

## 4-H lists winners during Morrow County Fair

More fair results have been turned in for the Morrow County Fair held August 16-20 in Heppner. Results are as follows:

**Rabbit:** Showmanship beginner, Emily M. Unruh, Heppner, Reserve Champion; juniors blue-Christopher Schneider and Shena Schneider, intermediate-Sonica Schneider, all Boardman; senior Michelle Meakins, Irrigon, Champion.

**Poultry:** Showmanship blue: junior-Eric Meakins, Irrigon, Reserve Champion; intermediate-Lara Fritz, Boardman, Champion.

**Goat:** Showmanship blue: junior-Eric Meakins, Irrigon, Champion; intermediate-Nicki Lunders, Irrigon, Champion; senior-Michelle Meakins, Irrigon, Champion, Grand Champion.

**Blue ribbons 4-H and Dairy:** Nubian-Inter. Doe, Kid-Jim Lunders and Nicki Lunders; Nubian-Dry, Yearling Doe-Nicki Lunders, all Irrigon.

**Swine:** Showmanship beginner-Hope McElligott, Champion; Salli McElligott, both lone, Reserve-Asa Fry, Adam Neiffer and Christopher Schneider, all Boardman; Champion; Reserve: blue-Brenda Gomez, Julie Mason, Christopher Schneider and Shena Schneider, all Boardman;

**Sheep:** Suffolk Spring Ewe Lamb: blue-Ashleigh Lloyd and Bethany G. Lloyd, both Boardman; Krista Adams, Heppner. Suffolk Yearling Ewe: blue-Randi Creason, Boardman. Suffolk Ewe and One Produce: blue-Randi Creason. Wool Other Breeds: blue-Eric Meakins, Irrigon. Wool Crossbreeds (White Face): blue-Michelle Meakins, Irrigon. Showmanship beginner: Amber Flaiz, Heppner, Champion; Katie Walton, Long Creek, Reserve; blue-Bryan Barton, Jenna Holmes and Ashleigh Lloyd, all Boardman; Brett Barber, Kelsey Greenup, Michael McCabe and Julie Proctor, all Heppner; Edgar Cornejo and Luke Johnson, both Irrigon. Junior: Levi Geer, Echo, champion; Angie McNamee, Irrigon, reserve; Joshua Calhoun, Sara Fritz and Derrin Tallman, all Boardman; Kristen Marshall, Marissa McCabe, Cory Miller, Roxanne Miller, Tracy Rankin, Scott VanWinkle and Lindsey Ward, all Heppner; Jimmy Walton, Long Creek, red-Krista Adams and Jeff Currin, both Heppner; Erin Crowell, Ione; Sarah Eckman, Lexington. Intermediate: Shanon Walton, Long Creek, champion; Jill Barber, Heppner, reserve; blue-Randi Creason, Lara Fritz, Jill Holmes, Crystal Tallman, Mandi Gutierrez, Josie Proctor, Bobbie Rankin and Jennifer Rankin, Jaclynn Hughes, Jenny Sullivan, Ione; Jason Strebin, Irrigon; Jared Eckman, red-Jessie Bray and Bethany Lloyd, both Boardman; Heather Davis, Kathleen Greenup and Travis Winters, Andy Thomas and Robbie Vandecar, Senior: Charene Coe, Champion, Kelsie Evans, Reserve; blue-Brent Wright, Jason Brown and Jeff Cole, both Irrigon; Jonathan Tallman, Boardman; Andy Ashbeck and Shelby Ashbeck, both Echo; red-Tiffany Lloyd, Boardman. FFA Sheep Showmanship: Charlie Timpy, Umatilla, Champion; Nicki Lunders, Irrigon, Reserve; blue-Jim Lunders and Rhiannon Zahm, both Irrigon. Team Market Lamb Fitting Contest:

Clint Bellamy, Lexington. Intermediate: Erika Cornejo, Champion, Elizabeth Hermanns, Reserve, both Irrigon; blue-Alan Marston, Kristi Mason and Levi Weikel-Magden, all Boardman; Stephanie Haguewood and Jake McElligott, both Ione; Abe McNamee and Joe McNamee, both Irrigon. Senior: Josilyn Evans, Champion and Stephanie Skultety, Reserve, both Heppner. Other Breeds/Specify-Junior Cow: blue-Tom Slultety, Heppner. Angus, Black-Junior Yearling Heifer: Josilyn Evans, Heppner, Champion. Gelbvich, Junior Yearling Heifer: blue-Jeremiah McElligott, Ione. Hereford: senior-Amelia Peck, Ione. Hereford, Junior yearling Heifer: Meghan Bailey and Shelley Rietmann, Champion, both Heppner. Crossbred, Junior Heifer Calf: blue-Rio Weikel-Magden, Boardman. Crossbred, Junior Heifer Calf: Adam Neiffer and Kevin Drake champion. JR Heifer Calf: Jeremiah McElligott, Champion, Nikki McElligott, Senior Heifer Heifer Calf: Stephanie Skultety and Tom Skultety. SR Yearling Heifer: Desi Schmeltzer, Heppner, Champion. Junior Cow: blue-Stephanie Skultety.

**Clothing-Judging Contest:** juniors-Erin Crowell, Champion, Molly Barrow, Reserve, both Ione; red-Amy Drake, Macy Rhea, both Heppner; Elizabeth Allen, Shelby Krebs and Adrienne Swanson, all Ione; white-Marissa McCabe, Sarah Eckman. Intermediate: Kristi Worden, Heppner, Champion; Jessie Bray, Boardman, Reserve; blue-Brook Boyer, Lexington; red-Jill Holmes, Boardman, Jessica Krebs and Kara Miller. Senior: Heather Anderson, Hoardman, Champion; Danielle Bishop, Irrigon, Reserve.

**Junior Button Sewing Contest:** Brittini Padberg, Heppner, Champion; Sarah Eckman, Reserve; red-Marissa McCabe and Julie Proctor; white-Paula SpicerKuhn, Heppner. **My Favorite Outfit beginners:** Krista Adams, champion; Marissa McCabe and Brittini Padberg, reserve; blue-Jammie Jarrett, Jenny Harrell, Claire Anderson, Jodie Carlson, Julie Proctor, Kandra Schmeltzer, Krystal Baker and Sarah Eckman; red-Tresa Grieve and Kristal Miller, Juniors-Amy Drake, Erin Crowell, champions; Abby Kahl, and Macy Rhea, reserve; blue-Keith Baker, Sara Fritz, Shannon Wetherell, Trisha Adams, Elizabeth Allen, Katie Bacon, Molly Barrow, Charissa Gates, Allison Halvorsen, Kathryn Jones, Shelby Krebs, Adrienne Swanson, Jennifer Thompson; intermediate-Jill Holmes, Brooke Boyer and Angela Munkers champion; Lara Fritz and Tiffany Munkers reserve; blue-Kevin Baker, Jessie Bray, Randi Creason, Mandi Gutierrez, Dawn Boor, Maci Childers, Brenda Holtz, Jessica Krebs, Amber Peck; red-Kristi Worden. Senior: Heather Anderson champion, Danielle Bishop, reserve.

**4-H fashion revue:** Marissa McCabe and Sarah Eckman champions, Olivia Sagely, reserve; blue-Jammie Jarrett, Claire Anderson, Jodie Carlson, Brittini Padberg, Julie Proctor, Kandra Schmeltzer, Krystal Baker; red-Jenny Harrell, Junior: Molly Barrow, Allison Halvorsen, Adrienne Swanson, champion; Shannon Wetherell, Abby Kahl, Elizabeth Allen, Shelby Krebs, reserve; blue-Trisha Adams, Amy Drake, Abby Kahl, Macy Rhea, Katie Bacon, Erin Crowell, Charissa Gates, Jennifer Thompson; red-Kathryn Jones. Intermediate: Mandi Gutierrez, champion Kristi Worden, reserve; blue-Randi Creason, Jill Holmes, Brooke Boyer, Dawn Sheirbon; red-Jessie Bray, Katie Tworek. Seniors: Heather Anderson, champion, Danielle Bishop, reserve.

**Skill level 1 flat garment:** Sarah Eckman, champion; Marissa McCabe, reserve; blue-Olivia Sagely; red-Shena Schneider, Claire Anderson, Jodie Carlson, Abby Kahl, Brittini Padberg, Kandra Schmeltzer; with casing-Trisha Adams, champion; Jenna Holmes, Jodie Carlson, Sarah Eckman, reserve; blue-Jammie Jarrett, Abby Kahl, Krystal Baker; red-Shena Schneider, Marissa McCabe, Julie Proctor, Olivia Sagely, Kandra Schmeltzer; non-clothing article-Brittini Padberg, champion; Paula SpicerKuhn, reserve; blue-Marissa McCabe, Sarah Eckman; red-Abby Kahl.

**Skill level 2 garment with casing:** Molly Barrow, champion; Charissa Gates, reserve; blue-Shannon Wetherell, Katie Bacon, Erin Crowell, Shelby Krebs, Adrienne Swanson, red-Jenny Harrell; with attached facing-Adrienne Swanson, champion; Erin Crowell and Allison Halvorsen, reserve; blue-Shannon Wetherell, Elizabeth Allen, Molly Barrow, Kathryn Jones, Shelby Krebs; related article-Erin Crowell, champion; Molly Barrow, and Shelby Krebs, reserve; blue-Elizabeth Allen, Allison Halvorsen, Adrienne Swanson.

**Skill level 3 garment made of woven fabric:** Amy Drake, champion, Macy Rhea and Brooke Boyer, reserve; knitted fabric-Brooke Boyer, champion, Macy Rhea, reserve; Amy Drake, blue; related article-Amy Drake, champion, Macy Rhea and Brooke Boyer, reserve.

**Skill level 4 one piece garment:** Kristi Worden, champion, Abigail Lietke, reserve; 2 or more piece outfit, Kristi Worden, champion.

**Skill level 5, one piece garment:** Danielle Bishop, reserve; blue-Jill Holmes; red-Jessie Bray and Randi Creason; two or more piece outfit: Mandi Gutierrez, champion, Randi Creason, red.

**Skill level 6 garment woven fabric:** Dawn Sheirbon, champion.

**Skill level 7, special occasion clothing:** Heather Anderson, champion, Marie Tworek, reserve.

**Clothing judging contest, senior-Becky Wagenblast, champion.**

**Crocheting phase 3: Erika Cornejo blue.**

**Foods phase 1 cookies:** Shelley Rietmann, champion; Meghan Bailey, reserve; blue-Jammie Jarrett, Claire Anderson, Jodie Carlson, Kelsey Greenup, Jessica Gutierrez, Shelbi Padberg, Leland Rill, Olivia Sagely, Kandra Schmeltzer, Paula SpicerKuhn, Adam McCabe, Colin McElligott; red-Bryan Hankins; favorite recipe collection: Shelley Rietmann, champion; blue-Meghan Bailey, Jodie Carlson, Paula SpicerKuhn, Adam McCabe, Colin McElligott; red-Claire Anderson, Leland Rill; educational poster theme: Kandra Schmeltzer, champion, Shelbi Padberg, reserve.

**Phase 2 quick bread:** Shannon Wetherell, champion; Keith Baker, reserve; blue-Jenny Harrell, Trisha Adams, Danielle McDowell, Brittini Padberg, Macy Rhea, Lindsey Ward, Elizabeth Allen, Eric Meakins; red-Sara Fritz; My Favorite recipe collection: Elizabeth Allen, champion; Shannon Wetherell, reserve; blue-Keith Baker, Sara Fritz, Danielle McDowell; educational poster theme-Scott VanWinkle, champion, Macy Rhea, red.

**Phase 3 product using grain:** Mark McElligott champion; unfrosted cake-Nikki McElligott, champion; Miranda McElligott, reserve; favorite recipe collection, Mark McElligott, champion, Nikki McElligott, reserve; educational poster theme-Miranda McElligott, red.

**Phase 4 yeast products:** Niki Sullivan, champion; Kevin Baker, reserve; blue-Lara Fritz, Jessica VanWinkle, Jessica Krebs, Jason Strebin; red-Audra Bunch, Julie Watkins; favorite recipe collection: Lara Fritz, champion; blue-Kevin Baker, Abigail Lietke, Jessica Krebs; red-Brooke Sweeney, Julie Watkins.

**Phase 5-3 different nutritious snacks:** Josie Proctor, red; favorite recipe collection-Maci Childers, champion.

**Phase 6, International foods:** Toni Kemp, champion, Elizabeth Hermanns, reserve; Dani Hill, blue.

**Phase 7 a gift package with homemade foods:** Heather Anderson, champion, Philip SpicerKuhn, reserve, Becky Wagenblast, blue, Tina Kemp, red, Marie Tworek white; recipe collection-Heather Anderson, red.

**Phase 8 homemade dried pasta product:** Bridgett McElligott, champion, Jeff Cole, reserve, Jason Brown, blue; baked wholegrain flour pie crust: Jeff Cole, red; favorite recipe collection-Bridgett McElligott, champion.

## Nursing students awarded scholarships

“Wheat and You”: junior-Shannon Wetherell, intermediate-Jessica Krebs, senior-Bridgett McElligott; quick and easy ground beef main dish-Eric Meakins, blue, Keith Baker, red, Miranda McElligott white.

**Food preparation senior-Phillip SpicerKuhn, reserve; grain product, intermediate-Kevin Baker, champion; dairy product senior-Bridgett McElligott, reserve; main dish, senior-Jessica Krebs, champion; mini meal, senior-Phillip SpicerKuhn, reserve, Bridgett McElligott, blue; mini-meal intermediate-Jessica Krebs, champion, Maci Childers, reserve, Kevin Baker, blue.**

**Food preservation canned fruit-Eric Meakins, red; jam or jelly-Maci Childers champion, Eric Meakin, reserve; canned vegetables-Maci Childers, champion.**

**Food preparation junior snack:** Lindsay Ward, champion, Mark McElligott, reserve; blue-Keith Baker, Trisha Adams, Macy Rhea, Scott VanWinkle, Adam McCabe; junior cookie baking-Nikki McElligott, champion; Elizabeth Allen, reserve blue-Shannon Wetherell, Adam McCabe; red-Colin McElligott, Miranda McElligott; junior measuring: Keith Baker, champion, Jessica Gutierrez, reserve; blue-Jodie Carlson, Heidi Kurts; red-Bryan Hankins, Claire Anderson, Kelsey Greenup, Shelbi Padberg.

**Home environment design in nature:** Kristi Worden, champion. **Art drawing sketching:** Donica Schneider, blue.

**Photography, color snapshots, junior:** Brett Barber, champion, Shad Hisler, reserve; blue-Michael McCabe, Krista Adams; red-Marissa McCabe; intermediates-Annie Hisler, champion, Jill Barber, reserve; red-Kristi Worden, Rick Worden.

**Color commercial enlargements:** junior-Shad Hisler, champion, Marissa McCabe, reserve; blue-Krista Adams; red-Brett Barber, Christopher Peck; intermediate-Rick Worden reserve; blue-Jill Barber; red-Annie Hisler, Kristi Worden; senior-Shaun Hisler, champion.

**Series or story:** junior-Shad Hisler, blue, Brett Barber, red; intermediate-Annie Hisler, blue, Jill Barber, red. **Fiber Arts embroidery, junior:** Nikki McElligott, blue; quilting intermediate-Kristi Worden champion; other-junior Molly Barrow, champion, Elizabeth Allen reserve; blue-Allison Halvorsen, Shelby Krebs; red-Charissa Gates, Miranda McElligott, Nikki McElligott; white-Jennifer Thompson; senior-Heather Anderson champion, Danielle Bishop, blue.

**Other expressive projects junior-Shelby Krebs, champion; Charissa Gates, reserve; blue-Molly Barrow, Miranda McElligott; red-Allison Halvorsen, Nikki McElligott, Jennifer Thompson; intermediate-Elizabeth Hermanns, blue, Molly Barrow, red; senior-Bridgett McElligott, champion.**

**Presentations: individual junior-Keith Baker, champion; Elizabeth Allen, reserve; Allison Halvorsen, red; team junior-Molly Barrow and Erin Crowell, champion; intermediate-Dawn Boor and Brenda Holtz.**

**Container gardening patio plant blue ribbons:** junior-Edgar Cornejo; intermediate Erika Cornejo; flowers calendulas, junior-Paula SpicerKuhn; senior-Phillip SpicerKuhn; marigolds African, junior-Edgar Cornejo; intermediate-Erika Cornejo, French junior-Paula SpicerKuhn, Edgar Cornejo; intermediate-Erika Cornejo; Zinnias, junior-Paula SpicerKuhn; Edgar Cornejo; intermediates-Erika Cornejo; other-Erika Cornejo.

**Vegetables: carrots, senior-Phillip SpicerKuhn red; cucumbers pickling junior-Edgar Cornejo, blue, Keith Baker, red; intermediate-Erika Cornejo, blue; Kohlrabi, senior-Phillip SpicerKuhn red; onions, junior-Paula SpicerKuhn red; peppers hot, junior-Edgar Cornejo; blue, intermediate-Erika Cornejo, champion; potatoes, senior-Phillip SpicerKuhn red; pumpkins junior-Paula SpicerKuhn champion.**

**Quick and easy ground beef main dish:** Eric Meakins, blue, Keith Baker, red, Miranda McElligott white.

Maxine “Mickie” Davidson has been awarded a \$1,500 P.E.O. scholarship, a \$200 Dixie School PTA scholarship, a \$333 Greenwald-Baker Nursing Scholarship and a \$400 Koinonia Club scholarship. These scholarships were awarded on the basis of grade point average, profession selected, community service and need.

Davidson is in her first year of nursing school at Walla Walla community College.

After graduating in the Spring of 1996 Davidson plans to attend Washington State University to study for her bachelor's degree in nursing.

Davidson is an active member in Dayton First Christian Church where she sings in the choir, the Royal Neighbors of America, and local fairs. She is also a substitute school bus driver for Dayton School District. She and her husband, Clint, have three children.

Davidson was born in Heppner to the late Maxine (Way) Jensen and is the niece of Zelma McDaniel, Juanita Martin and Marvin Way. She has numerous cousins in the Heppner area including Roger Schoonover.

**Sandwiches make good fast food**

Sandwiches are a perfect choice when you need fast food, says Carol Michael-Bennett, Oregon State University Extension Home Economist in Morrow County. Make them healthy by including ingredients that are low in fat and high in fiber.

Don't skimp on the bread. It's an excellent source of carbohydrates which are the foundation of a healthy diet. Whole grain breads are the best source of fiber. Try different kinds such as whole wheat, multi-grain, rye and pumpernickel. Pita bread and tortillas can add variety.

Contrary to rumors, bread really isn't fattening. It's what you put on the bread that adds excess calories. Watch out for high fat spreads such as mayonnaise, margarine, butter and cream cheese. There are flower fat substitutes for all of these. Give them a try. Low-fat yeast can be used, too.

Also keep fat in mind when selecting fillings. Use tuna packed in water rather than in oil. Choose lean meat and poultry. If possible, roast it yourself. Be aware that cured and processed meats such as bacon, hot dogs and lunch meat may be higher in fat and sodium. Deli meats often have salt added, too.



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**Pioneer Memorial Clinic will be closed Monday, Sept. 5 in observance of Labor Day.**

Have a SAFE holiday

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