

UNIVERSITY OF MARYLAND EXTENSION

GARRETT COUNTY

JANUARY 2022



WELCOME

Our office is open from 8 am to 4:30 pm Monday through Friday. 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.

HANNAH FRAZEE WINS NATIONAL WRITING AWARD

Our very own AmeriCorps worker and Country Explorers 4-H Club member, Hannah Frazee, recently won first place in the NaNoWriMo (National Novel Writing Month) Young Writers Program. National Novel Writing Month is a fun, empowering approach to creative writing.

In order to win, one must write a 50,000-word novel within a period of exactly 30 days. The novel must be a new one, and one cannot start writing until the time begins. The average word count that must be written per day to win is 1,667, and the word count is logged on their site. A few hundred thousand people enter the competition each year and around 10% of the ones who sign up complete it. A majority of the ones who complete are people who have done it multiple years in a row.



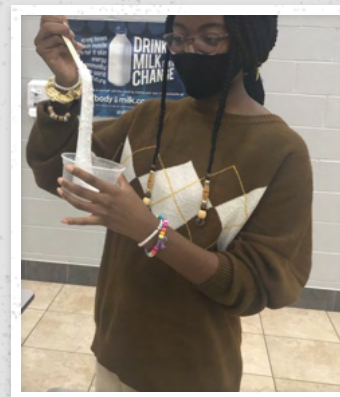
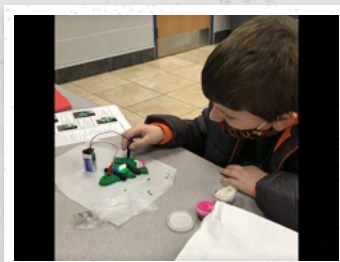
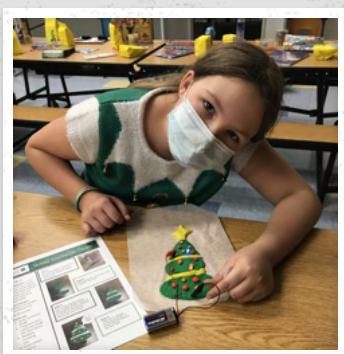
For additional information about Hannah's award, click the link below.



Hannah Frazee wins National Writing Award.pdf

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4-H STEM ENRICHMENT



December 4-H STEM Enrichment activities were enjoyed by youth at Partners After School at the Friendsville and Grantsville programs. Garrett County 4-H STEM Educator, Karen Wood, taught circuitry and the science of slime lessons to more than 40 youth in the programs. They learned how to successfully make a circuit using conducting and insulating materials to light up an LED tree. They also prepared their own slime and learned it is a non-Newtonian fluid, a liquid whose viscosity changes depending on pressure.

4-H supplied the youth with everything needed to complete the lessons in their individual STEM kits purchased through the NMP11 Tech Wizards grant, which has been funded for 10 years in Garrett County. The program emphasizes the need for focusing and investing in STEM education and the importance of preparing students for careers and jobs in STEM-related

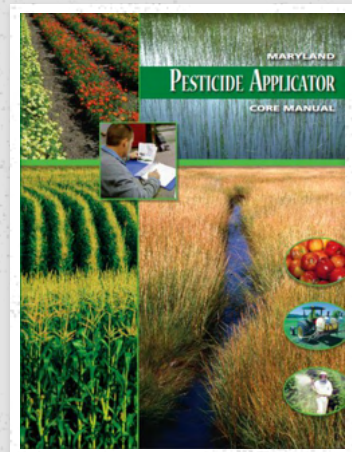
4-H STAFF UPDATE

Michelle Harman, 4-H Program Assistant, announced that she has accepted a new job opportunity effective at the end of January. We appreciate all the support that Michelle has provided to 4-H livestock events, the club program, and special outreach activities, such as Health Rocks After-school.



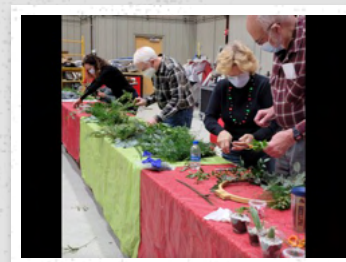
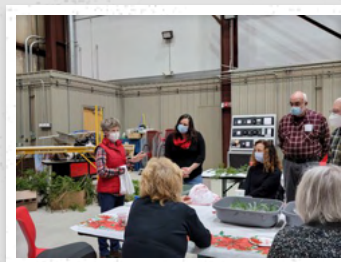
PRIVATE APPLICATOR TEST TRAINING

Farmers that apply restricted-use pesticides are required to have Maryland Private Applicators Licenses. The Private Applicator Licenses allow farmers to apply restricted-use pesticides to property that they own or manage for the purposes of farming. To obtain a Private Applicator License, farmers must pass the Private Applicator Maryland exam and apply for the licenses. Training will be held on January 31 from 6:30-9:30 pm at the Garrett County Extension Office. Study materials are also available (cost of \$15) at the Extension office or online (free) at <https://mda.maryland.gov/plants-pests/Documents/MD%20Core%20Manual.pdf>.



The test will be given by MDA in Garrett County later in the winter or early spring. If you plan to attend the training or would like study materials please contact the Extension Office at 301-334-6960.

MASTER GARDENER HOLIDAY WORKSHOP



On Dec. 8, Garrett County Master Gardeners were invited to participate in a wreath make and take, and to pick up the holiday season by creating a greenery centerpiece.

University of Maryland Extension provided mixed varieties of eucalyptus, ruscus, and tree fern to use in the wreath. Master Gardeners donated evergreen cuttings of white pine, hemlock, spruce, and boxwood to complete the beautiful arrangements. Participants could choose to use upcycled metal clothes hangers, repurposed embroidery hoops, or dried ornamental grass as the base of their wreath. A little creativity, vision, floral wire, ribbon, and some hot glue, and the projects were complete!

It was wonderful to be in person and working together again! Several people brought along seeds that they had saved from their gardens to share, as well as cuttings from a variety of succulents and an heirloom begonia. I think everyone left the event with more than one treasure and renewed excitement for doing home horticulture education in Garrett County communities in 2022!

PLEASE JOIN. SNAP-ED WOULD LOVE TO SHARE MORE INFORMATION WITH YOU!



Follow Maryland SNAP-Ed for tips on healthy eating and physical activities for your family!



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extension.umd.edu/eatsmart

**For recipes and blog posts*



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Part of University of Maryland Extension, Maryland's SNAP-Ed program provides nutrition education to help low-income individuals and families make healthy food choices, develop food preparation skills, handle food safely, improve food shopping skills, and increase physical activity.

Visit one or all of the Maryland SNAP-Ed social media sites to learn more tips and advice.

HEALTHY HABITS TO OVERCOME HOLIDAY WEIGHT GAIN



Lisa McCoy, Extension Educator, suggests that many people gain about 1-2 pounds from Thanksgiving to New Year's Day. However, research shows that people who are overweight and obese tend to gain more weight averaging a 2-5 pound weight gain during the holidays. Some people are successful in losing this excess weight once they return to their normal routines but many adults maintain some or all of that weight gain averaging a 1-2 pound weight gain each year. That may not seem like a big concern but it can accumulate resulting in a 10-20 pound weight gain over 10 years. Here are some tips to lose that holiday weight.



Tips to Lose Holiday Weight Gain.docx

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FARM STRESS MANAGEMENT AND RESOURCES



Hosted by Dr. Jesse Ketterman of University of Maryland Extension and Maria Pippidis of University of Delaware Cooperative Extension, this webinar seeks to increase awareness of the signs and symptoms of stress that impact farmers and farm families. The webinar will be offered Tuesday, January 25, 2022, at 12:00 PM via Zoom. Content includes the impact of stress on our bodies, warning signs of suicide, and communicating with someone under stress. Resources will be shared. The webinar is free but registration is required.

For more information, contact Dr. Jesse Ketterman at 301-724-3320 or jketterm@umd.edu. To register, click [HERE](#).



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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