OUR COMMITMENT TO YOU HAS NOT CHANGED

GREAT NEWS! WE ARE REOPENING for in-person appointments soon with a number of restrictions. Some of our faculty and staff are preparing to serve you in-person by appointment. We will have a different protocol than before so it is vital that you call us at (301) 334-6960 to make an appointment and get instructions for your visit. A mask will be required to meet with any member of our team. As always, we are available now to assist you via phone, email, and video conferencing. As a reminder, face-to-face educational events, including 4-H and Master Gardeners, have been postponed through July 31st.

4-H OFFERS SHORT-TERM CLUB OPTIONS FOR YOUTH

Activities for young people are limited this summer due to public health concerns. In response, Maryland 4-H staff are offering a series of on-line, short-term club experiences. Click on picture below to see what is being offered and registration details.
PAPER CIRCUIT LIGHTNING BUG

Karen Wood, 4-H Extension Educator, shows us a fun summer project on how to make a paper circuit lightning bug.

UPCYCLE CHALLENGE

In the past month, Michelle Harman, Program Assistant, conducted an upcycle challenge for the 4-H youth. The youth were challenged to take something, anything, and use their own creativity to give it new life and re-purpose it. Seven youth accepted the challenge. We received entries that were pleasing to the eye and useful. The youth did an outstanding job using their vision to turn “trash into treasure”. 
HOW TO ATTRACT POLLINATORS TO YOUR GARDEN

It’s not secret that pollinators are struggling. Learn how to help promote and protect them in your home landscape with Ashley Bodkins and Sherry Frick, Master Gardener Coordinators. Easy plants to add and benefits will be discussed.
MARYLAND GROWS BLOG -- HIDDEN GARDEN PARTY: WHO’S EATING WHOM

Let’s join the party! Learn more about these insects in the blog post below written by Ashley Bodkins, Master Gardener Coordinator. Click below to see all these insects enjoying the party!

Hidden Garden Party: Who’s Eating... marylandgrows.umd.edu

Who loves a party? I know I do, especially a summer BBQ with all the family favorites! Insects are no exception and really know how to have some fun. Pictured above is a party of aphids, which are tiny little suckers – literally. They are soft bodied insects that suck plant sap with their piercing...

TIPS TO SHOP SAFELY AT FARMER’S MARKETS

Fruits and veggies are ripe and farmers markets are open! Here’s a video on how to shop safely!
SAFE SHOPPING IS A SNAP AT THE FARMERS’ MARKET

USING MEDITATION TO MANAGE STRESS

Family and Consumer Sciences Educator, Lisa McCoy, talks about meditation as a means of managing stress. This video introduces us to the basics of meditation as well as the benefits of regular practice and the various styles that people adopt to sustain meaningful practice.

LISA MCCOY ON USING MEDITATION TO MANAGE STRESS

INVESTING IN YOUR FARM’S FUTURE

Each year, the average age of principal farm operators continues to get just a little bit older. Many of these principal operators may not have developed a retirement plan, considered how to handle health care issues as they age, developed a succession plan, or even developed an
estate plan. Join specialists from the University of Delaware Extension and Dr. Jesse Ketterman, from the University of Maryland Extension as they help prepare you for this process. Click HERE to register.

**Free Online Succession Planning Workshops**

**INVESTING IN YOUR FARM'S FUTURE**

A four-part series for farm families planning for the next generation.

- **Session 1:** Introduction of the topics and retirement planning.
- **Session 2:** Health insurance in later years.
- **Session 3:** Business planning and communications.
- **Session 4:** Legal topics, planning tools, and finding the right team.

**August 6th, 13th, 20th, and 27th, 2020**

**6:00-7:30 PM**

**online**

Presented by [Logos of the University of Delaware and University of Maryland Extension]

Register here: [https://go.umd.edu/5Qv](https://go.umd.edu/5Qv)
KEEPING CONNECTED

Even though our office will be opening soon in a limited capacity, all of our extension educators and staff are working and available by phone, email or video conferencing. If you have questions, we have experts to answer your questions.

Dr. Jennifer Bentlejewski
Area Extension Director
Western Maryland Cluster
jthorn@umd.edu

4-H Youth and Development

Ann Sherrard
Principal Agent
anns@umd.edu

Karen Wood
Agent Associate
kwood125@umd.edu

Michelle Harman
Extension Program Assistant
mharman2@umd.edu

Agriculture and Natural Resources

William Lantz
Principal Agent
Agriculture & Food Systems
wlantz@umd.edu

Ashley Bachtel-Bodkins
Senior Agent Associate
Master Gardener Coordinator
abachtel@umd.edu

Jill Hauser
Coordinator
Nutrient Management Program
jhauser1@umd.edu

Food Supplement Nutrition Education

Kristin Spiker
Senior Agent Associate  
kspiker@umd.edu

Kristi Evans  
Extension Program Assistant  
kevans19@umd.edu

Administrative Assistants

Roberta Cvetnick  
rcvetnic@umd.edu

Wanda Guard  
wguard@umd.edu

1916 Maryland Highway Suite...  
rcvetnic@umd.edu  
301-334-6960  
extension.umd.edu/garrett-co...

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