

SECTION III: COOPERATION WITH OTHER PUBLIC AGENCIES

(Read instructions before completing.)

	Days Devoted By	
	County	State
	Staff A	Staff B
FEDERAL AGENCIES		
67. Agricultural Research Service		
68. Agricultural Stabilization and Conservation Service	13	
69. Bureau of Indian Affairs		
70. Bureau of Land Management; Bureau of Reclamation		
71. Department of Commerce (Area Redevelopment)		
72. Economic Research Service		
73. Farm Credit Administration		
74. Farmer Cooperative Service		
75. Farmers Home Administration	5	
76. Fish and Wildlife Service		
77. Food and Drug Administration		
78. Forest Service	2	
79. Housing and Home Finance Agency		
80. Rural Electrification Administration		
81. Selective Service		
82. Social Security Administration; Internal Revenue Service		
83. Soil Conservation Service	8	
84. Area Authorities (TVA, etc.)		
85. USDA Defense Board		
STATE AGENCIES		
86. Civil Defense (at both state and county level)		
87. Health Department	6	
88. Highway Department		
89. Commissions on: Children and Youth; Juvenile Delinquency; Aging .		
90. State Departments of Agriculture and Forestry	2	
91. State Department of Education (schools in general)	1	
92. State Employment Service		
93. Welfare Department	1	
94. State RAD Committee		
COUNTY AGENCIES		
95. Soil Conservation Districts		
96. Vocational Agricultural and Home Economics Departments .	2	
97. County or area RAD Committees	11	

WORK WITH OTHER YOUTH

59. Number of youth (of 4-H Club age) worked with in addition to 4-H Club members 45

4-H CLUB WORK

60. Number of 4-H Clubs 10 63. Four-H Club members by years in club work:

61. Different 4-H Club members enrolled:		a. 1st year	<u>43</u>
a. Boys	<u>87</u>	b. 2nd year	<u>37</u>
b. Girls	<u>102</u>	c. 3rd year	<u>42</u>
c. Total	<u>189</u>	d. 4th year	<u>40</u>
		e. 5th year	<u>13</u>
		f. 6th year and over	<u>14</u>

62. Four-H Club members enrolled by place of residence:		64. Four-H Club members by age groups:	
a. Farm	<u>135</u>	a. 12 years and under	<u>119</u>
b. Rural non-farm	<u>34</u>	b. 13-15 years inclusive ..	<u>61</u>
c. Urban	<u>20</u>	c. 16-20 years inclusive ..	<u>10</u>

65. Four-H enrollment in projects and activities:

(A member may be enrolled in more than one project or activity under each of the following groupings and should be counted each time.)

a. Agronomy (crops and soils)	<u>2</u>
b. Horticulture (fruits, vegetables, landscaping)	<u>29</u>
c. Entomology and plant pathology	<u>11</u>
d. Conservation (soil, water, forest, wildlife)	<u>120</u>
e. Poultry	<u>5</u>
f. Dairy	
g. Beef	<u>4</u>
h. Swine	
i. Other livestock	<u>44</u>
j. Engineering (include electricity, tractor, automotive)	<u>37</u>
k. Management on the farm	
l. Marketing and business	
m. Management in the home	<u>40</u>
n. Clothing	<u>52</u>
o. Food and nutrition	<u>150</u>
p. Home improvement and furnishings	<u>19</u>
q. Family life education	
r. Personal development (public speaking, grooming)	
s. Health	
t. Safety	<u>7</u>
u. Recreation (include crafts)	
v. Community and public affairs	<u>16</u>
w. Career exploration	
x. Total enrollment in projects and activities	<u>536</u>

66. Junior 4-H Club leaders:

a. Boys	<u>1</u>
b. Girls	<u>6</u>

54. Adult voluntary local leaders assisting in the conduct of county extension work.
(Read instructions before completing.)

	Men A	Women B
a. In overall county-wide extension councils or committees, community improvement work and other work not covered below		5
b. In adult agricultural and related fields	13	
c. In adult home economics and related fields		96
d. In work with young adults		
e. In 4-H Club work: (Different leaders only)		
(1) Organizational leaders	4	2
(2) Project or subject-matter leaders	6	7
(3) Other adult leaders		
f. Total DIFFERENT adult leaders	19	105

HOME ECONOMICS EXTENSION WORK

55. Organized clubs or other groups continuously carrying on adult home economics extension work:

a. Number of groups 9

b. Number of members 135

b. Number of members 135

56. Special audience and specific interest groups:

a. Organized by extension and worked with in home economics extension work:

(1) Number of such groups worked with	2
(2) Attendance at meetings held with these groups	45

b. Not organized by extension:

(1) Number of such groups worked with	<u>1</u>
(2) Attendance at meetings held with these groups	<u>30</u>
(3) Number of leaders in non-extension organized groups trained by extension during the year	

WORK WITH YOUNG ADULTS

Work designed to meet the continuing education needs of men and women, primarily out of school, unmarried, and in the age range of 18-25. Report all worked with of this age group regardless of whether they are also reported elsewhere.

57. Extension sponsored groups of young adults:

a. Number of groups worked with

b. Number in such groups Men: _____
 Women: _____

58. Number worked with through young adult programs (jointly sponsored groups, non-extension groups, and individuals not in groups). Men:

Women: 25

Women: 25

SECTION II: PROGRAM EMPHASIS
(See instructions for Section II.)

	Days Devoted By	
	County Staff	State Staff
	A	B
11. Planning and management of the farm business	2	
12. Field crops, pasture, range (production and on-farm marketing) ..	22	
13. Soil management	3	
14. Horticulture (production and on-farm marketing)	1	
15. Forestry (production and on-farm marketing)	24	
16. Soil and water conservation, wildlife	4	
17. Plant pathology	2	
18. Entomology	5	
19. Agricultural chemicals (pesticides, additives, etc.)	2	
20. Dairy (production and on-farm marketing)	4	
21. Poultry (production and on-farm marketing)	5	
22. Livestock (production and on-farm marketing)	93	
23. Animal and poultry health	17	
24. Marketing and utilization	6	
25. Consumer education in use of agricultural products		
26. Agricultural engineering	10	
27. Dwellings and equipment	1	
28. Home grounds improvement		
29. Planning and management in the home	10	
30. Family economics		
31. Home furnishings	1	
32. Clothing selection and care	14	
33. Clothing construction	4	
34. Food preparation and selection		
35. Food preservation		
36. Nutrition	20	
37. Human relations, child development	7	
38. Health	12	
39. Safety	4	
40. Recreation	1	
41. Outlook	1	
42. Community development and resource adjustment	8	
43. Manpower development, employment information	1	
44. Public affairs	11	
45. Rural defense		
46. Leadership development	24	
47. Extension administration, organization		
48. Program planning	62	
49. Supervision of extension personnel	XXXXX	
50. Inservice training received	33	
51. Miscellaneous (cannot be charged to above items)	64	
52. Total days worked (items 11-51)	493	
Of total days reported in item 52, how many were devoted to:		
53. a. Adult work	346	
b. Young adult work (ages 18-25)	3	
c. 4-H Club work	67	
d. Work with other youth and youth serving groups (within 4-H age)	77	

SECTION I: SUMMARY OF SELECTED EXTENSION TEACHING ACTIVITIES

(See instructions in Section I for columns A-B-C-D-E-F.)

Teaching Activities	Work Done By --					
	Home Agents	Youth Agents	Agricultural Agents	County Total	State Staff	Grand Total
	A	B	C	D	E	F
1. Farm, home, firm and other out-of-office visits	590		842	1428		
2. Office calls	207		646	853		
3. Telephone calls (received or made)	294		466	750		
4. Newspaper articles or stories:						
a. Prepared and released directly to newspapers or magazines	21		48	69		
b. Prepared by state office and released through county extension offices	0		15	15		XXXXX
5. Broadcasts made:						
a. Radio	0		1	1		
b. Television	0		1	1		
6. Publications distributed directly to the public	2103		2062	4165		
7. Circular and commodity letters written	0		15	15		
8. Training meetings held for local leaders:						
a. Adult work (1) Number	6		3	9		
(2) Attendance	119		21	140		
b. Youth work (1) Number	0		0	0		
(2) Attendance	0		0	0		
9. Other meetings at which agents or specialists presented educational information:						
a. Adult work (1) Number	27		54	131		
(2) Attendance	1122		2059	3181		
b. Youth work (1) Number	55		61	116		
(2) Attendance	1336		2183	3519		
10. Meetings held by local leaders:						
a. Adult work (1) Number	14		0	14		
(2) Attendance	128		0	128		
b. Youth work (1) Number	-		7	7		
(2) Attendance			175	175		

ANNUAL STATISTICAL REPORT

COUNTY EXTENSION WORKERS

County Highland

Elizabeth B. Hull

Home Demonstration Agent

Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8 and June 30, 1914, in cooperation with the U. S. Department of Agriculture. W. H. Daughtrey, Director of Extension Service, Virginia Polytechnic Institute, Blacksburg, Virginia.

WES:ap June 1963

IV. General Appraisal of Past Year

More people have been actively involved in the Highland Extension Program this year than in past years.

Committee members and leaders have enthusiastically assisted with the planning and conducting of the program. Attendance to committee and educational meetings have been exceptionally good. People have accepted and cooperated with the programs initiated by the county extension staff. Work with 4-H and adult groups has progressed well, but work with young adults has not been what it should have. This seems to be the hardest age group to reach.

Leaders who work with adult groups are adequate in numbers. Leaders who work with 4-H groups are of high quality, but these are not enough to get the job done in the most effective way.

Success Stories - Continued

3. The family of Jamie Townsend, Mr. & Mrs. Ernest Townsend, Mill Gap, Virginia, had not been very much interested in 4-H club work until Jamie decided to carry a baby beef for his project.

The county agent assisted with the selection of a beef calf for Jamie.

At first the family was indifferent toward the program. As Jamie and his calf developed, interest increased, to where the entire family was helping with the project. Jamie excelled with his calf by exhibiting fifth in his class at the West Virginia State Fair; Grand Champion at the Highland County Fair; Grand Champion at the Staunton Fair; Reserve Grand Champion 4-H Hereford at the Atlantic Rural Exposition and fifth in his class at The Eastern National Exposition, Timonium, Maryland.

Jamie Townsend is not only interested now in his project work but in all phases of 4-H.

III. SUCCESS STORIES

1. The Stonewall Ruritan Club's Youth Committee placed major emphasis this past year on assisting with the 4-H program in the county. The committee felt the need to organize a community 4-H club in the Stonewall District.

Since the District is located in a very rural, isolated section of the county, the committee felt that a community 4-H club could serve a very definite purpose. The committee members met with the extension agents to make plans for an organizational meeting. The committee members made an informal survey to determine the number of interested members. The organizational meeting was held at the Ruritan Picnic Grounds and approximately fifty (50) members and leaders attended.

Seven adult volunteer leaders have assisted the agents with planning and carrying out the activities of the club during the past year.

Leader and club member participation has been outstanding. There has been excellent attendance at all monthly meetings.

Although the club had been organized one month prior to the county fair in August, they planned and set up an educational exhibit on "Gardening" which won a blue award.

2. Leaders saw the need for an organization to handle the business of the sheep producers in the county as this is the third largest sheep producing county in Virginia. The organizational meeting was held in March and in May The Highland County Sheep and Wool Producers Association was Incorporated. The Association has already aided the economy of the county and will continue to be an asset to the county.

HIGHLAND COUNTY

12. Studied soils for two days in the county with G. R. Epperson, V.P.I. Soils Specialist. Made fertilizer and lime recommendations on all soil samples taken in the county. Presented a talk to the young farmers in the county on soils.

13. Met with the four Ruritan Clubs in the county and gave educational talks.

14. Assisted four farmers with the planning of silos.

15. Assisted with the organization of all 4-H clubs and presented educational talks at club meetings. Worked with individual 4-H club members.

Other Phases Included in the Plan of Work of the Home

Demonstration Agent.

1. Met with the FHA Supervisors and discussed the county borrowers. Made plans to assist the borrowers with special problems.

2. Distributed bulletins to professional workers in the county.

3. Met with county fair leaders and served as chairman of the home economics section at the fair.

Other Phases Included in the Plan of Work of the County Agent

1. The county agent worked with the Virginia New Agents Training Committee. The purpose of this committee is to plan the training conference for new agents coming into Extension work.

The county agent also served on the new agents teaching staff, which served during the September new agents training conference.

2. Discussed RAD with key leaders and made plans to establish a RAD Committee during early 1964. The leaders felt this should be done.

3. Wrote several news articles on Rural Civil Defense.

4. Worked with the County Fair Association and assisted with the livestock section at the Fair.

5. Worked with the Chamber of Commerce and assisted with the planning of the Maple Festival.

6. Stressed Safety in all phases of Extension and wrote several news articles on this subject.

7. Assisted Hamilton Crockford, Reporter, Richmond Times-Dispatch with three feature stories on Highland County.

8. Participated in the WSLS Channel 10 Roanoke TV Station's salute to Highland County.

9. Cooperated with other agricultural agencies and their programs in the county.

10. Attended and assisted with the Institute of Rural Affairs at V.P.I.

11. Assisted with the planning and conducting of the Holiday Lake 4-H Camp at Appomattox for our group.

E. Work Accomplished of an Unanticipated Nature.

Mrs. Lois Lewis, Field Representative of the Virginia Division of the American Cancer Society, met with the home agent in February of this year to discuss the "Conquer Uterine Cancer Program". It was cited that between 200 and 300 women die each year in Virginia from uterine cancer. Most of these deaths are unnecessary. Uterine cancer is 100% curable, if caught in time. News articles were written on uterine cancer and appeared in the local paper.

Through an informal survey it was found that very few of the women in Highland County have a regular yearly cancer "Pap Smear" test. A meeting of the local physician, public health nurse, cancer representative and home agent was held, and it was decided to try to reach as many women in Highland County as possible. In order to achieve this goal, a film entitled "Time and Two Women" was shown by the local physician to 132 women in the county. These women were urged to pass this information on to as many women as they could possibly reach. Through an informal survey, it was found that approximately 75% of the women who saw the film received a cancer test.

It was discovered through early detection that three women in the county had malignant cancer. These women immediately received medical attention and are carrying on normal activities today. Perhaps there are more whose tests proved positive, but only three were reported to the home agent.

D. Agriculture Production, Management and Natural Resource Use

1. Phase: Sheep Scabies Eradication Program

a. This phase received major emphasis because it was recognized the importance of cooperating with the eradication program. Not only would this save farmers money due to the control of the disease, but it would also simplify interstate movement of sheep.

b. Letters were written to all sheep producers explaining the purpose of the program, also several news articles were written on the subject. Coordinated the inspection teams and assisted them with the program to its completing. There were 19,650 sheep inspected with eighteen (18) suspicious flocks being reported.

Final results showed the county without a case of scabies.

Farmers in the county cooperated with the program 100%.

C. Drought:

This unexpected disaster took considerable time during the summer and fall. Worked with farmers and showed them alternatives they could use in making decisions as what to do with their livestock due to the drought. Wrote several news articles on this subject. Held a meeting for farmers explaining feeding programs and the use of ccc stored corn. Met with the county drought disaster committee on four occasions and drew up reports to send the State Drought Disaster Committee. Worked with many individual farmers helping them set up feeding programs for the coming winter using short supplies of roughage and ccc stored corn.

B. Agriculture Production, Management, and Natural Resource Use

1. Phase: Soil and Water Conservation Needs Program Survey

a. This phase received major emphasis because a soil and water needs survey had been made and this information needed to be brought before the people so they could become aware of proper soil and water conservation.

b. The program objective is to educate the people to use their farm land properly and by doing so improve their economy.

c. The initial step was a series of news articles which were designed to make people aware of present and corrected land use. These articles ran approximately every other week from the middle of June until the last of August. The basic theme for these articles was "Outlook - Highland County Soil and Water Conservation". They were a build-up for an exhibit that was displayed at the Highland County Fair on the last week-end of August.

It was felt that about 85% of the people in the county visited the exhibit. Many people other than those from the county also visited the exhibit. The exhibit was built around an automatic slide projector which showed before and after scenes of all phases of soil and water, forestry, and wildlife conservation. Other items in the exhibit was a model farm, conservative charts, 9x12 conservation photos, etc. Conservation bulletins were also available for the public to pick up.

We feel that this approach has introduced the soil and water conservation needs program to the people, and they are thinking conservation and have a better understanding of conservation terminology.

We plan to add more to our slides and build a program that can be presented to civic clubs, F.T.A., school assemblies, 4-H club meetings, etc.

Paraformalhyde Pellets which aid in controlling tap hole organisms, this will increase production 15 - 20%.

The County Agent and Carl J. Holcomb, V.P.I. Extension Forester, participated in the National Maple Tour at Oneonta, New York, and vicinity and learned many new practices in maple syrup production for application to further the educational program here in Highland County.

A second meeting was held with Carl Holcomb, V.P.I. Extension Forester, presenting information on the management of the maple orchard. The use of plastic tubing was also discussed.

A third meeting was held with Dr. C. O. Willits, Head, Maple Investigations Plant Production Laboratory, Philadelphia, Pennsylvania, as main speaker. Dr. Willits discussed with the producer, maple production from tapping the trees through the making of syrup. He also demonstrated the use and care of plastic tubing used in sap collection. He presented the producer with many good ideas that will aid them in producing a fine high quality product.

A representative of one of the large maple syrup equipment companies was also on the program. He displayed the latest equipment which is used in maple production and demonstrated its use. Carl Holcomb, V.P.I. Extension Forester, was also on the program.

Twenty-five (25) producers were in attendance. The producers decided they would like to have a meeting concerning the making of maple sugar and confections. This meeting is planned for early January 1964.

The local Southern States Cooperative Store has agreed to handle maple production equipment - this will be a great help and also save money for the producers.

Many results to all efforts are being achieved. Two new sugar camps have been constructed for use in 1964. One producer has ordered an oil fired evaporator, the first to be used in Virginia's history of maple production. Six producers have ordered plastic collection tubing (this increases production 20%). All producers have indicated they will use

Unanticipated Project Areas:

A. Agricultural Production, Management, and Natural Resource Use

1. Phase: Maple Syrup and Sugar Production

a. This phase received major emphasis because maple syrup and sugar production was not enough to meet the demand for this product brought on by The Maple Festival. It is also recognized that this is a farm product that can be produced during the time of the year when labor cannot be utilized in any other way.

b. The objective of this program is to educate the producers to use modern production techniques and to get more farmers who have maple trees to utilize them by going into or selling sap for production. It is felt the income from this product can be increased from \$10,000 to \$100,000 in less than five years.

c. Interest was developed by a series of news articles on maple production and related subjects. The county had wide coverage in newspapers and magazines. The Richmond Times-Dispatch ran a half page article with pictures. The Staunton News-Leader ran about the same size spread, The National Maple Syrup Digest ran an article; this Digest is printed in Bainbridge, New York. The Progressive Farmer ran an article as did several other smaller publications.

A series of meetings were planned, the first was held in May with about fifty (50) producers attending. The New York State Extension Forester presented educational material that will aid in increasing production and quality of maple products. He also visited many producers and discussed their individual problems.

F. Extension Home Economics

1. Phase: Nutrition, Food Preservation and Food Preparation

a. This phase received major emphasis because the Nutrition Committee felt that home garden growers were not planting enough different kinds of vegetables to meet the nutritional requirements of their family members.

b. The program objective was to stimulate interest, on the part of homemakers, to include many different kinds of vegetables in home gardens and to help homemakers realize the importance of using the correct procedures in processing vegetables in order to conserve vitamins and minerals.

c. Dr. Leonard Feddema, Garden Specialist from V.P.I., gave a talk on "Different Varieties of Vegetables" and the ones which were suited to this locality. The meeting was well attended. Bulletins on the "Recommended Varieties for Virginia" were distributed at this meeting. Also, bulletins were placed in the bulletin rack in the hall of the county courthouse.

News articles were written and appeared in the local paper on the correct procedures to use in processing fruits and vegetables in order to conserve vitamins and minerals, flavor, color and texture.

An informal survey was conducted, and it was found that homemakers had practiced recommended procedures for processing fruits and vegetables and that many had planted new vegetables.

E. 4-H and Other Extension Youth Programs.

1. Phase: Highland County 4-H Council

a. This phase received major emphasis because there was a lack of county-wide coordination of 4-H club activities, and the 4-H club officers needed training.

b. The objective was to increase the effectiveness of the total county 4-H program through the leadership of the County 4-H Council.

c. Adult leaders felt this would add a great deal to the total program and decided to invite leaders, club officers and outstanding 4-H club members to an organizational meeting. This meeting was held and the 4-H County Council was organized. The Council then discussed and decided to sponsor three functions for the coming year. The first function planned and carried out a County Camp Day. This was built around a typical day at 4-H camp. All activities of the day were as if the club member was at 4-H camp for a day. One hundred fifteen (115) 4-H club members attended. The Council also has planned a Share-The-Fun Contest during early 1964 as well as an Achievement Program.

News articles were written on this for the purpose of bringing 4-H closer to the people. Articles were also written to give outstanding club members recognition. The Staunton News-Leader devoted one page of pictures and write-up to the activities of the Highland County 4-H Council.

D. Marketing and Utilization of Agriculture Products

1. Phase: Beef Cattle Producers' Association

a. The beef committee felt this phase should receive major emphasis because the producers had no responsibility in making decisions in marketing their yearling and feeder calves. There were no rules and regulations to live by and quality of calves needed to be improved.

b. The objectives were to tighten controls on the producer and for the producer to conduct his own business, also quality of calves needed to be improved.

c. The beef cattle committee met and appointed a feeder calf and yearling committee in combination with a group from Bath County. This committee drew up rules and regulations which were designed to improve quality and prices of the calves. They also worked out a delivery schedule of cattle to the sales. This proved to be very beneficial as it cut the time of unloading to a minimum there-by cutting the amount of drift of the calves.

It was decided not to form an association until after an annual meeting in early 1964.

Individual contact, work with the committees, letters and news articles were written in carrying out the objective of this phase.

C. Agricultural Production, Management and Natural Resource Development.

1. Phase: Sheep - External and Internal Parasite and Foot Rot Control

a. The sheep committee felt that the producers were not up-to-date and lax in internal parasite control of sheep. It was also found by the sheep scabies inspection committee there was a high incident of external parasites and foot rot.

b. The program objectives are to reduce the incidence of internal and external parasites and foot rot, thereby increasing the income of the farmers.

c. The sheep committee met and discussed the problem and decided that educational meetings should be held. The first meeting was planned with George Allen, V.P.I. Sheep Specialist, and a representative of one of the outstanding chemical companies on the program. About seventy farmers attended this meeting. Management practices were discussed and the relatively new treatment of internal parasites using Thybenzol was discussed. Three months after the meeting, the chemical company representative reported that enough Thybenzol had been purchased by the farmers to treat 14,000 head of sheep. Letters were written to the farmers and timely news articles were published on the management practice used in controlling parasites. News articles were written on foot rot control, and it was also decided that several schools on this subject would be held in the county during early 1964.

B. Agricultural Production, Management and Natural Resource
Development

1. Phase: Sheep - Highland County Sheep Shearing School

a. This phase received major emphasis because the sheep committee was concerned about getting the sheep in Highland County sheared at the best advantage, as most shearers are getting old. It was becoming a problem to get sheep sheared, and people were stopping producing sheep because they could not get shearers.

b. The program objectives were to train new people to shear sheep and to train old shearers in up-to-date methods.

c. We were not successful in getting teaching personnel to come to Highland County, so two old shearers and five new ones attended a sheep shearing school at Steeles Tavern Experiment Station. All sheep were sheared on time to be pooled at the wool pool.

The committee feels that this is a step in the right direction in as fewer out-of-county shearers were used.

price for their wool was higher than the previous year.

The Incorporating Directors held a meeting with Dr. Upton Livermore, Agricultural Economist, V.P.I. Farm Management Service Agencies Specialist, and drew up by-laws and articles of incorporation for the Sheep and Wool Association.

They held another meeting and appointed Directors for the Association. The Highland County Sheep and Wool Producers Association, Inc. received its Certificate of Incorporation on May 23, 1963.

II. Project Areas

A. Marketing and Utilization of Agriculture Products

1. Phase: Highland County Sheep and Wool Producers Association

a. This phase received major emphasis because the sheep committee was greatly concerned over the fact that there was no restriction as to who could pool wool at the local wool pool, and there was no accurate estimate of the wool to be marketed. The previous year the pool absorbed a loss on 40,000 pounds of wool.

b. The program objective was to put the marketing of sheep and wool in the hands of the producer and to insure a higher income for the farmer.

c. The sheep committee met and discussed the situation and decided a meeting of all wool producers to bring the situation before them would be the first step. This meeting was held with about seventy producers in attendance. It was decided that a Sheep and Wool Producers Association would be formed to take care of their business. Incorporating Directors were elected and given the go ahead to work on the situation.

The first step of the Directors was to set up regulations as to who could market their sheep and wool through the Highland Sheep and Wool Producers Association. They also surveyed the producers and had them consign their fleeces to the association.

The buyer of the wool liked the procedure so well the wool brought the highest price per pound in this area of the State, and the second highest price in the entire State. The amount put up for bid came within 3% of the amount of wool actually sold. The Association sold 114,288 pounds of wool which grossed the producer \$70,751.33. This was the only pool whose bid

how to select the proper hair brush and teach them the correct techniques to use in brushing hair in order to stimulate the scalp; remove dust from hair and distribute oil; 4. to teach homemakers how to select and use hair rinses and tints.

Foundation Garments - objectives; 1. to teach homemakers the reasons for wearing a foundation garment; a. to make clothes fit better; b. for good appearance; c. for better posture (health); 3. to teach homemakers how to measure for foundation garments in order to assure a perfect fit; 4. to teach homemakers how to do wise buying when purchasing foundation garments.

Variety With Yeast Breads - objectives; 1. how to take a basic yeast bread recipe and vary it to make different and attractive yeast breads; 2. techniques involved in kneading bread to produce a satisfying product; 3. different temperatures and conditions which affect the quality of yeast bread.

Nutritious Snacks and Refreshments - objectives; 1. to teach homemakers how to choose and serve snacks and refreshments that add needed vitamins and minerals as well as calories; 2. to teach homemakers how to avoid empty calories.

Leader training meetings were conducted by specialist and the home agent for each of the topics mentioned and were well attended by the leaders.

Work in the area of Rural Civil Defense included training leaders in a Medical Self-Help Course taught at the local Health Center. Leaders who attended the course taught the course to people in their own communities.

stressing important phases of the program which they had carried during the year. The exhibits this year included the following topics: Milk and Milk Products, Family Life, Face Types, Proper Cleaning of Rugs and Carpets.

The 4-H County Council helped plan and erect an educational exhibit on "The Steps to 4-H Success".

The 4-H junior leaders helped plan and conduct 4-H Camp Day.

Home demonstration leaders helped plan and carry out the following topics during the past year based on their needs:

Family Life - emphasis was based on two phases; "Happiness and Success".

Face Types - objectives; 1. study of body types; 2. study of face types; 3. study of necklines.

Cleaning of Rugs and Carpets - objectives; 1. proper weekly, monthly and periodic cleaning of rugs in order to increase the life and beauty of the rug; 2. the use of cleaning preparations using economical supplies on hand in order to save homemaker money.

Cleaning and Care of Furniture - objectives; 1. to teach homemakers the correct procedures to follow in cleaning wood furniture; 2. to teach homemakers how to make use of home products in making a dustless dust cloth; 3. to teach homemakers how to clean formica tops, mirrors and windows, brass, aluminum, copper, etc. in order to preserve the life and beauty of each.

Milk and Milk Products - objectives; 1. to teach homemakers the nutritional value of milk; 2. the importance of including milk and milk products in the diet; 3. ways of including more milk dishes in the diet.

Hair Styling and Care - objectives; 1. to help homemakers select a becoming hair style based on individual features; 2. to teach homemakers

I. Involvement of Local Leadership

Local leaders have been a most valuable asset during 1963 in assisting with the planning and carrying out the Highland County Extension Program.

This being the first year as County Agent of Highland County, I did not know the needs of the county. Local leaders contributed a great deal in helping identify the needs. The two most outstanding committees that functioned during the year were the sheep committee and the beef committee. Their accomplishment will be brought out in other sections of this report.

The attitudes and cooperation of these people have been outstanding, this was brought out by the fine attendance to all meetings. Attendance to meetings seldom fell below 90%.

Leaders have helped with the planning of the Maple Sugar Festival which has become an annual event in the county and attracted approximately 17,000 visitors last year. The Festival has helped promote the maple sugar industry which is becoming a very popular income for the county people. Some of the activities at the Festival planned by leaders included an antique show which featured antiques from all parts of the county. The exhibit was set up on Main Street in an old vacated building and attracted many visitors. The 4-H clubs set up an educational exhibit depicting an old fashion maple sugar festival in contrast to a modern one. This was set up in a store window on Main Street. The local crafts shop, which features hand weaving by local women, was supervised by local leaders.

Local leaders help plan and carry out the activities at the county fair. The fair is chiefly an agricultural one, and the exhibits are increasing each year. The leaders helped plan and set up educational exhibits

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ANNUAL NARRATIVE REPORT

COUNTY EXTENSION WORK

Virginia Agricultural Extension Service

AUSTIN L. SHEPHERD, COUNTY AGENT

Extension Agent

ELIZABETH B. HULL, HOME DEMONSTRATION AGENT

Extension Agent

Assistant Agent

Assistant Agent

Assistant Agent



1963

HIGHLAND

County

OTHER FIELDS OF WORK - - - - - COUNTY AGENT

1. Discuss Beef Cattle Performance Testing with cattle producers and get them interested in becoming members of BCIA.
2. Discuss V.P.I. Electronic Farm Record Program with farmers and get them interested in keeping records under the system.
3. Encourage sheep and cattle producers to use registered purebred breeding sires and rams.
4. Keep Rural Civil Defense before the people of the county and hold meeting on this subject.
5. Study the county situation and discuss RAD with key leaders so that The RAD Committee will be activated by 1964.
6. Encourage 4-H club members to participate in county, district and state contests.
7. Encourage 4-H club members to attend 4-H summer camp.
8. Encourage farmers to attend The Institute of Rural Affairs Conference.
9. Work with the sheep and cattle committee in securing a veterinarian for the county.
10. Assist 4-H club members with their projects.
11. Train a 4-H livestock judging team.
12. Be prepared to assist with any emergency program that may arise.

OTHER FIELDS OF WORK -- HOME DEMONSTRATION AGENT

1. The Home Agent, assisted by adult leaders, plans to assist the 4-H club members with projects and encourage them to keep records of work completed.
2. Project leaders will be trained in project areas by the home agent and they will conduct project group work.
3. The home agent will encourage the 4-H club members to attend 4-H camps and assist with camping program to help make it effective.
4. Active 4-H club members, who meet the requirements, will be selected to attend the 4-H Short Course and will give a report of their activities when they return to the county.
5. The home agent will continually strive to get more adult leaders to assist with the 4-H program.
6. Assist the county council in planning special 4-H activities - achievement day, national 4-H club week, Rural Life Sunday, tours, floats.
7. Encourage 4-H club members to give county, district and state demonstrations. Assist the 4-H club members with these demonstrations.
8. Assist 4-H club members with demonstrations at club meetings.
9. Work with 4-H fair committee.
10. Assist fair committee in planning for the fair - premium list, standards, etc.
11. Encourage homemakers to take the medical self-help course which is being offered by the local health department in connection with rural civil defense.
12. Assist with the rural civil defense program - news articles, distribute bulletins, give talks.
13. Assist the FHA Supervisor in helping borrowers who have problems.
14. Work with the RAD committee.
15. Distribute bulletins to professional workers.
16. Encourage women to attend the Institute of Rural Affairs.

A MAJOR EMPHASIS - ORGANIZATIONAL PLAN

PROJECT AREA: 4-H AND OTHER EXTENSION YOUTH PROGRAMS

PHASE: HIGHLAND COUNTY 4-H COUNCIL

The Situation: There is a lack of county-wide coordination of 4-H club activities; also there is a great need for 4-H club officers to be trained in all phases of 4-H club activities.

The Specific Problem: Lack of training and coordinated county-wide 4-H club activities.

The Program Objective: To increase the effectiveness of the total county 4-H program through the leadership of the county 4-H council.

ORGANIZATION OBJECTIVES	SOURCE OF ASSISTANCE	METHODS	WHEN	BY WHOM
1. Train officers to successfully plan and conduct 4-H meetings.	State 4-H Club Staff Adult Leaders Leaflet 86- County Council of 4-H Clubs	1. Discuss purposes and functions of 4-H county council at all 4-H club meetings.	Feb. & Mar.	Agents
2. Train officers to understand and follow good business procedures in conducting the affairs of their 4-H club.		2. Pre-planning meeting with State 4-H Staff	Mar.	Agents & State Staff
3. Train members in planning and conducting county-wide 4-H activities.		3. Make personal contacts adult leaders and discuss plans for organizing county council.	Mar.	
		4. Hold county-wide organization meeting.	Apr.	Agents & Leaders

EVALUATION: Increased participation by 4-H club members. In-school and community clubs will be more effective because the officers will have more know-how.

A MAJOR EMPHASIS - ORGANIZATIONAL PLAN

PROJECT AREA: 4-H AND OTHER EXTENSION YOUTH PROGRAMS

PHASE: 4-H ADULT LEADERS ORGANIZATION - 1963

The Situation: There is a considerable amount of interest in 4-H club work by adults in Highland County. There have been requests by Ruritan Committees and other individuals as to what they could do to assist with the 4-H program.

The Specific Problem: Lack of leader training.

The Program Objective: To train and coordinate the efforts of adult leaders so the 4-H program will be more effective.

ORGANIZATIONAL OBJECTIVES	SOURCE OF ASSISTANCE	METHODS	WHEN	BY WHOM
1. Assist local adult leaders in Highland Co. in the organization of a county leader's organization.	State 4-H Staff Material from 4-H Handbook	1. Survey to determine interest.	June	County Staff
2. To provide leaders, prior to organization with information concerning the objectives of the leaders organization.	Adult leaders who have shown interest	2. Planning meeting with State 4-H Staff and Dist. Agents.	July	County Staff
3. To improve 4-H adult leaders skills and effectiveness.		3. Discuss organization with key leaders through personal contact.	July	County Staff
		4. Hold county-wide organizational meeting.	August	County Staff

EVALUATION: A better understanding of 4-H club work among adult leaders - a stronger total 4-H club program.

A MAJOR EMPHASIS - ORGANIZATIONAL PLAN

PROJECT AREA: MARKETING AND UTILIZATION OF AGRICULTURAL PRODUCTS

PHASE: BEEF CATTLE PRODUCERS' ASSOCIATION - 1963

The Situation: The Beef Committee is greatly concerned that there is no organization in the method of marketing feeder and yearling calves. Producers are not required to consign their calves, all they have to do is drive up on market day. The county agent has been supervising and doing the marketing whereas he should be only furnishing educational advice. The committee feels that the producers should be handling their own business.

The Specific Problem: There are no rules and regulations for the producer to abide by and no organization to conduct their problems.

The Program Objective: To put the marketing of feeder calves and yearlings in the hands of the producers. To improve the quality of cattle by having regulations for the producer to live up to.

ORGANIZATIONAL OBJECTIVES	SOURCE OF ASSISTANCE	METHODS	WHEN	BY WHOM
To Take the Leadership in: The organization The orientation The function The maintenance of - a Beef Cattle Producers' Association	Beef Committee who suggested organizing; Marketing Specialist	1. Meet with Beef Com. and discuss problem.	Jan.	County Agent
		2. Meet with Beef Spec. and discuss problem.	Feb.	County Agent
		3. Hold county-wide organizational meeting of all cattle producers to elect officers and directors.	Apr.	County Agent Beef Committee Marketing Spec.
		4. Meet with officers and directors to set up by-laws and regulations	May	County Agent

EVALUATION: Marketing of feeder calves and yearlings will be in the hands of the producers. Quality of calves will be improved and number of animals to be advertised will be known. The producers will realize greater returns.

A MAJOR EMPHASIS - EDUCATIONAL PLAN

PROJECT AREA: AGRICULTURAL PRODUCTION, MANAGEMENT AND NATURAL RESOURCE DEVELOPMENT

PHASE: SHEEP - EXTERNAL AND INTERNAL PARASITES AND FOOT ROT CONTROL - 1963

The Situation: According to the Sheep Committee, the control of internal parasites needs a lot of attention. It was also found by the Sheep Scabies Inspection Committee that there is a considerable amount of external parasites and foot rot.

The Specific Problem: A high incidence of foot rot. Also many sheep have external and internal parasite symptoms.

The Program Objective: To reduce the incidence of foot rot and parasites; therefore increasing the income of farmers.

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	METHODS	WHEN	BY WHOM
Assist Sheep Producers:	Department of Veterinary Science.	1. Have planning meeting with Sheep Committee.	May	County Agent
1. To acquire a better understanding of parasite control.	Extension Veterinarian.	2. Discuss plans with Sheep Spec. and Ext. Veterinarian	May	County Agent
2. To acquire better methods of foot rot control.	Merck Chemical Division.	3. Hold demonstrations at local livestock market about 2 hrs. before sales as this is when a lot of farmers are all ready at the market.	July Aug.	County Agent Sheep Spec. Ext. Vet.
3. To acquire skills in applying these practices and to improve the management abilities of the farmers.	V.P.I. Bulletin 191			

EVALUATION: More income from sheep through better management practices.

A MAJOR EMPHASIS - EDUCATIONAL PLAN

PROJECT AREA: AGRICULTURAL PRODUCTION, MANAGEMENT AND NATURAL RESOURCES DEVELOPMENT

PHASE: SHEEP - HIGHLAND COUNTY SHEEP SHEARING SCHOOL - 1963

The Situation: The Sheep Committee is concerned about getting the sheep in Highland County sheared at the best advantage. They stated that most of the shearers were getting old and were not up-to-date. The old shearers need to be trained and new ones need to be trained. There are 19,600 sheep to be clipped in the county with over 100,000 pounds of wool produced.

The Specific Problem: Large number of sheep to be sheared with inadequate shearers to do the job.

The Program Objective: To train old shearers in up-to-date methods and teach new ones. Thereby increases the net income of the producers.

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	METHODS	WHEN	BY WHOM
1. Train old sheep shearers in up-to-date methods.	Sheep Committee Sheep Specialist	1. Organize professional workers team to help plan and execute a sheep shearing school	April	County Agent Sheep Spec.
2. Teach and train younger men to be competent shearers.		2. Have older sheep shearers attend training session at Staunton.	May	Sheep Spec.
		3. Hold Sheep Shearing School.	May	County Agent Sheep Spec.

EVALUATION: More producers will be able to shear own flocks and with additional trained personnel, fewer out-of-county shearers; thereby increases net income.

A MAJOR EMPHASIS - ORGANIZATIONAL PLAN

PROJECT AREA: MARKETING AND UTILIZATION OF AGRICULTURAL PRODUCTS

PHASE: HIGHLAND COUNTY SHEEP AND WOOL PRODUCERS' ASSOCIATION - 1963

The Situation: There has been no satisfactory method of marketing sheep and wool. The Sheep Committee is greatly concerned over the fact that they cannot get an accurate estimate of the wool to be marketed. There has been no restriction as to who could market their wool, and also no method of estimating the wool that would be marketed through the pool. The pool has taken a loss on as much as 40,000 pounds of wool because of this.

The Specific Problem: There is no organizational set-up to make or enforce regulations for marketing sheep and wool.

The Program Objective: To put the marketing of sheep and wool in the hands of the producers and to insure a higher income for the farmer.

ORGANIZATIONAL OBJECTIVES	SOURCE OF ASSISTANCE	METHODS	WHEN	BY WHOM
To Take the Leadership in:	Sheep Committee who suggested organizing;	1. Meet with Sheep Com. and discuss problem.	Jan.	County Agent
The organization	Sheep Specialist;	2. Meet with Sheep Spc. and discuss problem.	Feb.	County Agent
The orientation	Economics Department			
The function	Project Leader -	3. Hold county-wide organizational meeting of all sheep producers to elect officers and directors	Mar.	County Agent Sheep Committee Sheep Specialist
The maintenance of -	Management of Farm			
a Highland County Sheep & Wool Producers' Assn.	Service Agencies	4. Meet with officers and directors to set up by-laws and regulations	Apr.	County Agent

EVALUATION: Marketing of wool and sheep will be in the hands of the producers. Inferior wool that comes in from West Virginia Counties will be controlled.

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	METHODS	WHEN	BY WHOM
6. To teach homemakers the correct pressing techniques.	MC-67	Demonstration	3rd mtg.	Agent
7. To provide homemakers knowledge and skills involved in constructing collars and sleeves.		Demonstration	4th lesson	Agent
8. To provide homemakers knowledge, skills in making button holes, the correct	MC-25 MC-25A	Method demonstration	Nov.	Agent
Homemakers have had training, prior to this workshop, in hems and zippers.				
9. To teach skills in selecting accessories for costume which they constructed in relation to individual figures and occasions.	Extension Bulletins MC-82 MC-150 Fashion Magazines	Method demonstrations & discussions		

EVALUATION: Prior to Workshop: Determine at what level of construction the homemakers are by having them bring in garments which they have constructed and evaluate them;

Have homemakers, with the help of agent and group, evaluate own figure type in order to select becoming accessories for garment constructed;

Through a survey have homemakers evaluate the workshop as to its effectiveness;

Through a questionnaire determine how many homemakers have practiced recommended procedures;

Let each person evaluate one another's garment as to construction;

Have a fashion show and let each person select accessories for the garment which they constructed.

A MAJOR EMPHASIS - EDUCATIONAL PLAN

PROJECT AREA: EXTENSION HOME ECONOMICS

PHASE: CLOTHING, TEXTILE, DESIGN, SELECTION, CONSTRUCTION AND CARE - 1963

The Situation: Lack of local shopping facilities makes it necessary for homemakers to construct own clothing.

The Specific Problem: Homemakers lack knowledge in clothing construction in order to achieve pride in personal appearance. Many homemakers lack skill in basic construction and have indicated a need for a cotton dress demonstration workshop.

The Program Objective: To improve sewing skills and be able to plan a pleasing and becoming costume.

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	METHODS	WHEN	BY WHOM
1. To provide homemakers knowledge and skill in basic construction.	Extension Bulletins Becoming line and style - MC-177; MC-178	Workshop and actual practice by homemakers.	Nov.	Agent
2. To teach homemakers how to choose patterns in relation to body types in order to achieve good personal appearance.	Suitable pattern for Fabrics- MC-252; MC-256 Take body measurements, MC-17. Pattern size and type for individuals-MC-101. Selecting Fabrics: MC-252; MC-200 Equipment needed for sewing - Circ. 868 - Fashion Magazines.	Hold a preliminary mtg. prior to workshop to make plans for workshop.	Oct.	Agent
3. To teach homemakers how to alter patterns and how to prepare fabric for sewing.	Extension Bulletins - 255A; MC-101; MC-101A; Circ. 868	Demonstration using illustrative materials	Nov.	Agent
4. To teach homemakers how to transfer markings to fabric; tailor tacks, tracing wheel and tailors carbon; tailor chalk.	Circ. 868	Illustrative material and actual demonstration.	2nd Mtg.-Nov.	Agent
5. To teach homemakers how to test and adjust sewing machine for fabric.		Prior to workshop have women bring sewing machines central location and hold a workshop.	Oct.	Singer Sewing Machine Rep. & Agent

A MAJOR EMPHASIS - ORGANIZATIONAL PLAN

PROJECT AREA: EXTENSION HOME ECONOMICS

PHASE: NUTRITION, FOOD PRESERVATION & FOOD PREPARATION - 1963

The Situation: There has been a considerable amount of interest, on the part of homemakers, in a TOPS (Take Off Pounds Safely) Club in the County. The local physician and public health nurse have shown a considerable amount of interest in the TOPS Club and have volunteered their services in the project.

The Specific Problem: Many homemakers are overweight.

The Program Objective: To change the eating habits of homemakers and improve personal appearance through the organization of a TOPS Club.

ORGANIZATIONAL OBJECTIVES	SOURCE OF ASSISTANCE	METHODS	WHEN	BY WHOM
1. To stimulate interest, on the part of homemakers, to lose weight (according to physician's instructions.)	Extension Bulletins; "Weight Control" LOM Leaflet 133 " 129 " 127	Survey to determine interest. Pre-planning mtg. with local physician and public health nurse to discuss plans.	April	Agent
2. To provide homemakers with the necessary information on nutrition - weight control.	"Down The Scales Or Up" National Dairy Council Bulletins from local Health Department.	Make personal contacts with interested people and discuss plans for the TOPS class-give them application blanks.	April	Agent & Public Health Nurse
3. To encourage homemakers to change eating habits.		Hold meeting of interested people in order to organize and discuss plans for future meetings. Hold meetings of TOPS Club	May July, Aug. Sept.	Agent Agent, Public Health Nurse

EVALUATION: Through an application blank keep a record of the total pounds lost by each applicant;
Take before and after pictures.
Through a questionnaire determine how many participants improved eating habits.
Continue to work with homemakers after class is completed.

A MAJOR EMPHASIS - EDUCATIONAL PLAN

PROJECT AREA: EXTENSION HOME ECONOMICS

PHASE: NUTRITION, FOOD PRESERVATION AND FOOD PREPARATION - 1963

The Situation: The local food markets do not handle a large variety of high quality, fresh vegetables; therefore, there are many home gardens in the county. Many of these home gardens do not include enough different kinds of vegetables to meet the nutritional requirements of family members.

The Specific Problem: Home garden growers are not planting enough different kinds of vegetables to meet the nutritional requirements of their family members.

The Program Objective: To stimulate interest, on the part of homemakers, to include many different kinds of vegetables in home gardens and to help homemakers realize the importance of using the correct procedures in processing vegetables in order to conserve vitamins and minerals.

TEACHING OBJECTIVES	SOURCE OF SUBJECT MATTER	METHODS	WHEN	BY WHOM
1. To teach homemakers the different kinds of vegetables which can be grown in this county.	Extension Bulletins "Vegetable Gardening in Virginia"	Demonstration	March	V.P.I. Garden Spec.
2. To help homemakers use the correct and recommended procedures for processing vegetables in order to conserve vitamins and minerals.	Seed Catalogs "Home Freezing Fruits and Vegetables" "Home Canning of Fruits and Vegetables"	Demonstration News articles in local paper	June June & July	Agent Agent

EVALUATION: Through formal and informal survey determine the number of homemakers who practiced recommended procedures of processing vegetables; determine the number of new vegetables planted and how many were included in the meal planning.

HIGHLAND COUNTY PLAN OF WORK - - - - 1963

ELIZABETH H. BOURNE, HOME DEMONSTRATION AGENT

AUSTIN L. SHEPHERD, COUNTY AGENT