

ANNUAL NARRATIVE REPORT

COUNTY EXTENSION WORK

Virginia Agricultural Extension Service

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1963

Prince William

County

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

INVOLVEMENT OF LOCAL LEADERSHIP

Prince William County

It is gratifying to see people take leadership responsibilities as a result of their participation in various phases of the Extension Program. Some people have said that they could not serve as president of a club or chairman of a committee, yet after several years of involvement in some Extension activity, they will finally take leadership responsibilities and carry out their duties very effectively.

It has been possible to reach out to more people, and reach new audiences through some of our committee action. The Agricultural and Home Economics committees meet, discuss the county situation and county problems and make recommendations for plans of action in their respective committees.

4-H leadership, finding, training and developing leaders and encouraging them into active service in their community, is most important to the successful operation of a 4-H club program in the county. More and more extension agents' time must be devoted to this phase of leadership development if the 4-H and youth program is going to keep pace with the influx of youth to our county. Sixteen new 4-H leaders have been secured this year. The County Nutrition Committee is new this year and some very favorable results will be reported elsewhere in this report.

INVOLVEMENT OF LOCAL LEADERSHIP

Prince William County

On the other hand, it is disconcerting to find and train good leaders, then have them move from the county. Yet the leadership is valuable; they will, no doubt, work with people wherever they may be, even though not in this County, Virginia.

As our county is in the midst of a population explosion, with an expected doubling of population in the next 10 years, it is evident that we will be rich in potential leadership. Yet much of this potential will need to be searched out, educated and trained in the ways of Extension education. Due to the geographical divisions within the county, and present means of reaching the people through mass media, this is not an easy task.

II. REPORT ON PROJECT AREAS

PROJECT AREA: AGRICULTURAL PRODUCTION, MANAGEMENT,
AND NATURAL RESOURCE DEVELOPMENT

Prince William County

1. Phase: Production of Higher Quality Corn Silage
2. Reason for Major Emphasis: Corn silage is one of the principal forages used by livestock farmers. With the increased emphasis on the use of corn silage as an economical source of TDN, there is a need to emphasize the importance of producing corn silage with an increase in both yield and quality.
3. Objectives: To raise the feeding value on corn silage produced in the county.
4. Progress: Farmers were enrolled in the 20 Ton Silage Club in April. One farmer conducted a corn silage production demonstration in cooperation with the V.P.I. Agronomy Department. Lack of rainfall, from early spring throughout the summer, caused a serious loss in yield. Many farmers cut their corn ahead of the normal harvest time with the ears still in the milk to soft dough stage. This plus the fact that the corn was not well eared lowered the quality of the corn silage made this year. Farmers have been urged to have forage samples made to determine exactly the feeding value of their silage and more interest has been shown in this program than in the previous year.

PROJECT AREA: AGRICULTURAL PRODUCTION, MANAGEMENT,
AND NATURAL RESOURCE DEVELOPMENT

Prince William County

1. Phase: Mastitis Control
2. Reason for Major Emphasis: A study made by Extension Dairy Specialists estimates that mastitis is a serious economic problem to county dairymen and is costing them \$148,000.00 or an average of \$2300.00 per herd.
3. Objectives: To reduce the incidence of mastitis and thereby increase the dairymen's net income.
4. Progress: Plans for this program were made on the basis that training meetings for agents and demonstrators would be held early in the year and that concentrated assistance from the Extension Dairy Specialists would be available in the district. Since this part of the program did not develop, no organized program was developed in the county. Definite plans have now been made to set this program up for next year. Several dairymen were given individual help in cooperation with the Maryland and Virginia Milk Producers' Association fieldmen and the mastitis calendars, developed by the V.P.I. Dairy Science Department, were mailed to all dairymen in the county with a cover letter giving suggestions for their use.

PROJECT AREA: AGRICULTURAL PRODUCTION, MANAGEMENT,
AND NATURAL RESOURCE DEVELOPMENT

Prince William County

Other Extension Activities

1. Control of the alfalfa weevil with fertilizer-heptachlor mixtures and granular heptachlor spread in the fall of 1962 was generally poor. Many farmers using these materials found it necessary to spray one or two times with malathion in the spring. The fact that the use of heptachlor was not recommended this fall was publicized through radio, newspaper, and personal contacts.
2. Soil sample boxes were made available throughout the year and recommendations for the use of fertilizer and lime based on soil tests were made for individual farmers. Recommendations were made on all samples submitted by farmers signing up for ACP practices. Farmers and new land owners were given assistance during the year in establishing crop rotations, making seeding plans, and controlling insects and weeds.
3. The Northern Virginia Forage Conference held in Middleburg on December 4 and 5 was publicized through the newspaper, radio, and a circular letter.
4. Assistance was given with the operation of the Fauquier Wool Pool through which the county sheep producers market their wool. Several producers were given assistance in locating shearers and arrangements were made for a local feed dealer to handle the wool bags at no extra cost.

PROJECT AREA: AGRICULTURAL PRODUCTION, MANAGEMENT,
AND NATURAL RESOURCE DEVELOPMENT

Prince William County

5. A farmers' tax meeting was conducted by W.J. Nuckols, Jr., Associate Extension Agricultural Economist, in January. Three hundred copies of the 1963 Edition of the Farmers' Tax Guide were distributed. The availability of V.P.I. Record Books 17 and 18 for keeping cash records and farm inventory was publicized and a large number of these were requested.
6. A great deal of time was spent working with the three farmers enrolled in the Electronic Farm Record Program in checking and coding monthly reports. The farm management assistant agent helped in explaining the yearly analysis to the farmers and in answering questions as they came up during the year. Some time was spent at the end of the year making arrangements for the farm management school which will be held early in 1964.
7. The V.P.I. Florist Newsletter was sent to five county florists during the year.
8. The percentage of DHIA members on EDPM increased during the year from 52% to 67%. The program for the DHIA annual was presented by Dr. V. L. Baldwin, Associate Extension Dairy Specialist, on forages and forage feeding systems. Trophies were presented to the high herds in milk and butterfat production in 1962.

PROJECT AREA: AGRICULTURAL PRODUCTION, MANAGEMENT,
AND NATURAL RESOURCE DEVELOPMENT

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9. A Small Fruit and Vegetable School was held in March by H.B. Aroian and Donald E. Hudson of the Department of Horticulture.
10. Assistance was given to the County Disaster Committee in compiling data on the drought situation to be used in requesting that the county be declared a drought disaster area. Considerable time has been spent during the year in working with farmers on problems in feeding of livestock and economics that have arisen as a result of the drought.
11. Beef cattle farmers consigned 120 calves to the Feeder Calf and Yearling Sales held in Winchester and Marshall. Assistance was given in the field inspection of the calves and at one sale.
12. The sheep scabies inspection program was completed in February. This involved the location of an inspector and coordination of his work with the area veterinarian.
13. Copies of the farm building plans most often requested were kept on file and made available throughout the year.
14. Throughout the year requests were handled for information on lawn care, insect and disease control for ornamental plants, general insect identification and control, tree and small fruits, and poultry.

PROJECT AREA: MARKETING AND UTILIZATION OF
AGRICULTURAL PRODUCTS

Prince William County

1. Phase: Informational Services to Feed, Seed, and Fertilizer Dealers.
2. Reason for Major Emphasis: All farmers have contact sometime during the year with a feed, seed, or fertilizer dealer and is influenced by the dealer's recommendations. Since the extension service can not maintain a direct contact with all farmers, a planned program was needed to keep these dealers up to date on new developments and recommendations in agriculture.
3. Objectives: To keep feed, seed, and fertilizer dealers up to date of the latest research developments, V.P.I. recommendations, and material and services available from the extension service.
4. Progress: All dealers were furnished publications in quantity for distribution to customers on the subjects of recommended field crop varieties, weed control, fertilization, and alfalfa weevil control. Dealers were notified of all meetings of interest held in the county and nearby area. Numerous questions were answered for the dealers and many people were referred by dealers to our office for assistance. The county agent presented information on fertilizer recommendations at meetings arranged by two dealers.

PROJECT AREA: EXTENSION HOME ECONOMICS

Prince William County

1. Phase: Foods and Nutrition
2. Reason for Major Emphasis: Efforts were made to improve the health of our people through education about nutrition. Food habits are changed very slowly and particular efforts were made with the youth. The Kennedy physical fitness program pointed up a great need for improvements in a knowledge and application of good nutrition practices in the home. The need for consumer education in purchase and preparation of foods was also evident.
3. Objectives: To manage the spending of the food dollar when buying groceries. To know nutritional values of foods in order that family will get the proper foods. To know how to prepare foods so that food values are not wasted. To serve foods in interesting and appetizing manner and pleasant surroundings. To improve family's health and well being through knowledge offered above.
4. Progress: Three demonstrations were included in the regular Home Demonstration Club program, as follows: Food vs. Dollars. - Buy nutritional foods for family health. This is very important as it relates to management of family income. - Healthful party snacks, desserts, and refreshments. - Nutritious salads for winter months. Management of time and money are involved in these two demonstrations.

PROJECT AREA: EXTENSION HOME ECONOMICS

Prince William County

4. cont. Leaders were trained by agents and Nutrition Specialists from Agricultural College, who in turn gave most of the food demonstrations to their clubs. Around three-hundred-fifty women were reached with this information. The educational exhibits at the Fair on nutrition, both adult and 4-H told a message to the many people viewing exhibits in the building.

The five weight control groups in the county were a great help to those participating. About seventy five people enrolled in the classes with about two-thirds making definite progress in weight loss. They also concluded the class with the feeling that some specific eating habits were changed, as a result of the study of foods, calories, and nutritional requirements, etc. Two of these groups have reported during this last quarter on weight changes since the end of the organized program.

As a result of the Home Economics Committee on Nutrition, much work was done with a selected group of school children. This activity is reported as one of the success stories.

The latest research bulletins from USDA and Virginia Agricultural Extension Service have been given out to the public throughout the year. These are available on the bulletin racks in our office at all times.

PROJECT AREA: EXTENSION HOME ECONOMICS

Prince William County

4. cont. Ten 4-H club leaders worked with 4-H club members in four clubs with Foods and Nutrition project. Some carried the project for the entire year and others took the project just for the summer months. The club members have the opportunity and do enter their foods, baked and canned goods, for judging in the Prince William County Fair. They also enter demonstration contests. Timely information about foods and nutrition is used in the weekly radio report.

PROJECT AREA: EXTENSION HOME ECONOMICS

Prince William County

Other Extension Activities

1. We have county committees for four major areas - Nutrition, Landscaping, Clothing, and Homemakers Section of Prince William County Fair. The Landscaping and Fair Committees have been functioning, while the Clothing and Nutrition Groups are new this year.
2. The seventeen Home Demonstration Clubs are members of the Prince William County Home Demonstration Committee and thus belonging to the District and State Federation of Home Demonstration Clubs. This group meets three, sometimes four times a year to conduct county business.

About sixty members attended the District Federation meeting at Warrenton in April. Then 3 club members attended the State Federation meeting and Institute of Rural Affairs in July. The leader who attended the State Leaders Meeting was most enthused about the training program and is planning to conduct a program for leaders in this county.
3. The Landscaping Committee met with agents and planned for the three-meeting landscaping seminar, which was held at Manassas Park School, with 225 or more in attendance. Specialists from V.P.I. in Disease and Insect Control, Basic Landscaping were on the program along with Prince William Soil Scientist and owner of Northern Virginia Nursery.

PROJECT AREA: EXTENSION HOME ECONOMICS

Prince William County

Other Extension Activities

3. cont.- Some of the group trained have served as active leaders in their club and sponsored a clean up and pruning project at the Woodbine School. This increased good will between School and Home Demonstration Club members.

As a second program of work for Home Demonstration Clubs, Home and Community Beautification was chosen. Their aim was to stimulate the interest of all club members and communities, in the hope that the beauty of our homes, lawns, communities could be improved. Education for the improvement of highways was stressed.

Identification of shrubs, their growing habits and where to plant, was the subject of the April meeting.

4. On March 1, Specialists in Gardening and Small Fruits conducted a county wide meeting for the gardeners and small fruit growers.
5. Other Home Demonstration Club programs included Home Management- The need for and buying of small household equipment; Clothing- Cleaning and care of new clothing fabrics, and get the maximum use of your sewing machine; and House Furnishings- Buying of furniture and equipment and new trends in decorating. Specialists from the Agricultural College gave training to leaders in Home Management and House Furnishings.

PROJECT AREA: EXTENSION HOME ECONOMICS

Prince William County

Other Extension Activities

6. The Home Demonstration activities at Prince William County Fair do as much to publicize Extension program and educate the public as any one thing we do. There were over two-thousand-three-hundred exhibits in the Homemakers Building with 4-H and Home Demonstration educational exhibits and some live demonstrations. Over Fifty-thousand people attended the Fair and certainly a very conservative estimate would be Ten-thousand visiting this building. Hostesses were on hand to answer questions at all times.

All clubs worked together to sponsor the Home Demonstration kitchen along with Fair activities. And the Chicken Bar-B-Que on Wednesday is a big attraction at the Fair.
7. Clothing - Special Interest Programs - Twelve ladies of Haymarket and eight in Manassas completed a tailoring workshop in April with ten coats and ten suits made for Spring. Six of the ladies were new to Home Demonstration work and the rest were members. Techniques of tailoring were presented in demonstration form and the members went home to do their work. During the six meetings demonstrations on altering patterns, shrinking and cutting out material, cutting interfacing for garments, putting interfacing in by using strips of muslin in seams, placement of buttonholes and making buttonholes by 1-strip and 2-strip methods; and construction of garment and making own shoulder pads were included.

PROJECT AREA: EXTENSION HOME ECONOMICS

Prince William County

Other Extension Activities

7. cont.- The ladies were pleased with finished garments, construction, and fit. They have expressed a desire for another tailoring class when they could make winter coats with interlining.

Beginners Sewing Classes were held in the Spring with two groups of ladies in Manassas and one group of twelve in Gainesville. A preliminary meeting was held at which time colors and fabrics for the individual including design and styles were discussed. Through home sewing families can have well made clothes with better styles at much less cost. By wise color and fabric selection they can have more attractive outfits which applies to childrens' garments also.

Each Beginners' Class consisted of six meetings with the agent giving demonstrations which included pattern alternation, directional cutting, stitching of darts, directional sewing, pressing, using pressing equipment, putting in sleeves and hems.

Hat making groups were held by leaders who had previously attended a leaders' training meeting, given by Agricultural Extension Service Specialist. Over one-hundred women made hats of different styles and types. Some were made from fabrics to match suits and dresses and all were made at a very reasonable cost.

PROJECT AREA: EXTENSION HOME ECONOMICS

Prince William County

Other Extension Activities

8. The Home Demonstration Achievement Program was quite successful this year. A visiting IFTE gave a report on her trip to Ireland and North Ireland. A Fashion Show by Home Demonstration and 4-H Club members of garments they had made, was quite interesting. Cotton dresses and skirts, dress up dresses, and wool suits, and some hats were modeled.
Also the Achievement Award was made to the outstanding club based on a point system that was set up at the beginning of the year. The Nokesville, Jr. Home Demonstration Club received this award. The deciding factor was their interest and activities with the youth organizations.
9. The Good Reading Program has been quite successful. Seventy certificates were presented to Home Demonstration Club members who had read 5 or more good books.

PROJECT AREA: 4-H AND OTHER EXTENSION YOUTH PROGRAMS

Prince William County

1. Phase: 4-H Leadership 1963
2. Reason for Major Emphasis: Prince William County population is rapidly increasing. More leadership would provide opportunities for more of the youth to belong to 4-H Clubs.
3. Objectives: To secure and develop more 4-H leaders. To train present leaders.
4. Progress: In order that some Summer Clubs could be started, 4-H children were asked if they knew people who would help. From personal contacts, fifteen leaders had Special Interest Summer Clubs. Projects studied were Foods and Nutrition, Make or Remake, Wildlife and Forestry. About 150 4-H'ers enrolled.

At the close of the Summer Clubs the girls were invited to have a Fashion Show and modeled the garments they had made. This Fashion Show was held at the Home Demonstration Club's Summer Picnic. The girls also modeled at the Home Demonstration Achievement Program in November.

4-H'ers fixed and served meals at home and fixed refreshments for several of the club meetings.

While on nature hikes, they studied birds, wild animals, how and where they live, and how they help nature.

PROJECT AREA: 4-H AND OTHER EXTENSION YOUTH PROGRAMS

Prince William County

4. cont. The Forestry project enabled children to enjoy and learn of the quiet out of doors. In their study of trees, they learned how they grow, what they furnish, why we need to continue to replace them, and the beauty of the forest. This group was led by two adult leaders who also helped with wildlife.

September and October, about four thousand information sheets were sent to parents by 4-H'ers. Former 4-H members were contacted, visits to area schools were made, Radio, Newspapers and visitors to County Fair, also Home Demonstration Clubs were asked to sponsor a club in their area. Names were reviewed and personal contacts were made to explain the 4-H program to those interested in becoming adult leaders.

In order to help leaders have current information on 4-H Club activities, they are contacted before each meeting to insure their needs. They are invited to leader training meetings on 4-H and any other subject they might use in their club program. Leaders are invited to visit other 4-H Clubs at any time.

PROJECT AREA: 4-H AND OTHER EXTENSION YOUTH PROGRAMS

Prince William County

4. cont. New leaders are aided by agents at several Club meetings, by agents attending in case any questions arise that the leaders need help. Leaders are contacted often to have questions answered and iron out problems.

The adult leaders organization is meeting every other month to have program outlines and discussions for the projects to be carried.

The programs usually deal with the 4-H programs and project work for several months in advance. The leaders have enjoyed this as it gives them time to plan and organize their club work.

PROJECT AREA: 4-H AND OTHER EXTENSION YOUTH PROGRAMS

Prince William County

Other Extension Activities.

1. This year over five-hundred 4-H members in Prince William County carried the Electricity project. Several clubs toured a generating plant to learn how electricity is produced. Two-hundred-seventy-five lamps were made which were partially supplied by a local Electric Cooperative. Demonstrations on replacing fuses, repairing cords, cleaning and care of small appliances, good lighting for study areas, and small repairs were given by agents and club members.

An exhibit on a good study area, showing proper lighting, was made and displayed at the 4-H Electric Congress at Richmond, where it won a red ribbon. Prince William County was also a blue award winner for the county program on electricity.
2. Marian Assandri an IFYE of Uruguay visited Prince William County for two months, staying in three different homes. She was a good will ambassador, speaking at 4-H and Home Demonstration Clubs and other civic organizations. She showed slides and told about the native customs of her home land.
3. Thirty-five 4-H members participated in County Demonstration Contest and nine went on to compete in District Contest. One member represented the county in canning contest and one in public speaking at the state contest in June.
4. Rural Life Sunday was observed with an evening service at the Manassas Battlefield Park. An area minister spoke on the Heart H-. The song leader, John Moore, ten years old, showed great leadership and ability.

PROJECT AREA: 4-H AND OTHER EXTENSION YOUTH PROGRAMS

Prince William County

Other Extension Activities

5. Two 4-H Clubs took public interest at Easter and held Easter egg hunts for their communities. Around two-hundred children attended. The 4-H Club members colored eggs, hid them, and helped supervise the groups of children during the hunts. The clubs also provided prizes in different age groups.

In May, ten 4-H Clubs helped the American Legion Auxiliary sell poppies. The children were given twenty-five cents when they turned in at the end of their selling \$2.00 or more. Then the club which sold most poppies and made most money, received \$5.00.

Halloween brings many community activities with 4-H Clubs having parties. They planned games, refreshments and prizes. Around two-hundred-fifty people attended these parties which were given by four clubs.

4-H'ers participated in Annual Christmas Parade. The theme of their float was "Christmas in Alaska". On it were two children and a dog before a hut.

As a community project 4-H'ers have set a goal of \$1,000 toward the New Community Hospital to open this Spring. All Clubs and Club members will share in the attempt to raise funds for this project.

Awards were presented to Buckhall 4-H and Marumso School 4-H Clubs for the outstanding work they had done during the year.

PROJECT AREA: 4-H AND OTHER EXTENSION YOUTH PROGRAMS

Prince William County

Other Extension Activities

6. Four Jr. leaders, two adult leaders, and ninety-nine 4-H members attended Jamestown 4-H Camp in June. Classes in nature study, crafts, and recreation were taught. Bunnie Pettus, a Jr. leader from Prince William County taught a class on Bird Study. She presented lessons on bird identification, bird calls, and bird habits.
7. Fifteen 4-H members and three leaders toured the farm and plant of the Maryland-Virginia Milk Producers' Association at Laurel, Maryland. The members were told of help received from the United States Department of Agriculture; how the Dairy Council helps promote the use and sale of milk, and how the Maryland-Virginia Milk Producers' Association works for the interest of it's customers.
8. The fourteenth Annual Prince William County Fair was held August 12 - 17. 4-H members displayed their project work at this time. Many exhibited clothing, handicrafts, canned goods, and livestock. 4-H Club educational exhibits were on display at the Fair. The first 4-H Light Horse and Pony Show was held at the Fair. Participation was good and much interest was shown. Eighteen horses and ponies were stabled all week at the Fair grounds for the judging and enjoyment of the public.

PROJECT AREA: 4-H AND OTHER EXTENSION YOUTH PROGRAMS

Prince William County

Other Extension Activities

9. 4-H Honor Club held it's Annual Tapping Service during 4-H Achievement Program, climaxed by a candlelighting service with a member representing each H and fifth H - Honor.
4-H Adult Leaders were recognized by the Honor Club with a dinner at which time thirty-five were present. The members prepared and served dinner which was supported by a local bank. For the program, two leaders told of their trip to State Leaders Conference.
10. Various 4-H Club activities were conducted during National 4-H Club Week. Most of the community clubs placed exhibits in local store windows and a special 4-H section was prepared for the weekly Manassas newspaper. The County Agent and a Sr. 4-H boy presented a program on 4-H Club work in the county to the Manassas Kiwanis Club. All county 4-H contests were held on March 9.
11. A 4-H Dairy Judging Team was trained during March and April and placed seventh in the district conference. Six Jr. members also participated in the practices and contest.
12. Eighteen county 4-H Club members exhibited fifty-six animals at the Eighteenth Annual Northern Virginia 4-H Dairy Show held in Manassas on September 14. Thirty of these animals were also exhibited the following week at the Atlantic Rural Junior Dairy Show.

PROJECT AREA: 4-H AND OTHER EXTENSION YOUTH PROGRAMS

Prince William County

Other Extension Activities

13. 4-H Achievement Program was held with sixty-five people attending. Several 4-H members led the program with Extension Agents presenting 4-H Awards. The 4-H Adult Leaders were presented five year pins for the valuable help rendered to their 4-H Club members. A film "Woodland Manners" which showed courtesy in our National Forest, was shown. In conclusion the Honor Club members tapped new members and held a candlelighting service to invite the new members in.
14. The 4-H County Share-the-Fun Program was presented April 18 with twenty-seven acts and forty-eight 4-H members participating. These were winners from each local club. The Sr. talent winner was Holly Casey with a piano solo. The 4-H Club members were encouraged to develop their own talents and present their program at the March club meeting where winners were selected. Help of 4-H stage hands, ushers, and encee, about hundred-fifty people enjoyed the 1963 Prince William County Talent Show. Prizes were given to the winners by the Prince William Electric Cooperative, Manassas, Virginia and Virginia Association of Electric Cooperatives.

PROJECT AREA: 4-H AND OTHER EXTENSION YOUTH PROGRAMS

Prince William County

Other Extension Activities

15. Other projects carried besides Electricity #1 were Safety, Clothing, Foods and Nutrition (Success Story), and Light Horse and Pony.

Safety Project groups studied safety at home, farm, school, highway, water, and fire arms.

The Light Horse and Pony Project was new to Prince William County and had forty members and three adult leaders. Much work was shown by the members. A rancher presented the county with a mare as a chain project. She had her foal and has now been moved to a second member. For the first time this year we had a Horse Show at the County Fair. Eighteen horses and ponies were entered in ten classes. The crowds were very much interested in the show.

PROJECT AREA: COMMUNITY AND PUBLIC AFFAIRS

Prince William County

1. Phase: Federation Program of Work - Health
2. Reason for Major Emphasis: The Home Demonstration Clubs chose Health as their federation goal for 1963. There were no statistics but, as everywhere, cancer seems to be very prevalent in this area. The committee wanted to emphasize the value of regular check-ups and urge members to comply.
3. Objectives: To encourage members to have a complete physical examination periodically, using the state check-up sheets. To cooperate with existing health groups or clinics such as heart, cancer, TB, polio, and mental health in every way possible. To participate actively in the program of the Virginia Council on Health and Medical Care. To stress blood donors program and urge members to have blood typed. To emphasize health side of each regular home economics program - clothing, nutrition, etc. To encourage families to keep on hand emergency food as suggested by Civil Defense.
4. Progress: Two films about cancer detection were shown at all Home Demonstration Clubs and five other women's clubs. The Public Health Doctor visited three meetings and a local Doctor attended one meeting. About two-hundred-seventy-five people saw the films. In checking with the clubs, roughly half did have a complete physical last year. The program is being continued into 1964.

PROJECT AREA: COMMUNITY AND PUBLIC AFFAIRS

Prince William County

4. cont. Civil Defense literature has been passed out to all club women and emphasis on the preparedness program has been stressed. An outstanding exhibit was on display in the commercial building at Fair last year. Clubs and club members do cooperate with the health programs, particularly the blood donor program. Some members assist through active participation in the Red Cross programs.

The Prince William County Hospital will open in April 1964 for the first time. Home Demonstration Clubs are proud to report that they will have a placque on a bedroom and on a formula room in maternity section, showing that through their club and county participation they have made financial contributions to support the building of these two rooms. The weight control programs are also an important part of our Health Program.

Both 4-H and Home Demonstration Clubs had Health exhibits at the Fair. The Home Economist of Dairy Council of Greater Metropolitan Washington put up educational exhibits at Fair and also in Department Store in town during National 4-H week.

The Nutrition project in schools is written up as a success story.

PROJECT AREA: COMMUNITY AND PUBLIC AFFAIRS

Prince William County

Other Extension Activities

1. The Prince William County Fair attracted fifty-thousand people this year. Over two-thousand-three-hundred exhibits were displayed in the Homemakers Building. Home Demonstration and 4-H Clubs both show outstanding educational exhibits. All Home Demonstration Clubs work so closely together on a verified program to donate food and man the Home Demonstration Kitchen throughout the week. The Chicken Bar-B-Que is now an annual affair and one which is quite a drawing card to people in this area. Over one-thousand halves of chicken were sold.
2. The agents worked with judges at Leesburg 4-H Fair and Fredericksburg Fair, and Fairfax 4-H Fair.
3. Highway litter program has been stressed in every Home Demonstration and 4-H Club.
4. Agents cooperate with civic clubs in county, taking educational movies, slides, presenting talks, making technical knowledge available to non-extension organized groups.
5. We use radio and newspaper in as many ways as possible to reach the public. Home Demonstration Clubs County Publicity Chairman covers items of county wide interest and makes them available to both county newspapers.

PROJECT AREA: COMMUNITY AND PUBLIC AFFAIRS

Prince William County

Other Extension Activities

6. Judges for the Homemakers section and most of the Agricultural exhibits at the Prince William County Fair were secured by the Extension Agents. 4-H Club members were urged to participate in the Fair. The Extension Agents and Home Demonstration Clubs assisted in many ways to try to make the Fair an educational experience for those who visited the Fair as well as those who participated.
7. A list of farm workers who had inquired about jobs was maintained in the office and the information given to farmers who asked about sources of farm labor.
8. Full cooperation was given throughout the year to the Soil Conservation Service, Agricultural Stabilization and Conservation Service, Farm Credit Agencies, and Vocational Instructors. The County Agent cooperated with the County ASCS Committee in holding a meeting for all county farmers to explain the 1964 Wheat Program. V.P.I. Circular 925, Wheat Alternatives for the Virginia Grower, was mailed to all two-hundred-thirty farmers with wheat allotments.

PROJECT AREA: COMMUNITY AND PUBLIC AFFAIRS

Prince William County

Other Extension Activities

9. Both the county and home demonstration agent attended all meetings of the U.S.D.A. Defense Board. The agents assisted in the work of the Board by disseminating facts on civil defense through newspaper articles, radio broadcasts, and at scheduled extension meetings.

10. The Agricultural Leaflets prepared by the Federal Extension Service were distributed by the county and home demonstration agents to key leaders in the county throughout the year.

III. SUCCESS STORY

SUCCESS STORY

Prince William County

1. 4-H Summer Projects:

Twelve ladies of the Woodbine Home Demonstration Club worked together to have 4-H projects carried on during the summer for boys and girls in the Coles District area. What could they offer that would interest the children?

A committee approached the 4-H Club to ask the boys and girls what they would be interested in. There was much interest and enthusiasm expressed in Clothing, Foods and Nutrition, Wildlife, Forestry, Knitting, and Handicrafts. The girls selected Clothing and Foods and Nutrition, while the boys were enrolled in Wildlife.

Two training meetings were held for seven adult leaders who were trained in Clothing to teach the 4-H girls. The leaders discussed a program-plan to help 4-H girls learn to use the sewing machine and to construct garments which were exhibited in the Prince William County Fair. The leaders were taught good color schemes, care of clothes, use of sewing machine, and clothing construction. These leaders served thirty-five girls enrolled in five clothing groups.

Other adult leaders were busy working with eighteen girls in Foods and Nutrition. Starting in Unit I, learning good nutritious habits and tasting new foods. The girls were taught food preparation methods and gave demonstration to their own groups. The girls not only learned good nutrition but also

SUCCESS STORY

Prince William County

1. 4-H Summer Projects contd.

gained knowledge and skills of getting up before a group and giving a good demonstration.

Eleven boys were enrolled in Wildlife in which they took nature hikes, built bird houses, and studied animals under the direction of two adult leaders. The leaders stressed that nature hikes could serve a dual purpose, they could learn about local wildlife and their habitat while keeping their bodies physically fit. Building bird houses gave them a feeling of personal Achievement and pride that was shown in their work and cooperation with others.

The climax of the work and fun was shown in a Club Achievement Program, where all articles made were displayed for parents and friends to view. The Food and Nutrition Group prepared and served refreshments.

The clothing groups also presented a Fashion Show at the regular monthly meeting to their leaders' Home Demonstration Club. In the Fashion Show the girls demonstrated the construction and ability they learned to have accessories to match the garments. There were twenty dresses and fifteen skirts demonstrated. These eight girls also participated in the Annual Home Demonstration Achievement Program.

SUCCESS STORY

Prince William County

2. Nutrition Project in Bennett School

Home Demonstration Club Food leaders, Home economists, cafeteria managers, and other lay people met and discussed some of our nutritional problems. This committee discussed the nutritional needs of school children, their eating habits, and how we might work with some groups as a test project. They assumed that many children did not eat breakfast before coming to school. It was decided that eating habits of school children could be improved through the school cafeteria. Mr. Stuart Beville, Superintendent, was contacted and we agreed to work with a group at Bennett School. Mr. Button, Principal, was to make the decision as to which groups. He chose all three rooms of 6th grade, a special education group, a low 4th and 5th grade group, a 2nd grade and a very slow 1st grade. Of course this wide range of ages and abilities presented problems. Also the fact that 6th grade teachers were changing to the new method of teaching math demanded extra time on their part, so they had less time to give to the special project.

On September 11, the principal, teachers of these grades, cafeteria manager, and area lunch room supervisor met. The Home Demonstration Agent presented the background information, suggested areas of endeavor and general methods of working with the problem. Questionnaires were distributed and orders were taken for books, bulletins, posters, etc. This material was secured through the Dairy Council of Greater Metropolitan

SUCCESS STORY

Prince. William County

2. Nutrition Project in Bennett School contd.

Washington and other sources.

Over all objectives were:

1. To improve eating habits
2. To learn to like new foods and those presently disliked.
3. To learn to choose foods from all four food groups.

Emphasis was given to the following points:

1. That eating is fun, one of our most enjoyable experiences of daily living.
2. That what we eat is important since foods are the source of the very nutrients needed to keep the body functioning and in good working order.
3. That it is not difficult to choose the right kinds of foods for health if we have a guide to follow.
4. That eating a variety of foods makes meal time more enjoyable and makes getting the nutrients we need easier.

The agents provided the materials and checked with the teachers twice after the material was delivered.

A summary of the questionnaires of one 6th grade group at the beginning stated that fourteen of twenty-two usually ate breakfast. So the teacher felt that his children were pretty well fed. (And so was he, even though he did not eat breakfast) Eight said they didn't feel like eating. The 6th grade groups studied "Breakfast

SUCCESS STORY

Prince William County

2. Nutrition Project in Bennett School contd.

Around the World" projects, used nutrition charts in rooms, and fixed a bulletin board in cafeteria. The 6th grade teachers did not feel that they had time in December to make another survey and seemed to lose interest in the project.

In the 1st grade group, the teacher concentrated on teaching her children to taste and learn to eat new foods. She has all but two drinking milk during the day. She used 1st grade level picture stories about foods and milk with success. Where everything is new to a 1st grader she felt that the project was helpful to her and the children. (This is a very slow group).

The 2nd grade teacher was most pleased with her group. She started out with eleven drinking milk, now has twenty-two of twenty-six drinking milk every day. They each made nutrition scrap book and had scrap books and food models as well as posters in hall display for PTA meeting when the report on the nutrition program was given. The special studies group (a very slow group) showed some interest, also. They were planning Thanksgiving dinner today according to Basic 4-group and comparing it with the first Thanksgiving dinner. This teacher reports that more children are drinking milk as a result of the study. Also she notes that she observes change in behavior of several children since they have

SUCCESS STORY

Prince William County

2. Nutrition Project in Bennett School contd.

become regular milk drinkers. She knows that these children rated do not get adequate food at home and recognizes the results of some regularity in the milk and school lunch consumption.

A very good movie "It's All in Knowing How" was shown at the PTA meeting. The 6th grade teachers in turn showed the film to their classes.

This is not an epoch making report with lots of detailed statistics. However, some of the teachers felt quite satisfied with the results of our efforts. And another grade school principal has asked when we are coming to his school with such a program. This we hope to do in early 1964.

3. Reports and evaluations on Nutrition Project in Bennett School

Reports and evaluations from the principal and teachers in Bennett School who cooperated in this project follow:

a. by Mr. Button, Principal:

The County Home Demonstration Department provided invaluable support and aid in this project. Mrs. Barlow also presented a PTA program on this subject.

The school-wide evaluation is:

1. All teachers became more aware of the process of School Cafeteria menu planning.

SUCCESS STORY

Prince William County

3. Reports and evaluations on Nutrition Project at Bennett School contd.
 2. All teachers became aware of the value of better eating habits for all children - the school wide participation in the lunch program rose almost 5% and every teacher began urging each student to try all foods provided.
 3. Each teacher involved have an increase in participation in the lunch program plus a large increase in buying of extra milk.
 4. The extra work on each teacher was worthwhile and not every teacher in school need participate for an atmosphere develops and spreads over the school.
 5. Teachers need to be carefully selected for their energy, cooperation, and sympathy towards such a program.
 6. There must be willing cooperation from the superintendent level all the way thru the principal, cafeteria manager, each teacher and the Home Demonstration Dept. of the County which is the key or cornerstone of such a program.
- b. by Mrs. Greene, 6th grade teacher:
 1. Students kept FOOD RECORD SHEETS for one week
 2. Correlated booklet -- IT'S ALWAYS BREAKFAST TIME SOMEWHERE with Social Studies.

SUCCESS STORY

Prince William County

3. Reports and evaluations on Nutrition Project at Bennett School contd.
 3. Had discussions on possibility of improving food habits and why changes were needed. Ascertained that several children were eating better breakfasts.
 4. Displayed health and basic food charts and posters
 5. Class prepared display for bulletin board in cafeteria for December. Subject: Santa pushing grocery cart filled with nourishing foods. Title: Have a Happy Healthy Christmas.
 6. We viewed the movie supplied by Mrs. Barlow

c. by Miss Amy Smith, 2nd grade teacher

- A. Booklets with text and illustrations of four basic food groups and vitamin A and C.
- B. Menus were analyzed by marking each item on menu with number of basic food group.
- C. Another menu was checked for foods containing vitamins A and C.
- D. Menus were used for reading and phonic exercises.
- E. Clay models of vegetables were made.
- F. Class discussion on good breakfast.

RESULTS:

- A. Number getting milk at break increased from about eleven to 25-26.
- B. Eating of food before bell rings has practically ceased i.e; more eating breakfast before coming to school.

SUCCESS STORY

Prince William County

3. Reports and evaluations on Nutrition Project at Bennett School contd.

C. More fruit being brought for snack.

D. All but four in the room buy lunch at times. Children who never ate in cafeteria last year are anxious to eat in cafeteria now. Has almost become a status symbol.

EVALUATION:

Program has been worthwhile.

d. by Mrs. Richardson

I displayed posters of the basic foods and talked with the children about how important a good diet was in keeping them healthy and how they would feel like working when they got to school.

We did a Thanksgiving unit comparing the early settlers diet with a present day one, and found that the basic foods were very much the same.

More children are buying milk and eating in the lunch room. There seems to be a better variety in the packed lunches.

e. by Miss Mary Roseberry

For the health program with my first grade all we did was talk about foods we should eat, encouraged every child to drink snack milk and eat something of everything on their lunch plate.

SUCCESS STORY

Prince William County

3. Reports and evaluations on Nutrition Project at Bennett School contd.
f. by Mr. Rinker, 6th grade

The class made a survey on the number of people that came to school without eating any breakfast. We found that over fifty percent didn't have breakfast before coming to school.

We displayed charts from the National Dairy Council and fixed a bulletin board to display the principle foods.

We had discussion on the subject of eating and why was it necessary to have good eating habits.

We had a movie showing what happens when we don't eat what we should, and how it affects our daily lives.

I think this project made the students more aware of the importance of good eating habits.

IV. GENERAL APPRAISAL OF PAST YEAR

GENERAL APPRAISAL OF PAST YEAR

Prince William County

Many people have benefited from the Extension education program in this county. Farm families suffered this year as a result of the drought yet they have come through, with help in making changes in farming practices and securing extra feeds, and in the home with help on consumer education, improved practices in economizing through home sewing, better food buying practices, etc.

The urban and non-farm families also suffered from lack of garden produce, thus having to spend more income for food this year than normally. Consumer education was helpful to this group, too.

We have reached many more people through activities at the Prince William County Fair. Over two-thousand-three-hundred exhibits were entered in the Homemakers Building alone and over fifty-thousand people attended the fair, thus, they could not help but gain some appreciation for the rural life.

The Home Demonstration Program as planned was effectively carried out by officers and project leaders. Special Home Economics committees have functioned, with goals set up and satisfactory achievements.

The 4-H Club program needs to continue to reach out to more 4-H Club members through more 4-H leaders. These need to be secured and trained through a continuous recruitment program.

All in all, the extension program has been successful this year. The staff has been busy and continues with a big challenge to reach down and out to lift people up.

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 --					Grand Total F
	Home Agents A	Youth Agents B	Agricultural Agents C	County Total D	State Staff E	
1. Farm, home, firm and other out-of-office visits	399	414	378	1191 ✓		
2. Office calls	442	383	439	1264 ✓		
3. Telephone calls (received or made)	1474	1367	1093	3934 ✓		
4. Newspaper articles or stories:						
a. Prepared and released directly to newspapers or magazines	25	64	45	134 ✓		
b. Prepared by state office and released through county extension offices	9	1	21	31 ✓		
5. Broadcasts made:						XXXXX
a. Radio	30	32	30	92 ✓		
b. Television						
6. Publications distributed directly to the public	6555	7736	3550	17841 ✓		
7. Circular and commodity letters written	55	138	37	230 ✓		
8. Training meetings held for local leaders:						
a. Adult work (1) Number	17			17 ✓		
(2) Attendance	220			220		
b. Youth work (1) Number	3	17	1	21 ✓		
(2) Attendance	21	136	10	167 ✓		
9. Other meetings at which agents or specialists presented educational information:						
a. Adult work (1) Number	109	45	68	222 ✓		
(2) Attendance	1893	617	1105	3615 ✓		
b. Youth work (1) Number	20	166	66	252 ✓		
(2) Attendance	563	4792	1422	6777 ✓		
10. Meetings held by local leaders:						
a. Adult work (1) Number	132	10	2	144 ✓		
(2) Attendance	2033	125	39	2197 ✓		
b. Youth Work (1) Number	-	87	14	101 ✓		
(2) Attendance	-	1625	186	1811 ✓		

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	50	
12. Field crops, pasture, range (production and on-farm marketing)..	31	
13. Soil management	13	
14. Horticulture (production and on-farm marketing)	5	
15. Forestry (production and on-farm marketing)	5	
16. Soil and water conservation, wildlife	1	
17. Plant pathology	8	
18. Entomology	10	
19. Agricultural chemicals (pesticides, additives, etc.)	1	
20. Dairy (production and on-farm marketing)	40	
21. Poultry (production and on-farm marketing)	1	
22. Livestock (production and on-farm marketing)	39	
23. Animal and poultry health	6	
24. Marketing and utilization		
25. Consumer education in use of agricultural products	1	
26. Agricultural engineering	23	
27. Dwellings and equipment	1	
28. Home grounds improvement	38	
29. Planning and management in the home	16	
30. Family economics	6	
31. Home furnishings	26	
32. Clothing selection and care	20	
33. Clothing construction	18	
34. Food preparation and selection	24	
35. Food preservation	24	
36. Nutrition	43	
37. Human relations, child development	14	
38. Health	28	
39. Safety	29	
40. Recreation	14	
41. Outlook	7	
42. Community development and resource adjustment	15	
43. Manpower development, employment information		
44. Public affairs	19	
45. Rural defense	13	
46. Leadership development	24	
47. Extension administration, organization	45	
48. Program planning	72	
49. Supervision of extension personnel	XXXXXX	
50. Inservice training received	25	
51. Miscellaneous (cannot be charged to above items)	20	
52. Total days worked (items 11-51)	806 ✓	
Of total days reported in item 52, how many were devoted to:		
53. a. Adult work	476 ✓	
b. Young adult work (ages 18-25)		
c. 4-H Club work	330 ✓	
d. Work with other youth and youth serving groups (within 4-H age)		

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		8
b. In adult agricultural and related fields	32	
c. In adult home economics and related fields		175
d. In work with young adults		
e. In 4-H Club work: (Different leaders only)		
(1) Organizational leaders	4	20
(2) Project or subject-matter leaders	6	25
(3) Other adult leaders		4
f. Total DIFFERENT adult leaders	39	212

HOME ECONOMICS EXTENSION WORK

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

a. Number of groups	<u>17</u>
b. Number of members	<u>375</u>

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	<u>14</u>
(2) Attendance at meetings held with these groups	<u>560</u>
b. Not organized by extension:	
(1) Number of such groups worked with	<u>10</u>
(2) Attendance at meetings held with these groups	<u>214</u>
(3) Number of leaders in non-extension organized groups trained by extension during the year	<u>5</u>

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: 110

WORK WITH OTHER YOUTH

59. Number of youth (of 4-H Club age) worked with in addition to 4-H Club members 130

4-H CLUB WORK

60. Number of 4-H Clubs	<u>29</u>	63. Four-H Club members by years in club work:	
61. Different 4-H Club members enrolled:		a. 1st year	<u>530</u>
a. Boys	<u>361</u>	b. 2nd year	<u>141</u>
b. Girls	<u>482</u>	c. 3rd year	<u>89</u>
c. Total	<u>843</u>	d. 4th year	<u>29</u>
		e. 5th year	<u>14</u>
		f. 6th year and over	<u>40</u>

62. Four-H Club members enrolled by place of residence:		64. Four-H Club members by age groups:	
a. Farm	<u>139</u>	a. 12 years and under	<u>731</u>
b. Rural non-farm	<u>374</u>	b. 13-15 years inclusive ..	<u>88</u>
c. Urban	<u>390</u>	c. 16-20 years inclusive ..	<u>24</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>8</u>
b. Horticulture (fruits, vegetables, landscaping)	<u>3</u>
c. Entomology and plant pathology	<u>xx</u>
d. Conservation (soil, water, forest, wildlife)	<u>12</u>
e. Poultry	<u>2</u>
f. Dairy	<u>47</u>
g. Beef	<u>6</u>
h. Swine	<u>7</u>
i. Other livestock	<u>38</u>
j. Engineering (include electricity, tractor, automotive)	<u>687</u>
k. Management on the farm	<u>xx</u>
l. Marketing and business	<u>xx</u>
m. Management in the home	<u>12</u>
n. Clothing	<u>27</u>
o. Food and nutrition	<u>34</u>
p. Home improvement and furnishings	<u>2</u>
q. Family life education	<u>xx</u>
r. Personal development (public speaking, grooming)	<u>xx</u>
s. Health	<u>xx</u>
t. Safety	<u>50</u>
u. Recreation (include crafts)	<u>xx</u>
v. Community and public affairs	<u>xx</u>
w. Career exploration	<u>xx</u>
x. Total enrollment in projects and activities	<u>935</u> ✓

66. Junior 4-H Club leaders:

a. Boys	<u>5</u>
b. Girls	<u>9</u>

SECTION III: COOPERATION WITH OTHER PUBLIC AGENCIES

(Read instructions before completing.)

	Days Devoted By	
	County Staff A	State Staff B
FEDERAL AGENCIES		
67. Agricultural Research Service		5
68. Agricultural Stabilization and Conservation Service		16
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		2
76. Fish and Wildlife Service		
77. Food and Drug Administration		
78. Forest Service		
79. Housing and Home Finance Agency		
80. Rural Electrification Administration		1
81. Selective Service		
82. Social Security Administration; Internal Revenue Service		2
83. Soil Conservation Service		9
84. Area Authorities (TVA, etc.)		
85. USDA Defense Board		3
STATE AGENCIES		
86. Civil Defense (at both state and county level)		6
87. Health Department		2
88. Highway Department		
89. Commissions on: Children and Youth; Juvenile Delinquency; Aging .		1
90. State Departments of Agriculture and Forestry		1
91. State Department of Education (schools in general)		7
92. State Employment Service		
93. Welfare Department		
94. State RAD Committee		
COUNTY AGENCIES		
95. Soil Conservation Districts		11
96. Vocational Agricultural and Home Economics Departments		11
97. County or area RAD Committees		2