

# State 4-H Week Proves to Be Wonderful Event

By JENNY LYNN GARNER  
Newport Senior 4-H Club

Each year State 4-H Club Week is held at State College in Raleigh. All district demonstration winners, county dress revue winners, health kings and queens, and two delegates from each Senior 4-H Club are allowed to attend.

I attended 4-H Club Week last July as a delegate from Newport 4-H Club. We left Carteret County early Monday morning, July 22, with two cars loaded with eager 4-H'ers and mountains of luggage. Arriving on the campus at State College, we went to the Coliseum, where we were divided into groups, assigned to our dormitories, and had our questions answered.

Carteret's girls were assigned to the top floor of Owen, the very last two rooms at the end of the hall. You should have seen us lugging our suitcases up those flights of stairs. We averaged climbing them at least five times a day, and most of us spent more money for hand-aid (for our heels) than we did for colas.

All our meals were served in the college cafeteria. Three buses ran to and from the dormitories and cafeteria, but some of us still saved time by walking.

Reveille at 6:30! At 6:30 every morning, some fellow stood in the square between the dorms and "blasted out" Reveille. He was the most unpopular guy on the campus.

Our days were so well planned that every minute was put to good use. Demonstrations were given in every field and state winners were selected. 4-H talent winners performed at every assembly. Dr. Hoffman led group singing, and we made almost as much noise in the Coliseum as they do at ball games there.

Many important men spoke to us while we were at State. I know they inspired us, and perhaps looking down into the faces of over 1,200 young folks inspired them, too.

Carteret County can be proud of Gordon Hecton, who placed in the top ten among the State 4-H county health kings. Peggy Cannon and Gordon looked wonderful in the State Health Pageant.

Models Dress Signa Faye Roberts modeled her dress professionally in the dress revue. Some of the most beautiful outfits I've ever seen were shown.

Paul Wade's district winning livestock conservation demonstration was given on Thursday. Although he wouldn't let any of Carteret's crowd attend, we know he did a good job.

Ann Davis said that it would have been worth her trip just to have been in Dr. Hoffman's music classes. Ann was a member of the 4-H Chorus, which sang on tv during 4-H Club Week.

I attended special recreation leadership classes led by J. W. Thompson. Square dancing and group games were taught. We learned a lot, got to know each other better, and had loads of fun. Our days were so very full, that

## North Carolina 4-H Facts

1. North Carolina has 2,613 organized 4-H clubs with a total membership of 154,438 boys and girls.
2. Last year, North Carolina 4-H members completed 160,000 projects under the supervision of farm and home agents.
3. The 4-H Club program provides opportunities for 6,000 boys and girls to attend an organized 4-H camp annually.
4. Because of the many awards offered to 4-H members by business groups and individuals, a large number of 4-H members receive state and national scholarship awards.
5. The 4-H Club sponsors the International Farm Youth Exchange program. North Carolina has participated in the IFYE program since its beginning and has received 45 delegates from 27 foreign countries and sent 29 4-H members to 23 different countries.

## County Dress Revue Winner Tells of Sewing Projects

By SIGNA FAYE ROBERTS  
Newport 4-H Club

To me, clothing is a very important and helpful project. Every girl needs to know something about sewing, since we will be the homemakers in the future.

The clothing project can help you and your family now. It will cut your clothing bill in half and save more money for the family to put in needed places. You can help by making clothes for other members of the family.

If you sew well enough, and you can, you can earn a large amount of money just sewing for your friends and relatives. A big part of clothing is not making new clothes, but making old clothes fashionable.

Altering is also important. If your clothes are not well fitted and neat, they do not look nice even if they are new. In this project you also learn to wear clothes, combine colors, and change a costume with a few simple accessories.

Last year I was fortunate enough to be the county dress revue winner. This entitled me to represent Carteret County in the state dress revue at Raleigh. Besides being in the dress revue, I got the full advantage of 4-H Club Week. I learned a lot about 4-H, its mean-

I can only highlight some of the activities here: A tour of Raleigh, swimming in the pool, snacks at Student Union, the box supper at Doak Field, the campaign and election of state officers, the Dress Revue, the Health Pageant; the candle-lighting ceremony, and so many, many more activities.

Really, though, the nicest thing about our week at State was all the wonderful people we met. Most all the boys and girls were very, very friendly and wonderful people, and we all had a good time, together.

4-H Club Week was a wonderful experience for me, and the others who attended from Carteret County share my feelings and opinion. I do hope that more of the clubs in Carteret will be represented at State 4-H Club Week this year, and also that we have more district winners to carry our county to fame.

ing, and its helpfulness during that week.

Of course, it was not all work and no play. We enjoyed swimming, games, and a full evening of planned entertainment. We also had the pleasure of meeting lots of people our age and probably made lifetime friends there.

Meeting people is one big thing you do during that week that will help you more in life than anything I can think of. Many times you will realize the good this one week brought you.

I would like each 4-H member who is interested in clothing to have the opportunity to enter the dress revue. Of course, we can not all win, but it is fun to compete and the experience will be to your benefit.

In this county, we want to encourage clothing entrancers more than ever before. The contestants will be given a much better opportunity to enter. The senior 4-H members are the only ones eligible to enter the state dress revue. The counties do have junior dress revues. The earlier you can start sewing the better chance you will have of winning.

We would like very much to encourage the junior girls. At the county revue, expert seamstresses will examine the garments and eliminate the contestants down to one girl. The county winner will participate in a district elimination contest. This will be the first year a district "run-off" will be held.

One thing that holds many girls back is the thought that they must make some expensive garment to enter or win. This is definitely not true. A simple but changeable and useful garment that is nicely made has a better chance than an expensive one.

However, if you can sew something harder as nice as something simple, by all means do it. Economy is also considered in selecting the winner.

I hope all of you will put forth an effort to make a garment to enter in your county dress revue. You will be glad you did. If clothing is not your project, make it yours next year.

Who Supervises? 4-H Club work is conducted by the extension service of each state agricultural college or university, in cooperation with the United States Department of Agriculture.

It is our duty to plan the County Achievement Program and other special events, such as the recreation meeting we have planned for this Friday night at the Morehead City High School gym. But the biggest job of the County Council members is to promote 4-H in their various clubs and schools. By

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## Frank Learns to Raise Hogs

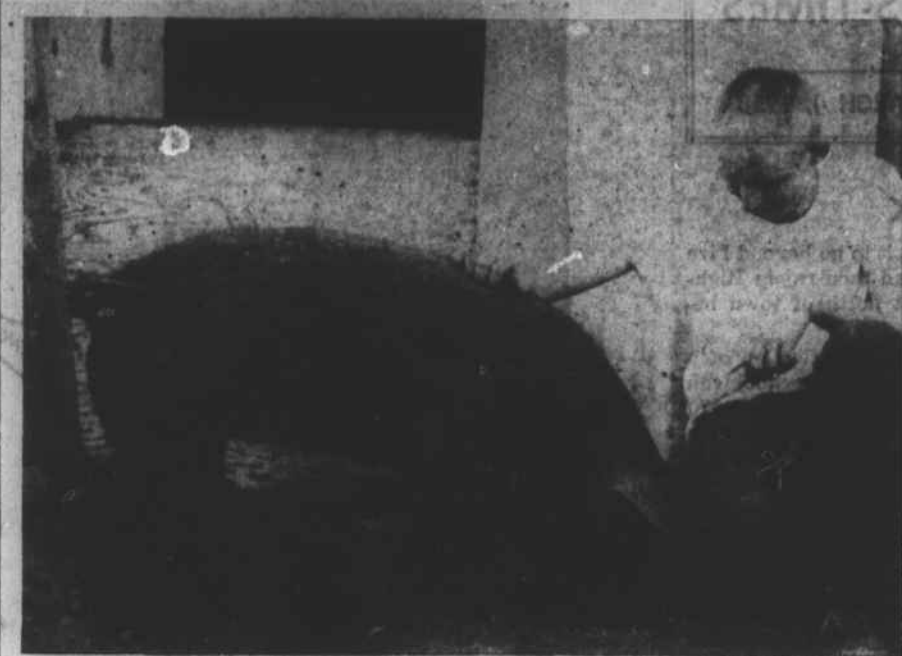


Photo by R. M. Williams

Frank Millis of Newport is raising a hog as his 4-H Club project. Frank keeps the animal in a clean, sanitary pen and feeds it the proper food. He hopes to have a prize-winning project before the year is over.

## 4-H Enriched My Life Before — And After — High School

(Editor's Note: The following article was written by Sadie Louise Harris, a senior at East Carolina College. She was active in Carteret 4-H work during high school and for the past three years attended 4-H camp as an adult leader.)

"4-H" — just a number and a letter — but they have a wonderful meaning to me and thousands of boys and girls everywhere. Have you stopped to really think and realize all the outstanding opportunities which it has to offer to you — especially you who live in our rural areas?

4-H is like anything else you do, you get out of it what you put in.

The harder you work, the greater the reward. Don't think that it is all work; it's not. We have our fun in 4-H. In fact, your work can be fun if you go about it in the right way. The old saying, "There's a little work in all play and a little play in all work" is very true in 4-H Club work.

You might say, "Well, I like 4-H OK until I have to fill in those old records". I expect everyone feels that way at some time or other in their club work. I know that I did. But, I found that if you will fill in your records a little all along, that it will be much easier to complete them at the end of the year.

Records Speak Your records are a proof of what you have done and accomplished during the year. When these records go beyond the county office and get into the hands of district, state, or even national officials, you, as a person, are judged by them. Would you want the records you turned in this past fall to get into the hands of any of the above officials? Would you be proud or ashamed if they did?

Some of my first records were very poor, but I began to work on them and became better pleased with them. I realize now that I could have done better, and maybe if I had, I might have been a state winner. Thus, won't you please strive to do better work and keep better records, so as to receive more advanced awards than I did? I know you can if you will just try and try again. Feel free to call upon your home and farm agents, they are willing to help you.

4-H is also like other things in the respect that it is made up of followers and leaders. To be a leader, you must first have been a follower. Are you a good follower? Are you willing to say, "Yes, I'll try", instead of "No, I can't"? Everyone cannot be a leader, but everyone can be a follower.

Experiences Grow I am now approaching college graduation, but my 4-H experiences still continue to grow. If all began back in 1949. I was only 13 years old, but I knew then that 4-H and I were going to work hand in hand and be the best of friends. That summer I attended my first 4-H camp and just loved it. Camp that year was at White Lake.

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## We, the Parents...

By MR. AND MRS. RALPH CLADWICK  
Straits, N. C.

As parents of three teen-age girls, all 4-H'ers, we are often asked just what we think of this particular organization, and how our children have benefited from being a part of it. We smile and try to put into words just how important we think the knowledge they obtain is to them now—and will be as they grow into adult citizens.

It is difficult to fully express ourselves on this subject, because of the extensive influence 4-H Club work has had and is having on our lives.

4-H has affected every phase of our children's lives. To begin with, they have become conscious of their personal appearance; behavior as ladies; speech; self-confidence; table manners; the desire to not just do things well, but better; to analyze themselves; to express themselves, not only by word, but by deed; to accomplish various feats; to take part in group activities; and so many other things that we, as parents, feel are important.

The girls even have a better understanding and appreciation of their religion, and in their hearts is a thankfulness to God for his many blessings.

The 4-H instructors are patient and helpful at all times, not just with 4-H work, but with personal problems affecting the children. They are always interested, and give of their time and patience, and knowledge. To them we say: "Thank you, and God bless you for what you have done and are doing for our girls and us."

As a family, we are very interested in discussions and debates. Each is privileged to his own opinion. The girls have contributed marvelously to these discussions, with knowledge and information, obtained through their 4-H experiences. It's something we all are interested in.

Most of all, these discussions are lively and challenging, and therefore hold a certain amount of fascination and intrigue.

Because of the broad and varied range of knowledge and activities, available through the 4-H Club program, the 4-H'er has an opportunity to learn and progress and develop in most any field of endeavor he might choose. He or she has the privilege of choosing whichever project he feels best suited for, and enjoys doing most.

Though some of the 4-H'ers' project work may look like play to an adult, the child is at the same time acquiring "knowledge" and skill. Perhaps at the time, it isn't apparent, but at some unexpected moment, you will see the child

the wonderful friends I have acquired from all over the state. All of my achievements were not brought about by the alone — without the help of my parents, agents, and fellow club members, I could never have done as much as I did.

But wait, this isn't the end of my 4-H life! For you who have been to camp during the last three years

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applying the knowledge and "know-how" obtained through a 4-H project, and you, as a parent, are proud that you gave the child the backing and confidence necessary to his progress. It's not only gratifying and alluring to the child, but to you as well.

Knowledge is like food to the brain—and if we have a little, we want more. 4-H awakens and nourishes this want.

If some of you people, with or without children, would but attend just one of the 4-H Achievement programs, to observe for yourselves what the 4-H boys and girls have accomplished, then you could better understand our feelings about 4-H, and how happy and proud we are that our girls belong to 4-H.

We are proud not only of OUR children, but also of the other boys and girls and their parents; of the boys and girls for their accomplishments, and of the parents for encouraging these young people to develop mind and character. They will be fine men and women of the future, because they were given such a chance.

We sincerely hope we have expressed ourselves clearly and full enough for you to realize and understand how thankful we are to all the 4-H instructors, for the help they have given us in helping us rear our children to be better citizens.

Also for the helpful hints and ideas we, as adults, have received from them. Words cannot fully express the deep gratitude within our hearts. Thank you—4-H!



### Happy Hands Make Happy Homes

4-H boys and girls take an eager interest in making their homes attractive and comfortable... and as a result bring joy to their parents and themselves. Through 4-H Club work they learn skills of lasting value in later life.


During 4-H Club Week, March 1-5, we salute them for their many accomplishments in the home, on the farm, and in leadership and citizenship.

Lockhart Millwork Co.  
Highway 78 West  
Morehead City

## Good News About 4-H

By Harry Venters, 4-H Advisor

Watch for this headline each Friday in THE NEWS-TIMES. Under it appears news about Carteret's 4-H members and what they're doing.



**4-H IS A SOUND INVESTMENT**

We've been in the banking business for years, and we think we know a sound investment when we see one. 4-H Club work is such an investment. It will pay off in better homemaking, more efficient farming, and in citizens who are alert to the interests of their community, county, state and nation.

**Commercial National Bank**

MEMBER  
FEDERAL DEPOSIT INSURANCE CORPORATION  
FEDERAL RESERVE SYSTEM



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