OUR COMMITMENT TO YOU HAS NOT CHANGED

WE ARE AVAILABLE to serve you via phone, email, and video conferencing since our building is not yet open for walk-in customers. However, if you need an in-person appointment, please call us at (301) 334-6960 to make arrangements. A mask will be required to meet with any member of our team. As always, we are here to assist you!

4-H VIRTUAL COSTUME ANIMAL PARADE

2020 Virtual Costume Animal Parade Contest was held the last week of July. Youth were offered the chance to dress up with their pets or livestock project and submit pictures and a story to enter. We had three creative entries. Pictured below are the winners.
4-H OFFERS VIRTUAL INDOOR EXHIBITS

The 4-H staff recently held a virtual indoor exhibit showcase. Members were asked to submit photos of their entries. Departments that were included were: Crafts & Hobbies, Wood & Shop Work, Garden/Vegetable Display, Photography, Home Environment, Plants/Flowers and Project Exhibit/Poster. Below is a video from our Crafts & Hobbies entries. Visit our YouTube channel for additional exhibit videos.

https://www.youtube.com/channel/UCO1lbOnWAWD6hE EqvVjyhZzw

4-H HEALTH ROCKS IS EXPANDING

Health Rocks! is a 4-H Healthy Living program designed for young people ages 8 to 14 with the goal of bringing youth, families and communities together to reduce adolescent substance use. Using the 4-H Positive Youth Development model, the program aims to provide young people with the experience and skills necessary to make healthy decisions that lead to healthy lifestyles.
Thanks to a grant from the National 4-H Council, Health Rocks! piloted in Allegany County in 2019 and will expand into Garrett and Washington counties in 2020. Programming is conducted on-site in partnership with public schools, after school programs, libraries, YMCAs and other places easily accessible to students. By offering a broad range of both group and one-on-one activities, Health Rocks! establishes a mentoring network with the positive adult role models that serve as volunteers. All volunteers are vetted with reference and background checks. For more information about Health Rocks!, contact Lacie Ashby at 301-724-3320, lasbhy@umd.edu or Michelle Harmon at 301-334-6960, mharman2@umd.edu.

Health Rocks! Lesson 1 Why Health Rocks

NATIONAL 4-H COUNCIL AWARDS $25,000

Maryland 4-H Program received a $25,000 grant through National 4-H Council to support camping. The funding is intended to help cover some of the unexpected costs related to COVID-19. Camping youth and staff are looking forward to returning next year!
Extension has been working with Garrett Growers Cooperative, Inc. to adjust sales and markets because of the Covid 19 pandemic. Garrett Growers Cooperative markets fresh fruits and vegetables to local restaurants and grocery stores. Garrett Growers started online sales to individuals. Individuals can order and pay online then have the vegetables delivered to 5 or 6 designated locations around Garrett County. Orders are placed

[Image of Garrett Growers logo]
Garrett Growers also received a grant from MARBIDCO Pandemic Adjustment Equipment Grant. The grant will fund refrigerating one of Garrett Growers delivery trucks. Garrett Growers has also been working with Turnrow Appalachian Farm Collective to share availability and deliver produce across WV and western Maryland.

**WESTERN MARYLAND HEMP PRODUCTION**

Extension has been working with a group of farmers that formed the Mountain Maryland Hemp Alliance. The group has affiliated with Western Maryland RC&D headquartered in Hagerstown. The purpose of the Alliance is to promote sustainable hemp production in western Maryland and the surrounding states. To learn more about the Alliance go to [http://www.mountainmarylandhemp.org/](http://www.mountainmarylandhemp.org/) The Alliance has applied for three grants this spring to assist with hemp production. The group is holding monthly meeting on the first Wednesday evening of the month.

**HAVE A BALL THIS SUMMER!**

Garrett County Food Service Director, Scott Germain recently partnered with MD Snap-Ed to keep families healthy during the summer! All Food Distribution sites in Garrett county received activity incentive items which were distributed with the meals. MD Snap-Ed provided a beach ball for every child receiving food at the distribution sites around the county. The flyer was also distributed to encourage families to stay active and play together!
Lisa McCoy, western cluster FCS educator created a 30-day mindfulness challenge. Each day, participants can watch a brief video sharing a new mindfulness technique that will help individuals to bring awareness and focus to their daily lives. A brief introductory video and how to access these daily videos can be found on the UME Western Cluster YouTube channel at: http://go.umd.edu/mindfulnesschallenge
MARYLAND ROTA OFFERS SERIES
REGROUNDING OUR RESPONSE

Maryland ROTA presents "Regrounding our Response": A series of presentations that seek to address the stigma around substance use and raise awareness about public health approaches to the Opioid crisis in Maryland. For more information about the series, or about the Maryland ROTA program in general, contact Dr. Stephanie Hutter-Thomas at 301-724-3320 or shuttert@umd.edu.
Farm and farm families experience stress due to the interconnectedness between healthy farm businesses and healthy family members. Both ordinary and extraordinary stressors, and the ability to respond appropriately, impacts financial, physical and mental health. This webinar, which is a part of the Mid-Atlantic Women in Agriculture Wednesday webinar series, will share warning signs and resources available to deal with stress. Some topics covered include financial stress, substance abuse, depression, and suicide. This webinar will be facilitated by Dr. Jesse Ketterman, Family and Consumer Sciences Educator for the Western Cluster on August 28th at noon. For more information visit, [http://extension.umd.edu/womeninag/webinars](http://extension.umd.edu/womeninag/webinars).
KEEPING CONNECTED

Although our building is not yet open for walk-in customers, we are still here to serve you by phone, email or video conferencing. If you need an in-person appointment, please call 301-334-6960.

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Kristin Spiker
“University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.”