



## Community Voices

“My involvement in 4-H allowed me to develop important life skills such as public speaking. It has also shown me the value of leadership and the importance of volunteering to better serve your community. Today I use all of these skills as a local family doctor.”



**Dr. Miranda Cox**  
Family Care, Wythe Physician Practices

# 190

**Bland County 4-H All Stars**

## Partners for Solutions

“I have worked with Bland County Extension for 24 years. This year I reached my goal of assisting 100 youth and adults obtain 4-H All Star status. I am very proud of their accomplishments and have strived ‘To Make the Best Better.’”



**Elizabeth Johnson**  
Agent



4-H members assist with planting in the community garden.

## Sharing Knowledge

With the help of local businesses and Master Gardener grant money, we were able to start a community garden at the Bland County Extension Office. The Bland County Community Garden had four community participants who raised 58 pounds of produce, and 13 Bland County Senior 4-H members maintained one of the raised beds. They planted, conducted garden maintenance, and harvested throughout the summer.

A day camp on food preservation was hosted by the Bland Extension Office in late summer. The 4-H'ers who participated in the community garden got practical experience by canning 60 jars of blackberry jam. The community garden provided the opportunity to reach and educate the community in a unique and hands-on way.

# Bland County

## Funding by Source



**49% State**

**28% Local**

**11% Federal**

**12% Other**

**Total Funding: \$340,551**

**\$2.55**

return on investment  
for every dollar  
invested by the county  
in **Bland County**

**\$82,852**

value of extension  
volunteer hours in  
**Bland County**

To find out how you can support your local Extension office,  
**visit [www.cals.vt.edu/make-a-gift](http://www.cals.vt.edu/make-a-gift).**