

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 to your address book so we'll be sure to land in your inbox!

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UNIVERSITY OF MARYLAND EXTENSION

Prince George's County
2019

May

Your Monthly News & Updates



Greetings, Friends of Prince George's County Extension

SO many exciting things going on right now throughout the county! I attended a press conference last week at Riverdale Park Farmers' Market, at which County Executive Angela Alsobrooks announced that the county is supporting **Maryland Market Money at four local Farmers' Markets**: Riverdale Park Farmers Market, Capitol Market (formerly Oakcrest) in Capitol Heights,

Cheverly Community Market, and Greenbelt Farmers Market. Through this program, dollars are matched for recipients of federal nutrition assistance benefits while shopping at participating Farmers' Markets. This year there are **15** markets in Prince George's County!

It is also time to be making plans for sending your child to **camp**! Contact the 4-H office for info on local 4-H affiliated summer programs.

Or if you are a parent or a teacher of teens, there is a free workshop being offered in July for those who would like to help teens understand **personal finance**... See Contact info under [Classes, Workshops and More](#)

And don't forget to **keep your garden in shape now**-- you will reap the benefits later! Our local Master Gardeners are ready and willing to offer advice, or you can "Ask An Expert" on the Home and Garden Information Center. www.hgic.umd.edu Click on the Ask an Expert link and you will be able to ask for gardening advice, insect related questions, watering etc etc.

One last announcement: We would like to congratulate our colleague, Matt Parker, who recently completed his graduate work at UMD College of Agriculture and Natural Resources. Matt is now: **DR. Matthew Parker, Aquaculture Business Specialist!**

We are all so proud of you, Matt! If you are interested in growing oysters or other seafood, give Matt a call at our Clinton office.

Best regards,



Karol Dyson
Capital Area Extension Director
University of MD Extension



@UMEPGC

Upcoming Events

Summer Fun Kick-off



[Friday Night Hoot at Janemark](#) (June 7)

Grab your friends and join Janemark for music, wine, and more!

[Pinot on the Potomac](#) (June 8)

Come out for a relaxing evening of food, wine, and an amazing view!

[Food Forested Feast](#) (June 9)

Join Forested Creative Ecology as they Enjoy the flavors of the Forest!

[Beltway BBQ Showdown](#) (June 9)

The 13th Annual Beltway Barbeque (BBQ) Showdown

contest highlights the art of barbecuing in Prince George's County and the Mid-Atlantic region. (via Visit Prince George's County)

[DMV Funk, Food, Wine & Music Festival](#) (June 15)

Spend the day with family, friends, food, music and more! (via Visit Prince George's County)

[Summer at Montpelier Farms](#) (June 19 - August 17)

Spend the summer enjoying family and friends!

Gearing Up For Summer!

[Music at the Farm Summer Camp](#) (Jun - Jul)

Join C&E for an exciting summer camp for your child(ren)!! (Dates Vary)

[Summer Camp at Willowbend](#) (Jun - Aug)
Enjoy Horse-back Riding? Check out this summer program! (Dates Vary)

[Summer Theater Camp](#) (Jul 22 - 26)

Do you have or know a young person interested in theater? Check out this summer program!

[Patuxent River 4-H Center Summer Camp](#) (Aug 4 - 9)

Enjoy a week of great activities, making friends, and much more!

[4-H Pre Teen Xtreme Camp](#) (Aug 12 - 16)

Enjoy a week of activities, international learning, and much more!

[Summer Exploration Camp](#) (Aug 26 - 30)

Looking for new adventures this summer? Check out this summer experience!



Classes, Workshops & More



[Knitting, Crocheting, Knitting & Crocheting at the Library](#) (June)

Interested in one or both? Check out these workshops at your local library. Times and dates vary by location. (via PGCMLS)

[Computer Basics for Job Seekers](#) (June)

Learn basic computer skills and get help looking for jobs in an encouraging atmosphere. This class is perfect for beginners and seniors. Limited to 6 students. Times and dates vary by location. (via PGCMLS)

[Career Kickstart: Teen Job Readiness](#) (June 8)

This workshop will provide teens with information about researching jobs, the hiring process including submitting a resume or job application, and preparing for an interview. (via PGCMLS)

[Career Kickstart: Resumes](#) (June 8)

Join us for an introduction to resume writing. We will go over what to include in a resume, which skills to highlight, and how to write an effective resume to land your next job. (via PGCMLS)

[Medicare 101: Introduction to Medicare](#) (June 18)

The Prince George's County Aging and Disability Resource Center's SHIP program will provide a workshop to help you better navigate Medicare Parts A, B, C, D and Medigap. (via PGCMLS)

[Lawyer in the Library](#) (June 19)

One-on-One Civil Legal Advice. No appointments necessary. Assistance is provided on a first-come, first-served basis. (via PGCMLS)

[High School Finance Curriculum Training for Teachers and Volunteers](#) (July 18)

Interested in teaching Personal Finance to teenagers? Check out this one day training session in Howard County!

Looking for more farm and local food events in Prince George's County? If so check out our Fresh. Local. Fun. PGC [events page](#).

Looking for more events in Prince George's County? If so check out [Visit Prince George's County](#), [Prince George's County Government](#), as well as [Prince George's County Library Systems](#).

Find the full list of county farmers markets [here](#). Download and print our [2018 Farmers Market Guide](#). You can also pick one up at your local farmers market or community center.

50th Anniversary of the Expanded Food and Nutrition Education Program (EFNEP)

For 50 years, EFNEP has been reaching some of the most vulnerable populations by helping them to use their resources to keep healthy food in their homes and healthy meals on their tables. EFNEP with the University of Maryland Extension hosted their own 50th Anniversary Celebration on May 8th at Mulligans Grill & Pub at the University of Maryland's Golf Course. At this event, they honored their EFNEP Champions, those who have gone above and beyond to help their program with recruitment, participation, and graduation, from across the state. In particular, they

honored some stellar partners from Prince George's County.

Ms. Peggy Higgins and Ms. Abigail Delgado, from College Park Youth & Family Services, were honored for their work with EFNEP in the College Park area. They were instrumental in recruiting parents and children to attend their family-centered nutrition classes. They even provided a free shuttle to Shoppers so that families could attend the grocery store tours hosted by EFNEP at the end of their classes. **Ms. Tamara Nunes, from Sowing Empowerment and Economic Development, Inc.**, was also honored at the event for efforts to recruit parents who frequented the food pantry at SEED in Riverdale. Not only did she help promote the participation of her families to attend our nutrition classes, she also provided the families with free food items from the food pantry for completing the nutrition classes. **Ms. Constance Toh, a science teacher at Dwight D. Eisenhower Middle School with Prince George's County Public Schools**, was also honored for implementing fun, interactive nutrition classes after school with her nutrition and gardening club students. **Ms. Luz Berna, Parent Engagement Assistant at Calverton Elementary School** was honored for doing a great job in recruiting the parents to participate in the nutrition classes. To make the nutrition classes accessible for all parents, she broadcasted theme using Facebook Live technology.

We thank these community partners for their amazing contributions to our program in Prince George's County! If you would like to know more about how to start a new partnership with EFNEP, please contact Denise Benoit-Moctezuma at 301-779-2806, ext. 700 or at dbenoitm@umd.edu.



Did You Know

Did you know...



Did you know... Sometimes unforeseen events in life challenge our finances? Research shows that families who quickly made changes in their spending habits for this reason were the most satisfied with how they were managing. Families who did not make changes felt more out of control and more dissatisfied.

Did you know... UME offers an online resource for home and gardening questions? Gather your questions, photos and more, submit them online and learn from an expert! To learn more and to contact our Home and Garden Information Center, [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.

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