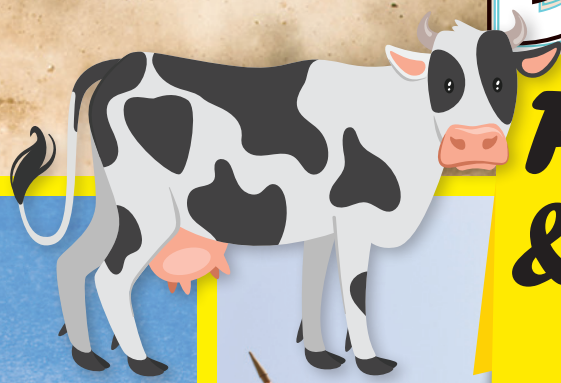




JUNE DAIRY

*Festival
& Rodeo
2022*



Two days of fun highlight June Dairy Parade and Tillamook County Rodeo

Shine up your cowboy boots and get out your parade chairs, because it's June Dairy Parade and Tillamook County Rodeo time in Tillamook.

This year the weekend events start on Friday night June 24 at 7 p.m. with the first night of the Tillamook County Rodeo, sponsored by the Rendezvous Bar and Grill and Sheldon Oil Company. On Saturday June 25, the rodeo begins again at 7 p.m. with more cowboy and cowgirl action at the Fair Grounds.

At the rodeo you will see, Steer Wrestling, Bareback Riding, Saddle Bronc Riding, Barrel Racing, Bull Riding, and much more. With \$750 added purse for timed events and \$750 added purse for rough stock events. Kids day is on Friday with fun events and prizes planned for the little wranglers. Join the fun and see the 35th Anniversary of the 'Biggest little Show on the



Coast.' Back this year is the popular hooves N' Hops Brewfest, Sat. June 25 from 5 to 11 p.m. The most anticipated parade of the year, The June Dairy Parade, is Sat. June 25, beginning at 11 a.m. but you will want to get your viewing spot early for this event.

2022 Parade Participants

Color Guard
Coast Guard truck
Mayor Aaron Burris

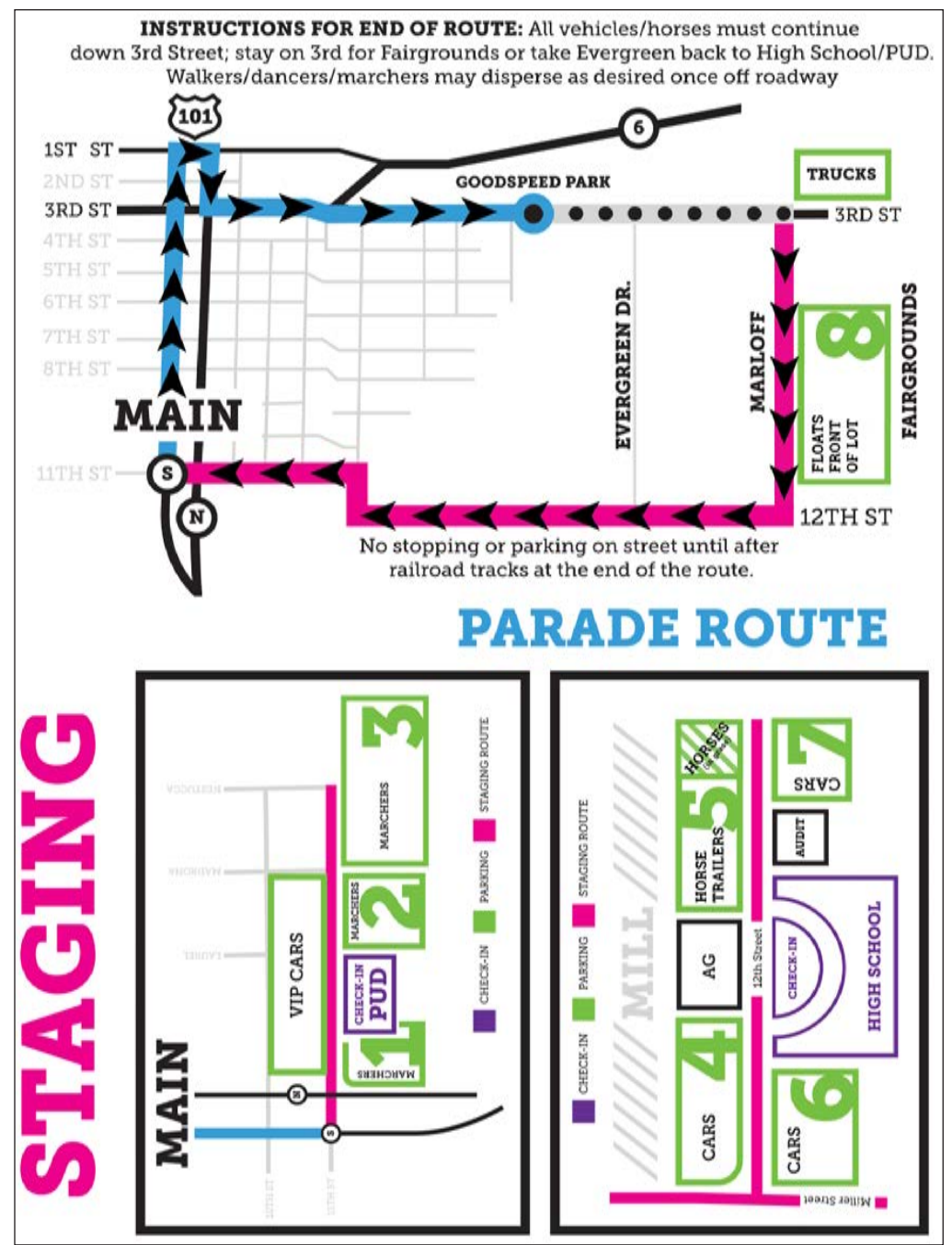
TCCA Minis Buses
TCCA Semi Trucks
Representative Suzanne Weber
Grand Marshal: In Memory of Calvin Christensen
US Army Van
Honorary Marshal Terry Phillips
VFW Post 2848
Tillamook County Pioneer of the year Judith Hill
Tillamook Swiss float w/ Dairy Princess Clara
Tillamook School of Dance
TP Freight Lines

- TPUD Trucks & EV Car
Food Roots
Tillamook County Sheriff's Office
Tillamook Volunteer Firefighters Assoc.
Power Pep Band
Royal Rosarians
Country Sentsation
Prestige Care Five Rivers
Senior Living bus
Astoria Regatta float
Tillamook County Girl Sc

outs
Tillamook Coast Derby Dams
Columbia Co. Rodeo Queen
Columbia Co. Rodeo Princess
Benton Co. Rodeo Queen
Tillamook Elks Drug Awareness
Antique Circus Calliope
Cyrus Javadi for Oregon
Oregon Coast Dance

Bill Bess Car
Astoria clowns
PT Cruiser---Scooby Do
Al Kader Shriners
Celebrate Recovery-Nazarene Church
MADD
Tillamook County Bookmobile
Jim & Marji Hinds Car
Chuck Lawrence Truck
- See **ENTRIES**, Page 3

2022 June Dairy Parade Route and Staging area



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Welcome Back!

June Dairy Festival and Rodeo!

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CCB #202914

Entries

Continued from Page A2

Northwest Dance Academy float/dancers
Tillamook Eagles & Carl
Wilson Music Center Band
Model T Pig & Ford Club
Twins Ranch
Juntos
Oregon Natural Resource Industries
TLC A Division of Fibre
Federal Credit Union
Tillamook Co. Rodeo
Miss Rodeo Oregon
Sweetheart
Miss Rodeo Oregon 2022
Jr. Miss Rodeo Oregon
2022
2023 Jr. & Teen Miss
rodeo
2023 Jr. & Teen Miss
rodeo
2023 Jr. & Teen Miss
rodeo
2023 Jr. & Teen Miss
rodeo
2023 Miss NPRA Rodeo
Tillamook Air Museum

Tillamook Bay Community College Equity & Inclusion
Tillamook County Transportation District Trolley
Hip Hoppers 4H Rabbit club
Tillamook Riding Club
Tillawheels Car Club
Tillamook K9 Dogs
Logan Lilly for Rep. HD
32
Rancho Los Garcias Dancing Horses
Misty Meadow Mini Cattle
Misty Meadow Dairy
Tillamook County Community Health Center Mobile Clinic
NW Old Iron Club
Moon Meadow Dairy
Josh Vance
RC Larson Longhorns
Carson
La Mexicana Cars
Randy Jones Cars
Buttercup the Pickup Truck
McCanna Trucking
Bennett Family Farm Truck
Tillamook Working Lands
& Water Cooperative log truck/truck w/float/tractor w/hay



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Tillamook County Dairy Women promoting all dairy products

The Tillamook County Dairy Women is the local affiliate of the Oregon Dairy Women. We are an all-volunteer, non-profit organization with the mission of promoting greater use of all dairy products through outreach and educational programs.

One of the most visible activities of the organization is the Dairy Princess Ambassador program. Since 1959, the Oregon Dairy Women's Dairy Princess Ambassador Program has served as the premier advocate for the Oregon Dairy Industry in collaboration with the Oregon Dairy Farmers Association and the Oregon Dairy Nutrition Council.

Tillamook County's Dairy Princess Ambassador can be seen sharing Tillamook's long

history of dairy farming throughout the year, but particularly during June Dairy Month. As part of the June Dairy Days Celebration she will join the Royal Rosarians to add a special rose to the Pioneer Rosarian Rose Garden. The planting of roses in the Memorial Rose Garden next to the Pioneer Museum is the longest-running tradition of Tillamook's Dairy Parade. Later she will join in celebrating Tillamook's dairy heritage by riding in the June Dairy Parade with her court.

The current Tillamook court is: Dairy Princess Ambassador Clara Blaser, runners up Madyson Grimes and Emma Taksdal. And last year's Tillamook Dairy Princess, Mariana Llamas, was recently crowned

the 2022-2023 Alternate Oregon Dairy Princess Ambassador. Look for all of these exceptional young women in the 2022 June Dairy Parade.

Another long-standing Tillamook County Dairy Women tradition is the June Baby Basket. For over 40 years the Tillamook Dairy Princess Ambassador has welcomed the first baby born in June Tillamook County by delivering the family a June Baby Basket full of dairy-related items, baby related items, and of course, delicious Tillamook Cheese!

Throughout the year, Tillamook County Dairy Women members, along with their Dairy Princess Ambassador, are available to participate in school programs and community events. At the fair

we sponsor local 4H Fair awards, organize and sponsor the Dairy Dessert Contest (where anyone can enter as long as the dessert contains 3 dairy products), the milk chugging relay contest open to all ages, the PeeWee Dairy Showmanship classes and the daily Ice Cream Tasting Contest. All to help spread the word about Tillamook's dairy industry and the benefits of dairy products. If you are would like more information about Tillamook Dairy Women, please contact Kim Durrer-Lyon @ 503-801-1732

Mariana Llamas, recently crowned 2022-2023 Alternate Oregon Dairy Princess Ambassador and Tillamook Dairy Princess Ambassador Clara Blaser.
Photo provided



STOP BY FOR LUNCH AFTER THE PARADE!

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Tillamook Grad crowned Alternate Oregon Dairy Princess-Ambassador

Mariana Llamas representing Tillamook County was crowned the 2022-2023 Alternate Oregon Dairy Princess Ambassador during a ceremony Saturday night.

Llamas was among five county contestants vying for the 2022-2023 title. Krisarah Nygren, representing Linn and Benton Counties was named Oregon Dairy Princess Ambassador.

Llamas, 19, has been very active in the Tillamook community. Throughout high school, Llamas was actively involved in FFA, student council, charity drive and multiple sports. Now a student at Oregon State University, Llamas plans to obtain a degree in Agricultural Sciences and eventually become a high school agriculture sciences teacher.

"I have had a connection with the dairy industry my entire life. I grew up with my father being a large animal veterinarian on a local dairy farm," explains Llamas. "My love and passion for the dairy

industry started at a young age as I watched my dad work and continues to grow and develop as I discover more of what the industry holds."

Llamas and Nygren are looking forward to a busy year informing and educating the public about the dairy industry. They will spend the next twelve months traveling statewide attending fairs, town meetings and public events as a representative of Oregon's dairy farmers. Much of their reign will be spent in Oregon schools delivering educational presentations about life on a dairy farm and the nutritional benefits of consuming dairy products.

Upon being crowned, Llamas received \$1,500 in scholarships to continue her education and Nygren received \$3,000. Outgoing Dairy Princess-Ambassador Gracie Krahn received over \$15,000 for her year dedicated to the Oregon dairy industry, personally informing over 17,000 students of the benefits of dairy



products and life on a dairy farm in schools and community events.

The other state finalists include: Jess Hewitt, Clackamas County; Krisarah Nygren, Linn-Benton Counties; Mia Berry, Washington County and Hanna VanDeWalle, Yamhill-Polk Counties

Oregon Dairy Women (ODW) is an all-volunteer, non-profit organization with the main objective to promote the dairy industry. The ODW mission is to promote greater use of all dairy products through

outreach and educational programs.

Since 1959, the Oregon Dairy Women's Dairy Princess Ambassador Program has served as the premier advocate for the Oregon Dairy Industry in collaboration with the Oregon Dairy Farmers Association and the Oregon Dairy Nutrition Council. The ODW award scholarships, and provides financial support to 4-H and FFA programs, Agriculture in the Classroom, Ag Fest, Summer Ag Institute, Adopt-a-Farmer and judging teams.



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What is the Real Cost of my Gambling?



Estimated Cost of a Year of...

- \$2 a Week Spent on Lottery Tickets: \$104
- \$10 a Week spent on Scratch-Off Ticket: \$521
- \$25 a Month Spent on Bingo or La Loteria: \$300
- \$200 a Month Spent at a Casino: \$2,400

Spending More than you Want?

If you choose to gamble set rules to protect yourself from losing your hard-earned cash. These rules also can help to protect you from developing a problem with gambling.

Gambling Rules:

- Expect to Lose, Play only for Entertainment
- Set a Limit
- Never Gamble on Credit
- Don't use Money set aside for other Purposes to Gamble
- Don't Gamble to Make Money
- Never gamble to cover pain
- Create a healthy life balance

For more Information about Problem Gambling Prevention Visit www.opgr.org

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Resource(OPGR)**
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¿Cuál es el costo real de mis apuestas?



Costo estimado de un año de...

- \$2 por semana en billetes de lotería: \$104
- \$10 por semana en billetes para raspar: \$521
- \$25 al mes en bingo o La Lotería: \$300
- \$200 al mes en un Casino: \$2,400

¿Estás gastando más dinero de lo que quieres?

Si eliges apostar, establece reglas para protegerte de perder el dinero que tanto

te costó ganar. Estas reglas también pueden ayudarte a evitar desarrollar un problema con los juegos de apuestas.

Reglas sobre las apuestas:

- Espera perder, juega solo para entretenerse
- Establece un límite
- Nunca apuestas a crédito
- No uses para apostar el dinero que separaste para otros fines
- No apuestas para ganar dinero
- Nunca juegues para cubrir el dolor
- Crear un equilibrio de vida saludable

Para obtener más información sobre la prevención de la adicción al juego, visita www.opgr.org

El tratamiento para los problemas con las apuestas es gratuito y funciona:



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H20511



Sweet dreams are made of cheese during the June Dairy Festival

Cheddar days are here again! It's been a tough couple of years finding our way through this pandemic. Although gatherings are still a little different, it is a great time to celebrate.

We may be milking it, but we are udderly delighted to celebrate with our community and please be sure to follow all social distancing and public health guidelines. Your Dairy Godmother says this is the healthy way to participate this year!



To schedule an appointment, please call:
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June Baby ... Boy!



Tillamook County Dairy princess ambassador Clara Blaser gifting the June baby basket to the first baby born in June at the Tillamook Regional Medical Center in honor of June dairy month. It's a boy! Henry Judd Beck born June 1st at 7:30am, weighing 8lbs 15oz and 19.5 inches in length. Proud parents Kristen and Ryan Beck and big brother William Beck (2). The Tillamook County Dairy women would like to thank everyone who donated to the 2022 baby basket.

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- Dr. Jennifer Witt, DVM
- Dr. Mark Witt, DVM

HIP-HIP HOORAY!

CHEDDAR DAY'S ARE HERE AT THE

JUNE DAIRY PARADE!

JUNE 25, 2022

TILLAMOOK PUBLIC POWER

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What you need to know about whole milk nutrition & health

Recent research and articles have shed new light on the role of saturated fat in today's diet, and whole milk appears in a lot of these discussions. Even the taste of whole milk is a hot topic in some circles. If all of this has you curious, or if it's been a while since you've had some in a latte, let's see why whole milk can be a good choice for you.

Let's start with the basics: What is whole milk? Whole milk is good old-fashioned cow's milk that is most similar to its original state when it comes from the cow. The main difference between whole milk and other milks in the dairy case, like reduced fat, is the fat content. Let's break it down.

Whole Milk Nutrition Facts

Every serving of milk provides vitamins, minerals, protein, and energy (calories). All milk, whether whole milk or fat-free milk, lactose-free milk or chocolate milk, comes

with 13 essential nutrients, such as protein, calcium, vitamin A and vitamin D, vitamin B12, riboflavin, niacin, phosphorus, pantothenic acid, zinc, selenium, iodine and potassium.

Fat and Calories in Whole Milk

Food provides energy, or calories, to help fuel your body. An 8-ounce serving of milk contains about 8 grams of fat and 150 calories. You could also say whole milk has roughly 3.25% milk fat. If you keep that in mind, milk fat percentages make more sense: reduced-fat milk (2%), low-fat milk (1%) and fat-free milk (or 0% if you want to be a stickler), which is also called skim milk.

How do we get these percentages? Here's how it works: After the milk leaves the farm, it goes to a processor, where the milk is pasteurized, homogenized, and separated from the cream.

Some of the cream is then added back in, like 2% of it, so that's how you get reduced-fat milk. Or 3.25% is added back for whole milk. This type of fat is primarily saturated fat. Most guidelines recommend limiting saturated fat, but emerging science shows that dairy foods, regardless of fat content, can contribute to a healthy diet and offer health benefits.

Frequently Asked Questions

Thirsting for more info about whole milk? Here are answers to some of the most common questions.

Is Whole Milk Healthy?

What exactly do all those 13 essential nutrients listed above do anyway? Those vitamins, minerals and macronutrients (like protein) do everything from help build healthy bones and maintain a healthy immune system to help regulate your metabolism and maintain healthy skin.

Most of us don't get nearly enough of these nutrients, and milk is an easy way to meet daily requirements. That's why the Dietary Guidelines for Americans recommends low-fat dairy foods such as milk as part of a healthy diet. (Nerd alert: The dietary guidelines are led by nutri-

tion experts and scientists and updated every five years as more science emerges about what our bodies need to be healthy.)

Is Whole Milk Healthier Than Skim Milk?

That's like a trick question—the same nutrients are in

all types of dairy milk, regardless of fat composition. Yes, the DGA recommends low-fat and fat-free dairy foods, but it doesn't exclude saturated fat; the limit is capped at 10% of your daily total calories. It is possible to include a serving of whole milk dairy as part of an overall healthy eating plan.



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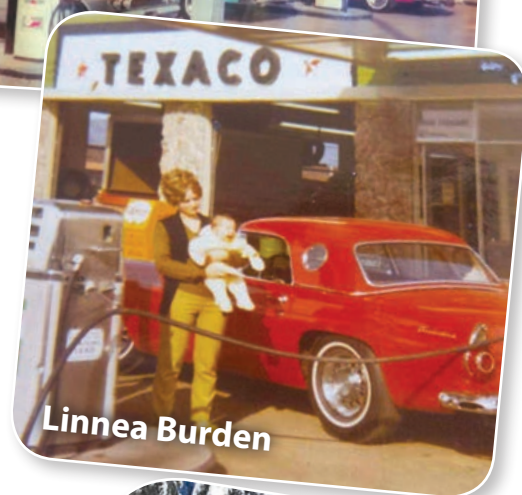
Burden's Muffler & Towing Service is a third generation Tillamook business.

Burden's Muffler Towing & Crane Service Inc. is a third generation

Tillamook business, that was started in 1970 by Don & Linnea Burden when Sylvia was 6 months old. Don first had the Texaco station at the North entry to downtown Tillamook. Eventually

Don wanted more room and purchased the Enco Station directly across the street. Don had a pit built in the one end of the shop and added on to the building for two more work bays, with a fenced yard in the back for wrecked vehicles. Their daughter Sylvia worked during her school years and eventually full time. Rick was basically raised at the business

and just enjoys convincing Dad to purchase more trucks to add to our fleet. We currently have three crane trucks and have added a semi & landoll trailer to the fleet. Jeremy & Justin Schriber (Sylvia's) boys have both joined the family business, Jeremy while still and High School, and Justin after completing West Coast Training for Crane Trucks and was put to work with us full time in 2020.



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