96 Compete In Regional 4-H Presentation Night

BETH MILLER Adams Co. Correspondent

NEW KINGSTON (Cumberland Co.) — Nine Central Pennsylvania 4-H'ers who talked about everything from refrigerators to bicycles came away winners from the Capital Region 4-H Public Speaking and Presentation Night.

The event was held July 16, at Cumberland Valley High School near New Kingston in Cumberland County. Those who won gold ribbons in the competition are eligible to compete in the state contest later this summer at Penn State University.

There were 96 participants in the Capital Region event, which was open to 4-H club members from Cumberland, Adams, York, Franklin, Dauphin, Lebanon, and Lancaster counties.

Gold ribbon winners were those whose presentations received 98 to 100 percent from panels of judges.

Those top winners were Spring Younts of Lancaster County, Hannah Stauffer and Karen Reed of York County, who did a joint presentation; Joyce Watson of Lebanon County, Joshua Hercher of Dauphin County, Vanessa Debnam of York County, Kandi Mullen of Lancaster County, and Jason Blatt and Mike Blecker of Lebanon County, who also did a team presentation.

The title of Watson's presentation was "A Chilling Choice." That fit perfectly because her topic was how to buy a refrigerator.

Watson talked about how to do research on refrigerators by using books and the Consumer Reports Guide. She also talked about comparing prices and how to understand owner's manuals and warranties.

Hercher discussed bicycle safety issues, like following the rules of the road, watching out of debris, installing rear reflectors, inspecting brakes regularly and using proper safety equipment, especially helmets.

Debnam's topic was "What Kind of Shape are You In?" She covered proper nutrition, exercise and how to have fun while eating right and working out.

Blatt and Blecker talked about tractor safety. Mullen won for public speaking.

Younts won in the Animal Science and clothing portion of the contests. Stauffer and Reed took their gold ribbon in the Animal Science and Foods category.

In addition to the senior winners, there were nine gold ribbon winners in the Junior Division.

The junior winners do not get to advance to the contest at Penn State, however.

Brett Frey of York County won in the general competition for juniors. Jennifer Creek of Cumberland County took top honors in the Clothing, Plant Science and Home Economics category.

Michelle Cornman of Cumberland County won in the public speaking event.

Sandra Anderson and Rebecca Comman of Cumberland County carried away gold ribbons with a team demonstration in the Foods and Nutrition competition.

The other gold ribbon winners also were in the Foods and Nutrition event.

They were Eugenia Beck, Denise Lauer, and Mandy Brown, all of York County, and Amy Habecker of Lebanon County.



These senior winners will advance to state competition: from left first row, Jason Blatt, Mike Blecker, Vanessa Debnam, and Kandi Mullen. Second row, Hannah Stauffer, Karen Reed, Spring Younts, and Megan East. Last row, Joshua Hercher and Joyce Watson.



Junior Division winners at the regional competition, from left in front, Jennifer Creek, Eugenia Beck and Mandy Brown. Back, Denise Lauer, Amy Habecker and Michelle Cornman.

A Blueberry A Day

A team of Israeli scientists recently found that the blueberry has bacteria-fighting properties that aid in preventing urinary tract infections. Like cranberries, blueberries contain two compounds that weaken or partially control E. coli, the chief cause of

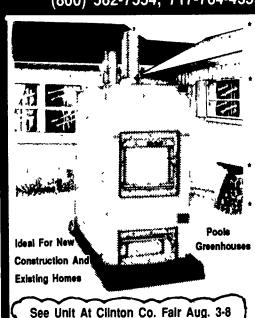
such infections, by keeping the bacteria from clinging to the cells lining the urinary and digestive tract. Seven other fruit juices were analyzed but only juices from the genus Vaccinium contained the two compounds.

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