

# 4 CHEERS FOR 4H

## 4-H Club Award

The Bucks County Annual Award for Community Service News Reporting was awarded to the 4-H Pals Club of Newtown. The 4-H'ers, who range in age from 8-10 years, jointly wrote the following award-winning article.

Our favorite community service project is the group home of developmentally disabled ladies we adopted. The group home in Yardley has four ladies - Marie, she's the oldest (about 50) and loves to have us come visit her. Marie likes to do arts and crafts projects and she has a job during the day. Then there is Katie, she's the youngest, about 20, and she's really cool. "Katie is like us, it's hard to tell she's disabled," said Melissa Moore. Katie likes sports and plays softball and goes bowling. "She's a lot of fun to be around," added Melanie Ashbaugh. There is Diana - she can't talk and doesn't understand too much. "She likes to hold on to things like her yellow ducky and just skip around the house," stated Jasmine Evans. "Joanne loves to eat and really likes the treats we make for her," added Dominique Evans. She can talk a little bit but can understand more.

The 4-H Pals of Newtown provide lots of services to our friends in the group home. "We always bake something for them," said Rocio Slobodzian. We visit them about four times per year, at their home, which is located on Beechwood Lane in Yardley. Last year, we made them Easter baskets filled with lots of goodies and baked them cookies - that was our first visit. We met all of them, they met us, Marie showed us their house, and they all have their own bedrooms, and then we shared the cookies and juice. "It was a nice experience to meet them and see how they live their lives," said Dominique Evans.

Then we came back in the spring to plant flowers in their garden. The 4-H Pals picked out flowers to plant in their garden

"I picked out geraniums," said Melissa Moore, who then stated that the other flowers were marigolds and impatiens. We cleaned out the garden and then planted the flowers. "It really looked pretty," said Melanie Ashbaugh, "colorful too," added Rocio Slobodzian. When we were done the 4-H Pals-Marie, Katie, Joanne, Diane, and the staff-had ice pops that our leader brought. Jasmine Evans indicated that "they need people to come and visit them and be their friends."

During the fall we wanted to take them on a hayride and go apple-picking at Snipes. But our friends were afraid to go on a hayride so we were just going to meet them for apple-picking. Since we got rained-out, our leader bought apples and the 4-H Pals made our friends baked apples, which we brought over to their house. "The baked apples were really yummy," stated Rocio Slobodzian. "Well I like visiting them 'cause I like knowing them," said Melissa Moore.

For Christmas, we each used our allowance money to buy one present at the dollar store for our friends in the group home. We also baked them two different kinds of Christmas cookies. We walked into their house singing Christmas carols. "I noticed they really want to be like us - they look like us, they are nice, but they can't express their feelings like we can," said Jasmine Evans.

When asked what the 4-H Pals provide, they replied, "friendship," "companionship," "our company," "cookies," "flowers," "Christmas presents," and "acceptance." The 4-H Pals in return gain an understanding and further acceptance of others.

Our leader, Mrs. Ashbaugh, told us when we joined 4-H last year, that we would also be involved in community service projects because she believes that giving back to the community is important. We discussed several different types of pro-

jects. Mrs. Ashbaugh suggested that we adopt a group home of developmentally disabled people. She explained what a group home was, what developmental disabilities are, and what the people are like. We agreed. Mrs. Ashbaugh contacted both the Woods School and the Bucks County Association for Retarded Citizens (ARC) regarding a long-term community service project. The ARC indicated that there was a group home being developed by Northwestern Human Services of Bucks County that would be in Yardley, and that would be serving four ladies, three of which were just coming out of an institution. The ARC knew that neighbors didn't want the group home and believed that our community service project would not only provide friendship and acceptance for the ladies living there, but set an example for the community regarding acceptance. For the 4-H Pals, it provided an opportunity to utilize their developing cooking skills, as well as an experience to form relationships with others in need of friendship. The ARC contacted Northwestern Human Services regarding this project. Everyone agreed that everybody could benefit from such a project. We met for the first time on Good Friday 1998 as part of a community service project. Now, it seems just like we are going to visit our friends!

The 4-H Pals of Newtown Club participates in both cooking and community service projects. The 4-H Pals of Newtown Club includes Melissa Moore, president; Dominique Evans, vice president; Jasmine Evans, secretary; Rocio Slobodzian, treasurer; Melanie Ashbaugh, news reporter; Pamela Rotter, song leader; and Lisa Ashbaugh, leader, all of Newtown.

## District VI

### 4-H Horse Show Results

The District VI 4-H Horse Show was conducted Saturday, Aug. 28, at the Lebanon Expo Grounds.

In all, 206 4-H'ers from Adams, Cumberland, Dauphin, Franklin, Lancaster, Lebanon, Perry, and York counties competed in this annual event.

Following is a list of show placings:

- DISTRICT VI 4-H HORSE AND PONY SHOW RESULTS**
- ENGLISH GROOMING AND SHOWMANSHIP, JR DIVISION:** 1 Tasha Renae Wagner 2 Jamie Burnbaugh. 3 Sara Nicole Miller.
- ENGLISH GROOMING AND SHOWMANSHIP, SR DIVISION:** 1 Amy Klingler 2 Caitlin Sultzbach 3 Megan Deveney
- WESTERN GROOMING AND SHOWMANSHIP, JR DIVISION:** 1. Laura Marie France 2. Tara M. Andrews. 3. Meghan Rudolph.
- WESTERN GROOMING AND SHOWMANSHIP, SR DIVISION:** 1. Jennifer Goodman 2. Ashley Bolen 3. Ashley Lynn Purcell.
- OPEN TRAIL PONIES (14.2 hands & under):** 1 Jaime Wetzel 2. Erin Crabbill. 3. Kate Marie Griffith.
- OPEN TRAIL HORSES** 1. Meghan LeRae Brown 2. Ashley Lynn Purcell. 3. Heidi Evelhoch
- COUNTRY TEAM:** 1. Allison Courtney Barber, Jessica Michelle Barber, Sara N Byer. 2. Kimberly George, Melanie George, Sherry George. 3. Jennifer Paxson, Heather Smullen, Monica Smullen
- PLEASURE PAIRS** 1 Jennifer Paxson, Heather Smullen 2 Melanie George, Sherry George 3 Janine Guido, Megghan Michaud
- STOCK SEAT EQUITATION, JR DIVISION** 1 Brent Talbot, 2 Samantha Marie Lehr 3. Melissa Anspach
- STOCK SEAT EQUITATION, SR DIVISION:** 1. Gwendolyn Soult 2. Ashley Bolen 3. Beth Diehl.
- WESTERN PLEASURE PONIES (13.0 hands & under)** 1 Laura McLaughlin 2 Jennifer Erin Stanley 3 Jenica Messner.
- WESTERN PLEASURE PONIES (over 13.0 & not over 14.2 hands)** 1 Carrie McLaughlin 2 Katie Marie Griffith 3 Kara Lynn Gundel.
- WESTERN PLEASURE HORSES, JR RIDER** 1 Samantha Marie Lehr 2. Adam Michael Deardoff 3 Allison Courtney Barber
- WESTERN PLEASURE HORSES, SR RIDER** 1 Ashley Bolen 2 Mandy Lynn McCain 3 Meghan LeRae Brown
- WESTERN RIDING** 1 Ashley Lynn Purcell 2 Gwendolyn Soult 3 Kara Lynn Gundel
- REINING:** 1 Levi Smith 2 Gwendolyn Soult 3 Sara Harris
- POLE BENDING PONIES (14.2 hands and under)** 1 Chantrelle Lee Asper 2 Andrew Levensgood 3 Katie Neubauer

- POLE BENDING HORSES** 1 Jen Miller 2 Kasey Arnold 3 Andrea Sue Seabright
- CLOVER LEAF BARREL RACE PONIES (14.2 hands & under)** 1 Chantrelle Lee Asper 2 Katie Neubauer 3 Kimberly Ann Cave
- CLOVER LEAF BARREL RACE HORSES** 1 Kasey Arnold 2 Jessica Anne Stahle 3 Tanya Renee Eimerbnnk
- RAISED BOX KEYHOLE PONIES (14.2 hands & under)** 1 Katie Neubauer 2 Chantrelle Lee Asper 3 Katie Marie Gnriffth
- RAISED BOX KEYHOLE HORSES** 1 Jessica Anne Stahle 2 Laura Tumbaugh. 3. Alisha Liles
- SADDLE SEAT EQUITATION, JR DIVISION** 1 Joelle Elizabeth Bennett 2 Lindsay Kristina Walter.
- SADDLE SEAT EQUITATION, SR DIVISION** 1 Patricia Ann Watt 2 Amy Klingler 3 Jarek R Shank.
- SADDLE SEAT PLEASURE PONIES (14.2 hands & under)** 1 Patricia Ann Watt. 2 Nikki Collins. 3 Jarek R Shank
- SADDLE SEAT PLEASURE HORSES** 1 Amy Klingler 2 Lindsay Kristina Walter 3 Joelle Elizabeth Bennett
- HUNTER SEAT EQUITATION (not to jump), Jr Division:** 1. Ashley N Pottelger 2. Janine Guido. 3. Sarah Nicole Miller.
- HUNTER SEAT EQUITATION (not to jump) Sr Division:** 1 Jamie Cikovic. 2. Megan R. Dellinger. 3. Sarah Smith.
- HUNTER SEAT EQUITATION (over jumps), Jr Division.** 1 Leanne Michelle Healy 2 Tara Brady. 3 Heather Sisto
- HUNTER SEAT EQUITATION (over jumps), Sr Division.** 1 Megghan Michaud. 2. Melissa R Peters. 3. Samantha Nicole Dunn.
- HUNTER UNDER SADDLE PONIES (14.2 Hands & Under):** 1. Kimberly George. 2 Sarah Smith. 3 Krysten Elmore.
- HUNTER UNDER SADDLE HORSES, Junior Rider.** 1. Jessica Russell. 2 Elizabeth Diehm 3 Heather Sisto
- HUNTER UNDER SADDLE HORSES, Senior Rider:** 1 Melanie George. 2 Kimberly Marie Zimmerman 3 Jamie Cikovic
- WORKING HUNTER PONIES (14.2 hands & under):** 1 Leanne Michelle Healy 2 Tina Clepper 3 Molly Conca
- WORKING HUNTER HORSES.** 1 Laura G Weinstein 2 Jessie DeLong. 3. Megghan Michaud
- HUNTER HACK PONIES (14.2 hands & under)** 1 Sarah Smith 2. Sara Shimko 3 Kimberly George
- HUNTER HACK HORSES** 1 Sara N Byer. 2 Heather Smullen 3 Lindsey Shreiner
- PLEASURE PONY DRIVING (14.2 hands & under).** 1 Tasha Renae Wagner 2 Natalie Cutugno 3 Jarek R Shank
- PLEASURE HORSE DRIVING** 1 Whitney Rehm 2 Meghan LeRae Brown 3 Michelle Thomas
- OBSTACLE TRAIL COURSE (Therapeutic Riding Division)** 1 Nicholas Demko 2 Bryan A Voydik 3 Lee Buffenmeyer
- WALK-TROT EQUITATION (Therapeutic Riding Division)** 1 Nicholas Demko 2 Bryan A Voydik 3 Lee Buffenmeyer

## Reality Check

**WILLIAMSPORT (Lycoming Co.)** - You're in the middle of a big project, but you still want to choose a healthful meal, so you run out for a slice of Stuffed Vegetable Pizza from Sbarro. After all, it has the word "vegetable" in it, so you figure you're doing OK, right?

Or you need a shopping break at the mall and decide to get a Steak Fajita Salad at Chili's. True, steak can be fatty, but there are only a few thick slices, and it is a salad after all.

Well, the pizza and salad were sent to a laboratory for nutrition analysis, and guess what?

Just a single stuffed pizza slice contains 674 calories, with 28 grams of fat and 11 grams of saturated fat - half the saturated fat that someone on a 2,200-calorie diet should be averaging daily. And alas, the salad isn't rabbit food. A serving, which comes with dressing and guacamole, contains 813 calories and 48 grams of fat, 11 of them saturated.

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