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 beginning the week of July 27. We will have a different protocol than before so it is vital that you call us at (301) 724-3320 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.

OUR HOME HORTICULTURE SERIES IS AVAILABLE ONLINE

Master Gardener Coordinators Sherry Frick and Ashley Bodkins recently teamed up to offer a popular five week online Home Horticulture series that drew 1,433 participants in the month of June. Topics included Starting a Vegetable Garden, Attracting Native Pollinators, Pest and Disease Management and more. All sessions were recorded and are available for viewing on our University of Maryland Extension Western Cluster YouTube channel at https://www.youtube.com/playlist?list=PLUL-BdU4r7NCtRLqtdCI6FZ-AwuY4duCqH.
University of Maryland Extension has partnered with the Maryland Business Roundtable for Education to offer this free, online series titled “Adulting 101”. UME educators Lacie Ashby, Sara Barnard, Jesse Ketterman and Jessica Mellon offer courses on cooking, etiquette, budgeting, automotive maintenance and more. For more information, contact Jessica Mellon at jmellon2@umd.edu. To register, visit https://docs.google.com/forms/d/e/1FAIpQLScUrktDm7xQq2N6oARvj6eaAFu01kDqM3Sg7DdA7AuDaiau1Q/viewform
CONTINUED NUTRIENT MANAGEMENT SUPPORT FOR LOCAL PRODUCERS

Allegany County Nutrient Management Advisor, Ashby Ruddle, is continuing to develop Nutrient Management Plans. If you need a Plan, an Addendum or Fall Manure Recommendations, please feel free to contact aruddle@umd.edu or 301-678-3231. Over the past 12 months, the Allegany County Nutrient Management Advisor has written over 10,000 acres in Nutrient Management Plans. A learning opportunity is also available with the Soil Health Institute with their 5th Annual Meeting which will be held virtually July 30-31. If interested, visit https://soilhealthinstitute.org/annual-meeting-2020/ to register.
UNDERSTANDING THE FIVE COMMON MEANS OF GERM TRANSMISSION FOR KIDS

University of Maryland Extension 4-H Educator Lacie Ashby and assistants explain the five common means of germ transmission. Direct Transmission, Indirect Transmission, Aerosol Transmission, Oral Transmission and Vector Transmission are explained in simple demonstrations that even very young people can understand.

Lacie Ashby on Common Means of Germ Transmission

USING MEDITATION TO MANAGE ANXIETY

Family and Consumer Sciences Educator Lisa McCoy introduces us to meditation as a means of managing stress. This video explores the basics of meditation as well as the benefits of regular practice and the various styles that people adopt to sustain meaningful practice.
As part of our continuing Summer Robotics Challenge, University of Maryland Extension 4-H Educator Jessica Mellon issues this month’s Rube Goldberg Challenge. For more information visit our website at https://extension.umd.edu/allegany-county/4-h-youth/robotics-and-stem.
KEEPING KIDS ACTIVE AT HOME

Now is a great time to revisit some of your favorite activities from childhood: Play hopscotch, jump rope or make an old fashioned Skip Ball that will entertain your kids for hours. FSNE Faculty Assistant Becky Chippendale shows us how to DIY a Skip Ball with material found at home.
INTRODUCTION TO MARYLANDROTA

The Rural Opioid Technical Assistance program (MarylandROTA) is a new program through the University of Maryland Extension that aims to strengthen the capacity of rural Maryland communities through educational programming for both adults and youth. Despite last minute adjustments due to the pandemic, MarylandROTA has been off to a very successful start having delivered over 20 webinars/virtual trainings reaching more than 750 community members and stakeholders. Watch our short introduction video to learn more about MarylandROTA.

Maryland Rural Opioid Technical Assistance (ROTA) Project Overview
KEEPPING CONNECTED

Even though our office is open in a limited capacity at the moment, 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

Lacie Ashby
Senior Agent
lashby@umd.edu

Jessica Mellon
Senior Agent Associate
jmellon2@umd.edu

Michelle Harman
Health Rocks Program Assistant
mharman2@umd.edu

Agriculture and Natural Resources

Sherry Frick
Senior Agent Associate
Ag Agent & Master Gardener Coordinator
sfrick@umd.edu

Ashby Ruddle
Coordinator
Nutrient Management Program
aruddle@umd.edu

Food Supplement Nutrition Education

Tammy Humberson
Senior Agent Associate
tammyh@umd.edu

Shirley Guinn
Healthy Food Access Faculty Assistant
Mandy Hawkins  
Healthy Food Access Faculty Assistant  
ahawkins@umd.edu

Expanded Food and Nutrition Education Program

Sara Barnard  
Extension Program Assistant  
sbarnard@umd.edu

Family and Consumer Sciences

Lisa McCoy, RD  
Senior Agent  
lmccoy@umd.edu

Dr. Jesse Ketterman  
Agent  
jketterm@umd.edu

Dr. Stephanie Hutter-Thomas  
Rural Opioid Technical Assistance (ROTA) Educator  
shuttert@umd.edu

Administrative Assistants

Jody Parrish  
Administrative Asst II  
jparrish@umd.edu

Joni Reed  
Administrative Asst I  
jonireed@umd.edu

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