

BUCHANAN COUNTY

AGRICULTURAL EXTENSION PLAN OF WORK - 1964

George C. Abbott, County Agent

Loose W. Carmichael, Home Demonstration Agent

A MAJOR EMPHASIS - EDUCATIONAL PLAN

PROJECT AREA - AGRICULTURAL PRODUCTION, MANAGEMENT AND NATURAL RESOURCE DEVELOPMENT

Phase: Agronomy - Burley Tobacco - Fiscal Year - 1964

The Situation:

Buchanan has a total of 199,6⁶ allotted acres of burley tobacco which is divided among 406 growers. Gross income from the sale of tobacco is two-thirds of the total farm income - including all other crops and livestock for this area. Plant beds in the spring of 1963 were almost a complete failure - or were too late for an early planting date. This resulted in some tobacco being harvested before maturity and some was damaged by frost. Improper fertilization, wrong kinds, and amounts - as well as lack of rotational use of available land or lack of good land to rotate their tobacco on has hurt yields.

The Specific Problem:

- Lack of application of the improved production practices that would improve yield and/or quality.

The Program Objective:

To improve quality and yield of burley tobacco in Buchanan County.

TEACHING OBJECTIVES	SOURCE OF ASSISTANCE	METHODS	WHEN	BY WHOM
Assist Tobacco Farmers in the following:				
1. Locating, preparing weed free plant beds.	Circulars 437, 869	1. Plant bed demonstration 2. Mail out circulars and informational letters 3. Radio and News articles 4. Have fertilizer and feed dealers distribute information	Feb.	Agent
2. Controlling plant bed diseases and insects.	Circulars 437, MS-110	1. Information will be mailed to individual farmers 2. Individual farm visits 3. Radio and News articles	Feb. March April	Agent

TEACHING OBJECTIVES	SOURCE OF ASSISTANCE	METHODS	WHEN	BY WHOM
3. Selection of recommended varieties	Research publications	1. Education meeting 2. Variety plots on various farms 3. Field meeting	Feb.	Agent - Specialist Farm Demonstration
4. Educate the farmer on advantage of early planting date, proper fertilization and disease and insect control	Circular 729 Research Data, Bulletin 97, 183 Bulletin 152; MS-110, MS-107 - Extension Form 71	1. Educational meeting of both farmers and fertilizer distributors 2. Individual farm visits 3. Educational material sent by mail	April May July	Agent Agent
5. Using chemical sucker control (TD-248, if available)	State Specialist Recommendations	1. Sucker control demonstration 2. Radio and Newspaper 3. Include with other educational material mailed out	July	Specialist Agent
6. Obtaining more soil samples on tobacco	Extension Form 71	1. Mail out information 2. Leave boxes and record sheets at stores 3. Individual visits	March April	Agent

EVALUATION:

Determine the improvement in quality and quantity of the 1964 crop over the average for the last five (5) years, from information published by the ASCS office. The kind of growing season would be considered in this evaluation. Survey of approximately 10% of growers to determine adaption of new practices.

APPROXIMATE COSTS: \$1000.00 - \$1500.00 - \$2000.00 - \$2500.00

GENERAL PURPOSE - TO IMPROVE THE PRODUCTION AND ECONOMIC WELFARE OF THE TOBACCO GROWERS

TO IMPROVE THE PRODUCTION AND ECONOMIC WELFARE OF THE TOBACCO GROWERS

A MAJOR EMPHASIS - EDUCATIONAL PLAN

PROJECT AREA - AGRICULTURAL PRODUCTION, MANAGEMENT AND NATURAL RESOURCE DEVELOPMENT

Phase: Horticulture, Home Grounds Beautification - Fiscal Year - 1964

The Situation:

Many new homes are being built in Buchanan County and request coming from these new homeowners for assistance in turfgrass work and other landscaping problems. Other homeowners are also becoming aware of the need for landscape improvement work around their homes, and many have experienced problems with winter injury and insects.

The nearest nursery to the county is 75 miles away, and at the present time no one in the county is available to assist these people with landscaping problems outside of the Extension office. More people would probably improve on their lawns if they knew of the help available. If tourism is to become an important enterprise in the county, much needs to be done to beautify the county.

The Specific Problem:

Lack of interest among county residents in beautifying their homes, and lack of knowledge of services available among others.

The Program Objective:

Create an awareness for the need for Home Grounds Improvement and understand the services available. Inform public of recommendations on lawns, shrub planting and care.

TEACHING OBJECTIVES	SOURCE OF ASSISTANCE	METHODS	WHEN	BY WHOM
Assist Homeowners and Others to:				
1. Improve or establish turfgrass on their home and other turf areas.	Circular 818 USDA Bulletin 51 Circular 820	1. Radio and newspaper 2. Mail out information, letters and bulletins	March When Needed	Agent County Staff
2. Properly plant and/or care for shrubs and trees.	America's Garden Book The Care and Feeding of Garden Plants	3. Mail "Landscape Notes" to interested persons 4. Educational program and/or demonstration for Home Demonstration Clubs and others	Monthly March	County Staff Agent and HDC Leaders

CLASS	OF COURSE BY NAME	TYPE AND OTHERS	FOR HOW LONG	BY WHOM
TEACHING OBJECTIVES	SOURCE OF ASSISTANCE	METHODS	WHEN	BY WHOM
3. Improve insect and disease control on lawns and shrubs	Circular 834 USDA Bulletin 53 USDA Bulletin 61 Nursery Notebook Diseases of Ornamentals	5. Carry Home Grounds Beautifications as a project	March and Continuous	Agents
4. Properly landscape their property	America's Garden Book Bulletin 217 Circular 824 Circular 622	6. Personal Visits	As Needed	Specialist Agents

UNIT I and II

EVALUATION:

An increase in the number of request for assistance should be a guide as to whether or not more people are aware of the help available. A long time evaluation would be by observing improvement in lawns, etc.

check of progress should consist reference in reports and check of knowledge of agents

the council's work should be done to benefit the council. It consists to be done in following manner: in contact with people who are interested in the program of the extension office. Work should be done in the nearest vicinity to the council to be done and in the program to be done.

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the extension:

NAME: [REDACTED] HOME ADDRESS [REDACTED] - STREET NAME - CITY

UNITED WAY - VOLUNTARY ASSOCIATION - MEMBERSHIP AND VARIOUS SERVICES DEPARTMENT

UNITED WAY - VOLUNTARY ASSOCIATION

A MAJOR EMPHASIS - EDUCATIONAL PLAN

PROJECT AREA - MARKETING AND UTILIZATION OF AGRICULTURAL PRODUCTS

Phase: Farm Supplies and Services - Fiscal Year 1964

The Situation:

Buchanan has a number of small stores located in Grundy and other parts of the county that handle fertilizer, insecticides, and other forms of chemicals and supplies. Many of these dealers have had little or no training in handling materials of this kind. They lack knowledge of the analysis of fertilizer, or kinds of insecticides and herbicides to stock or to recommend when asked by a farmer or homeowner. Crops, lawns and gardens could be improved if this situation was changed.

The Specific Problem:

Farm and garden supply dealers lack sufficient knowledge of analysis of fertilizer and recommended chemicals to stock and recommend to patrons.

The Program Objective:

Develop knowledge and skills of dealers in the selection and use of farm and garden chemicals and supplies.

TEACHING OBJECTIVES	SOURCE OF ASSISTANCE	METHODS	WHEN	BY WHOM
Assist Farm and Garden Supply Dealers To:				
1. Be better informed on analysis of fertilizer needed for different crops, lawn and garden uses.	Bulletins number - 97, 183, 818	1. Held educational meeting of farm and garden supply dealers	Feb.	Extension Specialist Agent
2. Understand what chemicals such as insecticides, herbicides, etc. are needed in this area and how to safely use them.	USDA Bulletin 46 Circulars 638, 728 USDA Bulletins, 61, 51 USDA Circulars 635, 53	2. Store visits by Agent 3. Mail educational letters and other literature to dealers 4. Supply dealers with literature to farmers and gardeners	March Regular Intervals March May	Agent Agent Agent

A MAJOR EMPHASIS - EDUCATIONAL PLAN

PROJECT AREA - EXTENSION HOME ECONOMICS

Phase: Nutrition - Fiscal Year - 1964

The Situation:

There are no beef cattle and very little poultry raised in Buchanan County - so a large percentage of the food dollar is spent on meats.

The Specific Problem:

Homemakers lack a knowledge of nutrition and need greater understanding of the value of meat substitutes in the family diet.

The Program Objective:

There are many low income families who cannot afford meats and poultry - and there are many homemakers who lack skill in preparing meat substitutes.

<u>TEACHING OBJECTIVES</u>	<u>SOURCE OF SUBJECT MATTER</u>	<u>METHODS</u>	<u>WHEN</u>	<u>BY WHOM</u>
1. Provide educational materials on protein requirement of the body - meat substitutes and training in food preparation.	Mimeographed Sheets Film Strips from Library Posters from Commercial Firms	Demonstration Visual Aids	Sept. Nov.	Agent Leaders
2. Study relative costs of meat and meat substitutes.	Food and Home Notes USDA 12/63 Bulletin, V.P.I. 249 Recipes for Cottage Cheese Dishes Circular, V.P.I. 811 Buying Foods	Leader Training Work-shops		Agent

NAVIGATION:

EVALUATION:

Through formal and informal survey to determine:

1. Number of homemakers who have planned meals to use more meat substitutes.
2. Number of homemakers who are feeding their families better for less money by using more meat substitutes.
3. Through visits to school lunch rooms - find out if pupils are developing better eating habits.
4. Number of homemakers who are getting more variety in their meals as they become more skilled in use of meat substitutes.

INFORMAL OBSERVATIONS	SOURCES OF INFORMAL DATA	METHODS	HOW	WHERE

There are many factors which influence the success of a program - such as the amount of publicity, the interest of the community, the cooperation of the school, etc.

The Program Objectives:

The program is designed to help homemakers plan their meals better and to use more meat substitutes in their families.

The Specific Objectives:

There are no real costs and very little publicity required in developing such a program - so a wide percentage of the population can be reached.

The Evaluation:

Report: Evaluation - 1944 - 1945

UNITED STATES DEPARTMENT OF AGRICULTURE

WASHINGTON, D. C.

A MAJOR EMPHASIS - EDUCATIONAL PLAN

PROJECT AREA - EXTENSION HOME ECONOMICS

Phase: Other Program for Special Emphasis

OTHER PROGRAMS FOR SPECIAL EMPHASIS -

Nutrition:

Programs Planned to Increase Knowledge and Skills

1. Main Dishes for Future Use
2. Foods for Older People
3. Understanding, Cooking, Purchasing Meats - also Understanding Grade and Inspection Stamps
4. Better Use of Surplus Foods

Clothing:

Programs Designed to Teach

1. Better Use of The Clothing Dollar
2. Advanced Sewing Techniques
3. Working With Knitted Fabrics

Rural Arts:

Programs Designed to Explore

1. Fireside Industries to Increase the Family Earning Ability

Civil Defense:

A continuation of the Civil Defense Program
Home Nursing Classes in cooperation with Red Cross Chapter
Home Canning as a means of Family Survival
Leader Training groups in the Self Help Medical Plan
Physical check-up for Adults in Family

PLANS TO REACH MORE HOMEMAKERS -

Leader training meetings designed to teach leaders in such a way that they will have the confidence and interest to make their influence felt in their own communities.

This is to be done in neighborhood work-shops - company stores with window displays, PTA groups, and church groups.

A MAJOR EMPHASIS - ORGANIZATIONAL PLAN

PROJECT AREA - 4-H AND OTHER EXTENSION YOUTH PROGRAMS

Phase: Securing and Training 4-H Leaders

The Situation:

Most of the forty-two (42) 4-H clubs in Buchanan are held in school during school hours. Teacher-leaders assist with some of the clubs and a few have local leaders that live nearby and come to the school to assist with meetings, a few clubs are worked with by the Agents only. Trained leaders are needed for the school clubs, community 4-H clubs and project work. Nearly 10,000 boys and girls are presently potential 4-H members. Because of this large number of children, the in school clubs are sometimes limited to the sixth grade and above, therefore, many of these boys and girls can remain in club work only one or two years.

The Specific Problem:

Lack of trained organizational and project leaders - especially for senior 4-H clubs.

The Program Objective:

To obtain and train 4-H adult leaders in the total 4-H program.

TEACHING OBJECTIVES	SOURCE OF ASSISTANCE	METHODS	WHEN	BY WHOM
1. Inform the people of the 4-H program, the importance of leaders and how they function in this program.	4-H Leaders Handbook and other related material 4-H Leaders Handbook 4-H Project Manual	1. Newspaper 2. Radio Program 3. Individual contacts 4. Community meetings 5. Leaders selected by club members and parents committees at community meetings	Present April June	Agents Leaders County Staff
2. To develop awareness of the opportunities and to improve and develop skills in working with 4-H members.	4-H Leaders Handbook SOURCE OF ASSISTANCE	6. Leader Training Meetings 7. Leaders Organizational Meetings	Aug. Present	County Staff County Staff

TEACHING OBJECTIVES	SOURCE OF ASSISTANCE	METHODS	WHEN	BY WHOM
3. To learn more about 4-H and to better understand the overall 4-H program.	Awards Handbook 4-H Leaders Handbook 4-H Trends in Virginia - and the County Charts	4-H Leaders Meetings	Present	County Staff
4. To improve their skills effectiveness and confidence in using 4-H literature and material in working with clubs.	4-H Project Manual Enrollment Forms 4-H Program Planning Guide Program Ideas for 4-H Adult Leaders	4-H Leaders Meetings County Staff Meetings 4-H Program Planning 4-H Trends in Virginia 4-H News	Aug.	County Staff

5. To continue to conduct a county-wide educational program showing the need of leaders and the benefit derived from leaders assistance.	National 4-H News 4-H Leaders Organizations		Continuous	County Staff
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EVALUATION:

Observe improvement of leaders in methods of working with boys and girls. Determine this by observation and program participation of leaders in training meetings. Determine new leaders secured for 4-H work.

APPENDIX:

4-H NEWS - 4-H NEWS

4-H NEWS - 4-H NEWS

4-H NEWS - 4-H NEWS

ANNUAL NARRATIVE REPORT

COUNTY EXTENSION WORK

Virginia Agricultural Extension Service

George C. Abbott

Extension Agent

Louise W. Carmichael

Extension Agent

Assistant Agent

Assistant Agent

Assistant Agent



1964

Buchanan

County

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BUCHANAN COUNTY

I. INVOLVEMENT OF LOCAL LEADERSHIP IN PLANNING AND CARRYING OUT THE EXTENSION PROGRAMS

A local Committee, "The Buchanan County Opportunity Council" was formed with a local minister as permanent chairman. The following objectives were set up:

1. Human Resources
 - a. Adult Education
 - b. School Dropouts
 - c. Training and Retraining for Job Procurement
2. Flood Control
 - a. Reforestation
 - b. River Overflow
3. Health
 - a. Garbage and Sewage Disposal
 - b. Home Clean-up
 - c. Pest and Rodent Control
4. Food Production
 - a. Home Gardens
 - b. Small Fruit

The enthusiasm developing from an Area Meeting on Opportunities had been preceded by a meeting held in 1963 in which both Agents participated with Dr. Donald Fessler, Extension Sociologist explaining the purpose and objectives of "The Council of Southern Mountains" Appalachian Region. Approximately sixty-five (65) local leaders participated.

Reading material was supplied to this Committee by local and school Librarians. Lists of appropriate books were compiled by such well known authorities as: Harriette Arnow; Rebecca Ayars; A. Harry Passon; Frank Reisson; Harry Caudill and many others.

BUCHANAN COUNTY

Involvement of Local Leadership - Con't.

When twenty-one (21) local citizens attended the Breaks Meeting, they had a basic understanding of what part the leader must play if the problems were to be solved.

In 1964 the County Home Economics Committee planned a county-wide program on "Leadership Development" and Reading Good Books, which was carried on throughout the year and books on Sociology was added to the existing list.

Twelve (12) communities formed small groups to furnish and repair clothing for schools.

Sixteen hundred (1600) pounds of clothing was secured from a national agency which volunteer leaders sorted and distributed.

Leaders held seven (7) work-shops to remake local clothing which had been contributed.

The local leaders of the four (4) committees under the Buchanan County Opportunity Council are busy arranging lists of teachers and tutors to assist with both adult and in school education. There is closer co-operation between existing agencies and new leader volunteers.

A plan of action is in the process of being written and the Committee Incorporated.

Appraisal of Leadership in County

There are many leaders in this county who have the welfare of the various communities at heart.

They recognize that lack of education and low median rating puts many families at a disadvantage, as do poor roads and other means of

BUCHANAN COUNTY

Involvement of Local Leadership - Con't.

communication, over crowded and poorly equiped schools, with an appalling deficiencies in library facilities.

The inaccessibility to a large city or college town precludes the people from participating in cultural activities, such as music, art, and all forms of artistic activities.

The people are beginning to realize that only through local leadership can the county be brought anywhere near the national average in income; education; communications and all things that contribute to better living.

The local leaders realize this - and are calling on the Extension Service in increasing numbers to help them obtain their objectives.

The Home Demonstration Club Achievement Day Program was geared to leadership, as was several PTA Programs and other community organizations.

This was done by having speakers discuss the County Opportunity Council, discussions at church activities, news articles and most important of all, neighbor to neighbor.

A fair evaluation is that the local leaders have made a start.

BUCHANAN COUNTY

II. REPORT ON PROJECT AREAS

PROJECT AREA - AGRICULTURAL PRODUCTION, MANAGEMENT AND NATURAL
RESOURCE DEVELOPMENT

A. Phase - Agronomy - Tobacco

B. Brief Statement as to Why This Phase Received Major Emphasis

Burley tobacco in Buchanan County is the main cash crop and accounts for almost two-thirds of the total farm income from all sources. The county has 402 growers with the total allotted acreage being 198,7, however only 143 acres was grown on 319 farms during 1964. The quality of tobacco has been below that of most other Virginia counties. Buchanan farmers averaged only 45 cents per pound in 1963 compared with the local market average of approximately 55 cents. Apply this 10 cents per pound to the total poundage sold, 318,800 pounds and it amounts to \$31,880. Better farmers in the county averaged 65 cents, if each grower could have averaged this, the county could have had \$63,760 in additional income from the sale of tobacco.

There are a number of things that have contributed to this lack of quality, such as late planting dates, improper fertilization, and failure to properly grade the tobacco.

C. Brief Statement of Objectives

To assist farmers to improve the quality of tobacco produced and marketed, and at the same time help some farmers to improve their yields.

Phase - Agronomy - Tobacco - Con't.

D. Progress Report

Helped farmers to learn how to better locate and prepare a weed free and insect free plant bed for earlier plants. This was done through a plant bed demonstration, information mailed to farmers, radio and news articles, and by having local seed and fertilizer dealers distribute leaflets and bulletins to customers. A number of farm visits were also made, especially on controlling plant bed insects and diseases.

Assisted farmers in their selection of recommended varieties to plant. Research publications were used to obtain information on different varieties and ten (10) variety demonstrations were conducted using two and three different varieties obtained from a seed company.

Informed the farmers of the advantage of early planting dates, proper fertilization and disease and insect control. An educational meeting was held to present this information, with Mr. G. R. Matthews, Extension Agronomist as speaker. Material on tobacco fertilization was also sent each grower and a number of recommendations on tobacco fertilization were made from soil test. Farmers were urged to take advantage of the soil testing program. Soil boxes and sheets were left with fertilizer dealers and a number of visits were made to show farmers how to take samples. However, only a small percentage are still taking part in the program.

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Phase - Agronomy - Tobacco - Con't.

Proper grading methods were demonstrated at a meeting put on by a federal grader. Grading has also been emphasized on radio programs, and literature has been mailed out on stripping and grading.

In evaluating results, figures from a number of years should be used as seasonal variations would not give a true picture. Through individual visits some changes have been noted by the Agent.

BUCHANAN COUNTY

PROJECT AREA - AGRICULTURAL PRODUCTION, MANAGEMENT AND NATURAL
RESOURCE DEVELOPMENT

A. Phase - Other Agronomy Work

Assistance has been given on pasture improvement and establishment, through individual visits, and office, and phone calls.

Alfalfa growers were informed of regulation changes for use of Heptachlor for weevil control, and given other control measures.

A number of farmers were instructed in the use of Atrazine and 2-4-D for weed control in corn. One corn variety demonstration was also conducted.

Farmers were informed of the practices available in the Agricultural Conservation Program and Agent took part in ASCS Annual Farm Tour and committee meetings.

Assistance was given seed and fertilizer dealers, so that they would know what type of fertilizer and varieties of seed to stock.

Obtained samples of open pollinated corn for research work at V. P. I.

Worked with Charlie Baker, Soil Conservationist on several conservation projects in the county.

Received training on tobacco production and use of pesticides and herbicides at District Meetings.

Two weeks were spent at a Soil School in Wytheville, in order to learn more about the soils in this area, and be better able to help land owners with problems relating to the soil.

BUCHANAN COUNTY

PROJECT AREA - AGRICULTURAL PRODUCTION, MANAGEMENT AND NATURAL
RESOURCE DEVELOPMENT

A. Phase - Horticulture

B. Brief Statement as to Why This Phase Received Major Emphasis

Homeowners in the county need assistance with landscape planning, care and planting of lawns, shrubs and trees. They have no local Nursery and many of those selling shrubs, etc. cannot or do not have time to assist customers with these problems.

Many of the county residents are not familiar with the educational assistance offered by the Extension Service, and there is a lack of interest in beautifying the home grounds among many others.

C. Brief Statement of Objectives

Create an awareness for the need for Home Grounds Improvement and understand the services available. Inform public of recommendations on lawns, shrub planting and care.

D. Progress Report

Assisted many homeowners in establishing and improving lawns by direct recommendations as to what type of grass to sow, when to sow, seed bed preparation and fertilization. Help was given during home visits, office calls and phone calls, and by letter.

Informed home gardeners how to landscape their property and properly plant and/or care for trees and shrubs. Presented a program on landscaping at each of the home demonstration club meetings in March. Home visits were made and information mailed to interested persons on this phase.

BUCHANAN COUNTY

Phase - Horticulture - Con't.

Four-H club members were encouraged to take the Home Grounds Beautification Project. Fifty-three (53) members enrolled in the project. Use was made of the "Landscape Notes" from the V. P. I. Horticulture Department and other literature was used by the members.

Gardeners were also given help on insect and disease problems during office visits and home visits.

Radio and newspaper articles were used in making people aware of all the services available.

A noted increase in calls for information and assistance shows that some results have been obtained. Evaluation over a number of years is needed before any real results can be seen from this program.

BUCHANAN COUNTY

PROJECT AREA - AGRICULTURAL PRODUCTION, MANAGEMENT AND NATURAL
RESOURCE DEVELOPMENT

A. Phase - Other Horticultural Work

The Agent has assisted farmers and gardeners with vegetable and garden production and problems relating to fertilization, varieties, disease and insects.

A large number of request were received during the year for information on small fruits, and tree fruits. Assistance was given these people through farm and home visits and through the distribution of pamphlets and bulletins on the subject.

Chemical weed control in strawberries was emphasized in the spring and two (2) demonstrations were conducted using Dacthal to control weeds. A number of people used this chemical and obtained good results

Assisted one apple grower by making recommendations for quack-grass control in his orchard.

Assisted eight (8) people with care, production and storage of Chinese Chestnuts.

BUCHANAN COUNTY

PROJECT AREA - MARKETING AND UTILIZATION OF AGRICULTURAL PRODUCTS

A. Phase - Farm Supplies and Services

B. Brief Statement as to Why This Phase Received Major Emphasis

Buchanan has a number of small stores located in Grundy and other areas of the county that handle fertilizer, insecticides, and other forms of chemicals and supplies. Many of these dealers have had little experience or training in handling materials of this kind. They lacked knowledge of the analysis of fertilizer, or kinds of insecticides and herbicides to stock or to recommend to farmers or homeowners. Crops, lawns and gardens could be indirectly improved through an educational program conducted for these dealers.

C. Brief Statement of Objectives

Develop knowledge and skills of dealers in the selection and use of farm and gardens chemicals and supplies.

D. Progress Report

An educational meeting was held for dealers and Mr. John Shoulders presented a program on fertilization, grass seed and weed and insect control.

Questions were answered and information given out during visits to county stores. These dealers were also given bulletins and other educational material to give customers.

Building supply and lumber dealers were mailed bulletins and plans relating to home improvement.

BUCHANAN COUNTY

Farm Supplies and Services - Con't.

Many of these places of business have expressed their appreciation for the material and help they received. On visits to stores, it was noted that some had stocked several new weed control chemicals and the analysis of fertilizer recommended.

BUCHANAN COUNTY

PROJECT AREA - EXTENSION HOME ECONOMICS

A. Phase - Foods and Nutrition - Meat Substitutes

Food is somewhat higher in this area - since little food is produced in the county and a large percentage of the people lack basic knowledge of nutrition and food preparation - also there are many people whose income is far below the national average.

B. Brief Statement of Objectives

The objectives were to teach all people that a family may be well fed on a small income with knowledge and planning. Fifty-six (56) courses of study were planned in the total home demonstration program.

D. Progress Report

Leaders were trained to understand the term "Meat Substitutes" and "How to Plan and Prepare Meatless Meals."

In three (3) areas surplus commodity foods were used for this demonstration.

These leaders, with the Home Demonstration Agent used mimeographed sheets, posters made by 4-H members, and posters furnished by commercial firms - these were displayed in schools, and 4-H and home demonstration leaders assisting in community work-shops, in private homes, and helping as volunteer workers in school cafeterias.

BUCHANAN COUNTY

PROJECT AREA - EXTENSION HOME ECONOMICS

A. Phase - Foods and Nutrition - Foods for Older People

B. Brief Statement as to Why This Phase Received Major Emphasis

Twelve (12) home demonstration clubs participated in this phase of Foods and Nutrition.

People are living longer and more families have senior members in the family circle.

C. Brief Statement of Objectives

The Agent was to furnish basic information to homemakers that they might improve health and life expectancy for all members of family, by emphasizing importance of protein and vitamins in diet, and proper weight balance.

D. Progress Report

One hundred and seventy-eight (178) club members and six (6) non-club members participated in program.

Nine hundred and sixty-nine (969) V. P. I. bulletins were furnished to people - Foods for Older People, number 132; Low Calorie Suggestions, number 133; Food Essentials, number 136; and Food Fads and How to Know Fact From Fiction, number 129.

Two (2) radio talks were made relating to this subject and six (6) Foods Leaders and the Agent gave talks to P. T. A. groups, furnishing V. P. I. bulletins.

BUCHANAN COUNTY

PROJECT AREA - EXTENSION HOME ECONOMICS

A. Phase - Foods and Nutrition - Pies, Cakes and Frostings

B. Brief Statement as to Why This Phase Received Major Emphasis

Many people associate sugar and starch with over weight and know little about the essential body requirements and large percentage of the family budget is spent for an an excess of carbohydrates.

C. Brief Statement of Objectives

To teach proper use of desserts and their place in the diet, and how to make good, wholesome and inexpensive desserts for all occasions.

D. Progress Report

Sixteen (16) leaders were trained for this phase. Emphasis was placed on attractiveness in relation to cost. Neighborhood work-shops were held with charts teaching the process of decoration of cakes, and charts teaching how much of the family dollar is wasted on "party foods" and how money can be saved with "Do It Yourself Techniques."

BUCHANAN COUNTY

PROJECT AREA - EXTENSION HOME ECONOMICS

A. Phase - Foods and Nutrition - Planning Main Dishes for Future Use

B. Brief Statement as to Why This Phase Received Major Emphasis

As homemakers are spending more time as community leaders, the need to know how to do this and still not neglect their family food needs,

C. Brief Statement of Objectives

To teach that good basic diets can be maintained and still not spend long hours in the kitchen, or too much of the family income on commercially prepared packaged foods and frozen meals.

D. Progress Report

The sixteen (16) Foods Leaders trained by the Agent gave demonstrations to one hundred and eighty-nine (189) club members. Countless neighborhood work-shops were held teaching how good foods could be prepared ahead on time and frozen - or refrigerated.

Three hundred (300) mimeographed booklets of recipes and methods were prepared in the Extension office and distributed through leaders, and two hundred and nineteen (219) bulletins on "Calories Do Count" in weight control, number 219.

BUCHANAN COUNTY

PROJECT AREA - EXTENSION HOME ECONOMICS

A. Phase - Foods and Nutrition

Total Evaluation of Foods and Nutrition Program

As a result of the total program as planned by the local leaders, made people more aware of the basic body needs, cost of foods and time consumed in supplying the family.

The county has set up a hot lunch program in it's two and three room schools, these are manned by twelve (12) volunteer leaders, most of whom have participated directly or indirectly in the 4-H or home demonstration Extension Program.

There have been increased requests for information on all phases of food from the Extension Office. Many leaders in addition to the Agent are filling requests to speak at P. T. A. meetings, and other civic meetings.

Something over two hundred (200) people have been trained in the use of surplus commodity foods and much more could be done in this area if the Agent had the time to train leaders in local communities.

Two (2) ladies have secured positions in bakeries as a result of training in home demonstration club programs.

One person has established a home industry to supplement the family income.

The Agent has assisted one hundred and seventy-nine (179) homemakers with diet problems in co-operation with their family physician.

BUCHANAN COUNTY

Phase - Foods and Nutrition - Evaluation - Con't.

Perhaps the greatest good received from this phase of the Extension Program - is that homemakers appreciate the relationship between health, family finances and time - energy and food.

One of the countable facts of this phase, is the large number of books on this subject checked out of the Public Library.

DUCHANAN COUNTY

PROJECT AREA - EXTENSION HOME ECONOMICS

A. Phase - Clothing

D. Brief Statement as to Why This Phase Received Major Emphasis

- a. A disproportionate amount of the family income is spent on clothing.
- b. Coal mining constitutes to extra wear on clothing.
- c. Many low income families have more children than the national average.

C. Brief Statement of Objectives

- a. To teach good clothing construction.
- b. To supply information on construction of man-made fabrics.
- c. To teach construction techniques.
- d. Encourage more home tailoring with woolen fabrics.
- e. To teach wardrobe planning.

D. Progress Report

- a. Twelve (12) method demonstrations were held with one hundred and twenty-six (126) participating in "Getting the Most Out of Your Clothing Dollar."
- b. Twenty-eight (28) leaders were trained in methods of Setting in Sleeves and Gussets; Construction and Care of Knit Garments; Wardrobe Planning for Teenagers; Constructing Simple Garments; Pattern Selecting and Alteration.
1. These subjects were presented to the people by means of over two hundred (200) demonstrations by Agent and Clothing Leaders and uncounted number by those who had been taught by the Agent in neighborhood work-shops.
2. Four (4) 4-H Project Leaders have been trained and are assisting with this phase of the Clothing Program.

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Phase - Clothing - Con't.

3. Over five thousand (5000) pieces of educational material have been distributed.
4. Seventy-five (75) homemakers have made and acquired tailoring equipment for more professional look.
5. Thirty-eight (38) women participated in a Fashion Revue wearing garments made of woolen fabric - as a result of training in clothing work-shops.

Evaluation

This phase of the Extension program is the most requested of all the other subjects included in the program.

The homemaker is aware that with a knowledge of sewing and perfected techniques - she can have a better dressed family for less money.

The merchants report they have increased their stock of material, and they have more than doubled their pattern stock from last year.

DUCHANAN COUNTY

PROJECT AREA - EXTENSION HOME ECONOMICS

A. Phase - Rural Arts

D. Brief Statement as to Why This Phase Received Major Emphasis

Because of the number of tourists who are attracted to The Breaks Interstate Park each year, it was felt knowledge and skill in Rural Arts would be a way to increase the family income.

C. Brief Statement of Objectives

Twenty-eight (28) meetings were arranged and participated in by three hundred and sixty-three (363) homemakers.

The principle thing learned was that color combination and design were as important as sewing skills and techniques. That articles must be produced in quantity, and must be suggestive of the area, and original and unique in order to make money.

Evaluation

This is a long term program - from this effort only twenty-four (24) articles were of saleable quality, however, this served to teach that the public demands perfection and originality.

DUCHANAN COUNTY

PROJECT AREA - EXTENSION HOME ECONOMICS

A. Phase - Leadership Development

D. Brief Statement as to Why This Phase Received Major Emphasis

This county having been designated as a poverty area - the Committee felt a lack of leadership was a contributing factor.

C. Brief Statement of Objectives

To try to understand the basic principle of problems and relate them to leadership.

D. Progress Report

Stated in another part of this annual report.

DUCHANAN COUNTY

PROJECT AREA - 4-H AND OTHER EXTENSION YOUTH PROGRAMS

A. Phase - 4-H Club Work - Projects

D. Brief Statement as to Why This Phase Received Major Emphasis

1. Electricity Unit I was carried as the county-wide project for junior 4-H members. This project was selected because it could be taken by both boys and girls, and could be helpful to them and their families. Many of the boys and girls did not have enough light to study by. Some homes were unsafe because cords were frayed and a few had used pennies instead of fuses.

The members learned about proper lighting for study areas through demonstrations and talks and some members built lamps and improved the light for study areas in other ways. All members were taught how to make simple electrical repairs through the use of a kit provided by Appalachian Power Company. All members also saw a demonstration on the importance of fuses and how to safely replace them. A film on electrical safety was also shown during the year.

2. Career Exploration - was the project carried by most senior 4-H members. This project was emphasized because of the need for the boys and girls to learn more about job opportunities and their educational requirements.

People with various jobs were interviewed by the members at club meetings and members interviewed individuals at their homes and jobs.

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Phase - 4-H Club Work - Projects - Con't.

Club members learned various things in the project through talks, demonstrations and skits.

3. Safety was chosen by some of the eighth grade clubs. Safety in the home, firearms safety and automobile safety was emphasized. The project work was conducted through the use of surveys, demonstrations and films.
 4. Strawberries was selected by a number of 4-H members to take as one of their individual projects. This area is well suited to strawberries and club members were encouraged to take this project to earn extra money and provide fresh fruits for the home. Members planted from twenty-five (25) to five hundred (500) strawberry plants, and learned how to care for them.
- Other Major Projects conducted in 1964 were gardening, Home Grounds Beautification, Poultry Bar-B-Que Project, which is sponsored by the Sears Roebuck Foundation, Wildlife and Forestry.

DUCHANAN COUNTY

PROJECT AREA - 4-H AND OTHER EXTENSION YOUTH PROGRAMS

- A. Phase - 4-H Work - Activities
- D. Brief Statement as to Why This Phase Received Major Emphasis and Objectives
- 1. Four-H Camp

Four-H camp is planned as set up to offer a variety of learning experiences for the 4-H member. Sixty (60) Duchanan 4-H members attended the Junior 4-H Camp at the Southwest Virginia 4-H Center from June 28 to July 4, and nine (9) members attended Senior Camp.

Classes for campers were offered in Wildlife, Entomology, Light Horse and Pony, Archery, Firearms Safety, Swimming and Electricity. Other camp activities consisted of swimming, softball and volleyball, handicraft, as well as other events.

- 2. Share-the-Fun

The first county-wide 4-H Share-the-Fun Program was conducted in 1964. Forty-six (46) club members participated with a free camp trip going to the junior division and a trip to 4-H Short Course to the senior winners. Other prizes consisted of silver dollars and magazine subscriptions. Many clubs had run offs before the county contest.

- 3. Other 4-H Activities

Five (5) club members participated in the District Demonstration Contest at Abingdon.

Seven (7) club members attended and participated in the activities at the 4-H Short Course at V. P. I.

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Phase - 4-H Work - Activities - Con't.

One member was taken into the 4-H All-Stars and participated in the District Week-end Camp.

Several clubs held 4-H tours and picnics and Chicken Bar-B-Ques as a special event. Three (3) clubs presented programs at PTA meetings. Two (2) senior clubs held a dance at their school.

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COMMUNITY AND PUBLIC AFFAIRS - ORGANIZATIONS AND PROJECTS WORKED WITH

ARA Committee

This organization - known as the Duchanan County Development Corporation has as it's members, people from industry, education, utilities, health, legal and civic organizations. The total membership numbers fifteen (15). During 1964 the group was instrumental in securing a Garment Factory for the county.

Community Improvement Club

One Community Improvement Club is organized in the county at Vansant. This club has been working for several years. It was organized in 1961, and re-organized in 1963 with a new slate of officers and directors. The Club, although not very active has continued their garbage service in the community.

ASCS County Committee

Work with the County ASCS Committee consisted of selection of Agricultural Conservation Practices for the county, and helping advise regular members of the committee on agricultural problems which arose. The Agent also assisted with an ACP Farm Tour.

Farmers Home Administration

Worked with Mr. Bill Akers, FHA Representative for this county. The Extension office helped supply several county people with applications pertaining to this loan, and assisted them in applying for a loan.

Co-operated with the Soil Conservation Service in working with

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Phase - Community and Public Affairs - Con't.

county people, and attended public meetings held on flood control.

Presented talks on various subjects at schools and civic clubs.

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III. SUCCESS STORY

Home Business Success

A home demonstration club member of twelve (12) years, and one who has participated actively in the Extension program in the county has established a small home business.

Now that her three (3) children are well along in college and school, she has applied her knowledge and skill to cake baking.

Using bulletins and leaflets furnished by the Extension office, and help from the Home Demonstration Agent, she has in the past year baked twenty-eight (28) wedding cakes, averaging \$25.00 each, two hundred and seventy-one (271) special occasion cakes, ranging in price from \$5.00 to \$20.00 each, three hundred and eighty-nine (389) party sheet cakes averaging \$5.50 each and about fifty (50) cakes for any occasion, averaging \$2.50 each.

The homemaker could increase her business, but she prefers to have time for her family, church and community activities, but this extra income has made it easier on the family budget with one child in college and one going next year.

She states this accomplishment would not have been possible without the training and help which she has received through the years as a home demonstration club member.

DUCHANAN COUNTY

SUCCESS STORY

Rug Selection and Care

One of the most expensive and time consuming items of the homemaker in this county is purchase and care of rugs and carpet.

A home demonstration club member was contemplating new carpet for her home. The Home Demonstration Agent supplied her with circular number 932 "Longer Life for Your Rugs and Upholstery", circular 920, "Shopping for Rugs and Carpet", "Rug Care" National Institute of Rug Cleaning, Inc., and "How to Remove Spots and Stains" leaflet number 100, and "Removing Stains From Fabrics", bulletin number 62, USDA.

After carefully studying this information and familiarizing herself with many of the man-made fabrics (two members of this family unit were allergic to wool) the homemaker decided to buy a carpet for the family room to determine if the rug would really wear and clean as claimed by the manufacturer.

Six (6) months trial was satisfactory, and the remainder of the home was carpeted including the stairway.

The homemaker after a year of use, feels so satisfied with her purchase of about one thousand dollars (\$1,000), that she was instrumental in showing other people how they could save time and money by using the service available to them by the Extension Service. The 1965 Home Demonstration Club Program has this program on "Care and Selection of Rugs" and the Home Demonstration Agent has helped eleven (11) homemakers with this major purchase for their home.

DUCHANAN COUNTY

IV. GENERAL APPRAISAL OF PAST YEAR

It is hard to place a value of any kind on the educational services of the County Extension office. As we look back over the past year's work, it is hard to realize the large number of people that were assisted in some way, either through the 4-H program or some adult program, or individual. If only one percent of the boys and girls enrolled in the 4-H program were influenced and/or helped to become a more useful and desirable citizen, the program would be worthwhile, and we certainly feel that a much larger percentage than this was reached.

One shortcoming has been the failure to reach more people in the very low income bracket. Agents need more training, especially in the social sciences to be better able to understand, and know how to work with these people.