



Community Voices

“The Balanced Living with Diabetes program has empowered older adults of Piedmont Senior Resources-Farmville to improve their overall health. Extension agent Jane Henderson has taught them better ways of eating and exercising, and their experiences have enabled them to remain flexible and lower blood sugar levels through changes in habits.”



Thomas Jordan Miles III
Piedmont Senior Resources Area
Agency on Aging



Amelia shooting sports.

894

Participant's in Local Programming

Partners for Solutions

“Farm and recreational ponds are an important part of the landscape, but aquatic weeds and water quality issues can be challenging to navigate for land and farm owners. I offered aquatic weed identification and pond water quality analysis services, alongside pond management workshops focused on maintaining a healthy ecosystem through water quality, chemical and nonchemical weed management, and fish management.”



Mackenzie Gunn
Agent

Sharing Knowledge

Middle school youth participating in archery programs acquire vital life skills such as focus, discipline, confidence, patience, and teamwork. Through archery, students develop physical coordination and learn sportsmanship and respect for rules. These essential skills not only enhance their archery abilities, but also prepare them for success in academics, relationships, and life itself.

Amelia 4-H shooting sports instructors have brought archery instruction to area youth through summer day camps, clinics, and in-school programming (through PE classes at Amelia Middle School). These opportunities have been free of charge with all equipment provided.

By December, 174 youth ages 9-16 will have had the opportunity to learn how to shoot! Most of these students have never shot a bow and possess low confidence in hitting the target. After archery instruction, 100% of students reported increased confidence and improved accuracy and thought learning a new skill was fun, while 83% wished to continue in the shooting program. Teachers also report seeing an increase in focus and confidence in the classroom.

Amelia County

Funding by Source



54% State

26% Local

17% Federal

4% Other

Total Funding: \$378,705

\$2.87

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

\$87,718

Value of extension
volunteer hours in
Amelia County

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