OUR COMMITMENT TO YOU HAS NOT CHANGED

For over 100 years, University of Maryland Extension has fulfilled its mission of delivering research-based education to Maryland communities. We will not waiver on that promise during this challenging time. Our services continue via phone and email. We are, however, adjusting our delivery of programs and services in order to protect the health of our clients, personnel and the public.

APRIL 26 - MAY 2, 2020

The University of Maryland Extension is offering virtual educational programming and assistance by phone or email in the areas of agriculture, nutrient management, home gardening, food safety, nutrition, healthy living, financial literacy and 4-H and youth development. All face-to-face events have been postponed through June 30.

Below are a just a few highlights of our week.
Did you know University of Maryland Extension Western Cluster recently launched our own YouTube channel? Extension educators in Garrett, Allegany and Washington counties are responding to the needs of our communities by creating and sharing educational videos on topics like starting your seeds indoors, making healthy snacks at home with your children and teaching young people proper handwashing technique. Click the YouTube image above to visit our channel or search for “University of Maryland Extension Western Cluster” in the YouTube search bar.

TREE PLANTING TIPS FROM MASTER GARDENER EDUCATOR SHERRY FRICK

Sherry Frick on How to Correctly Plant a Tree
From identifying the root stalk to the depth of planting to soil conditioning, our UME Master Gardener Sherry Frick walks you through the critical steps to successful tree planting.

**MANAGING FARM AND FARM FAMILY STRESS WITH DR. JESSE KETTERMAN**

Dr. Jesse Ketterman on Farm Stress

Our farmers and farm families are increasingly challenged by unpredictable prices, a dwindling labor force, the effects of climate change and so much more. In this video, Dr. Jesse Ketterman identifies ways to identify and address stress in healthy ways and strategies for building resilience in uncertain times.

**FUN AND HEALTHY SNACKS FOR CHILDREN WITH EFNEP EDUCATOR SARA BARNARD**
Getting your children to eat healthy can sometimes be challenging. In this video, Our Expanded Food and Nutrition Education Program (EFNEP) educator Sara Barnard demonstrates that “sometimes” letting your children play with their food is a good idea!

**NUTRIENT MANAGEMENT COMPLIANCE WITH ASHBY RUDDLE**
Our Nutrient Management Program continues to serve producers across the Western Maryland region during the COVID-19 crisis. In the past month, our Nutrient Management Advisor Ashby Ruddle has developed plans for 16 local farmers totaling 3,105.1 acres. Ashby is advising clients via phone, email and mail and he continues to attend web trainings and meetings to stay on top of state regulations and requirements. If interested in obtaining a Nutrient Management Plan, getting in compliance with MD Dept of Agriculture regulations or learning more, please contact Ashby at 301-678-3231 or aruddle@umd.edu

INTRODUCING RURAL OPIOIDS TECHNICAL ASSISTANCE (ROTA)
According to the National Institute on Drug Abuse, Maryland ranks in the top five in the nation for opioid-related overdose death rates with the largest increase attributed to cases involving synthetic opioids (mainly Fentanyl).

University of Maryland Extension was awarded a Rural Opioid Technical Assistance (ROTA) grant of $1M to build capacity within rural communities to help combat the growing opioid issues. Our new ROTA educator, Dr. Stephanie Hutter-Thomas, recently held her first webinar on the topic which drew over 100 participants.

**KEEPING CONNECTED**

Even though our County Extension Offices are closed, Extension Educators are still working and available by phone or email. If you have questions, we have experts to answer your questions.

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The University of Maryland Extension programs are open to all and will not discriminate against anyone because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry, or natural origin, marital status, genetic information, political affiliation, or gender identity and expression.