



UNIVERSITY OF MARYLAND EXTENSION

Prince George's County

March 2018

Your Monthly News & Updates



Dear Kim

We are pleased to share this edition of our Solutions in Your Community newsletter with you in this first week of April. Many new programs are in the works for University of Maryland Extension and we also have several staff changes to share.

We are sorry this month to bid farewell to Doris "Pam" Mack, who has served as the Administrative Assistant for 4-H for 15 + years! Pam has greeted many visitors to our office in Clinton through the years as well as hosting at many community events, including the Prince George's County Fair. We know you all join with us in wishing her the best in her new career at the Howard University Medical Center. We also have welcomed a new 4-H Educator, Gretchen Sumbrum. See related article in this newsletter.

Our educators and assistants continue their excellent educational work with classes and events throughout the county. We hope you explore some of the events presented here along with visiting

Farmer's Markets, community festivals, health expos and more! If you would like to schedule a program for your organization, faith based initiative or community, please contact us.

Best wishes,



Karol Dyson
Capital Area Extension Director
University of MD Extension

Upcoming Events

Going Green: Earth Day 2018

[Forested Tours](#) (Apr. 7-Nov.)

Come out and explore the garden with us!

[Ready to Root: Getting Started with Small Fruits](#) (Apr. 9)

Join SMADC and UME to learn more about small fruits!!

[2018 Annual Potomac River Watershed Cleanup](#) (Apr. 14)

Celebrate 30 years of hard work and dedication

[Bowie Green Expo](#) (Apr. 14)

Enjoy a family-fun event with activities, entertainment, displays, vendors and more! (via Visit Prince George's County)

[Anacostia Watershed Society's 2018 Earth Day Cleanup](#) (Apr. 21)

Looking to get involved and help keep our rivers clean?

[The Beauty & Benefits of Using Native Plants](#) (Apr. 21)

Want to add something new to your garden this season?

[Volunteer in the Garden](#) (Apr. 21)

Enjoy the great outdoors and the beauty of nature

[Behnke Nurseries: Creating a Rain Garden](#) (Apr. 29)

Is trying something new one of your resolutions? Learn about rain gardens to see how you may be able to check this off your list!



Spring in Full Swing

[Barnyard Extravaganza](#) (Apr. 2)

Search for Easter eggs and enjoy games, crafts, and a petting zoo! (via Visit Prince George's County)

[Hop into Health: Spring Extravaganza](#) (Apr. 8)

Bring your family out for an afternoon of community fun to include: an Easter egg hunt, train rides, Easter Bunny photos, prizes and more!

[Lattes with Lambs](#) (Apr. 7)

Come meet the lambs, and tour the barn.

[Spring Fling & Small Business Showcase](#) (Apr. 7)

Come out and enjoy live music, food and local shopping

[Savor Bowie 2018 Food, Wine & Music Festival](#) (Apr. 21-22)

Enjoy a weekend of music, food, wine & more! (via Visit Prince George's County)

[National Harbor Wine & Food Festival](#) (Apr. 28-29)

Join in the excitement of the 10th Annual Wine and Food Festival at National Harbor (via Visit Prince George's County)

[Marietta Spring Flea & Farmers Market](#) (Apr. 28)

Come out and make the most of your spring cleaning.

[Tavern Night at Riversdale House](#) (Apr. 28)

Enjoy locally made brews, tavern-style snacks, and music.

[Unicorn Fest](#) (Apr. 29)

Celebrate magic and mystery with The Big Purple Barn

Health & Wellness: Taking Care of You!

[Public Health Research at Maryland](#) (Apr. 3)

Join us as we delve into critical public health issues facing our state, nation and world. Together we will "reimagine health."

[Healing/Energy Medicine with Geoffrey Morell](#) (Apr. 29)

Join P.A. Bowen for a new workshop

[Piscataway Park Rx Day](#) (Apr. 29)

Celebrate the power of nature and learn more about the Agriculture for Wellness program



Arts, Crafts & Wine

[Craft Night Fundraiser at Patuxent River 4-H Center](#) (Apr. 6)

Come join us for a fun filled night in our DIY sign workshop!

[Design & Wine with Janemark Winery & Vineyard](#) (Apr. 13)

Enjoy a night of painting, wine, and relaxation!

[Pet Paint Party](#) (Apr. 14)

Want a fun photo of your pet? Here's a way to do so!

[Frost & Sip-Cupcake Decorating](#) (Apr. 14)

Cupcakes, wine, and friends...what an amazing combination!

[Paint Night at Romano Winery](#) (Apr. 20)

Bring your friends for an evening of painting and wine sipping

[Paint in the Woods](#) (Apr. 22)

Enjoy an evening of paint, wine, and the great outdoors!

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

Interested in local food and farm issues and events in Prince George's County? Join our new Facebook community, [Fresh. Local. Fun. PGC Farm & Food Community!](#)

Looking for more events in Prince George's County? If so check out the Visit Prince George's County [events page](#).

Find the full list of county farmers markets here. Download and print our [2017 Farmers Market Guide](#). You can also pick one up at your local farmers market or community center.

Maryland Day 2018

The University of Maryland, College Park, invites you to join us on **Saturday, April 28, 2018**, from 10am to 4pm, for our **annual Maryland Day celebration!** This one-day open house features "family friendly and interactive events." Exhibits are divided into six "Learning Neighborhoods" throughout the campus. The neighborhoods include Terp Town Center, Ag Day Avenue, (you will find some of our educators there!) Art & Design Place, Biz & Society Hill, Sports & Rec Row, and Science & Tech Way.



Within each neighborhood, visitors are able to **learn more about the schools and colleges on campus, enjoy live entertainment, enjoy the kids' carnival**, eat, and so much more. There's something for everyone, from students to faculty/staff, for alumni, families, and even prospective students.

"Come explore our world of Fearless Ideas and see all that we do for our community, the state and the world."

For additional information please be sure to visit our [website](#).

MARYLAND DAY 2018



Welcome, Gretchen, Our New 4-H Educator



Please join us in welcoming our **new 4-H Educator, Gretchen Sumbrum**, to the Prince George's County Extension staff. She is coming to us from the public education sector where she was a teacher, mentor, and instructional coach for 17 years. She received her **BS in Secondary Education from the University of Maryland, College Park**; Masters of Ed. from Endicott College; and Masters of Arts in Education and Human Development from The George Washington University.

As part of the 4-H Extension Program, Gretchen's role is to facilitate lessons, organize activities, clubs, and events, and plan and present educational offerings to promote 4-H throughout the county. She is **excited to exhibit what 4-H has to offer**.

Outside of work she can be found playing hockey, cycling, exploring new places or just lounging in the sun with something interesting to read.

Did You Know



Did you know...Building a healthy plate is easy when you make half your plate fruits and vegetables? It's also a great way to add color, flavor and texture plus vitamins, minerals and fiber. All this is packed in fruits and vegetables that are low in calories and fat. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. For additional information and ideas please [click here](#).

Did you know...Tax-related identity theft is on the rise? Finance Educator Patricia Maynard has a few **tips and additional information** for you. To learn more please [click here](#).

Did you know...4-H is seeking current parents of teenagers for a research study regarding parent-teen communication about dating? Please contact the principal investigator Dr. Alex Chan via email to indicate your interest. Participants will be offered \$25 for participation in a 1-hour interview.

Contact: alexchan@umd.edu

Did you know...The 2018 National Cherry Blossom Parade will be Saturday, April 14th? The festival is **scheduled to be held March 20- April 14**, with many events and activities up until parade day. Come out and enjoy with family and friends. For more information please [click here](#), and don't forget your camera for photos of these beautiful trees!



Did you know...Spring is a good time to reassess how much screen time you and your family are getting? Too much screen time can make it hard for you or your child to sleep at night; raise your



child's risk of attention problems, anxiety, and depression, and raise your or your child's risk of gaining weight. Screen time is time spent sitting and viewing a screen including television, smartphones, computers, tablets, and video games. When you are viewing a screen you are not physically active. **Replace screen time with active time with family and friends. Enjoy the great weather. Go for a walk or play a game. Be a role model with your screen time behaviors.** For more ideas about physical activity, [click here](#).

Did you know...April is National Financial Literacy Month? Council for Economic Education (CEE) conducts a full [roster of events](#) throughout the month to shine a spotlight on the **importance of economic and financial education.**



Did you know...Students from Gwynn Park High School spoke at the Maryland General Assembly? Tyler Reid and Alisa Evans of the Environmental Studies Program, **testified on behalf of students enrolled in Maryland agriculture programs.** To learn more and to view footage of the event, please [click here](#).

Did you know...The Prince George's CASH (Creating Assets, Savings and Hope) Campaign is hosting their 3rd Annual Money Explosion: A Prince George's County Financial Fair? The financial fair is scheduled for Saturday, **April 28, 2018, from 10am-3pm at Prince George's Community College** in Largo, MD. Come out for a free financial education event that will feature **exhibits, workshops, services and activities for all ages.** The goal of this fair is to increase awareness of financial issues, community resources and supportive services that can help low to moderate income Prince George's County residents expand their financial capability. [Click here](#) for more information and registration.



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
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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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