2019 / 2020 ANNUAL REPORT

UNIVERSITY OF MAINE COOPERATIVE EXTENSION
PISCATAQUIS COUNTY

Information you can use. Research you can trust.
Welcome to the University of Maine Cooperative Extension! We are located across the state in 16 county offices, research farms, 4-H camps and learning centers, and online. We are the largest outreach component of the University of Maine and reach more Maine people than any other entity within the seven campus University of Maine System. Our work is focused on helping Maine communities thrive and we do so focusing on two areas of excellence—the Maine Food System and 4-H. UMaine Cooperative Extension conducts the state’s most successful out-of-school youth education program through 4-H, empowering young people to reach their full potential. Extension also helps support, sustain, and grow the food-based economy across the entire state of Maine. In addition, we partner with other organizations and programs to provide additional educational opportunities to a diversity of audiences across this state.

UMaine Cooperative Extension is determined to make a positive difference in our areas of excellence and beyond for the citizens of Maine. Explore our website, visit a county office, and contact our enthusiastic workforce.

— Hannah Carter, Dean

Piscataquis County Extension Association

Executive Committee:
Dr. Beth McEvoy, President
Carole Boothroyd, Secretary
Dr. Karen Murphy, Treasurer
George McKay
Gretchen Huettner
Ben Cookson
Steve DeGoosh
David Bridges – Retired

Piscataquis County Staff

Donna Coffin, Extension Professor
Emily Mott, 4-H Community Education Assistant
Sheila Norman, 4-H Professional
Trisha Smith, Home Horticulture Community Education Assistant
Laurie Bowen, Food System Community Education Assistant
Anette Moulton, Administrative Specialist

Putting university research to work in homes, businesses, farms, and communities for over 100 years.

Our annual report features highlights of recent accomplishments and the difference we make in the lives of Maine citizens and their communities
COUNTY HIGHLIGHTS —MAINE FOOD SYSTEM

Ticks in Maine

Deer ticks are on the move in the spring. They are the primary vectors of disease in Maine. Combatting the threats associated with ticks is an immense challenge that relies heavily on an integrated approach that includes monitoring tick populations, reducing tick and host habitat, managing ticks and their wildlife hosts, and widespread educational outreach on personal protection.

A free webinar sponsored by UMaine Extension on Ticks in Maine featured two speakers. Griffin Dill, IPM Professional with the UMaine Extension where he manages the Tick Lab (https://extension.umaine.edu/ticks/) and Beatrice Szantyr, MD, medical advisor for MaineLyme.

177 people registered for this event with 100 attending live and 13 viewed the recording. There were people from 11 states and two countries (Canada and India) as well as 6 folks from Piscataquis County who participated in the program. After the program, 92% of the participants indicated an understanding that the best prevention for tick-borne diseases is to avoid tick bites and 88% indicated an understanding that follow-up is important in treating a tick-borne infection.

One Tomato 2020

During COVID-19 we asked gardeners for their help in keeping everyone healthy as we distributed free tomato seedlings for the One Tomato project that the Piscataquis County Extension Association purchased from Ellis Greenhouse in Hudson. We had a short survey and contact information card for gardeners to complete when they came to pick up their seedling or they could complete it online. We asked folks to please wear a face covering and practice social distancing if they had to wait to get their seedling.

Since most of the usual distribution events that we used in previous years were canceled, we decided to reach out to people outside of grocery stores and food distribution centers. We partnered with the Dover-Foxcroft Food Cupboard and their Garden in a Box program as well as the following stores: Indian Hill in Greenville, KC Store in Parkman, Whitney’s Family Supermarket in Guilford, Tradewinds in Milo, Smith’s Grocery in Brownville. One Tomato seedlings were also available at the Dover Cove Farmers’ Market, the Piscataquis County 4-H Clubs, school gardens, and at the Extension Office in Dover-Foxcroft.

We distributed a total of 480 seedlings at ten locations throughout the county. Many families were able to receive tomato seedlings for all members in their household. A total of 273 initial surveys were completed and 19 % of those receiving the seedlings had never gardened before, this was their first year, or this was their first-year gardening in a long time. 39% are planning to grow their tomatoes in a container. 27% had not heard of the University of Maine Cooperative Extension before. 75% of folks receiving a seedling had never participated in the One Tomato project before.
**Garden in a Box**

UMaine Extension Master Gardener program joined forces with the Piscataquis County Regional Food Center to pilot a “Garden in a Box” program for people with an interest in growing their own food but didn’t know where to begin. Other more experienced gardeners who didn’t have the space or physical capability to tend to a big garden also participated.

The Garden in a Box pilot program was designed as a learning series with a few different components. Participants where provided with all the materials they needed for a container garden but plans for monthly meetings were adapted due to COVID-19. With grant funding from the Quimby Family Foundation, 14 participants received the planted 15-gallon containers with locally grown seedlings from the Ripley Farm and Marr Pond Farm that were delivered to their homes. Garden Coaches were available by phone for questions.

Delivering the containers to gardeners, and seeing how excited everybody was about their plants, was amazing to see! We know that these little container gardens will spark happiness, learning, and connectivity for the first ever Garden in a Box participants!

**COUNTY HIGHLIGHTS — 4-H YOUTH DEVELOPMENT**

**Welcome to New 4-H Community Education Assistant, Emily Mott**

We are very pleased to announce that Piscataquis and Penobscot Counties have a new 4-H Community Education Assistant. Emily Mott joined our staff in December. She comes to us from the University of Massachusetts with a degree in Kinesiology. Emily’s skill with spreadsheets and technology has been greatly appreciated in her highly unusual first year with 4-H. Her interests include board games, music, and a growing affection for cats.

**4-H Activities**

As with organizations everywhere, this year has been very challenging for our 4-H clubs, members, volunteers, and staff. The year began with all our traditional activities and plans, but the COVID 19 outbreak changed everything. Here are some of the highlights of our most unusual year.

Our long-running Milo Afterschool program met as usual in the fall of 2019. One group created items from duct tape and the other learned about space travel and flight. Twenty-two youth participated in the culminating event, a field trip to the Challenger Space Center in Bangor and the Emera Planetarium at UMaine. Our spring session was cancelled after only two meetings due to the pandemic.
Public Speaking

Two youth participated in our county public speaking tournament. Ingrid and Susannah both qualified for the state tournament, which was held virtually by ZOOM. Ingrid earned a spot on the Communication Science Team. Volunteer and former 4-H public speaker Rebecca Huettner served as a judge and committee member. Piscataquis County Executive Committee members also served as judges and timekeepers. Staff members Sheila and Emily both held leadership positions on the planning committee.

Sew Much Fun

Sew Much Fun, a Special Interest 4-H Club, met at the Piscataquis County Extension office in February. Ten members learned quilting techniques from leaders Sally Downing and Barbara Lockwood. Members created beautiful pillowcases and coasters. There was so much interest in this SPIN club that a second session was planned for April, but it had to be postponed.

National Trips

We are happy to announce that two youth from Piscataquis County were selected to represent Maine on national trips. Gabrielle attended National 4-H Congress in Atlanta, GA in November. Trisha Smith served as chaperone for the trip. Ingrid was selected to attend National 4-H Conference in Washington, D.C., but that trip was postponed. She will attend with next year’s delegation in 2021. Congratulations to both girls!

Virtual Meeting and Programs

In recent months, all activities have been virtual. The Super Science club has been meeting by ZOOM. The summer learning series features 50 on-line opportunities for youth to engage with staff, volunteers, and other kids from all over the state. Gabrielle and Susannah will offer a workshop on how to make goat milk soap and Rebecca Huettner will offer an introduction to public speaking as part of the series. Sheila and Emily serve on the leadership team of this event also.

County Fair Postponed

The Piscataquis Valley Fair, where 4-H is proud to showcase our activities and where we have our major fund-raiser of the year, has been postponed until 2021. UMaine Extension staff across the state are initiating new opportunities for 4-H youth to be recognized for their project work.

4-H clubs in Piscataquis County

We have 60 youth members and 11 volunteers enrolled.

- **Super Science – Monson/Guilford** (leader Gretchen Huettner)
- **Wild Blueberry Adventures Club – Greenville** (leader Ruth Huettner)
- **4-H After School – Brownville** (leaders Nancy Paprocki, Ellen MacMillan, Kim Haffenreffer and staff)
- **Sew Much Fun SpIn – Dover-Foxcroft** (leaders Barbara Lockwood and Sally Downing)
- **Piscataquis Passport- Dover-Foxcroft** (leaders Susan Stevens and Trisha Smith)
- **Choose Health-Food, Fun, and Fitness SpIn-Guilford** (staff)
- **Independent membership** is also available
COUNTY HIGHLIGHTS — COMMUNITY AND ECONOMIC DEVELOPMENT

COVID-19 Response in Piscataquis County

On March 19th the decision was made for UMaine Extension staff to leave the office and work from home. Live in-person programs were quickly converted to virtual programs or meetings. Clients without Internet access were contacted by phone, surface mail, and through newspaper articles.

Piscataquis County staff were involved in a number of efforts that had county as well as statewide impact. Virtual programs included Garden in a Box, Fourth Friday Plant Clinics, Growing and Utilizing Hemp in the Home Garden, Garden Chats: Growing Resilience from the Ground Up, Victory Gardens for ME, and the Weekly Maine Farm Zoom. The farm zoom session featured a number of special guests including Congresswoman Pingree, Commissioner Beal and Senator Collins to discuss COVID-19 response for agriculture producers.

Local staff were also involved in developing and up-dating farm-oriented websites on the UMaine Extension server. A new site E-commerce and Alternative Marketing Methods for Farmers was posted. A revised Small Ruminant site was made more robust for small-scale sheep and goat keepers. The Poultry website was revamped with more current information for new and small-scale poultry keepers. An additional factsheet Nutrition for Backyard Poultry Flocks in Maine was added.

Piscataquis Media Survey

Last year we asked for your help to make us more effective with our program content and efficient in our communication methods by completing the Piscataquis Media Survey. Here are the results.

We had 290 responses with 32% from Piscataquis County, 39% from Penobscot County and 29% from another county. Piscataquis County residents want to receive vegetable gardening information (68%), food preservation information (57%), plant identification assistance (52%), pest identification assistance (50%), and farming information (49%). Other topics of interest included: 4-H & Youth, calendar of events, food preparation, greenhouse information, home landscaping, and pest management.

People in Piscataquis County prefer to get information from UMaine Extension through email (69%), e-newsletters & website (57%), live classroom instruction (46%), and surface mail (41%). They also like to access information by text, one on one consultations, Facebook, and webinars.

Piscataquis County residents access information technology by laptop computer (58%), smart phone (54%), desk top computer (42%), cell phone (38%), and highspeed cable (37%). They also use tablets, phone landline, local library and satellite Internet to access online information.

Internet access in Piscataquis County is not as available nor fast as access in other areas of Maine. 84% of Piscataquis County households have access to 25+ mbps (megabits per second) while an average of 95% of all Mainers have this speed available. Only 42% of Piscataquis households have access to 100 mbps with an average of 92% of all Mainers have this faster speed. 72% of Piscataquis have broadband access with the average Maine broadband at 87%.¹

Supporting Maine's Wild Blueberries

**Relevance** – Wild blueberries are a $250 million industry in Maine. Mummy berry and Botrytis flower blight can be serious diseases in wild blueberries that can greatly decrease yield when they occur. Mummy berry can result in complete crop loss if not effectively controlled. Botrytis can kill off 30% of flowers during bloom, and frost during bloom also can greatly decrease yield. Maine’s 510 blueberry growers need accurate weather and disease risk information, and those who use fungicides need timely information on when they should apply fungicides for optimum efficacy. Timely applications of fungicides provide improved control of mummy berry and Botrytis. Avoiding unnecessary fungicide applications also saves growers’ money and prevents adding unnecessary pesticides to the environment.

**Response** – Extension has a network of 15 Internet connected weather stations in low bush blueberry fields. From the weather data and field conditions, we provide growers with biweekly reports on infection risk during mummy berry season and make recommendations on effective times for fungicide applications. In 2019, Extension provided growers with a new weather app developed with AgriNet. This web-based app is available on mobile phones and provides current information for each weather station, and indicates when disease events have occurred. Future additions to the app will include alerts for frost events and inclusion of growing degree day models for important blueberry life stages or pests.

**Result** – As a result, more growers can quickly obtain information about their fields for weather conditions and disease risks. Growers report substantial savings by avoiding unnecessary applications of fungicides to control mummy berry disease.

AgrAbility…Supporting Farmers of All Abilities To Remain Active on the Farm

**Relevance** – The average U.S. farmer is 58 years old, and farming is the sixth most dangerous job in America. An estimated 5,700 farmers, farm family members, or farm workers in Maine have a chronic health condition or disability, such as post-traumatic stress disorder, traumatic brain injury, or aging-related issues, such as arthritis or hearing loss. In addition to farmers, fishermen, forest workers, and migrant workers face similar challenges for remaining successful in production agriculture.

**Response** – Funded through USDA/NIFA, Maine AgrAbility helps Maine farmers, loggers and fishermen facing physical or cognitive challenges, to enhance their ability to farm and live independently, which improves their quality of life and economic sustainability. AgrAbility specialists assess issues and offer adaptive recommendations. They provide education about safe work methods and connect people with other resources through this nonprofit partnership between Extension and Alpha One. The program supports the capacity of health and agricultural professionals to provide assistance and services for farmers and farm workers with disabilities.

**Result** – Since the project began in 2010, Maine AgrAbility has provided technical information to over 800 farmers and conducted on-site assessments for over 100 agricultural workers. The diverse agricultural
operations include dairy and livestock operations, Christmas tree farms, fruit orchards, agritourism, vegetable and maple syrup production, hay sales, managing woodlots and lobstering. A 2019 program evaluation suggests that participants experienced an increase in economic viability and sustainability, and that AgrAbility suggestions made their farm business more accessible, or using their existing resources differently allowed them to start building up their farm again into a viable and stronger business.

Protecting Maine’s Dairy Industry

Relevance – Maine currently has 8,200 farms, and many have dairy animals. Maine’s diary industry generates more than $570 million a year for the state’s economy and contributes more than $25 million in state and municipal taxes. Dairy farms employ more than 1,300 people statewide, and the industry provides more than 4,000 jobs for Maine people. As well, organic and small ruminant dairies are producing a diverse collection of artisanal cheeses and alternative milk products. For public safety and quality control reasons, all dairy producers must keep pathogenic bacteria out of their dairy animals and their dairy products. It is important for them to identify and cull these chronically infected animals to protect the public, and to avoid spreading this disease on their dairies.

Response – The UMaine Veterinary Diagnostic Laboratory (VDL) offers a local, responsive resource for culturing milk samples (bulk tank or individual animal samples), along with water samples, thus providing a key piece of information for producers, Extension staff, and milk processors. The VDL helps protect Maine’s dairies, both large and small. In 2019 cultured over 1,600 milk samples for mastitis.

Result – Effective responses to animal illnesses are only possible when the disease is identified. Maine’s dairy owners benefit from local, responsive mastitis diagnostic service. At the VDL, Extension staff screen both large and small dairies for mycoplasma, one of the most problematic pathogens for producers of milk or beef. Farmers avoid antibiotic use by culling animals with incurable infections, such as Staphylococcus aureus or Mycoplasma bovis. This protects public health, jobs, and this sector of the state’s economy.

STATEWIDE HIGHLIGHTS — 4-H YOUTH DEVELOPMENT

Fostering Positive Science Identities in Youth

Relevance – Educators in the United States, and in Maine, are continuing to work toward fostering interest and positive science identities in youth. They are also searching for ways to engage youth in local, place-based STEM activities, while using best practices for science learning and meeting local state and national standards. Youth enjoy and learn from experiential learning activities, particularly activities that have local and personal relevance and applicability. University researchers continue to explore ways to communicate research to public audiences, including K-12 age youth.

Response – As a way to bring UMaine research to youth audiences, Extension in 2014 developed 4-H Science Toolkits - curricula with associated materials available for loan from Extension offices. These toolkits are available to formal and informal educators at no cost, and the curriculum can be downloaded online. New toolkits have been recently developed or are being developed in mineralogy, meteorites, data
science, forestry, solar energy, and aquaculture. Toolkits are standardized so that each serves a classroom group of 25 youth.

**Result** – The toolkit lending library has nearly 200 individual kits in almost 50 unique STEM subjects. In 2019, over 150 adults borrowed the 4-H Science/STEM toolkits, reaching over 2,000 youth with free hands-on STEM learning. This number is expected to grow with the availability of new toolkits and their use by 4-H STEM Ambassadors, UMaine researchers, and with many faculty adding funding for the creation of 4-H toolkits to their grant proposals. Outside sponsors have also sponsored 4-H toolkits, and the program is also part of a $20 million National Science Foundation grant to UMaine. By reducing a significant barrier for 4-H volunteers, club leaders, 4-H staff, and other educators, these STEM toolkits are bolstering STEM learning to Maine youth.

**Childhood Obesity and EFNEP**

**Relevance** – Nationally, 4.8 million (15.5%) children aged 10 to 17 are obese. Comparatively, Maine's youth obesity rate is similar to the national rates at 14.9%. Annually, the United States spends $14 billion to treat childhood obesity, and obese children are almost three times more expensive for the health system than the normal weight child. Rising childhood obesity rates will continue to put a strain on current health promotion programs and continue to raise health care costs for the nation.

**Response** – In an effort to stop rising childhood obesity rates, UMaine Extension EFNEP implements direct education to Maine’s low-income children to improve their knowledge, behaviors, and attitudes related to improving diet quality, increasing daily physical activity, and using food resources management practices to learn how to plan and shop for healthy meals and snacks. Program outcomes are measured for all youth ages 5-18 using validated pre/post program surveys.

**Result** – In 2019, 2,056 youth participated in Maine EFNEP. Youth participated in an average of 6 classes over 2 months. Of the 2,056 youth that participated in EFNEP, 1,936 completed a pre and post survey. As a result of participating in EFNEP:

- 77% of youth improved their abilities to choose foods according to current Dietary Guidelines or improved nutrition knowledge.
- 38% of youth improved their daily physical activity practices.
- 53% of youth used safe food handling practices more often.
- 46% of youth improved their ability to prepare simple, nutritious, affordable food.

**STATEWIDE HIGHLIGHTS — COMMUNITY AND ECONOMIC DEVELOPMENT**

**Maine Harvest for Hunger: Mobilizing to Support Food Insecure Citizens**

Maine has the highest rate of food insecurity in New England, and ranks 12th in the U.S. The USDA estimates 13.6 percent of Maine households, over 182,000 individuals, are food insecure. Twenty percent of children are food insecure. Twenty-three percent of seniors have marginal, low, or very low food security. Thirty-seven percent of food-insecure people do not qualify for food stamps or other government programs. It is especially challenging for food insecure people to afford high quality, fresh, nutritious food, and donations of fresh produce to Maine’s emergency food system has declined significantly in recent years.
Since 2000, UMaine Extension’s Maine Harvest for Hunger (MHH) program has mobilized gardeners, farmers, businesses, schools, and civic groups to grow, glean, and donate quality produce to distribution sites (pantries, shelters, community meals) and directly to neighbors in need, to mitigate hunger, improve nutrition and health, and help recipients develop lifelong positive nutritional habits. In addition, educational programs such as Hancock County’s Eat Well Volunteers, have focused on engaging food pantry recipients in learning appropriate methods of cooking and using fresh produce, and state-wide Extension programs help teach Mainers to grow more of their own fresh garden produce.

Since 2000, MHH participants have distributed over 3 million lbs. of food to citizens grappling with hunger. In 2019, donations of over 193,000 lbs. of fresh produce from over 120 Maine farms went to 207 hunger alleviation distribution sites. A corps of 365 volunteers and 8 corporate partners from 12 counties logged over 6,000 hours, and the value of the produce is estimated at over $327,000. Now in its 20th season, MHH has continued to improve the efficiency of supplying fresh produce to food pantries across Maine through building partnerships. For example, through MHH volunteer planning and communications, several food pantries are now sending trucks and vans directly to the farm where gleaning is taking place. Maine has approximately 130 community gardens and many of them are supported by Extension staff and Master Gardener Volunteers. As a result, more than 30 of them now have added an MHH area to their community garden and have contributed almost 20,000 lbs. of our 2019 totals. In Penobscot County, volunteers anonymously sponsor food insecure families by collaborating with the Maine Family Institute to distribute fresh produce to the families, which has resulted in their increased consumption of fresh fruit and vegetables.

**Signs of the Seasons: A New England Phenology Program**

**Relevance** – Average New England air temperature increases are among the highest in the continental United States, and sea surface temperatures in the Gulf of Maine have increased faster than 99 percent of the rest of the world’s oceans. Little is known about how marine and upland biota respond to these environmental changes. Climate scientists, resource managers, economists, and others need reliable information about the effects of climate change, and the process of collecting phenology data is a simple, reliable method to ground-truth climate models and understand local-scale biological changes.

**Response** – Since 2010, UMaine Extension and Maine Sea Grant have worked with state and regional partners to develop and coordinate Signs of the Seasons (SOS), a monitoring program that engages citizens of all ages in observing the timing of seasonal plant and animal life cycle events (phenology). The data are publicly available through the National Phenology Network, and the program offers climate and phenology seminars, webinars, and field-based learning opportunities for participants and the public throughout Maine and New Hampshire. SOS volunteers help scientists document the local effects of global climate change.

**Result** – In 2019, we trained 78 new adult volunteers, and hundreds of volunteer observers made more than 1,090 site visits and recorded over 43,000 observations of the program’s 22 indicator species in Maine and New Hampshire, including rockweed and common loon. Of participants surveyed, 72% reported an increase in their knowledge of climate science, 78% reported taking action regarding climate change and 88% reported a better understanding of phenology as an indicator for climate-related biological change. SOS continues volunteer engagement with increased K-12 programming, and through opportunities for species-specific research seminars
**Online Presence**

In 2019, UMaine Extension’s website at extension.umaine.edu – a composite of 58+ interconnected websites – received over 2.4 million pageviews. Nearly 37,000 followers followed or were subscribed to UMaine Extension’s 56 county and program-specific social media accounts on Facebook, Twitter, YouTube, Pinterest, and Instagram. More than 230 educational videos were available to visitors on our YouTube and Kaltura channels or embedded in our web pages. More than 2,700 clients used our online registration system to register for classes, workshops, events, and more.

**FINANCIAL SUPPORT FOR PISCATAQUIS COUNTY**

Without statewide support, UMaine Extension would not be present in your county. Funds for projects are provided through the University of Maine, Federal Formula Funds, grants, contracts, and fees. Dollars from other sources support salaries and benefits for Extension specialists, county educators, Extension administration, computer equipment and networking, publications, postage, telephone, and travel.

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**Statewide Extension Funding**

As a unique partnership among federal, state and county governments, UMaine Extension uses funding from Maine counties and the University to match and leverage support from the United States Department of Agriculture, other federal grantors, state agencies and private foundations. Each county UMaine Extension office is also part of a statewide organization and the national Extension system.

This pie graph illustrates the financial resources for programs offered, supported and managed out of the Piscataquis county office. Each year, Piscataquis county tax dollars support the UMaine extension with physical office space, support staff salaries, office supplies, equipment and some programming expenses.
The County Extension Act

The County Extension Act explains the role of county government in funding local Extension offices. Cooperative Extension work shall consist of the giving of practical demonstrations in agriculture and natural resources, youth development, and home economics and community life and imparting information on those subjects through field demonstrations, publications and otherwise. For the purpose of carrying out this chapter, there may be created in each county or combination of two counties within the State an organization known as a “county extension association,” and its services available to all residents of a county. The county extension is viewed as a unique and important educational program of county government. The executive committee of each county extension association shall prepare an annual budget as requested, showing in detail its estimate of the amount of money to be expended under this chapter within the county of counties for the fiscal year. The executive committee shall submit to the board of county commissioners on a date requested by the county commissioners, and the county commissioners may, if they deem it justifiable, adopt an appropriate budget for the county extension program and levy a tax therefore. The amount thus raised by direct taxation within any county or combination of counties for the purposes of this chapter shall be used for the salaries of clerks, provision of office space, supplies, equipment, postage, telephone, a contribution toward the salaries of county educators and such other expenses as necessary to maintain an effective county extension program.¹

¹Excerpted from Title 7, Chapter 7 of the Maine Revised Statutes, §191–§195.

Photos by: Donna Coffin, Sheila Norman, Emily Mott, Trisha Smith, Anette Moulton, Griffin Dill, Edwin Remsberg and Holly Rutherford, Americorp Vista PR Food Center

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