

UNIVERSITY OF MARYLAND EXTENSION

GARRETT COUNTY

DECEMBER 2021



WELCOME!

Our office is open to the public from 8 am to 4:30 pm. We are also available by phone, email, or Zoom. As always, we are here to answer any questions you might have related to agricultural production, nutrient management, home horticulture, food safety, nutrition, financial management, and 4-H youth development.

STEAM CART ADDED TO KITZMILLER LIBRARY



For the past two years, Garrett County UME has partnered with the community coalition of Kitzmiller to work on community development initiatives. This addition to the Kitzmiller Library is the latest project. Other accomplishments of the grant include delivery of local foods, support of economic development, and infrastructure upgrades to signage, the park, and the playground. Heather Berg served as the community liaison for the project.



PARTNERS AFTER SCHOOL OFFERS 4-H STEM ENRICHMENT PROGRAMS



Youth from Partners After School at Friendsville and Grantsville participated in some exciting fall programs coordinated by Karen Wood.

This year's 4-H STEM Challenge: Galactic Quest gave youth the opportunity to learn about and build a refracting telescope to study constellations and decode messages using a Caesar cipher wheel.

They also enjoyed a fun field trip to the 4-H Environmental and Education Center to dissect owl pellets, learn archery and cook on the campfire.

NOVEMBER MARKET STEER TAGGING



On November 6, we had our 2021 beef fall weigh-in. This is the required weigh-in for Garrett County 4-H youth who will be taking a market steer to the 2022 Garrett County Fair or the 2022 Maryland State Fair. There were 102 steers tagged by the Garrett County Livestock Association. There were several new members tagging steers this year. We are looking forward to a good showing at the 2022 Garrett County Fair. Thank you to all of the volunteers that helped that day. We could not have accomplished this task without you.

EVERGREENS ADD BEAUTIFICATION TO YOUR HOLIDAY DÉCOR



Using evergreen cuttings to decorate the home offers an easy way to incorporate different textures, shapes, and aromas. Evergreens add a touch of simplicity, elegance, and nostalgia to holiday décor. Easily used on doors and entryways, as garland, or centerpieces. Remember that keeping the evergreens cool and hydrated will extend how long they stay fresh and beautiful. Cutting from your own landscape can provide a thrifty option.

Click to learn more tips from Ashley Bodkins, Garrett County Master Gardener Coordinator.



Evergreens make a beautiful addition to holiday décor.pdf

[Download](#)
99.5 KB

**LISA MCCOY OFFERS TIPS FOR A SAFE AND
HEALTHY HOLIDAY SEASON**



The holiday season is here and it is time to take steps to keep yourself, friends, and family members healthy and safe. New cases of COVID-19 are spiking in areas across the state and our annual flu season is here as well so be cautious with holiday gatherings. For tips on keeping everyone healthy, download Lisa's "Tips for a Safe and Healthy Holiday Season" below.



Tips for a safe and healthy holiday season.pdf

 [Download](#)

13.5 KB

STAYING HEALTHY DURING THE HOLIDAYS



The EXCITE (Extension Collaborative on Immunization Teaching & Engagement) project is a joint grant from the Extension Foundation to the University of Maryland Extension and University of Delaware Cooperative Extension. The purpose of this grant is to engage community members with reliable vaccination education to decrease vaccine hesitancy and improve access to vaccines, especially for rural populations and agricultural workers.

We are using a variety of formats to distribute education including social media. For the next couple of months, the EXCITE project will be posting a series of interesting posts, videos, and tips to help families prepare and stay safe for this holiday season. Learn about tips on how to prepare for a trip, how to host safe gatherings, and much more!

Make sure you follow and like us on [Facebook](#) and [Instagram](#) and share with others in your communities. For more information, contact Lisa McCoy at 301-791-1304 or lmccoy@umd.edu.

MARYLAND FARM STRESS MANAGEMENT WEBINARS

The University of Maryland Extension Farm Stress Management Team is excited to announce an end-of-the-year webinar series. Select from one or all of the webinars. They will begin at 9 AM EST and last about an hour. The sessions are FREE, will be recorded and open to all!



- December 6, 9 AM, From "But" to "Because"
- December 13, 9 AM, Building Resilient Farms and Farm Families
- December 15, 9 AM, Take Charge of Your Stress
- December 20, 9 AM, Farm Finance Check-Up

For descriptions of the webinars and to register visit:

<https://www.eventbrite.com/e/maryland-farm-stress-management-education-tickets-215675560407>

For more information on the program visit:


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

*Funding provided through Farm and Ranch Stress Assistance Network

TEN YEARS OF BUILDING CONFIDENCE AND SAVING MONEY ON HEALTH INSURANCE

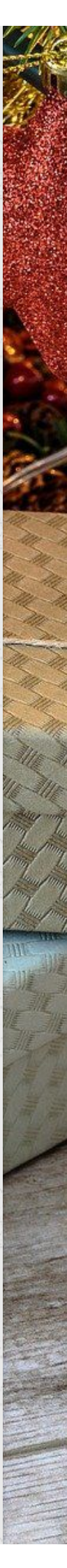


This year marks the 10th year anniversary of the Health Insurance Literacy Initiative (HILI) led by University of Maryland Extension. The HILI initiative seeks to reduce confusion and increase confidence in using health insurance. Over the past ten years, 325 people from 33 states, including the District of Columbia, are certified to teach the HILI modules. Over 500 people in the local community participated in the workshops. Topics discussed in the modules include the process of selecting an insurance plan, actions to take when using a



plan, estimating health care costs, disputing a health insurance claim, health care options in your senior years, and health insurance options for farmers and small businesses.

For more information about the initiative visit the [Insuring Your Health](https://insuringyourhealth.org) website. To schedule a workshop in the local community contact Jesse Ketterman, jketterm@umd.edu





KEEPING CONNECTED

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

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