

Hoke 4-H'ers Swim, Dance, Pitch, Shoot

Hoke County 4-H'ers and their friends enjoyed a weekend campout September 11-12 at Sinclair Pond near Ashley Heights.

Rockfish 4-H Club, Quewhiffle 4-H Club, Bit-N-Bridle 4-H Club, and 4-H Pigeon Club.

The youth participated in various activities on Saturday evening, including volleyball, football,

horseshoes and swimming. A cook-out was held, and the group enjoyed a meal with barbecued chicken.

The youth slept in tents Saturday night after a short visit around the

campfire. On Sunday, the youth participated in a vespers program, and a nature scavenger hunt. The youth then participated in archery, swimming, volleyball and football.

Something Worthwhile: Being A 4-H Leader

by Alice L. Lancaster
Extension Agent, 4-H

Would you like to do something really worthwhile? Would you like to be involved in a program dedicated to helping young people become worthy citizens?

Volunteering to work with the 4-H program is an answer to all of these questions, and it is for adults as well as youth.

4-H is not just a "farm kids" program, it is for everyone. 4-H covers all areas of interest such as aerospace, electric, forestry, photography, foods, and many others. You don't need to be an expert in any of these fields to be a leader, you just need to be someone who will lend a helping hand or a listening ear.

The main criteria of a 4-H leader is a liking for and an understanding of kids. There are dozens of ways you can be a 4-H volunteer. With work, home activities, and other

involvements, you may not feel you have the time. However, you don't have to make a life commitment. You can volunteer a few hours a month or a few days.

The list of things you can do is endless. Share a skill related to your profession or a hobby. You can teach a small group any subject, ranging from cooking to needlecraft to bicycle safety.

You can volunteer to be a helper, or work with a 4-H community club which meets monthly, has officers, and educational programs.

Regardless of whether you have children of your own, working with young people through 4-H brings challenges and great satisfaction. Find your place in the 4-H program and make a commitment to help youngsters develop to their highest potential. For more information of how you or your children can get involved in 4-H, contact the 4-H office at 875-2162.

4-H is for everyone!

Cash Awarded For Cook-Off

The first annual Great Beef People Cook-off with total cash prizes of \$700 is being held on October 31 at the Scott Building, State Fairgrounds, Raleigh.

The cooking contest is open to anyone 18 years or older with a non-professional food status. Any beef recipe using chuck, round, rump, or fresh brisket cut of beef in any form may be entered in the contest.

Only 10 contestants will be selected from the entries. First prize is \$300 cash, second prize is \$200 cash, and third prize is \$100

cash. All other contestants will receive a \$30 gift certificate.

Judges for the contest are radio personality Maury O'Dell, Cynthia Higgins, N.C. Department of Agriculture home economist, and Duane Pilkington, N.C. State University nutrition expert.

The contest is sponsored by the N.C. Cattlemen's Association and Winn-Dixie Stores, Inc.

Complete rules and regulations and entry blanks are available at all Winn-Dixie stores or from the N.C. Cattlemen's Association at P.O. Box 25756, Raleigh, N.C. 27611

President Issues 4-H Week Statement

President Ronald Reagan issued the following statement from the White House recently in reference to the observance of National 4-H Week being held through this week.

I take great pleasure in extending my congratulations and warm personal regards to all those participating in National 4-H Week. During the first week of October, the five million young people in 4-H, their leaders, and professional youth working across the nation will celebrate this special occasion.

National 4-H Week brings deserved recognition to the over seventy years of 4-H activities encouraging leadership, good citizenship, and excellence by young people involved in agriculture. The ongoing success of this program is a tribute to the thousands of volunteers who help guide and support the efforts of 4-H'ers across the

nation.

Your national theme for 1982, "4-H - Pathways to the Future," is especially timely and appropriate in an era when the world has great concern about future food production. The knowledge you acquire in 4-H projects will help America and other nations to deal more effectively with the problems of nutrition, health, and the conservation of natural resources.

Our nation faces many critical challenges in the period ahead, problems that can most confidently and successfully be addressed by forward-looking young men and women who possess the spirit of voluntarism that has contributed so much to our nation's progress. In helping overcome obstacles to our advancement, the 4-H program furthers the goals of a stronger, more vibrant American in the years ahead.



Joy McNeill is a leader for the Hillcrest 4-H Club in her spare time from her regular job. Here she is at work in the Hoke County office of the U.S. Emergency Management Agency. She is office secretary and also does secretarial work for the Hoke County Parks and Recreation Department, which occupies adjoining areas.

4-H Leaders Attend Forum

Two 4-H volunteer leaders from Hoke County are among the N.C. delegates attending the Southern Region 4-H Volunteer Leader Forum October 4-8. Juanita Holland and Sharon English are attending the workshop, which is held at the Rock Eagle 4-H Center at Eatonton, Georgia.

Adult 4-H volunteers from 13 Southern states, the Virgin Islands and Puerto Rico attend the forum each year. The theme for the meeting this year is "Growth Through Leadership Sharing." The

program includes outstanding speakers, workshops, outdoor sports, idea sharing and Rock Eagle Pageant. The leaders will share the knowledge and skills with other leaders in Hoke County to multiply the impact of 4-H work back in the county.

Workshops include stress management, winning behavior skills, time management, involvement techniques, communications, leadership life skills, and fund raising.

Fire Departments Host 4-H Program

Hoke County 4-H program and the fire departments in Hoke County and Raeford are planning a county wide 4-H Fire Safety program. The program is aimed at reaching all 5th and 6th graders in Hoke County, but all age youth are invited to attend.

Firemen in the local community fire stations have volunteered to conduct the sessions. The classes at each department will be held once a week for four or five consecutive weeks. Each class will be held from 7:30 to 9:00 p.m.

Topics for the four sessions will include: 1) The chemistry of a fire, 2) Fire extinguishers, 3) Fire hazards and 4) Home Fire Escape Plan and Fire Detectors. The classes are designed to help youth

realize the importance of fire prevention. Certificates will be awarded for those attending three or more sessions in the program.

The classes will be taught beginning the week of October 11. Interested persons should go to the fire department in their district on the night that is scheduled for that department. The dates that the departments will begin classes are Monday, October 11 - West Hoke, Stonewall, Puppy Creek; Tuesday, October 12 - North Raeford, Rockfish; Wednesday, October 13 - Antioch, Tylertown; Thursday, October 14 - Raeford, Hillcrest; and Saturday, October 16 - Pinehill.

For further information, call the 4-H office at 875-2162.

4-H Awards Program To Be Held Oct. 14

The 1982 4-H Achievement and Awards Program will be held on Thursday, October 14 at 7:30 p.m. at the Lester Building. 4-H'ers who turned in project records will receive their awards during the

program. Outstanding junior and senior 4-H'ers and "I Dare You" awards will also be given.

A short slide program of the past year in 4-H will be given. The public is invited to attend.



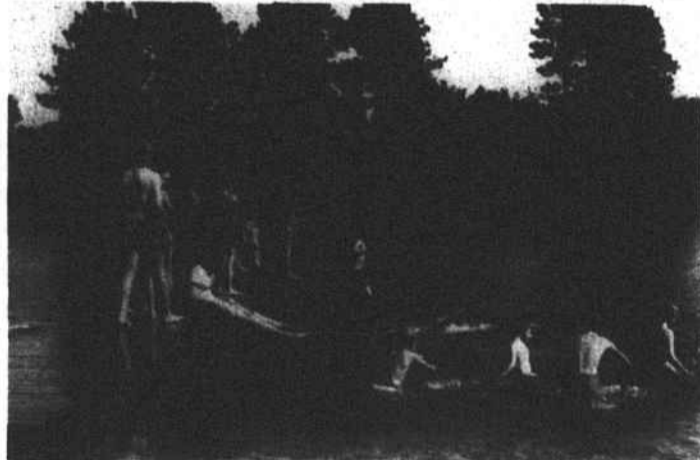
Make leftover mashed potatoes into patties and coat with flour. Freeze in a single layer, then pack in plastic for storage. Fry unthawed in oil until crisp.



Home on the [archery] range at Sinclair Pond.



Giving and receiving the barbecue dinner at the camp-out.



Fun in the old swimming hole at the 4-H camp-out.

National Fire Prevention Week Here; Advice Is Given

Raeford Fire Chief Robert Jackson advised Raeford home owners to clear their roofs of leaves and similar inflammable trash, and have their chimneys cleaned before lighting fires in their fire places or stoves, and have their heating systems checked.

He suggested these to eliminate fire hazards, since the cold-weather season has started.

This week also is National Fire Prevention Week, and Jackson

suggested: "Let's make it all year around."

He also reminded people that they must get permits before they can burn trash legally.

A permit is issued on days when weather conditions are safe for outdoor fires (no wind, for example).

An outdoor fire even with a permit cannot be set within a certain distance from a building.

Woody Allen Comedy At Dinner Theatre

The Bordeaux Dinner Theatre in Fayetteville presents the Woody Allen comedy, "Play It Again Sam," each Wednesday through Sunday evening through October with a special matinee on Sunday, October 17.

A gourmet buffet dinner is served followed by the show.

Senior citizen, student and group discounts are available.

For reservations or information call 323-1114 any day from noon to 6 p.m.

Join With Us For
A Week Of Christian Fellowship.

HILLCREST Baptist Church
401 Business North

OCT. 10-15

Service Begins Each Evening At 7:30 p.m.

Our Speaker Will Be

Rev. Doug Worley
Pastor, Broad Ridge Baptist Church
Route 1, Orrum, N.C.

Our Song Leader is

Rev. Royce Williams
Minister of Music
East Lumberton Baptist Church

Our Pianist Will Be

Brother Matt Thompkins
Pianist for The Pioneers Quartet

PRAY FOR REVIVAL

Come Bring A Bible and A Friend!

LEARN NOT TO BURN WHEREVER YOU ARE

OCT. 3 - OCT. 9

FIRE PREVENTION WEEK

Hoke County Firemen's Association and Fire Dept.

STATION 1
Hillcrest

STATION 2
Rockfish

STATION 3
Puppy Creek

STATION 4
North Raeford

STATION 5
West Hoke

President Ed McNeill
Vice-President Frank Bundy
Secretary David Currie
Treasurer Richard Griffith

FOR RURAL FIRES
875-4242

LONG DISTANCE
ZENITH 511

STATION 6
Stonewall

STATION 7
West Hoke

STATION 8
Antioch

STATION 9
Tyler Town
Town of Raeford

Let's do all we can to make our Home and Business a safer place to live. Firemen's Day Parade Saturday, Oct. 9, 1982 at 2 p.m. down Main Street to Edenborough Center where Firemen will have a display of Fire Equipment and Demonstrations and Games. Come support your Fire Dept. and men.