



An arts and crafts table at the ENE 4-H day camp in Buchmiller park saw a good many youngsters preparing nature exhibits

with leaves, construction paper and lots and lots of glue.

Nutrition Groups Hold 4-H Day Camp

Buchmiller Park on Wednesday was filled with nearly 200 energetic day campers from 4-H clubs throughout the county. All the campers and all the clubs are part of the Penn State Extension Nutrition Education program.

Arts and crafts, food displays, a stitchery display and a cooking contest were all a part of the day's activities. Actually, the cooking contest could more aptly be described as a cookie contest, since all 15 entrants chose to demonstrate their skills with peanut butter cookies.

Doris Thomas, Lancaster

County Extension Home economist, was the cookie judge. She gave blue ribbons to everybody because she said they all tasted so good.

Kids came to the camp in two buses and a veritable caravan of cars. They came from Lancaster, Columbia, Ephrata and Peach Bottom.

A park full of kids calls for just about half a park full of adults. A number of mothers in the ENE program were on hand, along with teen volunteers both from the 4-H County Council and from the ENE 4-H program.



Volunteer leaders helped entertain and train over 170 young children during Wednesday's Extension Education Nutrition day camp at Lancaster's Buchmiller Park. All the children are enrolled in ENE 4-H groups.



Two boys plus one pump equals one satisfying, if sloppy, drink. The you-pump-while-I-drink was repeated many times Wednesday during an Extension Nutrition Education 4-H day camp at Lancaster's Buchmiller park. Over 170 youngsters attended from many different parts of the county.

Fix-It Tip

Lubricate your power mower regularly, but don't overdo it. Too much oil will catch dirt and cause a build-up. Follow the instructions that came with the tool to lubricate bearings and moving parts. (Some bearings are self-lubricating and will need no oiling.) Moving parts should have a few drops of oil after each use if you lack instructions on this. Use graphite or silicon spray, which are nongreasy lubricants, on chains so that dirt will not stick.



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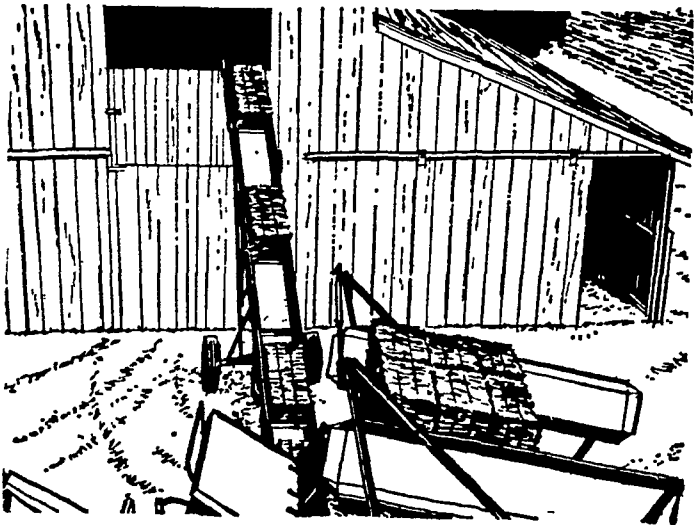
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