



# Prince William 4-H

*Our Clubs, Our Community*



October 18, 2023

## Upcoming Events

- Oct 19 - PW 4-H Teen Club
- Oct 25 - Project Leader Training
- Nov 1 - Learn about 4-H Contests
- Nov 11 - Cloverbud Club
- Nov 13 - Youth Officer Training
- Nov 14 - PW 4-H Association Meeting
- Nov 25-29- National 4-H Congress
- Nov 30 - Engage Locally!
- Dec 5 - Homemade Holiday Craft Night, Teen Club, and Cloverbud Club
- Dec 9 - Prince William 4-H Recognition Day
- Dec 16 - Wreaths Across America Ceremonies
- Jan 9 - Teen Club Meeting
- Jan 13 - Cloverbud Club
- Jan 16 - PW 4-H Association Meeting

## PW 4-H Teen Club - TOMORROW NIGHT!



**Date:** Thursday, October 19th  
**Time:** 7-8:30 pm  
**Location:** McCoy Conference Room at the Prince William 4-H Office, Manassas  
**Who Should Attend:** All Prince William 4-H'ers ages 14 - 19  
[Click here to register.](#)  
 Kicking off the year with leadership, citizenship, and team building activities!

## PW 4-H Project Leader Training



**ADULT 4-H PROJECT LEADER TRAINING**  
**October 25, 6:30-8:30 pm** at the PW 4-H Office in Manassas.  
[Click here to register.](#)

It's time to kick off the 4-H New Year with our adult volunteer training opportunities. Training will be interactive and fun with a focus on positive youth development in 4-H. The research-based PYD training presents leadership skills that translate to your club, family, jobs, and more. **All Prince William 4-H volunteer leaders must attend one training session.**

## PW 4-H'ers Demonstrating Their Skills at Farm Field Day



Prince William 4-H'ers Katie, JD, and Michael demonstrated the 4-H Pillar of Agriculture at the Prince William Farm Field Day. They discussed the care and feeding of Katie's horse Lacey and JD's rabbits and hens. The 4-H'ers had an exciting opportunity to meet with Supervisor Bailey and her senior aid Karen Mills, demonstrating the 4-H Pillar of Citizenship, too! Our VCE friends Thomas Bolles and the Master Gardeners were also at the event.

Farm Field Day offers fourth grade students an opportunity to rotate through seven barns at the Prince William County Fairgrounds with each barn highlighting an aspect of life on the farm using hands-on lessons. Farm Field Day is a fun and engaging hands-on approach to teaching students about the agricultural world around them, and opening their eyes to the importance of

protecting our natural resources.



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## October 4-H Cloverbud Club - All About Apples

Last Saturday, the Prince William 4-H Cloverbuds met to explore apples using our 5 senses. Senior 4-H'ers Sam Thacker and Aiden McDonald led the Pledge of Allegiance and taught the new Cloverbuds the 4-H Pledge. We read apple stories and played active indoor games. We ended the meeting with a YUMMY crockpot full of homemade applesauce!

Be sure to join us for our next PW 4-H Cloverbud Meeting on November 11th. More info coming soon!



## Custom Prince William 4-H Calendars



### October 26th from 4-7 PM

Our new Prince William 4-H Intern Sam Seagle created a handy calendar for the 4-H New Year. The calendar includes pictures from our events and activities throughout last year. It was so popular at the Open House, that we want all 4-H'ers to have one! All members are invited to stop by the office in Manassas and pick up your free 2023-2024 Prince William 4-H Calendar! **Please stop by for snacks and socializing!**

## Prince William 4-H Contest Training

### PRINCE WILLIAM 4-H CONTEST TRAINING



### PRINCE WILLIAM 4-H CONTEST TRAINING

**Date:** Wednesday, November 1st

**Time:** 7 - 8:30 PM

**Location:** McCoy Conference Room, 4-H Office, Manassas

[Click here to register.](#) See [Page 4](#) for more information.

Learn about 4-H Contests - presentations, public speaking, extemporaneous, fashion/costumes, and table setting contests - and how you can improve your skills and scores using Virginia 4-H rubrics and progress to state level competitions!



### FAMOUS 4-H'ER SPOTLIGHT

Grammy Award-winning artist and Sugarland band founder Jennifer Nettles was recently inducted into the National 4-H Hall of Fame for her lifetime achievements and contributions to 4-H. We bet she used 4-H contests to grow her skills!

[Click here to read more about her rise to fame and how 4-H helped her THRIVE!](#)



### ENROLL IN 4-H ONLINE TODAY!

October 1st was the start of the New 4-H Year! There is no "down time" in 4-H Online this year, so please enroll today! [Click here for the Document Links page on our website](#) for enrollment tip sheets.

**Please note that members not enrolled by November 1st will no longer receive the Prince William 4-H Newsletter.**



## 2023 National Sporter Air Rifle League Match

Trigger Time 4-H Shooting Education Club defeated American Legion Post 290 1105.8 to 1089.8 in the 2023 National Sporter Air Rifle League. Trigger Time 4-H Shooting Education Club was led by Samantha Seagle who shot a 287.0. The remaining contributing members were Lexi Strand who shot a 281.3, Samantha Erick who shot a 273.7, and Rebecca Ahrens who shot a 263.8.

Trigger Time 4-H Shooting Education Club is competing in the Champions Division where they are currently ranked in eighth place. Within the Junior Rifle Club Conference they are in first place. They have a 2 - 0 record.

American Legion Post 290 was led by Logan Hawkins who shot a 276.3. The remaining contributing members were Joseph Born, Jessica Gioia, and Faith Clevenger. American Legion Post 290 is from Stafford, VA.



## 2023 Old Dominion Junior Rifle League Match

On October 7th, Trigger Time 4-H Shooting Education Club competed in the first match of the 2023 Old Dominion Junior Rifle League where they came in second place with a score of 1046. The team members were Samantha Erick who shot a 263, Lexi Strand who shot a 263, Samantha Seagle who shot a 262 and Rebecca Ahrens who shot a 258. Ayden Strand also competed as an individual and shot a 225. This is the first of six monthly matches for the season that are hosted at the American Legion Post 290 range in Stafford, VA.



## 7th Annual Centerville Cup by Ayden Strand, 4-H Club Reporter

On October 15th, Trigger Time participated in the 7th Annual Centerville Cup. The participants were Lexi Strand, Rebecca Ahrens, Julia Wallschlaeger, and Ayden Strand. In the Air Rifle Sporter Division, Lexi Strand placed 1st with a 544, Rebecca Ahrens placed 4th with a 526, Ayden Strand placed 11th with a 478, and Julia Wallschlaeger placed 13th with a 397. Trigger Time was the 1st place team in the Sporter Division.



## 2023 Virginia 4-H Shooting Instructor Training

October 14-15th was instructor training at Holiday Lake 4-H Center. Sam Seagle, Samantha Erick, and Nora Wallschlaeger spent the weekend learning and taking tests to become Junior Air Rifle Instructors.



### Press Releases Submitted by Trigger Time 4-H Shooting Education Club

For more information on the league, including complete standings, visit <https://www.national-leagues.com/>

[Click here for Trigger Time 4-H Shooting Education Club Team Page](#)  
Interested in learning more about Trigger Time 4-H Shooting Education Club? Contact Alan Lerch at [trigger\\_time@verizon.net](mailto:trigger_time@verizon.net).



**NOVEMBER 1ST!**

# Make Your Dreams a Reality!

Prince William 4-H Contest Training



## Be an Expert

Share what you know with confidence! Express your opinions and knowledge through Presentation, Extemporaneous Speech, Public Speech, and Dramatic Reading 4-H learning competitions.

These challenges are meant to keep you on your toes, focused, and engaged with your audience. Public speaking is a life skill that will help you with school presentations, serving in volunteer leadership positions, communicating with teammates (*and parents*), and so much more. Every Prince William 4-H'er should participate in this contest to become better citizens and engage with social change that only our youth know how to do!

All 4-H learning competitions are about making the best better...that's **YOU!**

## Be an Influencer

Learning about textiles, fashion eras, cultures, and costumes offers opportunities to develop life skills, learn about career opportunities, and creatively impart your influence.

The Fashion Review Category is more than just styling! This category includes costume making - Halloween, Renaissance Fair, Civil War reenactments, Marvel cosplay, theater and movie costumes - as well as exploring materials, learning fabric construction techniques, understanding themes, and even thrifting. Sewing is not required to participate (*but we can teach you if you're interested*).

Get a head start on making your design for Share the Fun, next year's Halloween contest, an entry for the Prince William County Fair, or your school's play. *Your social media account will thank you!* Come to the training to learn how!

## Be a Party Planner

Who doesn't like a fun, themed party? Think outside the box when you participate in the 4-H Table Setting Contest.

Rethink etiquette by exploring holidays, cultural meals, special occasions, serving equipment, menus and more! From farm-to-table dining in Virginia, to food styling and photography, lighting, Friendsgiving, themed birthday parties, barbecues, picnics, quinceañeras...the table is always the centerpiece of excitement and essential for bringing family and friends together. Creativity and originality are welcomed!

Impress your family and friends, grow your event planning skills, enhance your cultural and culinary awareness, and discover a world of careers surrounding the social food industry. Come to the training to learn how to improve your party plan!

## PRINCE WILLIAM 4-H CONTEST TRAINING



Attend Prince William 4-H Contest Training and learn the many opportunities that you can let your creativity flow!

**DATE:** Wednesday, November 1st

**TIME:** 7 - 8:30 PM

**LOCATION:** McCoy Conference Room, PW 4-H Office

**WHO SHOULD ATTEND:** All Prince William 4-H'ers interested in perfecting their presenting skills and exploring their creativity. No past skills/experience necessary.

**[CLICK HERE TO REGISTER. IT'S FREE!](#)**



## Prince William 4-H Scholarships - Due November 24th

Prince William 4-H has four scholarships available to members. All scholarship applications and nominations are due by **November 24th, 2023**. Scholarships will be presented at the Prince William 4-H Recognition Day in December.



### 2023 Joanne Guhl Scholarship

Joanne Guhl was a member of the Boots and Saddles 4-H Club who passed away in 1984. Her parents honor her memory by awarding a college scholarship to a PW 4-Her. Applicants must be enrolled in the Prince William 4-H program and must have been accepted at an institution of higher learning. Preference is given to 4-Hers pursuing a career in animal science.

[Please click here to apply for the 2023 Joanne Guhl Scholarship.](#)



### 2023 Bernard Malo Scholarship

Bernard Malo was a past leader of the Trigger Time 4-H Shooting Education Club. Bernie, a 4-H All Star, was active at the local, district, and state level and gave much to the youth of Virginia. His family, who are all 4-H'ers and friends, started a scholarship fund to honor his memory. Trigger Time 4-H Club members have continued to help this scholarship fund grow. This scholarship is for higher education for those entering as a freshman into any four-year college, community college or vocational school. Trigger Time member applicants are given first consideration. The amount of scholarship may vary from year to year.

[Please click here to apply for the 2023 Bernard Malo Scholarship.](#)



### 2023 Outstanding 4-H Member Award (Youth)

The Outstanding 4-H Member Award was created to recognize individuals who demonstrate exemplary service to Prince William 4-H through participation in program planning, development, and implementation at the club level and beyond. This yearly award will be given to individuals who strengthen local 4-H clubs and county 4-H by encouraging and promoting youth members and volunteers, helping to recruit new members and leaders, and through leadership responsibility while promoting service through volunteerism.

[Click here to apply for the 2023 Outstanding 4-H Member Award.](#)



### 2023 Outstanding 4-H Volunteer Award (Adult)

The All Around 4-H Volunteer Award was created to recognize individuals who demonstrate exemplary service to Prince William 4-H through participation in program planning, development, and implementation at the club level and beyond. This yearly award will be given to individuals who strengthen local 4-H clubs and county 4-H by encouraging and promoting youth members and volunteers, helping to recruit new members and leaders, and through leadership responsibility while promoting service through volunteerism.

Contact [MaryBeth Lerch](#) to nominate an adult volunteer for the 2023 Outstanding 4-H Volunteer Award.

Celebrating YOU!

## Nokesville 4-H Club Elects Officers and Launch Their New Year

**Congratulations to the 2023-2024 Nokesville Community 4-H Club Officers!**

**President:** Katie Saul

**Vice President(s):** John Vaikasas & Julie Stogran

**Secretary:** Nesi Linares

**Treasurer:** Ryan Nguyen

**Reporter/Historian:** Jacklyn Clinger

**Parliamentarian:** Michael DeRoche

**Recreation Leader(s):** Nate Bosse and Ben DeSmet

**Song Leader(s):** Joie Clinger & Charlotte Peak



We look forward to watching you Grow with 4-H!



## Virginia 4-H 7-Year Shooting Education Instructor Recertification

**Register by October 25th through 4-H Online.**

The 4-H Shooting Education Committee will be conducting the last 7-Year Recertification for 2023 on November 4, at the Holiday Lake 4-H Center. This event is for Shooting Education Instructors that are approaching (or have exceeded) the 7-year limit. Instructors that fail to get recertified in a particular discipline will have their certification deleted, by discipline.

Registration will be through the 4-H Online system; therefore, everyone registering will need to be enrolled for the year 2023-2024.

Each Instructor may enroll in up to three disciplines. All participants are required to attend a one-hour General Session. Lunch will be provided.



## Virginia 4-H Horse Program *Save the Dates*

Welcome to the New 4-H Year! Be sure to re-enroll early in 4-H Online to avoid complications later. Here are a few important dates:

- **Block and Bridle Horse Judging Clinic** – Saturday, January 20th at Alphin-Stuart Arena on the campus of Virginia Tech
- **Block and Bridle Horse Weekend** – Friday, February 9th and Saturday, February 10th at Alphin-Stuart Arena on the campus of Virginia Tech (Hippology on Friday, Judging and ALL Awards on Saturday)
- **Equismartz State Educational Contests Weekend** – Friday, April 5th – Sunday, April 7th at the Virginia Horse Center and Rockbridge County High School – Schedule will be similar to last year (Hippology on Friday afternoon/evening; Horse Judging and judging portion of 4-H Hippology on Saturday; Communications and Horse Bowl on Sunday).



## Recruiting Host Families for the 2024 Japanese Summer Exchange

Virginia 4-H partners with States' 4-H to host young people from Japan for a month-long summertime exchange or homestay. We are recruiting host families across Virginia to host 18 young Japanese people and 2 chaperones for the summer of 2024.

### Hosting Details and Requirements

- Program runs July 21-23 through August 16-18, 2024
- No previous 4-H experience is required
- Japanese delegates are ages 12-18 (most are 12-14)
- To host a delegate, a family must have a child who is 9+ years old.
- Families without youth can host adult chaperones.
- Families will be matched with a delegate of the same gender who is within 3 years of the host youth's age.
- All Host families will be screened and interviews as part of our risk management protocol.
- Host families receive no stipend to host a delegate.
- Japanese delegates have a range of English language abilities.
- Delegates are here to experience every day American life. No special activities need to be planned.
- Host Families will receive support from the state coordinator and other host families before, during & after the exchange (not financial)

Host families should apply directly here and select Virginia as their state: <https://www.states4hexchange.org/apply/host/>

Summer Program FAQs: <https://www.states4hexchange.org/host/summer/faq/>  
Please contact Wendy Herdman at [wherdman@vt.edu](mailto:wherdman@vt.edu) or 804-493-8924 if you have questions or need assistance.

### WE ASKED 2023 HOST FAMILIES...

#### “WHAT MADE YOU WANT TO HOST?”

“I was an exchange student in high school and always knew we would host as a family.”

“We hoped to introduce our children to different cultures in the world and allow them to see that they have much in common with others around the world. They could share their differences and it helps them understand why we may be different as well.”

“It is a good experience for the whole family to learn about someone else's culture and lifestyle. We have relatives who have done it as well.”

“This is our fifth time hosting an exchange student, and the fourth time doing so through 4H. We have loved each experience. It has made my children more aware that while we may be different from others, we are also very much the same.”



STATES' 4-H  
INTERNATIONAL  
EXCHANGE  
PROGRAMS



WE HOPE TO HAVE  
YOU JOIN US THIS  
COMING SUMMER!

Reach out to us or your  
State Coordinator for  
information on  
becoming a host family!

## STEM Opportunity with the VA Space Grant Consortium

**Dates:** Summer 2024

**Who Should Apply:** Rising 9th and 10th Grade Virginia High School Students

**Applications open 12/1/2023 and close 2/1/2024.**

[Click here for more information.](#)

Building Leaders for Advancing Science and Technology (BLAST) offers an exciting way for rising 9th and 10th grade students to spend three days of summer! Participating students get to stay in a college dorm and see what campus life is like on-site at one of our five partner universities: Old Dominion University, Radford University, the University of Virginia, Virginia Tech, or William & Mary. No previous experience in science, technology, engineering, and math (STEM) is needed, and this program is FREE for participants. BLAST is designed to help students find their place in STEM.



## Winter Cloverbuds Camp 2023



CLOVERBUDS IS A TWO-NIGHT RESIDENTIAL CAMP DESIGNED TO GIVE YOUNGER CHILDREN AN OPPORTUNITY TO SPEND THE NIGHT AWAY FROM HOME AND EXPERIENCE WHAT 4-H CAMP HAS TO OFFER WHILE SHARING THE EXPERIENCE WITH A PARENT, GRANDPARENT, OR OTHER TRUSTED ADULT.

EVERY CAMPER MUST BE ACCOMPANIED BY A PARENT/ADULT ACCOMPANYING ADULTS AND CHILDREN WILL LODGE TOGETHER IN THEIR OWN PRIVATE ROOM. ADULTS WILL REGISTER ALONG WITH CAMPERS.

CAMP ACTIVITIES WILL BE FACILITATED BY CAMP STAFF; HOWEVER INDIVIDUAL SUPERVISION OF CAMPERS IS THE RESPONSIBILITY OF THE ACCOMPANYING ADULT.

**Dates:** December 8th-10th

**Location:** Northern Virginia 4-H Center, Front Royal, Virginia

**Who Should Attend:** Youth ages 5-8 with an adult chaperone

**Cost:** \$160

[Click here to register.](#) **Register by Nov. 22nd.**

Registration is now open! Campers and parents will participate in classic camp classes and activities with Dr. Seuss inspired fun! Spots are limited - register early.

## Opportunity to Participate in VA 4-H Delegation to *Ignite by 4-H*

### APPLY TO JOIN THE VIRGINIA 4-H DELEGATION!

**Who should apply:** Prince William 4-H teens ages 14-19 interested in serving as STEM and Computer Science Ambassadors

[Click here to apply.](#) **Applications due October 31st.**

As part of our 4-H Computer Science Initiative, Virginia 4-H has the opportunity to send 20 Virginia 4-H Teens (representing all 5 Districts) who want to expand STEM and Computer Science knowledge in Virginia to the *Ignite by 4-H* Conference in Washington D.C. on March 13-17, 2024. We are looking for Virginia 4-H members with a passion for STEM who will:

- Attend the Ignite by 4-H Conference
- Create a plan to deliver programming around STEM or Computer Science in their school, unit 4-H program or area
- Serve as a STEM and Computer Science Ambassador for Virginia

Applications will be open until October 31st. Applicants will be notified if they have been selected by November 8th.

### About Ignite by 4-H

Ignite by 4-H, an inclusive teen event, returns March 13-17, 2024, to Washington, D.C. Join us for four days of inspiring and engaging panels, respected speakers, hands-on workshops, experiences, networking and connections. The summit will provide high-school-aged youth from across the country the opportunity to explore the best 4-H has to offer in STEM, Agriscience, Healthy Living, Career Readiness and Emotional Well-Being. [Click here for more information.](#)

## Save the Date! 2024 National 4-H Conference

Friday, April 19th - Wednesday, April 24th  
Arlington, Virginia

[Click here for more information.](#)



**ENTER A POSTER  
IN THE  
Ag it Up  
Poster  
Contest**

**AT THE 2024 VAF CONFERENCE  
WILLIAMSBURG LODGE**

**Who: Youth ages 9-13  
When: January 5-7, 2024**

**Prizes: 1st - \$50  
2nd - \$30  
3rd - \$20**

Contest rules can be found at:  
**www.vafairs.us**

**AG IT UP Youth Poster Contest**

**Who Should Participate:** Youth age 9-13 as of January 1st

[Click here for more information and to apply.](#)

**Poster registration is due December 20th.**

Youth can submit a standard size poster or tri board displaying how agriculture is a part of their fair or festival. Three prizes ranging from \$20 - \$50 will be presented.



**SAVE THE DATE**

**VAF YOUTH LEADERSHIP  
SCHOLARSHIP CONTEST**

**APPLY FOR THE VAF YOUTH  
LEADERSHIP SCHOLARSHIP CONTEST**

<u>WHO</u>	<u>WHEN</u>	<u>DEADLINE</u>
YOUTH AGE 14-19 WHO VOLUNTEER AT FAIRS & FESTIVALS	JAN 6, 2024	DEC 1, 2023

www.vafairs.us

SCHOLARSHIP PACKET  
UPLOADED TO VAF  
WEBSITE IN SEPTEMBER

**2024 VAF Youth Leadership Scholarship Contest**

**Who Should Participate:** Youth ages 14-19 as of January 1, 2024

who are active participants in a VAF-member fair or festival.

[Click here for more information and to apply.](#)

**Applications are due December 1st.**

- It's that time of year to encourage teens who have devoted time and skills to their local fairs and festivals to participate in the 2024 Virginia Association of Fairs (VAF) Youth Leadership Scholarship Contest. Eight scholarships ranging from \$250 - \$2,500 will be awarded.

**Prince William Parks Explorer**

PWC Parks Explorer is FREE to play and there's nothing to download! Anyone can play. Happy exploring!

Are you a park enthusiast? Whether you're a frequent visitor or you only visit parks a few times per year, now you can track your park visits and earn points towards cool park prizes every time you visit a park in Prince William County with the FREE PWC Parks Explorer Pass. Additional points can be earned for completing "Things to Do" within our parks.

Get your FREE pass today! <https://pwcparks.info/parksexplorer>

Watch a "how to" video: <https://pwcparks.info/youtubeparksexplorer>

**FREE!**

**Prince William Parks  
EXPLORER**

*Explore Parks.  
Earn Cool Prizes.*

PRINCE WILLIAM  
Parks & Recreation

**PRINCE WILLIAM  
COUNTY**

8033 Ashton Ave, #105,  
Manassas, VA 20109

**Click to Visit Online:**

[PCW 4-H](#)  
[Virginia State 4-H](#)  
[National 4-H](#)



**Your Dedicated PWC 4-H Staff**

**MaryBeth Lerch**

Associate Extension Agent, 4-H  
[mblersch@vt.edu](mailto:mblersch@vt.edu)  
703-792-4536



**Pam Hardin**

4-H Youth Educator  
[phardin@pwcva.gov](mailto:phardin@pwcva.gov)

**DeeAnn Strand**

4-H Youth Educator  
[dstrand@pwcva.gov](mailto:dstrand@pwcva.gov)

**Candi Helmlinger**

4-H Program Specialist,  
Newsletter  
[chelminger@pwcva.gov](mailto:chelminger@pwcva.gov)

**Sam Seagle**

4-H Intern  
[sseagle@pwcva.gov](mailto:sseagle@pwcva.gov)

**PWC 4-H Resources**

**National 4-H**

[National 4-H Homepage](#)

**Virginia 4-H**

[VCE 4-H](#)  
[VCE COVID-19 Updates](#)

[4-H Online Information](#)  
[The 4-H Foundation](#)  
[Educational Resources](#)  
[4-H All Stars](#)

[STEM in Virginia 4-H](#)

**Prince William 4-H**

[PWC 4-H Homepage](#)  
[PWC 4-H Programs](#)  
[PWC 4-H Camps](#)  
[PWC 4-H Events & Calendar](#)

**Portfolio Records**

[Member Record](#)  
[Cloverbud Sheet](#)  
[Project Record Ages 9-10](#)  
[Project Record Ages 11-12](#)  
[Project Record Ages 13-15](#)  
[Project Record Ages 16-19](#)

[Outstanding Member Form](#)



**2022-2023 PWC 4-H  
Association Officers**

**Youth Officers**

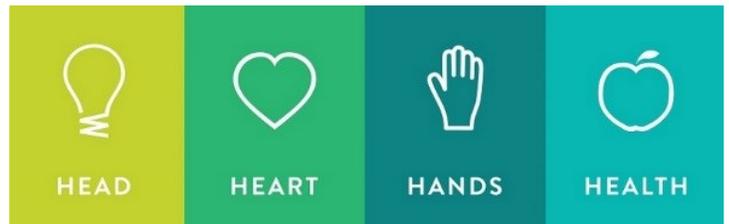
Samantha Whysong, President  
Sam Seagle, Vice President  
Samantha Erick, Treasurer  
Lexi Strand, Secretary

**Adult Officers**

Susan Wolf, President  
Alan Lerch, Vice President  
Sydney Nguyen, Treasurer  
Mary McDonald, Secretary

**Committee Chairs**

Fundraising Committee - Samantha Whysong  
Recognition Committee - Alan Lerch  
Membership Committee - 4-H Staff



**Virginia Cooperative Extension**

Virginia Tech • Virginia State University

[www.ext.vt.edu](http://www.ext.vt.edu)



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