

4-H and FFA Fair results

The Morrow County Fair is over for another year. Days and weeks of hard work culminated in awards for many area youth.

Casey Evans of Heppner captured the grand champion beef award, Becki Tuel the grand champion hog award, and Shelly Ashbeck, Heppner, the grand champion sheep.

Other fair awards are as follows. All grand champion, reserve grand champion, champion and reserve champion entries will go on to state fair.

Photography color snapshots: junior division, state fair-Krista Adams, Jill Barber, Shad Hisler, reserve champion and Marissa McCabe, champion. Other blue ribbon winners were Blake Knowles and Kimberly Pointer. Intermediate-Annie Hisler, reserve champion; Shaun Hisler, champion and Rick Worden, state fair; seniors-Jodi Johnston, champion.

Commercial enlargements, black and white junior: Shad Hisler, state; color junior-Shad Hisler, champion, Kristi Worden, reserve; Marissa McCabe and Jill Barber, state fair; intermediate-Annie Hisler, champion, Shaun Hisler, reserve and Rick Worden, state fair; senior-Jodi Johnston, champion, Brent Wright, reserve.

Series or story, junior: Jill Barber, reserve, Kimberly Pointer, champion; intermediate-Annie Hisler, champion, Donnie Pointer, reserve; senior-Jodi Johnston, champion.

Special photography exhibit: Shad Hisler, champion, Annie Hisler, reserve, Jill Barber, state fair and Kimberly Pointer.

Creative Arts Painting three dimensional works, junior: Jennifer Thompson, champion, Shelby Krebs, reserve, Miranda McElligott, and Jennifer Thompson, state, and Elizabeth Allen and Allison Halvorsen, blue ribbons; senior-Bridgett McElligott, champion.

Fiber Arts, basketry, junior: Elizabeth Allen, champion, Molly Barrow, reserve, Nikki McElligott, state and Allison Halvorsen, blue ribbon.

Fiber Arts, patchwork/applique, junior: Kristi Worden, champion.

Cross stitch, junior: Charissa Gates, champion.

Fiber arts, other Junior: Abigail Beltane, champion, Shelby Krebs, reserve, Edgar Cornejo, state; intermediate-Erika Cornejo, champion, Heather Anderson, reserve, Rhiannon Zahm, state and Elizabeth Hermanns, blue.

Other Expressive Projects, junior: Allison Halvorsen champion, Elizabeth Allen, reserve, Adrienne Swanson, state, Molly Barrow and Jennifer Thompson, blue ribbons; Intermediate-Rhiannon Zahm, champion and Elizabeth Hermanns, reserve.

Clothing skill level I flat garment: Adrienne Swanson, champion, Edgar Cornejo reserve, Molly Barrow, state and Katie Bacon, Erin Crowell and Shelby Krebs, blue; garment with casing/elastic-Edgar Cornejo, champion, Shelby Krebs, reserve, Jennifer Thompson, state, Katie Bacon, Molly Barrow, Erin Crowell, Kayla Downey, Charissa Gates, Adrienne Swanson and Shannon Wetherell, blue; nonclothing article Erin Crowell, champion, Molly Barrow, reserve, Elizabeth Allen, state and Edgar Cornejo, Charissa Gates, Allison Halvorsen, Shelby Krebs, Adrienne Swanson and Jennifer Thompson, blue.

Skill level 2 garment with casing/elastic: Amy Drake, champion, Macy Rhea, blue; with attached fabric-Amy Drake champion.

Skill level 3, garment made of woven fabric: Katie Tworek, champion, Traci Dickenson, reserve, Kristi Worden, blue; clothing related article: Kristi Worden, champion; Knitted fabric-Kristi Worden, champion, Katie Tworek, reserve.

Skill level 4 one piece garment: Megan Proudfoot, champion, Rhiannon Zahm, reserve, Danielle Bishop, state and Jill Holmes, blue; two or more piece outfit-Madi Gutierrez, Lara Fritz both state and Danielle Bishop,

blue.

Skill level 5 one piece garment: Marie Tworek, champion, Dawn Sheirbon, reserve, Erika Cornejo, state and Elizabeth Hermanns and Ahna Lietke, blue; two or more piece outfit-Erika Cornejo, champion.

Skill level 6 garment/outfit woven fabric: Becky Wagenblast champion, Heather Anderson, reserve.

Skill level 7 for special occasion clothing: Heather Ennis, champion; for school, dress or work-Heather Ennis, champion.

Crocheting phase 2: Erika Cornejo, champion.

Foods, phase I: Trisha Adams, champion, Sara Fritz, reserve,

Trisha Adams, state and Keith Baker, Kayla Downey, Macy Rhea, Scott VanWinkle, Lindsey Ward, Kathryn Jones, Adrienne Swanson, Edgar Cornejo, Eric Meakins, Lindsay Greif, all blue; favorite recipe collection: Keith Baker, champion, Shannon Wetherell, reserve, Danielle McDowell, state and Trisha Adams, Charissa Gates, Adrienne Swanson, Lindsay Greif and Amy Papineau all blue; educational poster theme: Scott VanWinkle, champion.

Phase 2, breakfast quick bread: Miranda McElligott, champion, Mark McElligott, reserve;

favorite recipe collection-Mark McElligott, reserve, Nikki McElligott, champion; educational poster theme-Nikki McElligott, champion, Miranda McElligott, reserve.

Phase 3, a product using grain: Jessica Krebs, champion, Sarah Greif, reserve, Julie Watkins, state and Kevin Baker and Audra Bunch, blue ribbons; unfrosted cake not made from a mix-Sarah Greif, champion, Lara Fritz, reserve and Jason Strebin, state;

favorite recipe collection: Kevin Baker, champion, Audra Bunch, reserve, Jessica Krebs, state fair and Lara Fritz, Julie Watkins, Abigail Beltane and Jason Strebin, all blue.

Phase 4, yeast product: Maci Childers, champion, Megan Proudfoot, state; yeast products-Rhiannon Zahm, reserve; favorite recipe collection-Jake McElligott, reserve and Ahna Lietke, state, Heather Ennis and Maci Childers, blue.

Phase 5-yeast products: Toni Kemp, champion, Elizabeth Hermanns, reserve, Rene Eppenbach state and Erika Cornejo, blue.

Phase 6 an International food: Tina Kemp, champion, Heather Anderson, reserve; favorite recipe collection-Heather Anderson, champion.

Phase 7, a gift package with homemade foods: Bridgett McElligott champion, Jason Brown, reserve, Jeff Cole, state and Andrea Miles and Andrea Mesteth, both blue; favorite recipe collection-Bridgett McElligott, champion, Andrea Mesteth, reserve.

Wheat and You contest junior: Shannon Wetherell, champion and Audra Bunch, Charissa Gates and Amber Peck, blue; senior-Bridgett McElligott champion.

Food preservation cooked jam or jelly intermediate Maci Childers, champion; dried fruit and or vegetable-Tina Kemp, champion; jars relish or quick pick-Maci Childers, champion, gift package-senior Andrea Miles, reserve, Bridgett McElligott, champion, meat or poultry, jerky, senior-Andrea Mesteth, champion.

Outdoor cookery sack lunch: Jessica VanWinkle, champion,

Josie Proctor, reserve, Katie Kenney, blue; outdoor cookery poster-Jessica VanWinkle, champion.

Food preparation junior snack: Scott VanWinkle, champion, Mark McElligott, reserve, Keith Baker, Charissa Gates, Jessica Krebs and Edgar Cornejo, blue ribbons; cookie baking-Jessica Krebs, champion, Kevin Baker, reserve; measuring-Nikki McElligott, champion, Keith Baker, reserve, Charissa Gates and Adrienne Swanson, blue; salad/sandwich-Jason Strebin, champion, Miranda McElligott, reserve, Kevin Baker and Julie Watkins, blue.

Food preparation sandwich intermediate-Lara Fritz, champion, Maci Childers, reserve;

grain product-Becky Wagenblast, champion.

Food preparation grain product senior: Andrea Mesteth, champion; mini-meal-Bridgett McElligott, champion.

Cake decorating intermediate-Alena Binschus, champion, Mindy Binschus, reserve.

Best agriculture presentation-Kevin Baker; overall outstanding presentation-Molly Barrow and Elizabeth Allen; best individual foods presentation-Molly Barrow, best junior presentation-Kevin Baker; best intermediate presentation-Mandi Gutierrez;

judge's choice senior-Ahna Lietke; beef ambassador presentations-Heather Ennis; best intermediate presentation using lamb or wool-Mandi Gutierrez; best educational display-Andrea Mesteth, best 4-H photography exhibit-Shad Hisler, photography people's choice-Annie Hisler; best horticulture award-Edgar Cornejo.

Large animal: highest scoring junior-Clint Bellamy, intermediate-Luke Swanson, senior-Kelsie Evans, grand champion master showman-Kelsie Evans, reserve master showman-Torrie Philippi; grand champion round-robin showman-Jossie Evans; reserve round-robin-Shannon Walton; Becky Smith Memorial award-Jacob Neiffer.

Beef awards: grand champion steer, swine-Casey Evans, outstanding 4-H or FFA angus exhibitor-Jossie Evans; champion beef junior showman-Tom Skultety, intermediate-Erika Cornejo, senior-Torrie Philippi, grand champion beef showman-Torrie Philippi; grand champion steer-Casey Evans, beef rate of gain-Erika Cornejo.

Sheep awards: champion ram-Shelly Ashbeck; grand champion market lamb 4-H or FFA-Shelly Ashbeck; champion ewe-Casey Betzold; champion lamb, rate of gain 4-H or FFA-Joni Bray; champion sheep showman, junior-Jill Barber, intermediate-Shannon Walton, senior-Kelsie Evans; grand champion sheep showman-Kelsie Evans, reserve grand champion-Shannon Walton.

Best intermediate grain product-Becky Wagenblast, senior-Andrea Mesteth; Ball special premium award-Bridgett McElligott, Toni Kemp, Maci Childers; quick and easy ground beef-Jason Strebin, Jessica Krebs and Kevin Baker; outstanding senior foods-Andrea Mesteth; champion senior "Wheat and You" baking exhibit-Bridgett McElligott; best baked food exhibit using honey-Julie Watkins; best senior mini-meal using trawl fish-Bridgett McElligott; best senior mini-meal using beef-Bridgett McElligott.

Clothing judging contest beginners-Jennifer Thompson, blue, Shelby Krebs, red; junior-Kathryn Jones, champion, Kristi Worden, Elizabeth Allen, Molly Barrow, Erin Crowell, Charissa Gates, Abigail Beltane all blue, Adrienne Swanson, red and Amy Drake, white; intermediate-Lara Fritz and Becky Wagenblast, blue, Jessie Bray, Randi Creason, Jill Holmes, all red, Heather Anderson, Mandi Gutierrez and Danielle Bishop, white; senior-Heather Ennis, champion.

Button sewing contest junior: Erin Crowell, champion, Molly Barrow, Allison Halvorsen, Kathryn Jones, Shelby Krebs and Jennifer Thompson blue, Adrienne Swanson, red, Sara Fritz, Elizabeth Allen and Charissa Gates, white.

My Favorite Outfit contest beginners-Shannon Wetherell champion, Adrienne Swanson and Shelby Krebs, reserve, Keith Baker, Sara Fritz, Trisha Adams, Katie Bacon, Molly Barrow,

Charissa Gates, Allison Halvorsen, Kathryn Jones, Jennifer Thompson and Edgar Cornejo, blue; juniors-Elizabeth Allen and Kristi Worden, champion, Kevin Baker, Amber Peck and Jessica Krebs, reserve, Macy Rhea, Julie Watkins, Erin Crowell, Katie Tworek, Abigail Beltane, Brooke Boyer and Angela Munkers, blue; intermediate-Maci Childers and Tiffanie Munkers, champion, Jill Holmes and Erika Cornejo reserve, Heather Anderson, Jessie Bray, Randi Creason, Lara Fritz, Mandi Gutierrez, Dawn Boor, Kara Miller, Danielle Bishop, Rene Eppenbach, Rhiannon Zahm and Becky Wagenblast, blue; senior-Heather Ennis, champion.

Fashion Revue beginner: Sara Fritz, Shannon Wetherell, Adrienne Swanson and Shelby Krebs, all reserve champions, Katie Bacon, Molly Barrow, Charissa Gates, Allison Halvorsen, Kathryn Jones, Shelby Krebs, Jennifer Thompson and Edgar Cornejo, all blue; junior-Kristi Worden, champion, Brooke Boyer, reserve, Macy Rhea, Elizabeth Allen, Erin Crowell and Abigail Beltane, blue; intermediate-Becky Wagenblast, champion, Heather Anderson, reserve, Jessie Bray, Randi Creason, Jill Holmes, Traci Dickenson, Mandi Gutierrez, Danielle Bishop, Erika Cornejo, Rene Eppenbach, Rhiannon Zahm and Dawn Sheirbon, blue; senior-Heather Ennis, champion, Ahna Lietke, reserve champion, Bridgett McElligott and Becky Picknell, blue.

Container gardening house plant intermediate-Erika Cornejo, blue; patio plant, junior-Edgar Cornejo, champion; intermediate-Erika Cornejo, champion.

Flowers-Marigold (African) junior-Edgar Cornejo, champion; intermediate African and French-Erika Cornejo champion and reserve in roses; Zinnias, junior-Edgar cornejo, champion.

Vegetables cantaloupe intermediate-Erika Cornejo champion, peppers-Erika Cornejo, reserve champion; tomatoes-Erika Cornejo blue.

Scrapbook contest junior: Mark McElligott champion, Nikki McElligott, reserve, Amy Drake and Erin Crowell, blue; intermediate-Kara Miller, champion, Jake McElligott, reserve champion, Lara Fritz, Mandi Gutierrez, Jory Crowell and Melissa McElligott, blue.

Chickens bantam-pullet: Eric Meakins, blue; bantam-ckrl-Eric Meakins, blue.

Cavies, Abyssinian junior show-Michelle Meakins, blue.

Rabbits lop mini-senior doe: Eric Meakins, blue; dwarf senior doe-Abigail Beltane, champion; New Zealand intermediate doe-Shena Schneider, reserve champion, rex senior buck-Michelle Meakins, champion.

Conservation junior-Elizabeth Allen champion.

Woodworking junior champion-Jacob Roy.

Home environment senior-Andrea Mesteth, champion.

Educational displays, senior: Andrea Mesteth, champion and blue, Rose Ann Daltoso, reserve champion.

4-H Art painting, three dimensional works junior: Shelby Krebs, reserve champion, Jennifer Thompson, champion, Elizabeth Allen, Allison Halvorsen, Nikki McElligott and Miranda McElligott, blue; senior-Bridgett McElligott, reserve champion.

4-H Large animal judging contest: juniors, first-Clint Bellamy, second-Miranda McElligott, third-Roxy Miller, fourth-Jessica Krebs, fifth-Brian Knowles;

intermediate-first-Luke Swanson, second-Josie Proctor, third-Shannon Walton, fourth-Katie Nichols, fifth-Mandi Gutierrez; seniors-first-Kelsie Evans, second-Shelly Ashbeck, third-Torrie Philippi, fourth-Marc Evans, fifth-Char Coe and Justin Miller; top 10: Kelsie Evans, Shelly Ashbeck, Brent Wright, Luke Swanson, Torrie Philippi, Marc Evans, Josie Proctor, Maci Childers, Shannon Walton, Clint Bellamy, Char Coe, Justin Miller, Miranda McElligott and Katie Nichols; clubs-first-Ewes R Us, Kelsie Evans, Shelly Ashbeck, Josie Proctor; second-Riverside Critter Fritters, Torrie Philippi, Marc Evans, Kristie Mason; third-North Lex Livestock, Luke Swanson, Maci Childers, Clint Bellamy.

FFA Judging Contest individuals: first-Kristen Kyles, second-Tracy McClure, third-Jim Lunders, fourth-Sandy Allison, fifth-Ryan Munkers, sixth-Tina Kemp, seventh-Zane Martin, eighth-Angie Partlow, ninth-Jossie Evans, 10th-Jason Hanna; advance teams first-Riverside, second-Pendleton, third-Weston-McEwen, fourth-Heppner, fifth-Riverside; Greenhand teams first-Weston-McEwen, second-Heppner, third-Riverside, fourth-Riverside II.

Beef: Casey Evans, grand champion, Marc Evans, reserve grand champion, Torrie Philippi, champion, Sandy Allison and Jake McElligott reserve champion; junior heifer calf champion-Jossie Evans; black senior cow champion-Jossie Evans; senior cow champion-Torrie Philippi;

senior heifer calf champion-Jacob Neifer, reserve champion-Amy Drake; other breeds, heifer calf champion-Tom Skultety; summer yearling heifer-Zane Martin and Tommy Skultety, reserve champion; specify junior yearling heifer, champion and reserve grand champion-Zane Martin; beef showmanship, all breeds beginner champion-Tom Skultety; junior reserve champion-Mark McElligott; intermediate champion-Erika Cornejo; seniors champion-Torrie Philippi, reserve champion-Marc Evans.

Hogs: grand champion-Becki Tuel, reserve grand champion-Emerald Richards; champion-Jade Marston and Eric Meakins, reserve champion-Anna Kay Bruce and Robert Nichols-Clark; crossbred-March to May gilt, grand champion-John Qualls; champion swine showman junior-Cody Bellamy, intermediate-Jenna O'Brien-Richards, senior-Bridgett McElligott, grand champion showman-Jennifer Teal, Rate of gain swine-Javier Hernandez, reserve grand champion-Katie Nichols

Sheep: grand champion-Shelly Ashbeck, reserve grand champion-Heather Davis; champion-Mandi Gutierrez, reserve champion-Shannon Walton and Jason Strebin; showman junior champion-Jill Barber; intermediate champion-Shannon Walton, reserve champion-Jason Brown, reserve grand champion-Shannon Walton; senior-grand champion and champion, Kelsie Evans,

reserve champion-Shelly Ashbeck; sheep-suffolk yearling ewe champion-Shelly Ashbeck; suffolk ram born in 1991 champion-Shelly Ashbeck; sheep Columbia spring ewe lamb champion-Crissa Parker.

Goat showmanship senior champion-Michelle Meakins.

Rabbits dwarf senior doe champion-Abigail Beltane; intermediate reserve champion-Shena Schneider; senior buck grand champion-Michelle Meakins; rabbits Netherland dwarf senior doe champion-Abigail Beltane; intermediate reserve champion-Shena Schneider; rex-senior buck champion-Michelle Meakins, showmanship senior ewe champion-Michelle Meakins; best rabbit showman-Abby Beltane, Rex Buck and Michelle Meakins; best doe and litter-Michelle Meakins; best poultry showman-Erik Meakins, best of show poultry-Erik Meakins; small animal round robin-Michelle Meakins.

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Irritable Bowel: 20% of Population Affected

Irritation of the colon or large intestine is known as spastic colon or irritable bowel syndrome. This is a common condition which affects approximately 20 percent of the American population. While symptoms vary from person to person, those commonly reported include abdominal pain (cramps), diarrhea, excess gas, constipation, and a sensation that the rectum is never completely emptied. Symptoms may be triggered by stress and, among women, the menstrual cycle. Self-care measures that may help minimize symptoms of an irritable bowel are summarized in a recent issue of the medical journal *Patient Care*. They include:

- eat meals on a regular basis;
- eat in a quiet place;
- do not rush meals;
- eat less gas-producing foods if excess gas is a problem;
- cut back on caffeine and excess fat in the diet; and
- avoid magnesium-containing antacids which can cause diarrhea.

There is no specific drug treatment recommended for an irritable bowel. Treatment of symptoms may include pain relievers, anticholinergic medicines for spasms, and antidiarrheal medicines. Increasing dietary fiber with bran or bulk-forming agents such as *psyllium* may be recommended to prevent constipation.

PUBLIC MEETING

The U.S. Army Chemical Materiel Destruction Agency invites you to attend a public participation workshop. The workshop will be held Tuesday, August 10, 1993 at the Tooele City-County Multi-Purpose Recreation Complex, 350 West 2nd North, from 6:00 p.m.-8:00 p.m.

For more information call Jeffrey Lindblad at (801) 833-3216



Pioneer Memorial Clinic will be closed Monday, Sept. 6 in observance of Labor Day.

Have a SAFE holiday