euonymus scale



Magnolia scale

predators and other environmental threats.

Because of their small size and inconspicuous nature, scale populations can build up significantly before they are detected, making early identification and control essential.

## Timing is Key for Control

There are many types of scale insects, and correctly identifying the species is the first step in effective pest management. Scale insects are most vulnerable in their crawler stage, right after hatching, when they are still mobile and unpro-

Below are some common scale species and the timing of their crawler stages in Nebraska:

TYPE OF SCALE	HOST PLANTS	CRAWLER STAGE (IN NEBRASKA)
Euonymus scale	Privet, boxwood and other Euonymus spp.	Late May to June, Late July to August
Magnolia scale	Magnolia, tulip trees	Mid- to late-August
Oystershell scale	Ash, maple, lilac and many other hardwood trees and shrubs	Late May to early June, August

tected by their waxy covering. This stage typically occurs only once or twice a year, so knowing when to expect it is critical for successful treatment.

To check for crawlers, wrap a piece of sticky tape (sticky side out) around an infested branch or stem and inspect it regularly. If you find tiny crawlers on the tape, it's time to take action.

Effective treatment options include horticultural oils, insecticidal soaps, acephate and pyrethroids. Additionally, pruning heavily infested branches can help reduce the population and enhance chemical control efforts.

For scales and other landscape and garden insects, visit <https://byf.unl.edu/insects-spiders-more>.

### FOR MORE INFORMATION

For scales and other landscape and garden insects, visit <https://byf.unl.edu/insects-spiders-more>.

## 4-H Events Open to All Youth

### CAT WORKSHOP, MAY 17

Nebraska Extension in Lancaster County will present a 4-H Cat Workshop on Saturday, May 17, 9 a.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln. Open to all youth and their families. Learn how to prepare a cat for a 4-H show, how to successfully bathe a cat, how cats are judged and more. Fee of \$5 per participant to be paid upon arrival (cash or check made out to Lancaster County Extension). Bring your cat if you would like to practice showmanship and gain some showmanship tips. If you do bring your cat, health requirements must be met. Any cat not meeting these health requirements will be asked to leave the building immediately. Immunization records must be presented and will be checked at arrival. See the rest of the health requirements at <https://go.unl.edu/catmay25>. For more information, contact Elizabeth Thiltges at 402-441-7180 or [ethiltges2@unl.edu](mailto:ethiltges2@unl.edu).

### ONLINE PLANT SCIENCE CONTESTS

All youth, as well as adults, may test their knowledge of plants through two upcoming online plant science contests. Study materials are online at <https://lancaster.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. For more information and links, go to <https://lancaster.unl.edu/hort-fair>.
- Nebraska 4-H Online Horticulture Judging Contest will be available from Tuesday, June 10, 8 a.m. through Tuesday, June 24, 8 a.m. For more information and link, go to <https://4h.unl.edu/online-horticulture-judging-contest>.

## Three Lancaster County 4-H'ers Modeled Their Sewn Garments at Omaha Fashion Week

The "Student Night Designer Showcase" at Omaha Fashion Week was held Feb. 26 at the Design Center in downtown Omaha. Omaha Fashion Week has become the fourth largest fashion event in the nation. Nebraska 4-H was among six groups that presented youth designs on the runway that evening. Fourteen Nebraska 4-H'ers were selected to participate, including three from Lancaster County. To be considered in the 4-H Collection, garments must have been sewn for 4-H in 2024, be fashion-forward, runway appropriate and display high-quality construction.

Student Night also included Omaha-area high school students and the University of Nebraska–Lincoln Textiles, Merchandising and Fashion Design Department designers. Each student model had the opportunity to participate in make-up and hair sessions prior to walking the runway for the evening show.

The Lancaster County 4-H'ers and the garments they sewed and modeled:

- **Vanessa Peterson** — designed and sewed a tangerine and cream floral print dress.
- **Piper Pillard** — designed and sewed a fuchsia wool jacket paired with ivory flared jeans.
- **Alexa Smith** — designed and sewed a colorful, tiered skirt made from deflated pool floaties. She paired it with a pink swirl top.



Behind the scenes at Omaha Fashion Week: (L–R) Piper Pillard, Alexa Smith and Vanessa Peterson.

## Support 4-H During Culver's Scoops of Thanks Day, May 1

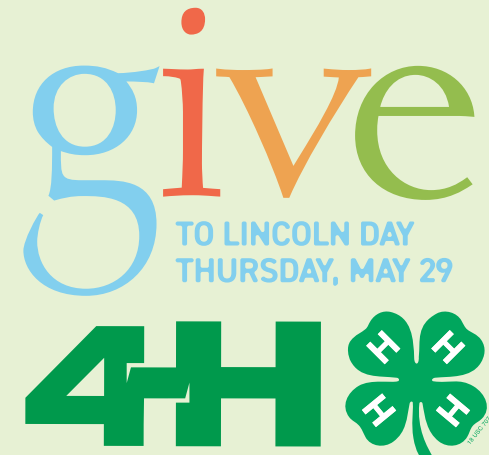
Craving something sweet? Support 4-H on Thursday, May 1, by eating out at any Culver's restaurant in Lincoln during their annual Scoops of Thanks Day. All day long, you'll receive a scoop of Fresh Frozen Custard in exchange for a \$1 donation to Lancaster County 4-H Council. Stick to your favorite flavor or try Culver's flavor of the day, How Now Brown Cow! This one-day-only flavor is infused with their Signature Root Beer and swirled with chopped Dove® Chocolate and chocolate cake pieces. 4-H Council helps support 4-H programs, activities and scholarships.



## Support 4-H During "Give to Lincoln Day," May 29

Lancaster County 4-H Council is one of the nonprofits the community can donate 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 tax-deductible donation, go to <https://go.unl.edu/giveto4hcouncil>



# Ignite by 4-H 2025 National Conference

## Ethan & Morgan Gabel Discover Their Spark Through Programming



Extension Educator Tracy Anderson recently helped chaperone a group of Nebraska 4-H'ers attending the Ignite by 4-H conference in Washington, D.C. Pictured are Morgan and Ethan Gabel, two Lancaster County 4-H'ers who were part of the group.

The four-day event offered an exciting opportunity for teens to:

- Engage in high-impact programming, including immersive workshops, hands-on experiences, and sessions with renowned speakers and industry leaders.
- Explore career pathways and develop essential work readiness skills.
- Experience the rich history and culture of Washington, D.C. through special activities and tours.

Participants discovered their spark

in one of four programming tracks: Healthy Living, STEM, AgriScience and Community Accelerators. Ethan participated in the STEM track while Morgan was in the Healthy Living track.

Morgan said, "Attending Ignite was truly a life-altering experience. It was so fun connecting with new people from around the country, learning valuable skills and uncovering new passions! My Healthy Living track was awesome and all the speakers were inspiring. They shared their stories and wisdom in such an engaging way! I want to especially thank our 4-H chaperones and the other Nebraska youth for making Ignite the best it could have been! I am so grateful for this opportunity and everything I gained from it!"

## Yazidi Teens Find Leadership Growth Through Soccer for Success



A group of 14 Lancaster County teens — Yazidi refugees who fled genocide and found new beginnings in Nebraska — recently participated in the Ignite by 4-H national conference held in Washington, D.C. New this year was a soccer subtrack as part of the Healthy Living track. The local youth were part of the Soccer for Success program, a national U.S. Soccer Foundation initiative brought to Lincoln by a 4-H Healthy Habits grant. Two alumni of the local program, Ivan Haskani and Aiman Zandinan, acted as coach mentors and helped chaperone the group of teens.

In addition to competing in the first National 4-H Soccer Cup at the University of the District of Columbia, the teens developed leadership skills by attending workshops such as Field

Management & Teamwork and Public Speaking. The group also toured monuments, museums and other significant sites in D.C.

Captain and goalkeeper Saeed Al-Eiso said, "It was such a meaningful experience for me, not only did I get to explore more of the United States, but I also had the chance to meet and connect with people from all over the world. This trip opened my eyes to new perspectives and it's something I will always cherish, remember and be grateful for!"

The Yazidi teens now serve as volunteer mentors for younger participants in the Soccer for Success program, which is coordinated locally by the Nebraska Extension in Lancaster County's Nutrition Education Program.

## Two 4-H Service-Project Funding Opportunities

### Lancaster County 4-H's My Hands to Larger Service

Lancaster County 4-H Council is excited to announce a new funding opportunity for Lancaster County 4-H clubs or members who want to make a positive impact! Called My Hands to Larger Service funds, 4-H Council now offers four \$300 and three \$100 awards each year to help fund youth-driven service projects. These projects should engage 4-H members in hands-on learning while benefiting others.

- Applications will be accepted through Tuesday, June 3.
  - Applicants will be notified within 30 days of submission.
  - Projects must be completed by Nov. 1.
- Download the application as a DOCX at <https://go.unl.edu/larger-service> or pick one up at the Extension office. If you have questions, contact Tracy Anderson at [tracy.anderson@unl.edu](mailto:tracy.anderson@unl.edu) or 402-441-7180.

### Nebraska 4-H's Hands for Larger Service Award

Nebraska 4-H Foundation's Hands for Larger Service Awards (formerly known as the Governor's Agricultural Excellence Awards), sponsored by Nebraska Investment Finance Authority, provide funding for 4-H clubs to complete projects that will have a lasting impact on their communities. Twenty-five clubs will be selected to receive \$500 to complete their projects. Projects should fit within at

least one of four 4-H program areas: college & career readiness, health & wellness, STEM, and ag & food systems. Applications must be submitted by Thursday, May 15 and award funds will be issued in early June. More information and application instructions are at <https://ne4hfoundation.org/handsforlargerserviceaward>. If you have questions, contact Lindsay Shearer at [lshearer2@unl.edu](mailto:lshearer2@unl.edu) or 402-472-9019.



## HEART OF 4-H VOLUNTEER AWARD

**Dayle Williamson** of Lincoln is receiving the Lancaster County 4-H May "Heart of 4-H Award" in recognition of outstanding volunteer service.

At the annual 4-H Achievement Celebration, he has represented Lincoln Center Kiwanis for over 10 years, presenting the Kiwanis' Outstanding 4-H Club Awards and \$1,000 college scholarship to a 4-H high school senior. Dayle serves on the Kiwanis committee that reviews and manages the scholarship.

He says, "When I joined the Lincoln Center Kiwanis Club 40 years ago, I soon learned the club had provided support for the Lancaster County Nebraska 4-H Program from the very beginning in 1919. The Kiwanis organization and the 4-H program were both very new at that time. Since I had been a 4-H club member, as well as a County Extension Agent, I at once volunteered to work on the Kiwanis committee involved with the Lancaster County 4-H program. Little did I know at the time, this would be such a rewarding opportunity. I attend the annual 4-H Achievement night and, along with great excitement, see all the awards and learn more about the wonderful yearly achievements."



### Babysitting Training, June 30 or July 18

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 hazards in the home; be introduced to CPR & First Aid basics; make and enjoy a healthy snack; create a business 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](mailto:hayley.jackson@unl.edu) or 402-441-7180.



## 2024 National Index Study of 4-H Youth

### High-Quality 4-H Experiences: The Key to Youth Readiness

The **2024 National Index Study** continues to illustrate 4-H's positive impact on youth in alignment with the **Beyond Ready Initiative**. It shows how **high-quality Positive Youth Development (PYD)**, guided by the **4-H Thriving Model**, fosters youth success and readiness as measured by **4-H Common Measures**. Below are key findings from the third wave of data, demonstrating the stable, positive influence of 4-H on youth.



### 4-H Program Outcomes: Beyond Ready

#### HEALTHY!

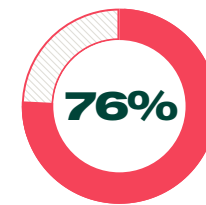


53% of youth said 4-H is influential in their ability to **care for their physical health**.



42% of youth said 4-H is influential in their ability to **care for their mental and emotional health**.

#### PRODUCTIVE!



76% of respondents rated "I fill my time with positive activities" a 4 or 5 on the five-point scale.

#### ENGAGED!



65% of youth said 4-H is influential in their desire for **community engagement**.

Only **3.5%** said 4-H had **no influence**.



These findings show that **4-H youth feel prepared for work and life**, and credit their readiness as well as their growth in health, productivity, and engagement to their **4-H experience**.

### 4-H Program Outcomes: Work Readiness

#### LEADERSHIP



"I get along with others who are **different than me**" was the item with the **highest** mean score.

#### WORK READINESS SKILLS



66% of respondents said 4-H is influential in helping them be ready for **work and careers**.

#### COLLEGE & CAREER READINESS



57% reported that 4-H is influential in helping them with **college and career readiness**.

#### STEM



38% reported that 4-H is influential in their **interest in STEM**.



These findings show that 4-H youth develop the **interpersonal, professional, and technical skills** needed to **excel in today's workforce**. A notably strong relationship between sparks and work readiness skills was also established highlighting the importance of **high-quality 4-H programs** in shaping capable, adaptable, and future-ready individuals.



Learn more and view the full report at <https://bit.ly/index-study>



NATIONAL 4-H  
COUNCIL

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# 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.



### 4-H COUNCIL 4-H CAMP

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

- Nebraska 4-H Summer Camp
  - Nebraska 4-H Big Red Summer Academic Camps
  - University of Nebraska–Lincoln Winners Unlimited Livestock Judging Camp
- Preference given to applications submitted by May 1. Application is available at <https://go.unl.edu/campsch>.

### SHEEP & MEAT GOAT WEIGH-IN,

**MAY 5** — 4-H & FFA market sheep or market meat goat exhibitors planning to participate in the performance class based on rate of gain at the Lancaster County Super Fair must have their lambs and goats weighed on Monday, May 5, 6–7 p.m. at the Sandhills Global Event Center – Currency Pavilion. For more information or to RSVP, contact Madelaine Polk at 402-441-7180 or [mpolk2@unl.edu](mailto:mpolk2@unl.edu) by Monday, April 28.

### DOG VIRTUAL TRIVIA CONTEST,

**MAY 7–14** — The Lancaster County 4-H Dog Virtual Trivia Contest will be available Wednesday, May 7, noon–Wednesday, May 14, 11:59 p.m. Contest is open to 4-H'ers ages 8–18. This year's contest will focus on Hound dog breeds. A study guide is now online at <https://lan4h.unl.edu/4h/fair/contests/#dog>. Contest links for each division will be posted at this same website on May 7 at noon.

### HORSEMANSHIP LEVEL TESTINGS,

**MAY 13, 27 & JUNE 17, 24** — A 4-H horsemanship level group testing will be held on Tuesday, May 13, 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. Additional level testings will be held on Tuesday, May 27, Tuesday, June 17 and Tuesday, June 24 at the Sandhills Global Event Center. Anyone wishing to test must sign up by May 6 for May 13, by May 20 for May 27, by June 10 for June 17 and by June 17 for June 25 by emailing Kate at [kpulec3@unl.edu](mailto: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.

### LIFE CHALLENGE CONTEST,

**MAY 29** — 4-H Life Challenge Contest is open to all 4-H'ers ages 8–18 (by January 1 of the current year) and helps youth learn more about issues related to a variety of family and consumer science topics. There will be three sections of the contest; problem-solve a challenge to present to a judge, hands-on activity stations to complete and a multiple-choice quiz. This contest has two age divisions; Junior (for ages 8–11) and Senior (for ages 12–18) and will be held on Thursday, May 29, 8:30 a.m.–12 p.m. at Nebraska Extension in Lancaster County Conference Rooms at 444 Cherrycreek Road, Suite A, Lincoln. The study packet is available online at <https://go.unl.edu/life-challenge> or as a hard copy by request at the office. Register by Monday, May 19 (note: Fair Book has an incorrect deadline) by calling 402-441-7180 or emailing Kristin Geisert at [kristin.geisert@unl.edu](mailto:kristin.geisert@unl.edu). This is a Lancaster County Super Fair contest held before the fair and premium event.

### 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](mailto:kpulec3@unl.edu) or at the event 1:30–2 p.m. Open to all 4-H'ers — need not be enrolled in a horse project. This is a Lancaster County Super Fair contest held before the fair and is a premium event. Ribbon placings will be awarded. The top 10 contestants in all three age groups will be recognized at Horse Awards Night. The champion in each age group must participate in both judging and oral reasons to receive a belt buckle.

### HORSE IDENTIFICATION

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

### 4-H STATE HORSE EXPO ENTRIES

**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](mailto:kpulec3@unl.edu). If you have questions, contact Kate Pulec at [kpulec3@unl.edu](mailto:kpulec3@unl.edu).

### 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 in PASE, contact the Extension office at 402-441-7180 or [lan4h@unl.edu](mailto:lan4h@unl.edu), by Wednesday, May 21. Lunch is available both days for \$6.50 per contestant — Lancaster County 4-H'ers need to let the Extension office know if they want lunch reserved, and if they have any dietary restrictions. Lancaster County 4-H Council will pay for any contest entry fees, but not lunch for Lancaster County 4-H'ers. Bring \$6.50 per meal — cash or check (payable to Lancaster County 4-H Council) to the Extension office prior to June 16.

### 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. Most contests require qualifying at a county contest, except for the Impromptu Speech and Video Communication contests, where any 4-H youth ages 8–18 may participate. 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](mailto:lan4h@unl.edu) by Friday, May 23. Lancaster County 4-H Council will pay contest entry fees for Lancaster County 4-H'ers.

### YOUTH FOR THE QUALITY CARE OF ANIMALS DUE JUNE 15

— 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, dairy cattle, goat, poultry, rabbit, sheep and swine. The deadline to complete YQCA and submit certificates of completion is Sunday, June 15. In Lancaster County, youth may choose one of two options to complete their YQCA requirements:

- Complete online training at <https://yqcaprogram.org>. Cost is \$12. For directions and more information, visit <https://4h.unl.edu/yqca>.
- Attend an in-person training held Thursday, May 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. We cannot take payments in person; all families must register and pay online. You will need to take a 5-question pre-test at <https://yqcaprogram.org> before attending.

### ANIMAL REQUIREMENTS FOR SUPER FAIR & STATE FAIR

— The 2025 Lancaster County 4-H & FFA Animal Requirements for Super Fair and State Fair is now 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. For State Fair, each livestock project must have a DNA envelope submitted and a \$7 nomination paid on Show Stock Manager by Sunday, June 15. This includes feeder calves, and all market and breeding livestock for ALL SPECIES (excluding rabbits and poultry). If you have any questions about livestock project requirements, contact Madelaine Polk at 402-441-7180 or [mpolk2@unl.edu](mailto:mpolk2@unl.edu).

### 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>.

# Clover College

## June 10–13, 2025

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

Lancaster County 4-H Clover College is four days of in-person, “hands-on” workshops full of fun and a sense of belonging. Learning topics include STEAM concepts of science, technology, engineering, art and math, which can spark career interests. Youth must be at least 8 years old (as of June 10) to attend most workshops — some workshops have older age requirements. The Clover Kids Day Camp is open to ages 6 & 7 (as of June 10 — must have completed kindergarten). Youth may attend as many workshops as they wish. All supplies will be provided unless otherwise noted.

Youth attending workshops that overlap the lunch period should bring a sack lunch. Food will not be available (unless otherwise stated in the workshop description). If you have questions, call the Extension office at 402-441-7180 or email lancaster4H@unl.edu.


	TUE, JUNE 10	WED, JUNE 11	THU, JUNE 12	FRI, JUNE 13
8:00–10:00	1 CLOVER KIDS 2 ROCKETRY 3 DERBY CARS 5 LOOM WEAVING 6 HORSE COURSE – A	1 CLOVER KIDS 2 ROCKETRY 3 DERBY CARS 19 TREASURE MAP 20 ON THE BIKE PATH 21 BIRD BONANZA 22 BUILD A BUDDY	1 CLOVER KIDS 2 ROCKETRY 4 GONE FISHING 38 WOVEN WALL HANGINGS 39 RIVETING RAPTORS	1 CLOVER KIDS 2 ROCKETRY 50 SUCCULENTS & STENCILS 51 WATERCOLOR WONDERS 52 BUSY BUGS
10:15–12:15	1 CLOVER KIDS 7 HORSE COURSE – B 8 GO FLY A KITE 9 TERRIFIC TABLE SETTING	1 CLOVER KIDS 23 MONSTER MACHINES 24 TEXTURE MAGIC 25 PLANT, GROW, EAT 26 ROBOT CHALLENGE 27 EAT LIKE A COW	1 CLOVER KIDS 4 GONE FISHING 40 WHAT'S POPPIN'? 41 FLUID PAINTING	1 CLOVER KIDS 53 SUMMER CRAFTS 54 TESSELLATIONS ART 55 RABBITS, RABBITS
12:45–2:45	10 FUN THYME W/HERBS 11 PLANTERS & PAVERS 12 SNACK ATTACK 13 UNDER THE SHADE TREE	28 DESIGN IT. BUILD IT. 29 UNL EXPERIENCE 30 SOUP BOWL COZIES 31 OUTDOOR ADVENTURES 32 TIE BLANKETS 33 DEEP DIVE INTO WATER	42 LATCH HOOK ART 43 MANDALA PAINTING 44 CHOCOLATE ADVENTURE 45 SCRATCH & CREATE	56 WATER MARBLING 57 GREEN THUMB SCIENCE 58 PIZZA PALOOZA 59 MARBLE RUN CHALLENGE
3:00–5:00	14 BRAIN GAMES 15 DISCOVER KUMIHIMO 16 BE FOOD SMART 17 DAIRY DELICIOUS 18 “MAGIC” EXPERIMENTS	34 PLAY WITH CROCHET 35 WIND: A SUPER POWER 36 GORGEOUS GLASS 37 AMAZING ANIMALS	46 PAWS & CLAWS PET PICS 47 GAME ON! 48 DOUGH FUN 49 BABYSITTING KIT	NO CLASSES

## WORKSHOP DESCRIPTIONS


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

### 4–Day Workshops

#### 1 Clover Kids Day Camp


Clover Kids will participate in hands-on activities while learning about animals, science and art. Mid-morning refreshments provided each day.  TUE–FRI, JUNE 10–13; 8AM–12:15PM AGES 6 & 7 (must have completed kindergarten) • FEE \$55 Instructors: Various Extension Staff and 4-H Volunteers

#### 2 Rocketry

Build your own rocket and launch it. Receive a rocket kit and one engine. **Only for youth who have not previously taken this class.**  TUE–FRI, JUNE 10–13; 8–10AM AGES 8–12 • FEE \$25 Instructor: Ron Suing, 4-H Volunteer

### 2–Day Workshop

#### 3 Derby Cars

Design, paint and race your own derby car. **Wear clothes appropriate for painting.**  TUE, JUNE 10; 8–10AM WED, JUNE 11; 8–10AM AGES 8 & up • FEE \$15 Instructor: Karen Wedding, Extension Staff


### 1–Day (4-Hour) Workshop

#### 4 Gone Fishing!

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

### 1–Day (2-Hour) Workshops

#### 5 Loom Weaving

Learn about loom weaving while creating a useful potholder.  TUE, JUNE 10; 8–10AM AGES 8 & up • FEE \$10 Instructors: Rhonda Griess and the Lincoln Hand Weavers Guild


#### 6 Horse Course – A

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


#### 7 Horse Course – B

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

#### 8 Go Fly a Kite

Engineer your own kite and see how it flies.  TUE, JUNE 10; 10:15AM–12:15PM AGES 8 & up • FEE: \$10 Instructor: Becky Schuerman, Extension Educator


#### 9 Terrific Table Setting

Create an awesome centerpiece and learn how to participate in the 4-H Table Setting Contest at the Super Fair.  TUE, JUNE 10; 10:15AM–12:15PM AGES 8 & up • FEE \$8 Instructor: Madelaine Polk, 4-H Extension Assistant

#### 10 Fun Thyme With Herbs

Learn about herb plants, how to identify them and fun ways to use them. TUE, JUNE 10; 12:45–2:45PM AGES 10 & up • FEE \$10 Instructor: Mary Jane Frogge, Horticulture Extension Associate


#### 11 Outdoor Planters & Pavers

Pair plates and crates to make an outdoor planter and cute patio bug pavers. **Wear clothes appropriate for painting.**  TUE, JUNE 10; 12:45–2:45PM AGES 8 & up • FEE \$10 Instructor: Rachel Wells, 4-H Volunteer

#### 12 Snack Attack

Make and taste easy snacks that make up a healthy eating pattern. **Please list any food allergies.** TUE, JUNE 10; 12:45–2:45PM AGES 8 & up • FEE \$10 Instructors: Alyssa Havlovic, Extension Educator


#### 13 Under the Shade Tree

Gather leaves, make a leaf press to begin your leaf collection.  TUE, JUNE 10; 12:45–2:45PM AGES 10 & up • FEE \$10 Instructor: Ann Powers, UNL Forestry Lecturer

#### 14 Brain Games

Role play, relays and interactive games lead to managing emotions and developing a positive mindset. TUE, JUNE 10; 3–5PM AGES 8 & up • FEE \$6 Instructors: Emily Grattopp, Extension Educator and Kearah Perreault, Extension Intern

#### 15 Discover Kumihimo

Explore the Japanese art of cord braiding.  TUE, JUNE 10; 3–5PM AGES 8 & up • FEE \$6 Instructor: Cathy Babcock, 4-H Volunteer

#### 16 Be Food Smart

Reduce the waste! Get creative with making tasty snacks. TUE, JUNE 10; 3–5PM AGES 8 & up • FEE \$8 Instructors: Tracy Anderson, Extension Educator and Teen Ambassadors

#### 17 Dairy Delicious

Taste various cheeses, make butter and learn about dairy production. **Not for dairy-sensitive youth.** TUE, JUNE 10; 3–5PM AGES 8 & up • FEE \$10 Instructor: 4-H Extension Intern

#### 18 “Magic” Experiments

Use science to create magic tricks, reveal secret messages and more. TUE, JUNE 10; 3–5PM AGES 8 & up • FEE \$10 Instructor: Jolene Egelhoff, 4-H Volunteer

#### 19 Treasure Map

Become an explorer and help others do the same using GPS and GIS technology. WED, JUNE 11; 8–10AM AGES 8 & up • FEE \$6 Instructors: Lancaster County Engineers


#### 20 On the Bike Path

Learn bicycle safety, riding tips and more! **Bring your bike and helmet. Wear closed-toe shoes — no flip flops.** WED, JUNE 11; 8–10AM AGES 8 & up • FEE \$5 Instructors: Ann Ringlein and the Great Plains Trail Network Volunteers

#### 21 Bird Bonanza

Enjoy a bird walk to the Lincoln Saline Wetlands to learn about native birds. **Wear boots, hat and sunscreen.** WED, JUNE 11; 8–10AM AGES 10 & up • FEE \$10 Instructors: Tobin Brown, Nebraska Ornithologists' Union Member and Dr. Daniel Leger, UNL Professor Emeritus

#### 22 Build a Buddy

Find your voice and make communicating fun while building a stuffed animal!  WED, JUNE 11; 8–10AM AGES 8 & up • FEE \$8 Instructors: Paula Peterson and Erica Siemek, 4-H Volunteers

**23 Monster Machines**  
Get a “behind the scenes” look at BIG equipment, build a simple hydraulic machine and more.  
WED, JUNE 11; 10:15AM–12:15PM  
AGES 8 & up • FEE \$6  
Instructors: Lancaster County Engineers

**24 Texture Magic**  
Magically shrink and crinkle decorative fabric to create an applique to attach to a T-shirt using free-form stitching. **Bring: sewing machine, thread, decorative cotton fabric (approximately 10”x14”) seam ripper, scissors, pins or clips.** Some office machines available upon request.  
WED, JUNE 11; 10:15AM–12:15PM  
AGES 8 & up • FEE \$10  
Instructor: Kath Conroy, 4-H Volunteer

**25 Plant, Grow, Eat**  
Learn to cook with healthy herbs to make food taste yummy.  
WED, JUNE 11; 10:15AM–12:15PM  
AGES 8 & up • FEE \$10  
Instructor: Pam Cuttlers, 4-H Volunteer

**26 Robot Challenge**  
See what they can do and how to make them move.  
WED, JUNE 11; 10:15AM–12:15PM  
AGES 8 & up • FEE \$5  
Instructors: Cathy Babcock, 4-H Volunteer and N-Bots 4-H Club Members

**27 Eat Like a Cow**  
Create your own feed ration you can eat yourself!  
WED, JUNE 11; 10:15AM–12:15PM  
AGES 8 & up • FEE \$8  
Instructors: Erica Siemek and Paula Peterson, 4-H Volunteers

**28 Design It. Build It.**  
Build fantastic bridges and discover the future of cars.  
WED, JUNE 11; 12:45–2:45PM  
AGES 8 & up • FEE \$6  
Instructors: Lancaster County Engineers

**29 UNL Animal Science Experience**  
Learn about nutrition, animal biology and all the cool things in animal science during this tour of the UNL Animal Science Building. Enjoy a tasty stop at the UNL Dairy Store.  
WED, JUNE 11; 12:45–2:45PM  
AGES 8 & up • FEE \$8  
Instructor: Madelaine Polk, 4-H Extension Assistant

**30 Soup Bowl Cozies**  
Sew a fabric potholder cozy for your soup bowl. **MUST** have some sewing experience. **Bring a sewing machine and kit of supplies.** Fabric provided. Some office machines available upon request.  
WED, JUNE 11; 12:45–2:45PM  
AGES 9 & up • FEE: \$10  
Instructor: 4-H Extension Intern

**31 Outdoor Adventures**  
Explore nature and make an outdoor first-aid kit.  
WED, JUNE 11; 12:45–2:45PM  
AGES 8 & up • FEE \$10  
Instructor: Julia Plugge, Outdoor Specialist, Nebraska Game & Parks Commission

**32 Tie Blankets**  
Make colorful blankets to donate to those in need.  
WED, JUNE 11; 12:45–2:45PM  
AGES 8 & up • FEE \$8  
Instructor: Tammy Sheldon, 4-H Volunteer

**33 Deep Dive Into Water**  
Build and eat an aquifer sundae, explore precision irrigation and see how water is essential.  
WED, JUNE 11; 12:45–2:45PM  
AGES 8 & up • FEE \$8  
Instructor: Crystal Powers, Water & Cropping Systems Extension Educator

**34 Play with Crochet**  
Learn basic techniques to make a new item or bring an unfinished project to complete.  
WED, JUNE 11; 3–5PM  
AGES 8 & up • FEE \$10  
Instructor: Denise Keierleber, 4-H Volunteer

**35 Wind: A Super Power**  
Build and race a sail car. Learn about wind power and renewable energy.  
WED, JUNE 11; 3–5PM  
AGES 8 & up • FEE \$10  
Instructor: Elizabeth Thiltges, 4-H Extension Associate

**36 Gorgeous Glass**  
Decorate glass vases and plates using a variety of techniques and embellishments.  
WED, JUNE 11; 3–5PM  
AGES 8 & up • FEE \$8  
Instructor: Nicole Miller, 4-H Volunteer

**37 Amazing Animals**  
Learn how animals thrive by exploring adaptations of species.  
WED, JUNE 11; 3–5PM  
AGES 8 & up • FEE \$10  
Instructor: 4-H Extension Intern

**38 Woven Wall Hangings**  
Learn about frame weaving while creating a unique, colorful wall hanging.  
THU, JUNE 12; 8–10AM  
AGES 8 & up • FEE \$10  
Instructors: Rhonda Griess and the Lincoln Hand Weavers Guild

**39 Riveting Raptors**  
Learn about birds of prey and dissect owl pellets.  
THU, JUNE 12; 8–10AM  
AGES 8 & up • FEE \$10  
Instructor: Elizabeth Thiltges, 4-H Extension Associate

**40 What’s Poppin’?**  
Nebraska loves its popcorn. Cook and taste many varieties.  
THU, JUNE 12; 10:15AM–12:15PM  
AGES 8 & up • FEE \$8  
Instructor: 4-H Extension Intern

**41 Fluid Painting**  
Pour paint onto a canvas and manipulate for unique designs. **Wear clothes appropriate for painting.**  
THU, JUNE 12; 10:15AM–12:15PM  
AGES 8 & up • FEE \$10  
Instructor: Karen Wedding, Extension Staff

**42 Latch Hook Art**  
Learn the latch hook technique using yarn to create a fair project.  
THU, JUNE 12; 12:45–2:45PM  
AGES 8 & up • FEE \$8  
Instructor: 4-H Extension Intern

**43 Mandala Dot Painting**  
Come learn Mandala painting by using dots to make a pattern.  
THU, JUNE 12; 12:45–2:45PM  
AGES 8 & up • FEE \$8  
Instructor: 4-H Extension Intern

**44 Great Chocolate Adventure**  
Follow the journey of cocoa beans from the farm as they transform into delicious sweet treats.  
THU, JUNE 12; 12:45–2:45PM  
AGES 8 & up • FEE \$10  
Instructors: UNL Food Science and Technology Department

**45 Scratch & Create**  
Design interactive projects using computer coding skills.  
THU, JUNE 12; 12:45–2:45PM  
AGES 8 & up • FEE \$5  
Instructors: Anne Wies, 4-H Volunteer and Jim Wies, Extension Associate

**46 Paws & Claws Pet Pics**  
Create a pet photo book. **Bring 4”x 6” (max size) photos of your favorite pet(s).**  
THU, JUNE 12; 3–5PM  
AGES 8 & up • FEE \$10  
Instructor: Sheri Ramirez, 4-H Volunteer

**47 Game On!**  
Play modern board games like never before by using special reasoning and critical thinking.  
THU, JUNE 12; 3–5PM  
AGES 8 & up • FEE \$6  
Instructors: GameSchool Project Volunteers

**48 Dough Fun**  
It’s easier than it looks to mix and shape bread and rolls. Learn techniques and take samples home.  
THU, JUNE 12; 3–5PM  
AGES 10 & up • FEE \$10  
Instructor: Lorene Bartos, Extension Educator Emeritus

**49 Babysitting Kit**  
Create a babysitting kit to promote a preschooler’s development.  
THU, JUNE 12; 3–5PM  
AGES 8 & up • FEE \$10  
Instructor: Hayley Jackson Perez, Early Childhood Extension Educator

**50 Succulents & Stencil Studio**  
Learn how to stencil on a mug and plant a succulent inside.  
FRI, JUNE 13; 8–10AM  
AGES 8 & up • FEE \$10  
Instructor: Elizabeth Thiltges, Extension Associate

**51 Watercolor Wonders**  
Learn watercolor painting techniques.  
FRI, JUNE 13; 8–10AM  
AGES 8 & up • FEE \$10  
Instructor: Caitlyn Heiden, Art Educator, Blessed Sacrament School

**52 Busy Bugs**  
Learn why insects are so successful at their jobs out in nature through outdoor exploration. **Bring boots, water bottle, sunscreen and/or hat.**  
FRI, JUNE 13; 8–10AM  
AGES 8 & up • FEE: \$10  
Instructor: Kait Chapman, Extension Educator of Urban Entomology

**53 Summer Crafts**  
Get creative and make a sensational project to enjoy at home and enter at fair.  
FRI, JUNE 13; 10:15AM–12:15PM  
AGES 8 & up • FEE \$8  
Instructor: 4-H Extension Intern

**54 Tessellations Art**  
Create your own art piece using the tessellations technique.  
FRI, JUNE 13; 10:15AM–12:15PM  
AGES 8 & up • FEE \$10  
Instructor: Caitlyn Heiden, Art Educator, Blessed Sacrament School

**55 Rabbits, Rabbits**  
Learn with live rabbits about their care and showmanship.  
FRI, JUNE 13; 10:15AM–12:15PM  
AGES 8 & up • FEE \$5  
Instructor: 4-H Extension Intern and Rabbits R Us 4-H Club Members

**56 Japanese Water Marbling**  
Make waves with ink, water and silk to create incredible designs. **Wear clothes appropriate for painting.**  
FRI, JUNE 13; 12:45–2:45PM  
AGES 9 & up • FEE \$10  
Instructor: Caroline White, Extension Staff

**57 Green Thumb Science**  
Conduct science experiments using the amazing world of plants; how they grow, hunt and move in response to touch.  
FRI, JUNE 13; 12:45–2:45PM  
AGES 8 & up • FEE \$8  
Instructor: Dr. Christian Stephenson, UNL Assistant Professor, Agronomy & Horticulture

**58 Pizza Palooza**  
Create your own unique pizza and make homemade ice cream!  
FRI, JUNE 13; 12:45–2:45PM  
AGES 8 & up • FEE \$10  
Instructor: 4-H Extension Intern

**59 Marble Run Challenge**  
Build a marble run with various materials and win awards for fastest, tallest, longest, etc.  
FRI, JUNE 13; 12:45–2:45PM  
AGES 8 & up • FEE \$5  
Instructor: Hayley Jackson Perez, Extension Educator

## Clover College ONLINE Registration

**Registration will ONLY be available online!  
Link will be at <http://lancaster.unl.edu/cc>**



**Registration opens Wednesday, May 7  
at noon for currently enrolled 4-H'ers.**

*Prior to May 7, currently enrolled 4-H families will be sent a registration access code via email. This code will activate on May 7 at noon.*

**Registration opens Wednesday, May 14  
at noon for non-4-H youth.**

### REGISTRATION TIPS:

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

**Classes fill  
up quickly!**

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

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

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## NEBLINE

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# GRO Big Red Virtual Learning Series

Join the experts from Nebraska Extension to learn and ask questions!

5/14 — Consider These Natives • Scott Evans

8/13 — Fall Turf Activities • John Fech

6/11 — Garden Friends • Kait Chapman

9/10 — Growing Herbs • Mary Jane Frogge

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

10/8 — Unusual Small Fruits • Ian Peterson

Via Zoom on Wednesdays 12–1 p.m.

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

Sponsored by Nebraska Extension

## Composting Demonstrations

**Do you want to know how to turn your yard and garden waste into beneficial compost?** Or do you want a refresher? Nebraska Extension will present composting demonstrations on Saturday, May 17 and Saturday, Sept. 27, starting at 10 a.m. at Pioneers Park Nature Center's backyard composting demonstration area across the street from the Nature Center (look for the Extension banner). Extension Master Gardeners will teach how to construct a compost pile and show you several types of structures that can be built or purchased for composting. You'll learn how to achieve a proper carbon to nitrogen ratio, or "green" vs. "brown" materials, as well as basic troubleshooting. At each program, one random participant will win either a composting thermometer or a composting bin. The cost of this program is covered by Nebraska Extension. No preregistration needed.



# EXTENSION CALENDAR

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

## April

- 22 4-H Golf Lessons, Pine Lake Golf & Tennis . . . . . 4–5 p.m.
- 24 Pesticide Applicator Neb. Dept. of Ag "Walk-In" Testing Session . . . . . 9 a.m.–2 p.m.
- 26 4-H Illustrated Presentation & Video Communications Contest . . . . . 8:30 a.m.–12 p.m.
- 29 4-H Horsemanship Advancement Level Testing, Sandhills Global Event Center
- 29 4-H Golf Lessons, Pine Lake Golf & Tennis . . . . . 4–5 p.m.
- 30 4-H Get the Inside Scoop: 4-H Leader/Volunteer Collaboration . . . . . 9 a.m.

## May

- 1 Preference Given to Lancaster County 4-H Council Camp Scholarship Applications Submitted by May 1
- 5 4-H & FFA Sheep/Goat Weigh-In Day, Sandhills Global Event Center – Currency Pavilion . . . . . 6–7 p.m.
- 6 4-H Council Meeting . . . . . 6 p.m.
- 7–14 4-H Dog Trivia Contest, <http://lancaster.unl.edu/4h/fair/contests> . . . . . Noon–11:59 p.m.
- 8 Pesticide Applicator Neb. Dept. of Ag "Walk-In" Testing Session . . . . . 9 a.m.–2 p.m.
- 8 4-H Horse VIPs Committee Meeting . . . . . 6 p.m.
- 9 Extension Board Meeting . . . . . 8 a.m.
- 13 4-H Horsemanship Advancement Level Testing, Sandhills Global Event Center
- 14 GRO Big Red Virtual Learning Series: Consider these Natives, <http://hles.unl.edu/grobired> . . . . . 12 p.m.
- 17 4-H Cat Workshop . . . . . 9–11 a.m.
- 17 Composting Demonstrations . . . . . 10–11 a.m.
- 19 Deadline to Register for 4-H Life Challenge Contest
- 22 4-H Youth for the Quality Care of Animals Face-to-Face Training for Livestock Animal Exhibitors. . . . . 6–7 p.m.
- 22 Pesticide Applicator Neb. Dept. of Ag "Walk-In" Testing Session . . . . . 9 a.m.–2 p.m.
- 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.
- 31 4-H Horse Judging Contest, Sandhills Global Event Center – LivestockMarket Pavilion . . . . . 2 p.m.

## Part 107 Drone Courses for Professionals

Are you interested in flying drones for commercial or public applications, including agriculture, spray drones, emergency management, law enforcement, real estate, land management and photography?

Nebraska Extension is offering 1-day (8-hour) courses across the state to prepare individuals to pass the Federal Aviation Administration Aeronautical Knowledge Exam required to receive a Part 107 remote pilot certification (aka drone license). The Part 107 Remote Pilot Exam Preparation Course will be presented at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Suite A, Lincoln on Thursdays, May 15, July 17 and Aug. 14 from 9 a.m. to 5 p.m. Register at <https://go.unl.edu/part107course> by the Monday prior to the date you want to attend. The course registration fee is \$275. Discounts are available to eligible students and educators by completing the online application.

The instructor is Dr. Dirk Charlson, statewide Extension educator of digital ag. This course covers aviation topics such as regulations, airspace, radio communication, weather, aircraft performance and other basic aviation concepts. For further details or questions about the course, contact Dirk Charlson at 402-460-0742 or [dirk.charlson@unl.edu](mailto:dirk.charlson@unl.edu).

