

Hi, just a reminder that you're receiving this email because you have expressed an interest in University of Maryland Extension, Prince George's County. Don't forget to add [kdyson1@umd.edu](mailto:kdyson1@umd.edu) to your address book so we'll be sure to land in your inbox!

You may [unsubscribe](#) if you no longer wish to receive our emails.

UNIVERSITY OF MARYLAND / FEARLESS IDEAS



# UNIVERSITY OF MARYLAND EXTENSION

Prince George's County

March 2020

## Your Monthly News & Updates



Greetings!

The current COVID-19 pandemic has caused changes throughout the entire country. University of Maryland Extension (UME) is committed to maintaining the resources Maryland needs to continue thriving during these trying times.

We are adjusting how we function to continue providing citizens with the knowledge and assistance they need to stay productive and healthy,

UME is currently working to meet the changing needs of the community and transitioning educational programs and events to virtual platforms. Programming and events online will still be held throughout the day, evening and on weekends. Your local educators are available via email to offer advice and information. Please visit [your local extension office's website](#) for information on email and phone contact information.

Find a full list of resources on the COVID-19 epidemic, as well as tips on protecting health and financial wellness for you and your family at <https://extension.umd.edu/learn/covid-19-resources>.

As a part of the University of Maryland College of Agriculture and Natural Resources, UME follows the guidelines developed at the state and university level. Information and updates on the college's [response to COVID-19](#) can be found on the University of Maryland website.

Sincerely,



Karol Dyson  
Capitol Area Extension Director  
University of Maryland Extension



@UMEPGC

---

## Keep Up The Practice

The 4-H Public Speaking Contest scheduled for March 14 was postponed due to public health concerns. However, we encourage our contestants to keep up the practice at home. Any public speaking expert will tell you that rehearsal is one of the only tried-and-true methods to improve your performance. It is also important to get feedback from your audience so that you can refine your skills. Luckily, we live in the digital age, which means that sharing and commenting on each other's performances is still possible! Here are some tips for practicing your performance using a tool such as YouTube or other online video sharing systems:



- Get dressed as if you were at the actual contest.
- Set up your phone/camera at a distance so that the audience can also judge a bit of your body language.
- You can rehearse your speech before recording, but only record once. This will simulate the pressure of having one chance to deliver your speech after having rehearsed it.
- If uploading your video to the internet, ensure that you have selected the proper privacy settings so that you are in control of who sees your video.
- Share with your club leaders and fellow club members and ask for their feedback.

When delivering feedback to your fellow club members, make sure it is constructive. Not sure how to judge public speaking? Go to the [Programs and Contests](#) tab of our PGC4-H website to download the judging rubrics. They are open for all to see.

Once you have received feedback from others, take a moment to thank them and ask for any clarification. You may not be able to address all the feedback at once. Try to pick one or two points to work on first before trying again. The process of rehearsing, sharing feedback and applying changes will improve your chances of scoring well when the time comes to have the real contest again!

## Did You Know



Did you know...Our 4-H Youth Development Program has found some distance learning websites? To keep up with posts about some activities and information please see our [Facebook Page](#) or visit our [News & Updates Page](#).

Did you know...Our Family and Consumer Science Team has found some financial resources that may be helpful? [Check out our website](#) for news and information.



Did you know... The Food Equity Council has Food Resources for Food Assistance? For more information [click here](#).



# Fresh. Local. Fun.

Prince George's County, Maryland

Visit [Fresh. Local. Fun. PGC](#) for more information about farms, food events, and farmers markets in gorgeous Prince George's! Minutes from the Nation's Capitol, Prince George's County offers a variety of [food and farming events](#) every month!



## UNIVERSITY OF MARYLAND EXTENSION

This newsletter is brought to you by University of Maryland Extension, Prince George's County. University of Maryland Extension (UME) is a statewide non-formal education system funded by federal, state, and local governments within the University of Maryland - College Park and the University of Maryland - Eastern Shore. Our mission is to support Maryland's agricultural industry; protect its valuable natural resources; enhance the well-being of families and individuals, both young and old; and foster the development of strong, stable communities. The Prince George's County office, partially supported by the Maryland-National Capital Park and Planning Commission, serves the community from two locations including the main Extension office in Clinton and the Center for Educational Partnership in Riverdale.

University of Maryland Extension programs are open to all citizens without regard to race, color, gender, disability, religion, age, sexual orientation, marital or parental status, or national origin.

The University of Maryland is an Equal Opportunity Employer and Offers Equal Access Programs. La Universidad de Maryland es una institución con Igualdad de Oportunidades de Empleo y con Igualdad de Acceso a Programas.

University of MD Extension, Prince George's County, 6707 Groveton Drive, Clinton, MD 20735

STAY CONNECTED:

