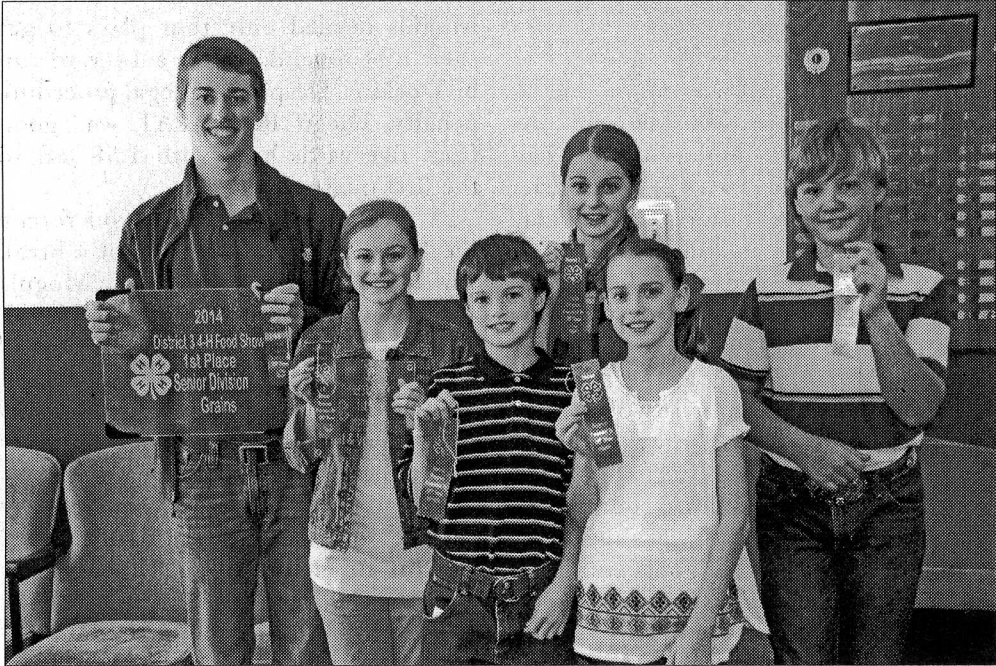


# Ryan Earthman earns state spot



Members of the Knox County 4-H Club participated in a district food show in Vernon. Pictured in back row (left to right) are Ryan Earthman, Corrie Earthman and Josiah Copen, In the front row are Shawn Earthman, Nate Earthman and Morgan Earthman

## By Corrie Earthman

VERNON—Ryan Earthman captured first place in Senior Grains here last month in the District 4-H Food Show, earning the right to advance to state in June.

Knox County 4-H members who also won awards included, Shawn Earthman, first in Intermedia Protein; Corrie Earthman, second in Intermediate Protein; and Josiah Copen, fifth in Intermediate Grains.

Also competing were Morgan Earthman in Junior Fruits and Vegetables and Nate Earthman in Junior Grains.

The food show was a competition in

the Food and Nutrition project where the participant must prepare a dish at home in one of four categories--Protein, Fruits and Vegetables, Grains and Dairy--and present it to two judges, who graded it on many things including texture, appearance, and being cooked thoroughly.

The participant must also know nutritional facts about their dish, as well as MyPlate guidelines. The main purpose of this competition is to educate 4-H members on the importance of having healthy nutrition and a healthy lifestyle in a fun and competitive way.