

# Scouts Enjoy Father Son Camping Trip

The three Webelos dens (10-year-olds), Cub Scout Pack 404, and Cubmaster Gerald Sappenfield, enjoyed a "Father-son Overnighter" camping trip Saturday night, April 22nd, at Lafayette Woods Pond.

Dads and sons enjoyed their overnight stay in the woods even though the temperature dropped to near freezing. The bright sunshine and the full moon that night created perfect conditions for the

event which included safe fire building techniques, three legged relay races, sack races, volley ball, badminton, basketball practice, knot tying, food preparation, camp sanitation, hiking and many skits and songs around the campfire that night. There was even an 11-inch big mouth bass caught by one of the boys.

It was difficult to determine who enjoyed the event more but the dads all left with smiles. Everyone learned from experience and will be more than ready for the next one.

It was a time for dads to get to know their sons and vice-versa. It is this kind of parent participation that makes cub scouting successful and so enjoyable to the boys. A hearty thanks to all who participated from the Webelos Den Leaders of Pack 404.



CAMPING TRIP - Members of local Cub Scout Pack 404 enjoyed a father-son camping trip over the weekend at Lafayette Woods Pond. Scouts are shown above playing volleyball and learning how to tie knots.

# Walk-A-Thon Sponsor Forms Are Available

Sponsor forms for the Cape Fear Chapter March of Dimes Walk-A-Thon, to be held here this Saturday, April 29, are now available at all local schools and some area businesses, according to chairman John Blanchard.

The walk is scheduled to begin at 8 a.m. Saturday at Hoke County High School. The 20-mile walk will end at the same location.

The forms are available at Family Dollar Store, Southern National Bank, The News-Journal, radio station WSHB, Howell Drug Company, and Hoke Drug Company, Blanchard said.

Birth defects, the nation's major child health problem, strike some quarter of a million infants every year. Nearly half of all chronic childhood disability results from birth defects.

Through March of Dimes programs of research, medical ser-

vices, and education we are coming closer to the day when every baby will be born with an active, alert mind and a sound, healthy body. Participation in the walk-a-thon makes this work possible.

A sponsor is a friend, neighbor, or businessman who pledges an amount for each mile completed by the walker. There is no limit to the number of sponsors a walker can have. The suggested minimum pledge per mile is 10 cents.

For further information, call John Blanchard at 875-5522.

# Housing Tips

By Willie Featherstone, Jr.  
Asst. Agr. Ext. Agent

To conserve energy and save dollars, wrap your hot water heater with additional insulation.

Let's say you have a 66 gallon water heater and decide to wrap it with blanket insulation that has an R factor of 11. This should save you 450 kilowatt hours of electricity a year. And if electricity costs three-and-a-half cents per kilowatt hour, your annual savings would be \$15.75.

If you use a water heater insulating kit, you would probably save 350 kilowatt hours of electricity a year or \$12.25, the R value of blanket insulation that is sold in kit form is normally less than 11, which accounts for the difference in money saved.

Here's a reminder. If you have an oil or gas water heater, do not put insulation on the top or bottom. Placing insulation on the top may interfere with the draft of the heater's flue. Putting insulation on the bottom will cut off air to the flame. Again, if you have an oil or gas water heater, insulate the sides only.

In addition, check the heat setting on your hot water heater. If you have an automatic dishwasher, set the thermostat on your water heater at 140 degrees Fahrenheit. If you don't have an automatic dishwasher, set your water heater thermostat at 120 degrees.

You may also save energy dollars by insulating all your water pipes, especially the hot water ones.

# 4-H Corner

April 15-16, Hoke and 10 other counties held a 4-H District Retreat at Camp Easter in Moore County. The 11 counties make up the South Central District. Eleven persons from Hoke County attended the Retreat: Freddie O'Neal, ass't agricultural extension agent; Anna Peele, assistant home economics agent; John Buchholtz, senior teen 4-H club leader; Debbie McNeill, president of the South Central District; Jimmy Turner, secretary-treasurer of the South Central District; Hoke County Council 4-H Officers-Allen Sandy, president; Billy Croft, vice-president; Laura Welburn, secretary-treasurer; and club members Lisa Welburn and Judy Crissman.

Each county participated in certain classes on Saturday which included Water Safety taught by John Buchholtz; Pet Rocko, by Mrs. Floyd McNeill of Raeford; and Leisure Education, by members of the East Carolina University Collegiate 4-H Club.

County fair booths were held after lunch on Saturday. Hoke presented a booth in which people with water guns tried to put out a candle flame and the winner won a free candy kiss. Other county booths included clown toss, guess your weight, and basketbell toss.

The latter part of Saturday was used for the District Olympics. All Hoke County 4-H'ers and agents participated in the olympics which included Tug-of-War, Weight-lifting, Pie Eating contest, and a 13-legged race.

Saturday evening a program was presented by the park ranger of Weymouth Woods Wildlife Preserve in Southern Pines. The program was followed by a disco by WSHB Radio Station. Everyone had a great time dancing.

Sunday morning campers gathered outside for a small worship service. The afternoon program was "The Cult of the Moons."

Evaluation and good-byes were said as each county headed home. All-in-all, each county had a wonderful time.

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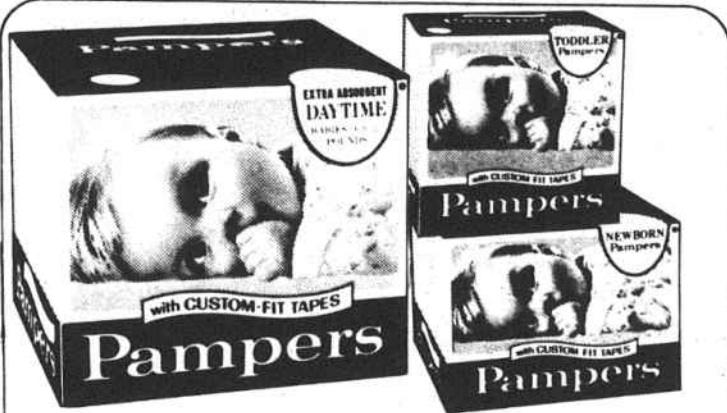
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