

# UNIVERSITY OF MARYLAND EXTENSION Garrett County

## June 2024 Newsletter

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### Pysell Joins Extension Team



Emily Pysell has joined the team and will be working as an Extension Program Assistant .

As a youth, Emily was involved in our local 4-H program for 13 years. She has also been involved in multiple age group/levels of athletic activities as well as currently having the role as the Assistant Girls Soccer Coach at Southern Garrett High School in which she attended.

In her free time she enjoys spending time camping with her family and going on adventures with her labradoodle, Indi!

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### Summer Intern~Cambria Snyder



Cambria Snyder is our Creating Leadership and Professional Development Through Extension- Workforce Development Intern for Garrett County but will also assist in Allegany County for special projects.

Cambria grew up in the Redhouse 4-H club and was a member of the Oakland FFA Chapter. She attended Garrett College where she

obtained an associate's degree in General Studies, and transferred to WVU Davis College of Agriculture, Natural Resources and Design, working on a bachelor's degree in Horticulture. Cambria takes an interest and enjoys expanding her knowledge of botany. In her free time, she enjoys time with friends and her two Australian shepherds; Teddy and Macie.

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## Maryland 4-H State Public Speaking Contest Results

The Maryland 4-H State Public Speaking Contest was held at the University of Maryland, College Park on Saturday, April 27th. There were 97 participants representing 22 counties for this event.

Our county champions who participated in the state competition were:

Brenton Gnegy, 4th place-Radio Spot

Jasmine Ramsey, Reserve Champion-Radio Spot

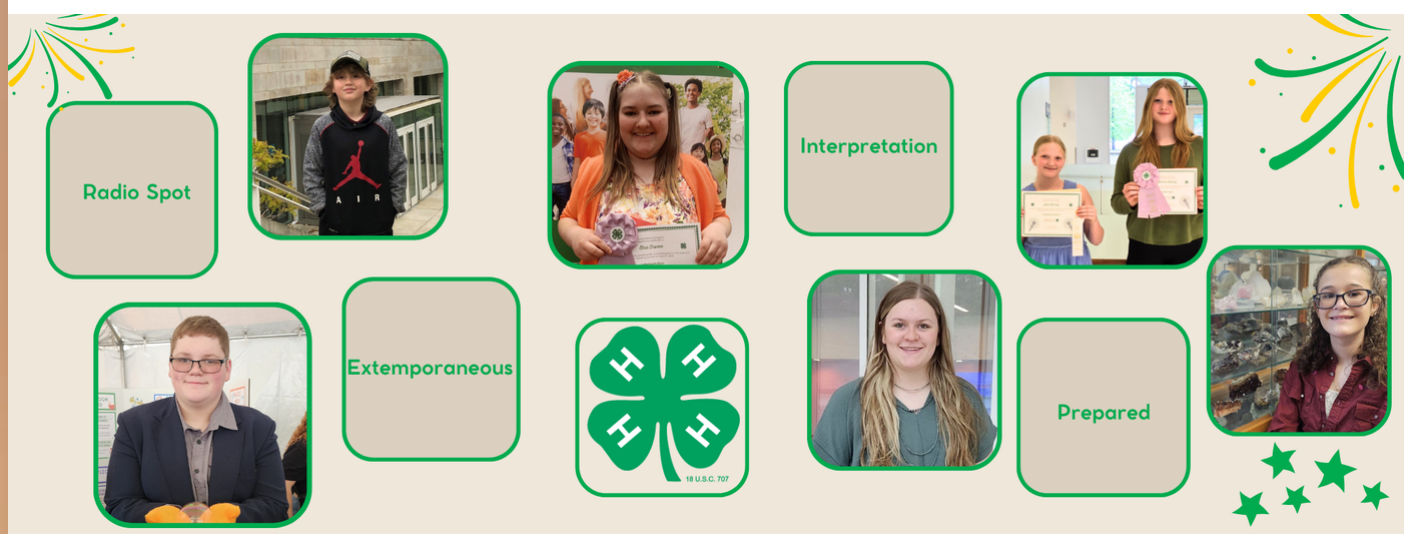
Elisa Frazee, Reserve Champion-Interpretation

Julia Ramsey, 3rd Place-Prepared

Kylie Bates, Participation-Prepared

Dustin DeBerry, 5th Place-Extemporaneous

Leah Fratz, Participation-Prepared



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## Spring Weigh-In & Western MD District Show



Livestock projects continue to be popular in Garrett County 4-H. In fact, we have the largest number of youth participants among all counties in the state. This year was no exception with record-breaking numbers attending the spring weigh-in and tagging event on May 10 which included the following:

- Goats-61
- Sheep-92
- Swine-162

On Saturday, May 11, the 4-H District Livestock Show was held at the fairgrounds. 4-H members from Garrett, Allegany and Washington Counties are eligible for the

show. This event serves as a "practice show" giving young people an opportunity to learn more about showmanship and practice working with their animals.

## Learn By Doing The 4-H Way

Garrett County 4-H STEM aims to provide enjoyable and interactive hands-on activities that nurture an interest in Science, Technology, Engineering and Mathematics among young people in Garrett County. The 4-H motto "Learn by doing" is frequently highlighted, enabling youth to develop confidence and gain knowledge independently.

Karen Wood, 4-H STEM Educator, conducted programs at 4 In-School sites, 3 After-School sites, and 5 Library sites in Garrett County, delivering 103 programs to 287 young enthusiastic participants during the 2023-2024 academic year. The programs covered a wide range of topics, including robotics, digital media, coding, electricity, and more.



## 4-H Camp Ranked One Of The Best!

Exciting News! The Maryland 4-H Environmental Education and Camping Center, casually known as the **Western Maryland 4-H Center, in Swanton, Maryland** has won **Newsweek Magazine's** latest award, **America's Best Summer Camps 2024!** This award is based on an extensive research study, planned and executed by **Plant-A Insights Group**. The study encompassed the votes and opinions of more than **30,000 interviewed parents, over 600,000 social media reviews**. Camps were rated on criteria like selection of offered activities, accessibility, staff-to-children ratio and camp safety. More than 3,500 camps were studied. Read full article [HERE](#).

4-H camp activities often become idyllic memories: canoeing, campfires and long hikes with scenic views. These experiences are formative for the children who can experience them.



Last year, the American Camping Association released [a study](#) showing that 58 percent of youth said their time at summer camp "helped them appreciate the importance of being present in the moment." In today's fast-paced world, an opportunity to experience life away from omnipresent screens and endlessly updating timelines makes the experience of summer camp even more valuable.

Image Credit: Newsweek



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## 2024 Garrett County Agricultural Fair

It's that time of year again! The Garrett County Agriculture Fair will be held from July 27 to August 3, 2024, at the Garrett County Fairgrounds in McHenry, MD! Enjoy 4-H showmanship, concessions, exhibits, rides, concerts, and so much more! This is where we shine. We'll see you there!





**GARRETT COUNTY 4-H**

*Come See Us Shine!*

**SATURDAY JULY 27**

**10AM-4PM** Entering ALL 4-H Indoor Exhibits & Rabbits

**SUNDAY JULY 28**

**9AM-4PM** Market Animal Weigh-In  
**1PM** 4-H Indoor Exhibit Judging

**MONDAY JULY 29**

**9AM** Rabbit Show  
**12PM** Livestock Skillathon  
**4PM** Sheep Showmanship  
**5PM** Horsemanship Contest  
**6PM** 4-H Fashion Revue  
**7PM** Market Lamb Show

**TUESDAY JULY 30**

**1PM** Breeding Goat Show  
**2:30PM** 4-H Robotics Challenge  
**4PM** Goat Showmanship  
**5PM** Robotics Demonstrations  
**7PM** Market Goat Show

**WEDNESDAY JULY 31**

**9AM** Dairy Show  
**11:45AM** Horse Showmanship  
**12:30PM** Horse Show  
**3:30PM** Swine Showmanship  
**7PM** Market Swine Show

**THURSDAY AUGUST 1**

**9AM** Dairy Breeding Goat Show  
**1PM** Beef Breeding Show  
**2PM** Beef Showmanship  
**6:30PM** Market Beef Show

**FRIDAY AUGUST 2**

**8AM** Master Showman Competition  
**9AM** 4-H Engineering Events  
**2PM** Lead Contest  
**5PM** 4-H Engineering Awards  
**6PM** Costume Animal Parade

**SATURDAY AUGUST 3**

**2PM** Youth Awards Program  
**3PM** 4-H/FFA Livestock Sale

**SUNDAY AUGUST 4**

**11-1PM** Indoor Exhibits will be released



## 2024 Garrett County Agriculture Fair

### Endvick's To Represent Garrett/Allegany Counties As Dairy Misses



4-H Educator, Lacie Ashby, was invited to join in the presentation of the 2024-25 Garrett/Allegany Dairy Misses, along with Commissioner Larry Tichnell and Garrett County Farm Bureau vice president Amanda Klotz.

Trailblazer 4-H Club members, McKenzie Envick and Ryleigh Envick were formally recognized and sashed as the 2024-25 Dairy Misses representing Garrett and Allegany counties. Garrett County Commissioner Larry Tichnell presented both Dairy Misses with a Proclamation. McKenzie and Ryleigh will spend the year promoting milk and dairy products to local consumers and representing the dairy industry as part of the Maryland Dairy Princess Association.

Pictured with the Endvick's are Lacie Ashby, Larry Tichnell and Amanda Klotz.

### Native Plant Festival Tests Participants Knowledge

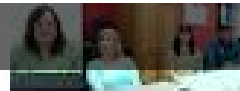
Master Gardeners talked with more than 170 people at the Native Plant Festival on May 11th at New Germany State Park. The interactive "Friend or Foe" display allowed participants to test their plant knowledge and decide how they feel about some common plants that are found in landscapes and natural areas.



## Preserving Deep Creek Lake with Riparian Buffer

Deep Creek Watershed Foundation offered a virtual brunch and on May 15th shared information about the new 10 in 10 project. If you want to learn more about this exciting conversation opportunity please view the presentation below.

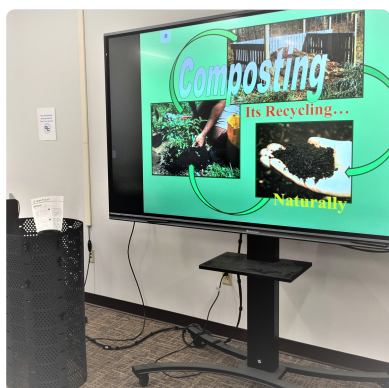
### Deep Creek Watershed Foundation Brunch and Learn Session 3





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## Celebration of Earth Day with Compost Bin Giveaway

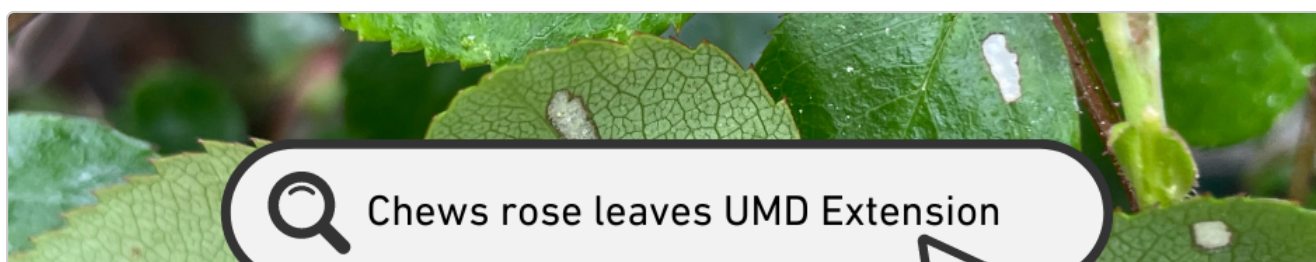


Garrett County Solid Waste Authority Recycling Coordinator- Kim Madigan partnered with University of Maryland Extension to offer a free composting class on April 22nd and every participant that attended earned a free Geobin compost bin. Composting is just one way to reduce food waste from entering landfills.

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## Subscribe To Maryland Grows Blog

Consider subscribing to the Maryland Grows Blog. Last month, Garrett County Home Horticulture Educator and Master Gardener coordinator, Ashley Bodkins wrote a blog to help people navigate the internet easier. Check it out for more details!



### How to Navigate the Internet When Searching for Solutions to Home Horticulture Problems

Photo: C. Carignan, University of Maryland Extension All gardeners have challenges in their landscapes and at some point you may turn to the internet for answers. While the internet is a great tool for researching home gardening questions, it can come with challenges. These tips are meant to help guide you through successful internet searches....

[marylandgrows.umd.edu](http://marylandgrows.umd.edu)

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## Community Garden Space Available

There are still spots available in Friendsville and McHenry for anyone interested in having a small area to plant a traditional in-ground garden this season. Reach out to Ashley soon to participate! Master Gardeners can provide as much or as little support as you need to make the garden a success.





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## Spring Gardening Fun



SNAP-ED and Master Gardeners teamed up for a Kitchen Scraps to Garden session for Head Start families on May 8th at Community Action. Participants learned skills for regrowing common vegetables from leftover scraps, tips for decreasing food waste, and how to start a compost pile.

Everyone made their own [garden in a glove](#) with lots of seeds to take home and watch germinate. Each participant was also given a Geobin compost system and a grow bag! Fun way to kick off the growing season and get inspired to garden!

Head Start parents also got to make and taste a fresh Salsa criolla recipe from the book *A Family Recipe - A Tale of Tradition, Nutrition, and Fun* given to each family. New traditions can start any time! Explore your family's traditions or start a new healthy tradition.

<https://extension.umd.edu/resource/families-family-recipe/>

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## Let's Talk Grains



This spring, consider replacing rice with a new grain like barley, couscous or quinoa. These grains are full of vitamins and minerals and can fit into a wide range of meal plans.

There are many different grains that you may see at the grocery store. Swap out a new grain in a recipe that you make this week!. Click [HERE](#) to explore different grain options and recipes.

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## Cankerworm Outbreak in Garrett County Confirmed

The Maryland Department of Agriculture and Maryland Department of Natural Resources have confirmed an outbreak population of fall cankerworm (*Alsophila pometari*) in Garrett County



caused heavy defoliation of hardwood trees on Meadow Mountain in Deep Creek Lake State Park. For more information, read the press release [HERE](#).

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## High Tunnel Construction Workshops



High tunnels are used by many vegetable farmers to extend the growing season. A high tunnel is a greenhouse-like structure that allows producers to start planting earlier in the spring and grow later into the fall. These structures are very beneficial in Garrett County with our colder climate and short growing season. Natural Resource Conservation Service (NRCS) has funding available

through EQIP to purchase and construct tunnels. The funding will cover the cost of the tunnel and construction cost. Farmers can construct their own tunnels at a considerable cost savings. In April, University of Maryland offered a hands-on high tunnel construction workshop. Attendees learned about the basic parts and construction of a high tunnel with both classroom and hands on high tunnel construction. A second high tunnel construction workshop is being planned for late July. Even if you don't think you would build your own tunnel, the workshops are valuable for planning, learning about the construction and future maintenance of the structure.

If you would be interested in attending a high tunnel workshop please call the Garrett County Extension Office at 301-334-6960. If you are interested in funding through NRCS contact them at 301-501-5886.

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## McCoy Offers Information at GC Benefit & Health Fair

Dr. Lisa McCoy, Extension Educator along with Roberta Cvetnick, Program Management Specialist, recently attended the annual Garrett County Benefit & Health Fair to provide educational material from University of Maryland Extension. 213 Garrett County employees benefited from various vendors during this event.



## Dr. Ketterman Attends Networking Event



Dr. Ketterman attended the Maryland Rural Health Association Networking Event at WMHS. There were over 65 people in attendance. He promoted the Maryland Reinforcing Overdose Prevention Through Training & Advocacy program, Farm Stress Management, and Health Insurance Literacy Initiative.

<https://extension.umd.edu/programs/family-consumer-sciences/health-insurance-literacy/>

<https://extension.umd.edu/programs/agriculture-food-systems/program-areas/integrated-programs/farm-stress-management/>

<https://marylandopta.org/>

## Financial Literacy Day Display



Dr. Ketterman represented Cooperative Extension with a display on Capitol Hill on Financial Literacy Day. Cooperative Extension is represented on the Jump\$Start Coalition.

The Coalition seeks to advance financial literacy through communication, collaboration, and commitment to effectiveness in financial education.

<https://www.jumpstart.org/>



# Financial Team Hosts Finance Seminar



On May 9th, Jesse Ketterman and the Financial Wellness Team hosted the Personal Finance Seminar for Professionals. There were 110 participants representing 29 states including the District of Columbia, AP (military), and Puerto Rico. The potential reach of the Seminar is over 162,000 individuals.

## Update AG Client Contact Information



Agriculture & Food Systems

Are you receiving our monthly AG Newsletter? If not, please [click here](#) to update your contact information and to stay updated on everything agriculture-related in Garrett County and the tri-state area.

## Keeping Connected

We are here to serve you in person, by phone, email, or by video conferencing. If you have questions, contact one of our experts to provide solutions.



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**Roberta Cvetnick**

Roberta is using Smore to create beautiful newsletters