UNIVERSITY OF MARYLAND EXTENSION

GARRETT COUNTY =

JUNE 2022



WELCOME TO EXTENSION!

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.

LOCAL 4-H MEMBER PLACES FIRST IN STATE HORSE BOWL BUZZ-OFF



The 2022 Maryland 4-H Horse Bowl Contest was held in March using the online platform called QuizBowl Pro in combination with Zoom. Following that contest, senior-level members (ages 14-18) who competed in the Horse Bowl Contest were invited to a separate Senior Invitational Buzz-Off that was to be used to determine the 2022 Maryland 4-H State Horse Bowl Team. Representing Garrett County at the Buzz-Off were Jaryn Teets and Claire Hilton who are both members of the Garrett Hoof Prints 4-H Club.

Jaryn Teets won first place in the Maryland State Horse Bowl Buzz-Off. She will be representing Garrett county in the first chair at the Eastern National 4-H Horse Roundup that will be held this November at the Kentucky Fair & Expo Center in Lousiville, Kentucky. Horse Bowl participants study from a variety of resources, such as the Horse Industry Handbook, Horse Smarts, and handbooks from the American Youth Horse Council. Teams began studying and meeting several months prior to the contest. To succeed in Horse Bowl,

young people must have a working knowledge of all topics including general equine terms, the horse industry, feeding and care, and anatomy.

Pictured is Jaryn Teets, a 4-H member representing Garrett County at the Maryland Horse Bowl Buzz-Off event held at the Maryland 4-H Center in College Park at the University of Maryland.

SUCCESSFUL SPRING WEIGH-IN AND 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 13.

Beef-100, Goats-60, Sheep-69, Swine-151.

On Saturday, May 14, 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.

We were pleased to have pleasant weather on both days and were impressed with the animals and efforts of all the 4-H members and their families.

Pictured is Isaac Lewis, District Show Judge, sharing helpful tips with exhibitors during the show.

PARTNERS AFTER SCHOOL @ OAKLAND



AmeriCorps Member, Hannah Frazee, taught the 4-H Stem Enrichment Science of Yeast program in May to Partners After School @ Oakland. Youth prepared their own loaves of bread and learned about the science of yeast and how it can change a dense mass of dough to rise high above the pan.

CAMP SITE SUPERVISOR TRANSITION



This spring marked a significant change in the staffing at the Maryland 4-H Environmental Education Center, also known as the 4-H Camp located on Route 495, near Bittinger. Mike Brady, pictured above on the left, announced his retirement after 17 years in the role of Site Supervisor at the camp. Seth Davis, pictured on the right, was selected as the new Site Supervisor. Seth has assisted Mike for the past 8 years and is very familiar with the maintenance needs of the facility.



Seth is preparing for a busy summer as camping programs return to a normal schedule in 2022. Each year over 2,400 visitors stay at the camp, enjoying Garrett County's cooler temperatures for hiking, swimming, boating, and nature programming.

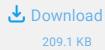
WE ARE HIRING!



The Maryland SNAP-Ed Program Assistant will provide support to the Maryland SNAP-Ed Project Leader (Kristin Spiker) in order to facilitate efficient and effective nutrition education programming. Click below to access the position Announcement and submit your resume to kspiker@umd.edu



Maryland SNAP-Ed Position Description



HAVE YOU SEEN THIS BIG BUG? I LIKE PORCH LIGHTS AND I AM BIG, BUT NOT SO SCARY



European Hornets have always been a critter that people were concerned about, just because of their large size; however, with reports of Asain Giant Hornets in the news in recent months, these large hornets are getting even more attention. Rest assured, there are no reports of Asain Giant Hornets in Maryland. An easy way to quickly identify the European Hornets is by the teardrop black shape on their yellow abdomen. Remember, freeze insect pests to kill them quickly and humanely so that all the important identifying features, such as antenna, body shape, legs, and wing patterns are still intact and not squished. Send photos or drop off specimens (that are in a container or zip lock bag) for identification anytime!

Photo: Mira Talabac, University of Maryland

LIMITED SPACE CONTAINER GARDENING

In this month's episode of The Garden Thyme Podcast, Ashley Bachtel-Bodkins, Senior Agent Associate and Master Gardener Coordinator for the University of Maryland Extension in Garrett County is talking about container gardening. If you are limited on space and time, a container garden may be a perfect way to add to the garden you've always wanted.

THE Garden PODCAST

Listen to the podcast HERE.



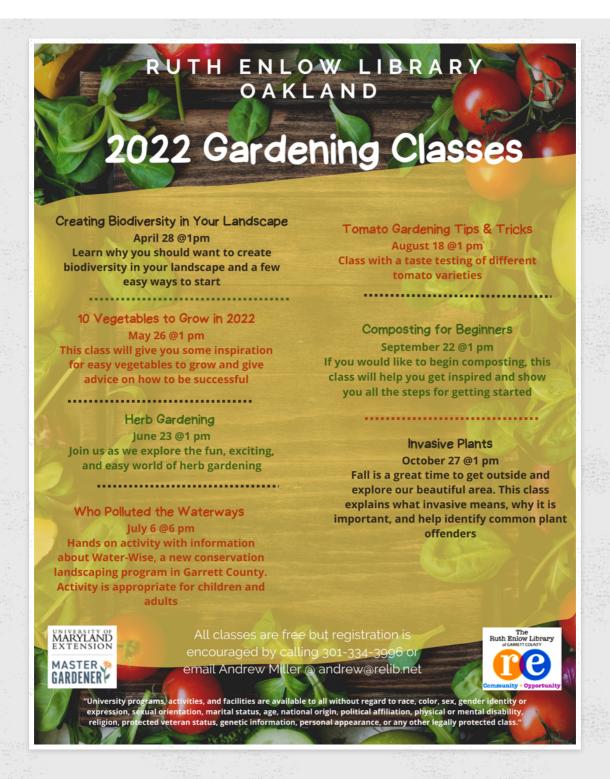
What is soil pH and does it really...

marylandgrows.umd.edu

Well, the short answer from a soil nerd (please note soil nerd is not the same as a soil scientist or soil chemist) is that yes it really does matter! Have you ever done the experiment with boiling red cabbage leaves and used that as a pH indicator?

People do not always see the benefit of getting their soil tested; however, if you take a good comprehensive soil sample, the information that you get from the analysis is invaluable. Not only will the results keep you from over-applying nutrients, which has economic and environmental benefits, but also it will ensure that your plants have all that they need right at their root tips. Click on the article above to read why Ashley Bodkins, Master Gardener Coordinator, recommends getting your soil tested.

GARDENING CLASSES CONTINUE AT RUTH ENLOW LIBRARY



University of Maryland Extension is pleased to partner with the Ruth Enlow Library in Oakland to offer adult gardening classes in 2022! Check out the awesome lineup and be sure to sign up and bring a friend. After so many months of staying home, this is the perfect chance to get out of the house, visit the library, and learn something new.

Registration is encouraged by calling the library at 301-334-3996 or emailing Andrew Miller at andrew@relib.net

MARYLAND DAIRY DAY



Dairy producers and industry personnel are invited to join us for our Maryland Dairy Day event on **Tuesday**, **July 12th from 10 am to 2:30 pm**. This event, hosted by the Maryland Dairy Industry Association (MDIA) and University of Maryland Extension (UME), will take place at Coldsprings Farm located in New Windsor, MD. The educational program will feature topics related to fertilizer management, calf management, and compost barn management. Speakers include Dr. Nicole Fiorellino (UME), Dr. Amanda Grev (UME), and Sue Puffenbarger (Zoetis). The program will also include a producer panel discussion focused on compost pack barn management.

Registration is \$20 and includes lunch. The annual MDIA awards ceremony will take place during lunch. An evening awards banquet, sponsored by MDIA, the Maryland Holstein Association, and the Maryland Dairy Shrine will take place during the evening of July 12th at 6:30 pm at the Union Bridge Fire Hall. Registration for the evening banquet is \$25. The banquet will recognize outstanding members of the dairy community, including our youth and Dairy Shrine inductees.

To register for this event, click <u>HERE</u> or contact Laurie Savage (301-525-1902; <u>marylandholstein@gmail.com</u>) or Sarah Potts (301-432-2767; <u>sbpotts@umd.edu</u>).

WORKING TOGETHER TO IMPROVE COMMUNITY WELL-BEING



Dr. Jesse Ketterman offers Mental Health First Aid (MHFA) training to social workers, clinicians, educators, and others working to improve the overall well-being of our community members.

MHFA teaches participants to recognize signs of mental health or substance use challenges in youth and adults, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary. Topics covered include anxiety, depression, suicide, psychosis, and substance use disorders.

MHFA is offered on an ongoing basis in a virtual-blended format. Participants complete a self-paced portion via an online learning platform, followed by a 6-hour live skills practice session in a group setting.

For more information about Mental Health First Aid training, or to request training for yourself or your team, contact Dr. Jesse Ketterman at 301-724-3320 or <u>jketterm@umd.edu</u>.

TAKE ADVANTAGE OF PRE-TAX FSA'S



Should You Use an FSA?

breathingroom.umd.edu

My sister asked me the other day if she should set up a Flexible Spending Account (FSA). Of course, my answer was yes! You're able to set aside money for healthcare or childcare/dependent expenses on a pre-tax basis when you create an FSA.

Flexible Spending Accounts (FSA) is a great tax-advantaged tool that can help you save for health and dependent care expenses. Click on the article above to read more details from Dr. Jesse Ketterman, Jr., Extension Educator.



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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