OUR COMMITMENT TO YOU HAS NOT CHANGED

Although our office is closed, our faculty and staff are still available daily to serve you via phone and email. And, we are offering virtual educational programming in the areas of agriculture, home gardening, food safety, nutrition, healthy living, financial literacy and 4-H youth development. All face-to-face events have been postponed through June 30.

TRUSTED RESEARCH BY LOCAL EXPERTS
University of Maryland Extension has continued to provide science-based solutions for over 100 years and our goals have never wavered. We are passionate about building healthier families, homes, and communities, improving our agricultural production systems, instilling valuable life skills in our youth, and creating a sustainable environment and Chesapeake Bay.

In 2019, Extension reached over 420,000 residents across the state, engaging them with the knowledge they need to enhance their lives, their health, their finances, and their businesses. Our faculty and staff understand local issues because they are local – they are your neighbors and friends, and their priorities are cultivating and disseminating information that helps improve our neighborhoods from within.

University of Maryland Extension works with over 5,000 volunteers who support the Extension mission, and have built over 5,000 partnerships in 2019 that work together to better the state of Maryland.

We are proud to share our newly-released FY2019 Annual Report detailing the variety of program areas we cover and how we help the constituents within your community. We hope you will take a moment to peruse the extensive accomplishments of our dedicated teams and the dynamic work happening throughout Maryland. As always, you can find news and information about Extension at https://extension.umd.edu/ or find your local Extension team at https://extension.umd.edu/locations.
SHERRY FRICK ON PRUNING FRUIT TREES
PART I

In this video, Master Gardener Coordinator Sherry Frick explains the Central Leader method of pruning apple, pear and other small fruit trees. Using the Central Leader method allows more of an upright growth habit. This keeps the canopy open to light and air circulation so that fruit production and overall tree health is maintained.

JESSICA MELLON’S STEM CHALLENGE: BUILDING A MARBLE ROLLERCOASTER
Jessica Mellon continues to issue a new STEM challenge to Allegany students every week. This week’s challenge, to build a marble rollercoaster, is a lot of fun but also provides plenty of opportunity to learn important skills like critical thinking, problem solving and structural engineering.

**TAMMY HUMBERSON OFFERS TIPS FOR KEEPING ACTIVE AT HOME**

Using materials found at home, Tammy Humberson offers creative ways to stay active and mix up your workout routine. This week, she demonstrates how to make "Fitness Dice" and how to use them to create a game that will have your kids up and moving!
Shirley Guinn, UME Healthy Food Access Faculty Assistant, recommends this FSNE blog that offers a wide variety of meal ideas while limiting trips to the market due to COVID-19. It features a long list of healthy pantry and freezer items and includes a meal plan and recipes for using these nutritious foods.

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
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.