

Moultrie Douglas 4-H shares 2019 general show Grand Champions

- Animal Science Alexis Gee, Moultrie County Shining Stars, Allenville
- Clothing & Textiles – Sarina Voegel, Moultrie County Shining Stars, Sullivan
- Communications – Brady Stollard, Moultrie County Shining Stars, Sullivan
- Consumer Education-Grace Hutchison, Camargo Champs, Villa Grove
- Food & Nutrition-Lyndsays Zoch, Camargo Champs, Tuscola
- Electricity – Lena Emel, Moultrie County Shining Stars, Sullivan
- Entomology- Carson Kappes – Camargo Champs, Villa Grove
- Floriculture – Lacey Rahn, Awesome Arthur Clovers, Arthur
- Forestry- Hayden Moody, Moultrie County Shining Stars, Sullivan
- Intercultural – Emma Harris, Atwood-Hammond Prairie Dogs, Atwood.
- Interior Design – Vicki Carter, Awesome Arthur Clovers, Arthur
- Natural Resources – Gareth Coffey, Moultrie County Longhorns, Sullivan
- Photography – Lacey Rahn, Awesome Arthur Clovers, Arthur
- Robotics- Austin Zoch, Camargo Champs, Tuscola
- Veterinary Science- Rhett Lehman, Moultrie County Shining Stars, Sullivan
- Visual Arts – Ben Bushue, Moultrie County Shining Stars, Sullivan
- Woodworking- Josh Mathias, Camargo Champs, Arcola
- Livestock Grand Champions
 - Alpaca
 - Grand Champion Juvenile Male – Ethan Tice, Moultrie County Shining Stars, Sullivan
 - Grand Champion Yearling Female - Sophia Tice, Moultrie County Shining Stars, Sullivan
 - Grand Champion

- Non-Breeder - Sophia Tice, Moultrie County Shining Stars, Sullivan
- Reserve Grand Champion Non-Breeder - Ethan Tice, Moultrie County Shining Stars, Sullivan
- Alpaca Novice Showman - Sophia Tice, Moultrie County Shining Stars, Sullivan
- Beef
 - Grand Champion Heifer- Ashley Seegmiller, Atwood Hammond Prairie Dogs, Arthur
 - Reserve Grand Champion Heifer- Ellie Lehman, Moultrie County Shining Stars, Sullivan
 - Grand Champion Dairy Bucket Calf – Joshua Mathias, Camargo Champs, Arcola
 - Novice Showman - Ellie Lehman, Moultrie County Shining Stars, Sullivan
 - Jr. Showman - Rhett Lehman, Moultrie County Shining Stars, Sullivan
 - Sr. Showman- Ashley Seegmiller, Atwood Hammond Prairie Dogs, Arthur
- Dairy Goats
 - Jr. Champion Doe – Gareth Coffey, Moultrie County Shining Stars, Sullivan
 - Sr. Champion Doe – Gareth Coffey, Moultrie County Shining Stars, Sullivan
 - Grand Champion Doe – Gareth Coffey, Moultrie County Shining Stars, Sullivan
- Nigerian Dwarf Goats
 - Jr. Champion Doe - Kaydence Kennedy, Sunny Side Flea Flickers, Bethany
 - Reserve Jr. Champion Doe - Kaydence Kennedy, Sunny Side Flea Flickers, Bethany
 - Sr. Champion Doe - Kaydence Kennedy, Sunny Side Flea Flickers, Bethany
 - Reserve Sr. Champion Doe - Kaydence Kennedy, Sunny Side Flea Flickers, Bethany
 - Pygmy Goat Sr. Showman - Joshua Mathias, Camargo Champs, Arcola
 - Poultry
 - Grand Champion Doe

- Kaydence Kennedy, Sunny Side Flea Flickers, Bethany
- Grand Champion Buck – Kaydence Kennedy, Sunny Side Flea Flickers, Bethany
- Pygmy Goats
 - Grand Champion Wether- Max Paddock, Awesome Arthur Clovers, Arthur
 - Reserve Grand Champion Wether – Joshua Mathias, Camargo Champs, Arcola
 - Jr. Champion Doe- Joshua Mathias, Camargo Champs, Arcola
 - Reserve Jr. Champion Doe- Maddy Hepner-Paddock, Awesome Arthur Clovers, Arthur
 - Sr. Champion Doe- Maddy Hepner-Paddock, Awesome Arthur Clovers, Arthur
 - Reserve Sr. Champion Doe- Maxwell Paddock, Awesome Arthur Clovers, Arthur
 - Grand Champion Doe- Maddy Hepner-Paddock, Awesome Arthur Clovers, Arthur
 - Reserve Grand Champion Doe- Joshua Mathias, Camargo Champs, Arcola
 - Jr. Champion Buck- Joshua Mathias, Camargo Champs, Arcola
 - Reserve Jr. Champion Buck- Maddy Hepner-Paddock, Awesome Arthur Clovers, Arthur
 - Sr. Champion Buck- Maddy Hepner-Paddock, Awesome Arthur Clovers, Arthur
 - Reserve Grand Champion Buck- Joshua Mathias, Camargo Champs, Arcola
 - Dairy Goat Jr. Showman- Gareth Coffey, Moultrie County Shining Stars, Sullivan
 - Nigerian Dwarf Sr. Showman - Kaydence Kennedy, Sunny Side Flea Flickers, Bethany
 - Pygmy Goat Sr. Showman - Joshua Mathias, Camargo Champs, Arcola
 - Poultry
 - Grand Champion Doe

- Grand Champion American- Ben Bushue, Moultrie County Shining Stars, Sullivan
- Reserve Grand Champion American- Ben Bushue, Moultrie County Shining Stars, Sullivan
- Grand Champion Continental & All Others - Brayden Kennedy, Sunny Side Flea Flickers, Bethany
- Reserve Grand Champion Continental & All Others - Brayden Kennedy, Sunny Side Flea Flickers, Bethany
- Grand Champion Bantam Clean Legged- Ben Bushue, Moultrie County Shining Stars, Sullivan
- Reserve Grand Champion Bantam Clean Legged- Ben Bushue, Moultrie County Shining Stars, Sullivan
- Grand Champion Bantam Feather Legged- Ben Bushue, Moultrie County Shining Stars, Sullivan
- Reserve Grand Champion Bantam Feather Legged- Rhett Lehman, Moultrie County Shining Stars, Sullivan
- Grand Champion Production Class – Josh Gingerich, Atwood-Hammond Prairie Dogs, Sullivan
- Reserve Grand Champion Production Class- Kent Lehman, Moultrie County Shining Stars, Sullivan
- Grand Champion All Other Fowl Single - Brayden Kennedy, Sunny Side Flea Flickers, Bethany
- Grand Champion Eggs – Ben Bushue, Moultrie County Shining Stars, Sullivan
- Reserve Grand Champion Eggs – Rhett Lehman, Moultrie County Shining Stars, Sullivan
- Novice Poultry Showman- Brayden Kennedy, Sunny Side Flea Flickers, Bethany
- Jr. Poultry Showman – Rhett Lehman, Moultrie County Shining Stars, Sullivan
- Rabbits
 - Grand Champion Meat Pen – Isaac Gingerich, Atwood Hammond Prairie

- Dogs, Sullivan
 - Reserve Grand Champion Meat Pen – Maxwell Doris, Sunny Side Flea Flickers, Bethany
 - Grand Champion Single Fryer- Maxwell Doris, Sunny Side Flea Flickers, Bethany
 - Reserve Grand Champion Single Fryer- Isaac Gingerich, Atwood Hammond Prairie Dogs, Sullivan
 - Grand Champion Large Purebred – Katie Gingerich, Atwood Hammond Prairie Dogs, Sullivan
 - Reserve Grand Champion Large Purebred – Katie Gingerich, Atwood Hammond Prairie Dogs, Sullivan
 - Grand Champion Small Purebred- Katie Gingerich, Atwood Hammond Prairie Dogs, Sullivan
 - Reserve Grand Champion Small Purebred- Kaydence Kennedy, Sunny Side Flea Flickers, Bethany
 - Grand Champion Crossbred- Gareth Coffey, Moultrie County Shining Stars, Sullivan
 - Reserve Grand Champion Crossbred – Maxwell Doris, Sunny Side Flea Flickers, Bethany
 - Jr. Rabbit Showman- Gareth Coffey, Moultrie County Shining Stars, Sullivan
 - Sr. Rabbit Showman - Maxwell Doris, Sunny Side Flea Flickers, Bethany
 - Grand Champion Ewe - Ryker Beckmier, Atwood-Hammond Prairie Dogs, Atwood
 - Reserve Grand Champion Ewe - Logan Beckmier, Atwood-Hammond Prairie Dogs, Atwood
 - Grand Champion Ram - Ryker Beckmier, Atwood-Hammond Prairie Dogs, Atwood
 - Sheep Jr. Showman- Ryker Beckmier, Atwood-Hammond Prairie Dogs, Atwood
 - Sr. Sheep Showman- Joshua Mathias, Camargo Champs, Arcola
 - Swine
 - Grand Champion Bar-

- row – Jace Green, Atwood-Hammond Prairie Dogs, Arthur
- Reserve Grand Champion Barrow- Beau Green, Atwood-Hammond Prairie Dogs, Arthur
- Grand Champion Gilt - Mallory Batman, Moultrie County Shining Stars, Sullivan
- Reserve Grand Champion Gilt - Ryker Beckmier, Atwood-Hammond Prairie Dogs, Atwood
- Swine Novice Showman- Ryker Beckmier, Atwood-Hammond Prairie Dogs, Atwood
- Swine Jr. Showman- Jace Green, Atwood-Hammond Prairie Dogs, Arthur
- Clean Pen
 - Alpaca - Sophia and Ethan Tice, Moultrie County Shining Stars, Sullivan
 - Beef – Addison Stollard, Moultrie County Longhorns, Sullivan
 - Dairy Goats – Gareth Coffey, Moultrie County Shining Stars, Sullivan
 - Nigerian Dwarf Goats- Kaydence Kennedy, Sunny Side Flea Flickers, Bethany
 - Pygmy Goats – Joshua Mathias, Camargo Champs, Arcola
 - Poultry - Rhett Lehman, Moultrie County Shining Stars, Sullivan
 - All Other Fowl – Brayden Kennedy, Sunny Side Flea Flickers, Bethany
 - Rabbit – Gareth Coffey, Moultrie County Shining Stars, Sullivan
 - Sheep – The Beckmier family, Atwood-Hammond Prairie Dogs, Atwood
 - Swine- the Gingerich family, Atwood Hammond Prairie Dogs, Sullivan
 - Jr. Large Master Showman – Ryker Beckmier, Atwood Hammond Prairie Dogs, Atwood
 - Sr. Large Master Showman- Ashley Seegmiller, Atwood Hammond Prairie Dogs, Arthur



Pictured from left are Douglas County 4-Hers Grace Walker of Tuscola, Samantha Walker of Tuscola, and Landon Kappes of Villa Grove.

Submitted photos

Ill. Department of Labor warns workplace fatigue is nothing to yawn at

Illinois Department of Labor Director Michael Kleininik joined with state and national safety experts to highlight the serious dangers posed by fatigue in the workplace, a growing problem and a focus of National Safety Month.

“Workplace safety makes most of us understandably think about proper training, proper equipment and a safe work environment,” said Kleininik, in observance of June as National Safety Month. “But a good night’s sleep can be just as important as these other safety fundamentals. A tired worker can pose a serious risk to himself or herself as well as to coworkers.”

Studies indicate 13 percent of workplace injuries are attributed to fatigue and 43 percent of American workers say they sometimes are too tired to function safely at their job. Fatigue is estimated to cost employers more than \$136 billion annually in health-related lost productiv-

ity. It can also be deadly.

The U.S. Department of Labor notes that decreased alertness from worker fatigue was cited as a factor in some of the most tragic industrial disasters, including the 2005 Texas City BP oil refinery explosion, the nuclear accidents at Three Mile Island and Chernobyl and even the 1986 Space Shuttle Challenger explosion.

Certain workers are more likely to suffer from workplace fatigue, especially those who work irregular or extended shifts, such as those in transportation, healthcare, police and fire fighters and others whose jobs require rotating shift work. But other factors, such as long commutes and simply not sleeping enough, can contribute to fatigue even for those with regular shifts.

Regardless the cause, workplace fatigue certainly increases the risk of injury and illness on the job. According to the U.S. Depart-

ment of Labor, accident and injury rates are 18 percent greater during evening shifts and 30 percent greater during night shifts when compared to day shifts. Long shifts – 12-hour days – spike injury risk by almost 40 percent.

While there is no magic bullet cure for workplace fatigue, awareness of it as a serious issue is a major first step for both employers and employees to take. The Occupational Safety and Health Administration suggests employers can take some common-sense approaches to diminish the risk of workplace fatigue.

OSHA Recommendations

- Examining staffing issues such as workload, work hours, understaffing and worker absences, scheduled and unscheduled, which can contribute to worker fatigue.
- Arranging schedules to allow frequent opportunities for rest breaks and nighttime sleep.

- Making adjustments to the work environment such as lighting, temperature and physical surroundings to increase alertness.

- Providing worker education and training addressing the hazards of worker fatigue, the symptoms of worker fatigue, the impact of fatigue on health and relationships, adequate quality and quantity of sleep and the importance of diet, exercise and stress management strategies to minimize the adverse effects of fatigue.

Of course, workers also need to take steps to reduce the risks posed by workplace fatigue. Seven hours of sleep should be the minimum goal. If you are not getting that, adjustments should be made if possible to accommodate proper sleep. If a medical issue is involved, see your doctor as you would for any health concern.

“A rested worker is a safer worker and makes for a safer work environment for

everyone. It’s easy to overlook something so basic as sleep but we do so at our own peril,” said Kleininik.

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