

THE YANCEY RECORD

THURSDAY, MARCH 1, 1962

THE YANCEY RECORD

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DOINGS

4-H GARDEN PROJECT

My Vegetable Garden
By: Gary Bennett

If I were to attempt to tell or write how I grew my vegetable garden as a 4-H project this spring, summer and fall, I would think of writing another chapter to a continued story as I have been gardening the past three years.

I planned and prepared my same garden that I have used in 4-H for the past two years for these reasons: an excellent location, soil tested, type of soil for the variety of seeds to be planted, the kind of fertilizer to use for the best yield and time saved in locating the garden spot.

When the time came for gardening, I was interested in getting a new start as I had a new garden plow and I felt like I had good help to start. I plowed my garden more often; I used my hoe very little. My plants grew faster and rank. It seems my yield was much better. A great deal of my time was spent in the afternoon when I came

in from school in my garden in order to have it ready for early planting when the soil was warm and ready. I used my planting calendar for a guide in planting seeds and for setting out plants. Therefore, I had a very interesting experience growing some of the same vegetables that I grew in my garden last year and other new vegetables that I was very successful in growing, too. My family and others enjoyed the vegetables when they were harvested and ready to eat.

Each day my interest grew from planning, planting, and observation of the growth and yield until the day of harvesting. My vegetable garden has saved and been a means for earning money, furnished quality vegetables for the home use, for sale and giving to neighbors. It has proven valuable training, provided nature's best foods that furnish valuable materials for building and regulating the body and maintaining health and growth.

During the time I spent in gardening, it was an opportunity for me to use the same time in getting morning sunshine, fresh air and exercise for daily health habits. I grew stronger and developed larger muscles for more efficient work in my garden.

From my own experience in gardening, I have found these objectives will help any 4-H girl or boy achieve the follow-

ing: to acquire the knowledge and develop the skills essential to the care and management of a well-planned garden. To increase individual or family income by reducing the amount of food purchased; to contribute to better family health by producing sufficient amounts of essential and nutritious vegetables throughout the year; to enjoy the satisfaction that comes from bringing plants into successful maturity and develop gardening as a hobby; to develop fine leadership talents and to work toward achieving the broad objective of character and effective citizenship.

My vegetable garden provided a place for me to work, for exercise, a means of raising money from selling corn, beans, beets and potatoes; foods frozen, canned and dried for winter use.

Gardening will be a continued project in my 4-H work as I plan to enlarge my garden for a greater demand for selling more vegetables and for home use.

OPPORTUNITIES FOR 4-H LEADERS

By: Maphra B. Bennett, Junior Leader, Bee Log High School

As a leader in 4-H Junior Club work I have now come to know that it is a live organization of young people working, learning, and having fun together.

We have wonderful opportunities at the beginning of the year, helping the 4-H members to develop a program of work.

Establish goals for the year and outline steps for attaining them.

It pays to develop a junior leadership program in spite of difficulties, because this is important to the program and also helps gain the goal of leadership development.

It is amazing how just a little encouragement, recognition and sympathetic understanding can help younger members express themselves.

As a leader, I might ask myself: "What makes the 4-H Club program?" This might be my answer: "The leader, the mothers and fathers, the boys and girls and extension agents working together. Yancey County is very fortunate in having two well trained extension agents, Mrs. Alice Hopson and Mr. Charles Steelman.

I know that family understanding and cooperation are essential for the success of 4-H Club work. The biggest help parents can give their children in 4-H Club work is a sympathetic attitude toward the work and a willingness to furnish needed equipment and materials.

Leaders will encourage boys and girls to plan with their parents the 4-H Home Improvement projects they will do at home.

I am a 4-H leader because I like young people and have a sincere desire to be of service to them.

The personal satisfaction I share with many 4-H leaders have been expressed by them in these ways:

Personal growth through taking responsibility as leaders.

New ideas learned.

The satisfaction of helping boys and girls to help themselves.

An enlarged circle of friendship.

Appreciation and recognition from parents and others.

A feeling that we are doing something very worth while for the community.

We maximize our efforts as 4-H leaders in proportion to our ability to give meaningful oppor-

tunities to others to help share in making the Club and its program a success.

The people of the community are behind you when they realize 4-H belongs to them.

We as 4-H leaders wish our 4-H Club to build these things in each club member:

First-Straight Thinking; Second-Awareness; Third-Joy of Service; Fourth-Confidence; and Fifth-Guidance.

4-Hers' need growing help. They must be able to face and solve increasingly complex problems. As we guide youth in 4-H and try to help them on their real growing up needs, let us think of these words:

Not what we have but what we use;

Not what we see but what we choose—

These are things that mar or bless

The sum of human happiness.

MY CHILD CARE PROJECT

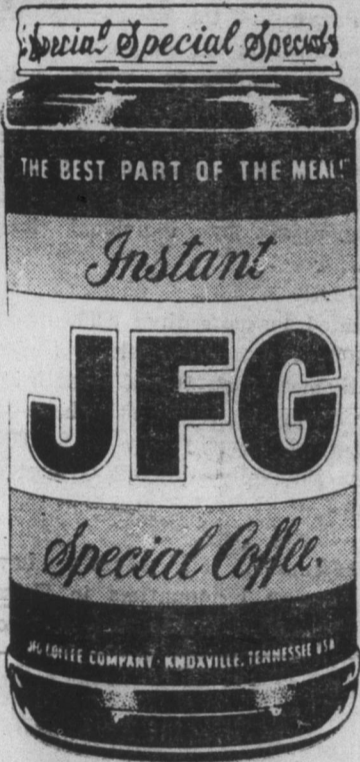
By: Kay Buchanan

This past year I took Child Care as my project. I took care of a two-year old girl. Her name is Cindy. I found that Cindy liked stuffed animals even better than dolls. The stuffed animals are softer and nice to cuddle. Cindy tried to tell me that her dog had torn up her Raggedy Ann doll. I gave her some candy and I believe she got more on her face than she ate. This called for a bath. Cindy liked the water and I got as wet as she from all her splashing. Before her afternoon nap, I read Cindy a story. I read the story "Little Red Riding Hood" and told her the story of "The Three Bears."

After her nap I played records for her. She tried to find out where the voices were coming from. I took her outside in the fresh air and sunshine. She liked being outside. She ran and jumped and rode her tricycle.

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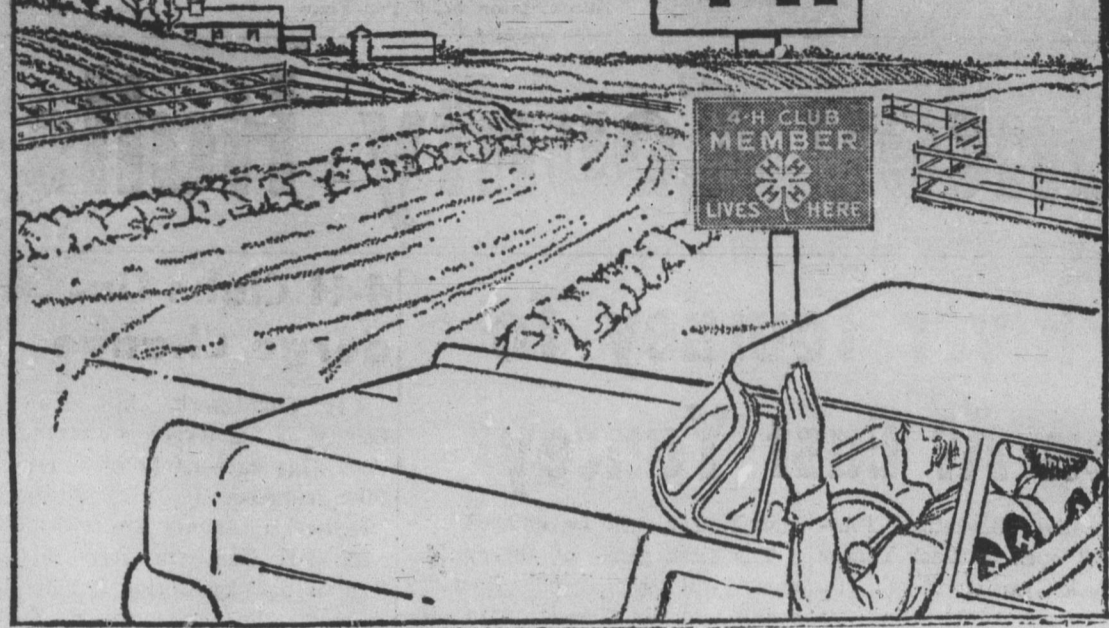


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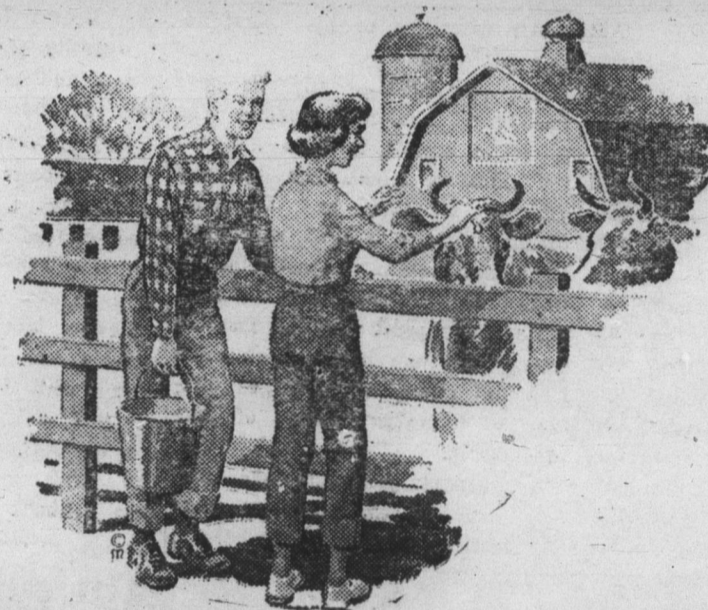
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HAPPY HANDS MAKE HAPPY HOMES

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 3-10, we salute them for their many accomplishments in the home, on the farm, and in leadership and citizenship.

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