

# UNIVERSITY OF MARYLAND EXTENSION Garrett County

## October 2024 Newsletter

### Local Youth Participate at Maryland State Fair

Twenty-four local youth represented Garrett County well at the Maryland State Fair exhibiting beef, sheep, swine, goats, rabbits, and home art exhibits as well as participating in the 4-H/FFA Tractor Operators Safety, Bicycle, Small Engine, Livestock Judging and the 4-H Robotics Challenge events. Congratulations!





**CALEB BRENNEMAN**  
**CHLOE CAMPBELL**  
**SARAH CAMPBELL**  
**AUTUMN CUSTER**  
**LEA CUSTER**  
**DUSTIN DEBERRY**  
**JETT DEWITT**  
**LEAH FRATZ**

**JAKOB FULLERTON**  
**MALEA FULLERTON**  
**GALLOWAY GOODWIN**  
**JEREMY GORDON**  
**MADDOX GORDON**  
**LAURA HUELSKAMP**  
**BRISTAL KETTERMAN**  
**CARMEN KNOTTS**

**JONATHAN MALONE**  
**MORGAN QUALLS**  
**JULIA RAMSEY**  
**MATTHEW STONER**  
**NATHAN STONER**  
**NOAH WHITESIDE**  
**LILYANN ZIMMERMAN**  
**RICHARD DEATELHAUSER (FFA)**

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## Extension Offers Plant Science & 3D Printing For College & Me Program

University of Maryland Extension Educators Ashley Bodkins (Master Gardener Coordinator) along with Lacie Ashby and Karen Wood (4-H Educators) have been selected as presenters for the Garrett College and Me Program which runs Sept 2024 through May 2025. Their session, "Exploring Plant Science with 3D Printing," will engage all fifth graders in Garrett County to discover the parts of a plant and create their own 3D model to take home.

This program aims to inspire young minds by combining hands-on activities with cutting-edge technology. By integrating 3D printing into plant science lessons, students not only learn about botany but also gain valuable skills in design and engineering. This innovative approach ensures that learning is both fun and impactful. By exposing students to diverse career paths and providing them with the tools and knowledge to explore their interests, the program hopes to ignite a lifelong passion for Plant Science, STEM and 4-H initiatives.



## 4-H STEM Teambuilding at Swan Meadow School

UME-Garrett County kicked off the new school year with an engaging school-wide STEM team-building activity led by Karen Wood and Emily Pysell at Swan Meadow School. The school organized its students into three mixed age groups, spanning kindergarten to eighth grade. The Red, Yellow and Blue teams competed in a friendly contest to create a durable, wind and waterproof roof for their pink cotton ball pig using a range of materials. With a budget of \$100, each of the twelve groups received a base house and obtained supplies from the Piggy Mart. Their roofs had to feature a 2-inch pitch, which they measured using rulers, and they were allowed only five pieces of tape. This challenge proved to be both fun and exciting. The students tested whether their houses could endure wind and rain with a final experiment involving two water spray fans and two cups of water. Ultimately, the Blue team succeeded in keeping their cotton ball dry. Every student took home a little squeaky pig to remember their fun day with 4-H.





# 4-H STEM TEAMBUILDING

## 4-H Hosts Educational Stations

As part of the Garrett County Public Safety Day Sirens and Tractors event, UME 4-H hosted two educational stations. Lacie Ashby, 4-H Educator along with Emily Pysell and Cambria Snyder, Program Assistants were on hand at the animal safety station and germ transmission station.

The animal safety station helped people recognize various animal emotions by looking at animal body language, animal blind spots, safely approaching animals, and fight or flight zones. Visitors also learned about germ transmission and its applications to humans and animals. Bubbles and glow germ demonstrations showed aerosol transmission and direct, indirect contact for germ transmission.





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# October Fun With 4-H Class Offered

Come join the pumpkin twine-making party to kickstart the Autumn Glory celebration in Garrett County! Let your creativity soar with a wide range of twine colors. Plus, we'll prepare and savor a scrumptious pumpkin snack. To participate, please register by calling 301-334-6960. Registration is limited.

**OCT**

## PUMPKIN MAKE & TAKE

Thursday, October 10th  
(school 1/2 day)  
2-3 pm  
Garrett County 4-H Office Meeting Room  
All materials provided  
Space is limited - Sign up today by  
calling  
301-334-6960

Garrett County  
FUN WITH 4-H

Make your Own  
Twine Pumpkin  
&  
Pumpkin Snack

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## Outdoor School Underway

The Maryland 4-H Environmental Education and Camping Center in Western Maryland is a wonderful location for Allegany County 5th graders to learn more about nature, environment, and our unique and beautiful western Maryland ecosystem!

Sarah Llewellyn, Master Gardener Coordinator from Allegany County, is leading hikes and lessons on using microscopes, water quality, and the importance of learning about and respecting our watersheds by making good stewardship choices.

On special occasions, Ashley Bodkins, Master Gardener Coordinator in Garrett County, supports Sarah's work at outdoor school.



 Outdoor  
School



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## Maryland Grows Blog



### Termites and Carpenter Ants: How to Tell the Difference

Eastern subterranean termites (*Reticulitermes flavipes*). Photo: Gary Alpert, Harvard University, Bugwood.org Wood-damaging insect pests are a concern for anyone who lives in a structure made of wood. So it's not surprising that we get several samples of insects for identification at our county offices. Pests can damage wood by eating, excavating, or using it for...

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

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## Maryland Secretary of Agriculture Visits Garrett and Allegany Counties



Maryland Secretary of Agriculture, Kevin Atticks and 8 staff members from the Department of Agriculture toured Western Maryland on September 19th and 20th. The secretary's tour group was joined by farmers, MDA Staff from the Garrett County Soil Conservation Office and members of the Northern FFA Chapter. The tour was organized by Melissa Bolyard, Garrett County Agriculture Business Specialist, Willie Lantz, University of Maryland Ag Extension Agent and Paul Custer, President of the Garrett County Farm Bureau. The tour began with lunch at the Casselman Creamery in Grantsville. The lunch was sponsored by the Western Maryland Food Council (WMFC). Willie Lantz, Chair of the WMFC gave an overview of WMFC activities and explained the function of the new formed Appalachian Farm and Food Alliance. Ben Riegsecker then described his vision with the Casselman Creamery and other businesses he owned in the Grantsville area. The group toured the creamery learning about cheese manufacturing.

The second stop on the tour was at the farm of Paul Custer. Paul explained their beef operation and granddaughter Autumn talked about their club lamb enterprise. The group also went out to a nearby corn field to look at deer and bear damage. The next stop on the tour was at ALL Produce and Rt. 560 Farm Market. Owner Aaron Lantz explained the farming operation and Gelato business. The group also took a look at no-till equipment purchased by Garrett Growers through a Healthy Soils grant from Maryland Department of Agriculture. Aaron had sweet corn ready to harvest that was planted no-till into rolled down rye cover crop using the equipment provided by the grant. The group also looked at damage to sweet corn by deer which destroyed 3 areas of the crop.

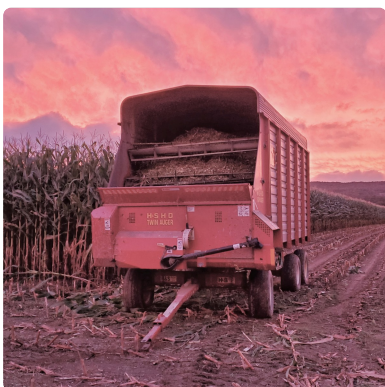
Lucas Turf Farm south of Oakland was the next stop. Owners Adam and Mathew Lucas described to the group their turf operation. The group also looked at and discussed the solar panels being constructed on the farm. The group then drove back to the Northern end of the county to the farm of Austin Kolb. The group discussed grain marketing and the Kolb's beef operation. Austin also explained one of their newest purchases which was a drone that they plan to use for seeding cover crops into standing corn.

The day was concluded with a dinner at Branch Bender Cidery in the cove area north of Accident. Garrett County Farm Bureau and Farm Credit of the Virginias sponsored the all local meal. Several local farmers provided and prepared local foods for the meal. A total of 45 people joined the Secretary for the meal and a question and answer session following the meal. Corey Edmonds from Mt. Laurel Medical Center presented the Secretary with a box of fresh produce which represented the food boxes that Mt. Laurel was giving away as part of their Nourishing Neighbors program. The program which provided 1,800 food boxes in 2024 was funded by the Maryland Department of Agriculture. The produce was grown by members of Garrett Growers Cooperative.

The Secretary and his party retired to the Casselman Inn where they were provided housing and a hearty breakfast the next morning by owner Ben Riegsecker. The groups visit to Western Maryland continued in Allegany County with tours of Peacefully Valley farm and the farms of Bill Beattie and Ian Reikie.



## Prepare Now For Your 2025 Nutrient Management Plan



Start planning for the 2025 growing season now. Call the Extension Office to request your nutrient management plan update this fall. Nutrient management plans can be flexible, so if you are not sure what crops you plan to grow in each field, your plan can include multiple scenarios. Fall is the perfect season to update soil samples from your fields after your crops have been harvested. Soil samples are good for up to three years. The Extension Office can provide you with the required documents for you to send out your soil samples. As a reminder, be sure to take

yield records throughout the harvest season.

To request a nutrient management plan update and discuss needed information for your plan, call 301-334-6960 or email Andrea at [auphold@umd.edu](mailto:auphold@umd.edu) to plan for 2025.



# Get Involved With Your PTA/PTO to Promote School Wellness



When children go off to school, many parents and grandparents are looking for ways to best contribute and support a healthy school environment. A healthy school environment will benefit students and staff and allow for many areas in which to serve as a volunteer. Don't be intimidated to reach out. Most schools will welcome enthusiastic volunteers with open arms! Read the

current Eat Smart Blog [HERE](#).

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## Understanding Health Insurance Workshops Offered

Please join us for one or all of the workshops in our Fall Series of health insurance literacy workshops! Health insurance is confusing, but the Smart Choice / Smart Use Health Insurance™ program can help. We'll cover everything you need to know about insurance, including:

- How do you select a health insurance plan that works for you and your family?
- What is Medicare and what should you know about health care as you get older?
- What actions can you take to get the most out of your health insurance?
- How can you understand healthcare costs and estimate how much you will need to pay for care?

Register [HERE](#)

## Smart Choice/Smart Use Health Insurance™

### Fall Series Programming

# NEW THIS FALL - DAY AND EVENING SESSIONS



Use the QR Code or Registration Link to sign up for one session or multiple sessions!



[Fall Series Registration Link](#)

**Tuesday, October 8, 2024**

**Smart Use: Health Insurance Basics**

12:00pm to 1:00pm EDT and 6:00pm to 7:00pm EDT

This workshop will help you understand how health insurance plans differ and how you can select a plan that is a good fit you and your family.

**Tuesday, October 15, 2024**

**Smart Choice: Health Insurance in your Senior Years**

12:00pm to 1:00pm EDT and 6:00pm to 7:00pm EDT

This workshop will cover how health insurance changes as you get older. It will also cover the basics of Medicare and how it differs from traditional health insurance.

**Tuesday, October 22, 2024**

**Smart Choice: Smart Actions**

12:00pm to 1:00pm EDT and 6:00pm to 7:00pm EDT

This workshop will help you become a Smart User of health insurance by understanding how to use health insurance, learning how to manage health care expenses, and identifying tools to solve problems.

**Tuesday, October 29, 2024**

**Smart Choice: Understand and Estimating Health Care Costs**

12:00pm to 1:00pm EDT and 6:00pm to 7:00pm EDT

This workshop will help with taking control of your health care costs by making you a smart health care consumer. Better understand and estimate your health care expenses so you can plan for future health care costs.

**Tuesday, November 14, 2024**

**Smart Choice: Diabetes**

12:00pm to 1:00pm EDT ONLY

This workshop will cover challenges faced for those dealing with diabetes and how to better understand and use health insurance benefits.

**NEW**

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## 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.

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## Keeping Connected

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





Area Extension Director Western Maryland Cluster	4-H Youth Development	Agriculture & Food Systems	Family & Consumer Sciences	Maryland SNAP Ed	Environment & Natural Resources
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Facebook: <https://www.facebook.com/4HGarrettCoMD>

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**Roberta Cvetnick**

Roberta is using Smore to create beautiful newsletters