

UNIVERSITY OF MARYLAND EXTENSION

GARRETT COUNTY

APRIL 2022



WELCOME

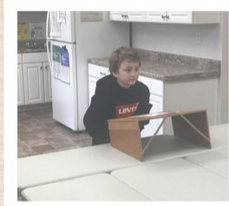
Our office is open from 8 am to 4:30 pm Monday through Friday. As always, we are here to answer any questions you might have related to agricultural production, nutrient management, home horticulture, food safety, nutrition, financial management, and 4-H youth development.

PUBLIC SPEAKING HELPS TO BUILD CONFIDENCE AND LEADERSHIP

Radio Spot

GARRETT COUNTY 4-H PUBLIC SPEAKING CONTEST RESULTS

Interpretation



Radio Spot
Junior Champion
Brenton Gnegy

Intermediate Champion
Jaxson Corbin

Extemporaneous
Senior Champion
Lauren Friend

Senior Reserve Champion
Emma Michael

Other Senior Participant
Laura Hueskamp



Interpretation
Intermediate Champion
Elisa Frazee

Judges

Janet Tichnell
and
Marvin Beckman

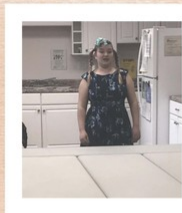
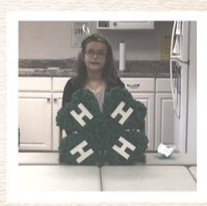
Prepared
Junior Champion
Rae Smith-Pritt

Junior Reserve Champion
Kylie Bates

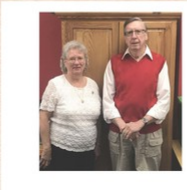
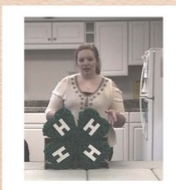
Senior Champion
Hannah Frazee

Senior Reserve Champion
Laura Hueskamp

Other Senior Participants
Isabelle Hauser
Vada Sealy



Extemporaneous



Prepared

The Garrett County Public Speaking Contest was held on Thursday, March 17th at the Extension Office. Presentations by the youth, ages 8 to 18, were provided in four categories. Radio Spot, Prepared, Interpretation and Extemporaneous. The Radio Spot speakers provided a 30-second speech to promote 4-H participation. The Prepared speakers prepared a speech of 3-6 minutes on any subject and practiced prior to the event. The Extemporaneous speakers selected a topic at the site, they then had 15-30 minutes to plan and present their speech. The Interpretation speaker provided a presentation that was dramatic and humorous.

The judges for the event were Janet Tichnell and Marvin Beckman.

All 4-H members named as champions are eligible to participate in the State Public Speaking contest that will be held on April 23rd at the Carroll County Extension Office in Westminster, MD.

4-H EVENTS ENCOURAGE YOUTH TO LEARN MORE ABOUT CARING FOR ANIMALS





An important aspect of 4-H projects is learning something new each year. The 4-H program offers educational events such as skillathons and question bowls that encourage youth to study animal science topics.

The Livestock Skillathon provides a framework for youth to learn about livestock management, breeds, anatomy, feeds, and equipment. Recently, 12 youth participated in a local contest. Emma Michael brought home an impressive 6th place award at the Maryland State Contest.

Horse Bowl is a similar event where youth are quizzed on equine topics, such as anatomy, conformation, color genetics, diseases, nutrition, tack, and equipment. Jaryn Teets received the honor of placing 7th among all senior participants.

The skillathons and bowls also provide an opportunity for older youth to practice leadership skills. This year, Madison Glover, who was a past member participating in the National level contests, served as a teen coach for both the intermediate and senior Horse Bowl teams.

A TREASURED WESTERN MARYLAND TRADITION FOR GENERATIONS



The Western Maryland 4-H/FFA District Show is one of the four regional Spring Livestock Shows for Maryland 4-H and FFA members. Although this show is judged, it is designed as a learning experience.

The District Show is scheduled for May 14, 2022, at the Garrett County Fairgrounds. The entry deadline is May 6, 2022.

Details were included in packets mailed out on March 15th.

For more information, or for registration, access our District Show Handbook [HERE](#). If you have questions, contact 4-H educator Lacie Ashby (lashby@umd.edu) at 301-724-3320.

HEY! DID YOU SEE US IN THE PAPER??

6 THURSDAY, MARCH 31, 2022 **OUTLOOK** CUMBERLAND TIMES-NEWS

What is University of Maryland Extension?

Offices available in all three western counties to deliver information to community

FOR THE CUMBERLAND TIMES-NEWS

CUMBERLAND — University of Maryland Extension provides the community with the latest research-based information on agriculture, natural resources, home gardening, health and nutrition, 4-H youth development, and financial literacy. The information is free and available to everyone. UME recognizes that when all Marylanders have access to the right information, all Marylanders benefit. So how do we deliver? Every county in Maryland, including Allegany, Garrett and Washington, has an extension office. That is, an office that is an "extension" of our University of Maryland campus. In each of those offices, there is a University of Maryland team of educators tasked with staying up to date on the latest research and delivering that information to the community. We deliver that information through on-site and virtual classrooms, private and group consultations, collaborations with local public and private schools, partnerships with community colleges and local universities, and any venue that will reach our customers. Our job is to connect our neighbors, families and friends with the information they need to achieve their goals. University of Maryland Extension has been serving our communities in Western Maryland for over 100 years, and we are going stronger than ever. To learn more about our services, contact our Allegany office at 1 Commerce Drive, Cumberland, MD 21502 (301-724-3320), our Garrett office at 1916 Maryland Highway, Suite A, Mt. Lake Park, MD 21550 (301-334-6960), or visit our website at www.extension.umd.edu.



Our Future is Here

UNIVERSITY OF MARYLAND EXTENSION

ALLEGANY . 301.724.3320
GARRETT . 301.334.6960

www.extension.umd.edu
This institution is an equal opportunity provider

Our UME Allegany and Garrett county offices would like to extend our thanks to Cumberland Times-News and the Garrett Weekender for working with us to promote the outstanding work our young people are doing in Western Maryland. Thank you!

JOIN US AT THE MOUNTAIN MARYLAND NATIVE PLANT FESTIVAL

7TH ANNUAL MOUNTAIN MARYLAND NATIVE PLANT FESTIVAL

NEW GERMANY STATE PARK



GROW
NATIVE!

MAY 14, 10 AM - 3 PM

- Native Plant Sale
- Expert Speakers
- Conservation Groups
- Local Artisans
- Nature Walks
- Family Activities

Discover the connection between native plants, people, & wildlife at this free event!

Native plant & artisan vendors include: Wood Thrush Native Plant Nursery, Tree Talk Natives, Evergreen Heritage Center, Friends of New Germany State Park, Peggy Nixon Designs, Marta Fiscus Photography, & Appalachian Wax Works.

Conservation groups include: Garrett Trails, MD Conservation Corps, Trout Unlimited, MD Native Plant Society, & University of MD Extension - Garrett County Master Gardeners.

For more information, visit mdflora.org or call 301-895-5453.



Maryland Park Service
dnr.maryland.gov/publiclands
customerservice.dnr@maryland.gov



The facilities and services of the Maryland Department of Natural Resources are available to all without regard to race, color, religion, sex, sexual orientation, age, national origin or physical or mental disability. This document is available in alternative format upon request from a qualified individual.

Garrett County Master Gardeners will have an educational booth at the plant festival. Add it to your calendar and come out and learn about Native Plants.

VIRTUAL BRUNCH AND LEARN SERIES BEGINS



University of Maryland Extension in Garrett County is facilitating the 2022 virtual Brunch and Learn series for [Deep Creek Watershed Foundation](#). The season kicked off on March 24 with Western Region 1, DNR Fisheries Manager Matt Sell. Matt shared great fisheries information and spent some time discussing a new Walleye study that is being conducted this year and how individuals and wranglers can support the study and what data will be collected. If you are interested in this topic, check out the archived presentation [here](#). The next session is planned for May 25 @ 10 am with Craig Umbel with Maryland Department of Health presenting on [Function and Maintenance of your Sewage Disposal System](#), which requires [registration](#) but is free of charge. Hope you can join us!

WHY SOIL TEMPERATURE MATTERS



Soil temperature and why it matt...

marylandgrows.umd.edu

Soil thermometer. Photo: A. Bodkins Sunshine, increasing temperatures, warm rain showers, and the return of migratory birds are all signs that Spring is getting closer. They are all reasons to be excited about Spring and all the possibilities that the new gardening season will hold. It's always tempting to go out and start sowing seeds...

Master Gardener Coordinator, Ashley Bodkins, shares ideas when the best time to start seedlings in the right soil temperature. Click on the article above to read all the details.

"WOW -- WE CAN SEE OUR OWN SEEDS SPROUTING!"



Garrett County SNAP-Ed provided over 800 Sugar Snap Pea Grow Kits to Broad Ford, Crellin, Friendsville and Grantsville elementary school students and county Head Start students to support science, math, health and nutrition. Children could grow their sugar snap peas in the classroom or take the grow kits home to share with their family. After reading a book about gardening, an elementary school student was thrilled to notice that their own indoor gardens were growing, stating "wow --we can see our own seeds sprouting"!

Gardens are living classrooms that provide students with an experiential, hands-on learning environment in which they can explore and actively participate in the process of growing food. Teachers use gardening activities to teach lessons across multiple disciplines. Students who participate in school gardens take pride in their accomplishments, have multiple opportunities to try new foods, learn healthy behaviors, and build an increased awareness of the environment.

For more information about spring gardening/cooking activities with children, please see the [Gardening for Nutrition Spring Newsletter](#) (the spinach salad recipe is my favorite)!

Youth who participate in SNAP-Ed try new foods:



83% of parents say their children are willing to try new healthy foods.

93% of youth report trying new foods.

WHY DOES EVERYTHING COST MORE?



Inflation - What is it?

breathingroom.umd.edu

One thing that we all know for sure is that the price of goods is going up. One thing that we all know for sure is that the price of goods is going up. A gallon of milk in 2020 cost \$3.32. Over the...

Dr. Jesse M. Kettermann, Jr., an Extension Educator focusing on financial and health insurance literacy discusses the impact of inflation. Click on the article above to see more.

GET OUTSIDE AND ENJOY SPRING WITH EXERCISE!



Get outside and enjoy spring with exercise!

Lisa McCoy, Extension Educator, shares some great ideas to jump start your Spring with exercise. Download the article for some great ideas.

[Download](#)
157.9 KB



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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 [extension.umd.edu/locations/...](https://extension.umd.edu/locations/)