Frederick County

107 N. Kent Street Winchester, VA 22601 frederick.ext.vt.edu 540-665-5699

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Community Voices

"I gained the knowledge to turn an average sheep into a champion with hard work. My participation



in 4-H not only allows me to learn the spirit of service and giving back, but it has also given me the ability to teach younger kids to take leadership skills back to our community."

Kennah Kerns

4-H Livestock Club Member

295,558

NSV Master Gardeners' social media reach

Partners for Solutions

"Extension's Graze 300 VA and no-till initiatives are top priorities because they impact over 200,000 Northern



Valley acres that are managed by 1,400 farmers and owned by nearly 5,000 families. These programs enable farmers to maintain profitability while improving soil health, protecting water quality, preserving groundwater resources, and enhancing wildlife habitat."

Bobby Clark

Senior Extension Agent



Karen Poff, Extension Agent, teaches a lesson on understanding credit scores

Sharing Knowledge

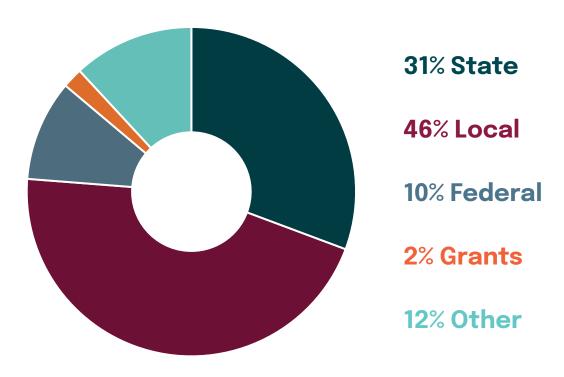
People who manage money well are better able to avoid financial problems, maintain stable housing, and remain self-sufficient. Our Managing Your Money series improves financial well-being by helping people achieve goals such as reducing debt, buying a home, paying for college, or saving for retirement. Participants learn proven ways to take control of their finances through sessions on budgeting, credit, banking, insurance, and getting out of debt.

Since 2011, 618 people have participated in the program. Many develop written spending plans, increase savings, and pay down debt. In a recent five-year period, 58 people put a total of \$68,645 into savings and paid off \$43,130 of consumer debt. That averages to \$1,927 in savings or debt reduction per person within just three months of completing the program.



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