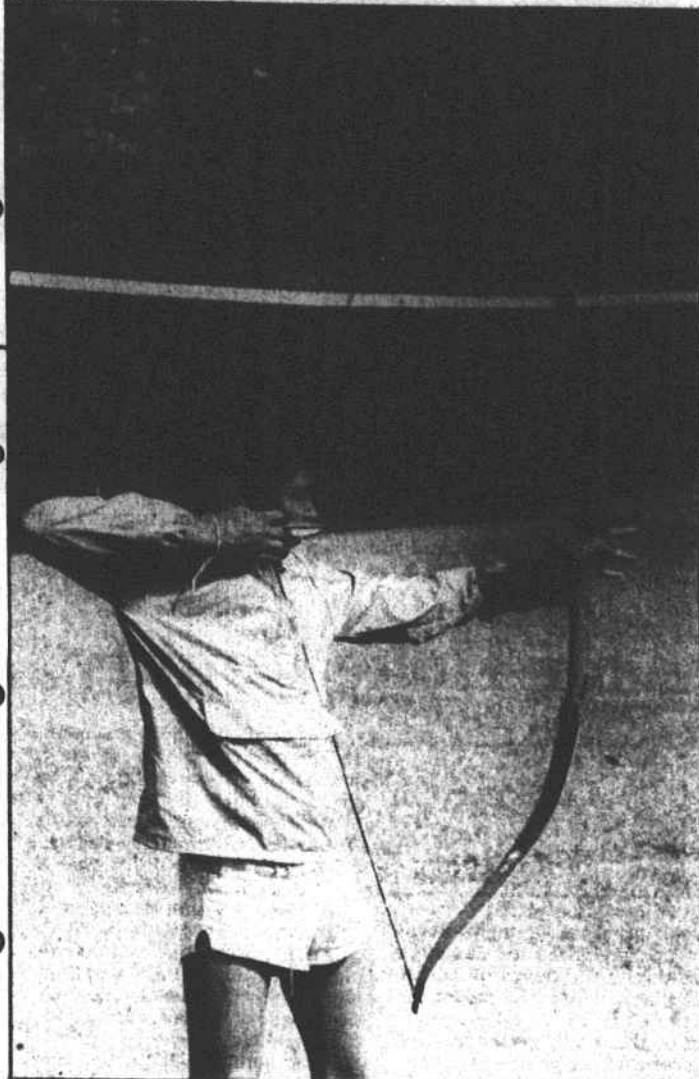
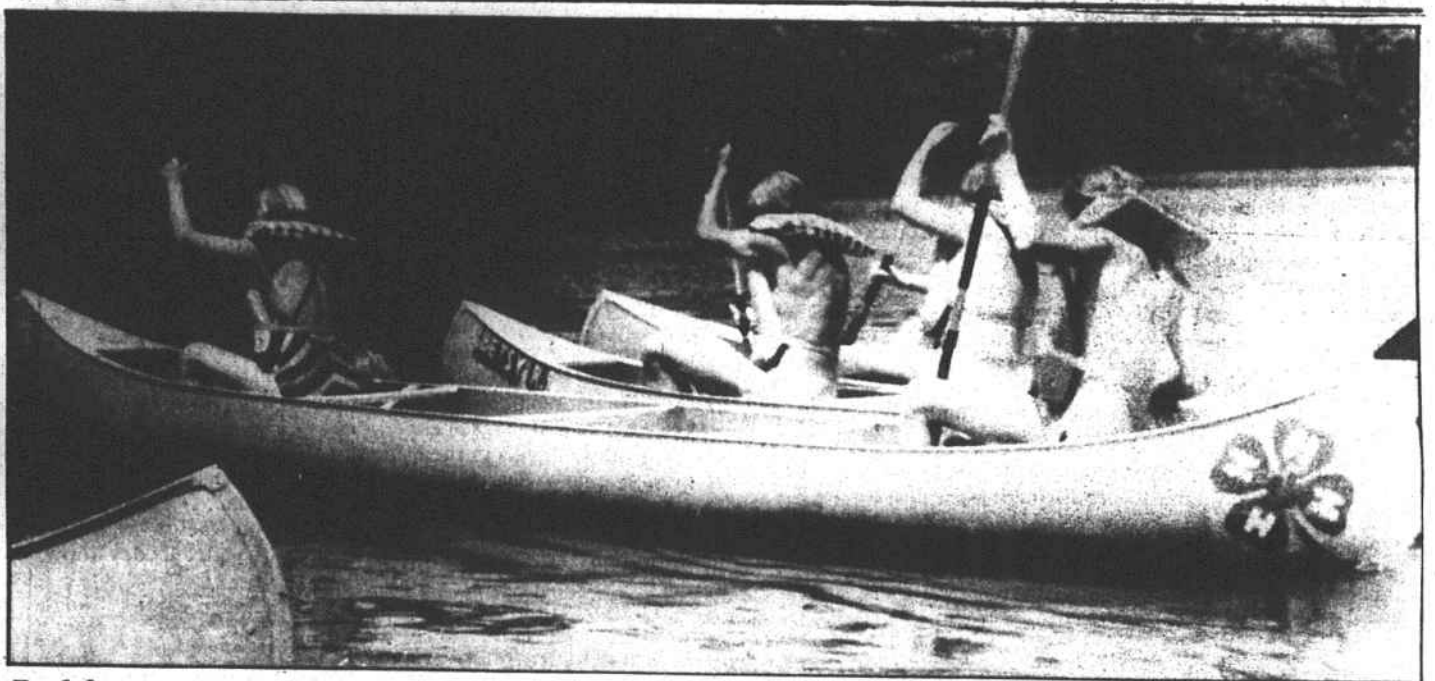


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Robin Hood
Perhaps this camper could have been one of the "Merry Men." In the old tales of Robin Hood and his band, expertise with long bows and arrows were boasted. At 4-H camp, archery skills and safety were taught to campers interested in learning how their ancestors, including the American Indian, hunted before the time of gunpowder.



Real fun
Perhaps the most fun to be had in a boat can be found in a canoe with some friends. Paddles are not only good for propelling the craft, but also for splashing water in the faces of other canoers. The numerous strokes used for correctly paddling a canoe and the safety factors involved with the sport were taught to campers.

Hoke County 4-H'ers attend summer camp

Fifty-five young people and six leaders from Hoke County travelled to Betsy Jeff Penn 4-H Camp in Reidsville the week of July 7-12. Objectives of the week were for youth to acquire technical and lifelong skills, to learn responsibility, to acquire leadership and citizenship skills and to increase self-esteem. Campers were able to choose the classes they wished to participate in. The classes offered included: advanced and beginning canoeing, ecology, advanced and beginning archery, outdoor living skills, hand-

icrafts, guitar, music recorder, rope course, clogging, trampoline, puppetry, new games, photography, model rocketry, drama, horsemanship, and swimming. Activities during the week included a field trip to tour the Chiqua Penn Plantation, a talent show, rodeo, cookout, swim meet, volleyball and softball tournaments, scavenger hunt, dance, slide show, and an awards banquet. Those attending from Hoke County were: Mitchell Matthews,

Vincent Bratcher, James Gibson, Heather Raynor, Jennifer Raynor, J.J. Jones, Suzy Parker, Andrea Smith, Kristina Ellington, Jeff Propst, Wendy Dudley, Lisa Maynor, Cheyenna Wright, Robert Wright, Daniel Wright, Chad Linder, Chiquita Monroe, Gideon Locklear, Tony Matthews, Nathan Stec, Amy English, Jeanne Morris, Tammy Price, Leslie Tatum, Leslie Ashburn, Shannon Schaefer, Steven Faircloth, Terrence Shumate, Wayne Lewis, Joe Locklear, Kim Holcomb, Ryan Jackson, Kisha Williams, William

Nelson, Roy Perryman, Toby Campbell, Jennifer Davis, Perry Wiggins, Joanna Bates, Lamont Blue, Almata Love, Allenease Readdy, Glynn Mitchell, Leif McNeill, Frederick Locklear, Nancy Jacobs, Janice Locklear, Christie Parker, Heather Jones, Marshall Chavis, Christy Robinette, Joseph Floyd, Donald Locklear, Chris Stewart, Michelle Oldham. Leaders attending were: Bunky Williams, Mrs. Emma Purcell, Uyen Tran, Mrs. Joy Chavis, and Sandra Ross, 4-H agent.



Practical classes
Learning what may not be available at home is one of the most important reasons for attending summer camp. At 4-H camp, youth are given that opportunity. Pictured is Terrence Shoemaker (foreground) and others assembling an electric lamp he made.



On your mark
Youth at this year's 4-H summer camp were offered the opportunity to learn to swim. For those younger campers or for older ones without much experience in the water, beginning classes were held. For campers who wanted to improve their strokes, advanced classes were also offered.

Ideas are shared during extension service program

Participants in Extension Service's Expanded Foods and Nutrition Education Program (EFNEP) and the Family Education Program got a chance to share ideas and recipes at a taste and share workshop. Homemakers in the Family Education Program brought some of their projects to show and explained how they were done. Articles displayed were handmade skirts, dresses, jackets, blouses, handmade tablecloth and matching napkins (made from fabric on hand), handmade pillowcases, and a handmade mobile for a baby's room. Recipes and dishes were brought in by EFNEP homemakers, and everyone got a chance to sample the dishes, which included green bean pizza, fruit pudding, stir fry vegetables, baked paprika chicken, yeast rolls and apple pie. The homemakers brought their children and they learned about nutritional breakfasts in another room while the adults were sharing.

The EFNEP program and the Family Education program are programs administered in Hoke County by the Agricultural Extension Service. They are both strictly educational programs designed to help limited resource families make better use of their money and resources. The EFNEP program is designed to improve the nutrition of families. EFNEP Aides Minnie Simmons and Gloria Jones work with approximately 75 families on a one to one basis teaching them knowledge of nutrition, food purchasing, food storage and sanitation, food and meal planning, food preparation and food preservation. They visit homemakers in their home once, twice or three times a month and teach them these skills. Pamela Holmes, EFNEP Youth Aide, works with youth on the same topics. She presently works with four youth groups and is working to organize more.

Carolyn Dockery, Family Education Aide, works with homemakers in the family education program. She works with homemakers on a one to one basis on all areas of home economics except foods and nutrition. She works with approximately 35 families on sewing skills, housing and decorating ideas, simple home repairs, home furnishings projects such as making slipcovers, bedspreads and tablecloths, parenting skills, and budgeting skills. One homemaker attending the workshop stated that she had really enjoyed participating in the program and that she had learned to do some sewing, make some curtains and other things to help her stretch her money. Another homemaker said she used to sew, and this program had gotten her motivated to sew again and helped her to learn new skills in sewing. The EFNEP program is federally funded, and the Family Education Program is funded through the Agricultural Extension Service located at A & T State University.



Demonstration
Bertha Bethea shows other homemakers from the county clothing she made as a participant in the family education program. Other members showed toys and decorations made during the program.