

# UNIVERSITY OF MARYLAND EXTENSION

## Garrett County

### October 2025 Newsletter

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#### Nutrition Education Continues in Garrett County

Despite Congress passing the budget reconciliation bill that eliminated our Supplemental Nutrition Assistance Program-Education (SNAP-Ed) effective September 30, UME will continue to focus on our core mission of "enhancing the quality of life for people and communities" through all of our programs including those focused on health and nutrition.

UME is determined to continue our local collaborations to promote and improve healthy behaviors and create a healthier environment for individuals to live, work, and learn. With the strong relationships we have created with our schools and organizations, we will continue to enhance quality of life, strengthen agriculture, and build food systems in Garrett County. We are eager to see what the future holds for the local redesign of our program and welcome your ideas as our program progresses.

Below is Project Leader, Kenzi Mousch with Friendsville Principal, James Friend with supplies for a Grow Tower to be installed on school grounds to be utilized for nutrition and gardening education with their students.



## 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, and rabbits as well as participating in the 4-H/FFA Tractor Operators and Livestock Judging contests. Country Explorers and Red House 4-H Clubs entered their booths as well. Congratulations!



**AVA BRACKENRICH**  
**CALEB BRENNEMAN**  
**CONNOR CLARY**  
**AUTUMN CUSTER**  
**LEA CUSTER**  
**JAKOB FULLERTON**  
**MALEA FULLERTON**  
**BRADY GARLITZ**

**KEELEY GARLITZ**  
**BRAXTON GLOTFELTY**  
**JEREMY GORDON**  
**MADDOX GORDON**  
**BRISTAL KETTERMAN**  
**COLT KNOTTS**  
**CARMEN KNOTTS**  
**JONATHAN MALONE**

**BRYLIEE MILLER**  
**EVAN ROWE**  
**OWEN ROWE**  
**MATTHEW STONER**  
**NATHAN STONER**  
**NOAH WHITESIDE**  
**LILYANN ZIMMERMAN**  
**RICHARD DEATELHAUSER (FFA)**



## Celebrate National 4-H Week



"I pledge my head to clearer thinking, my heart to greater loyalty, my hands to larger service, and my health to better living, for my club, my community, my country, and my world."

During National 4-H Week, we celebrate a program that is near and dear to many of us in Garrett County. From Oct. 5 to 11, millions of 4-H members, alumni, volunteers and supporters across the nation will come together to celebrate the accomplishments of 4-H.

Does participating in 4-H really make a difference in the lives of young people today? Those of us involved in the 4-H program, see this every day in action and can easily say YES 4-H makes a difference. The research shows it too. According to the National 4-H Council, youth who participate in 4-H Programs are three times more likely to participate in community service; 2 times more likely to report living life with intentionality and purpose and two times more likely to have the goal of being a leader.

Alumni surveys prove 4-H makes a difference as well. 4-H alumni are more likely to be personally satisfied in life, more satisfied socially and emotionally, more fulfilled by their jobs and financial security, and make a difference and love their work than non-alums. It also showed that 4-H alumni are more involved in leadership and volunteerism, and have a higher rate of completion of higher education.

Whether a 4-H alum or not, 4-H would not exist without incredible volunteer network. Thank you for your investment in our young people.

As we approach National 4-H Week, we hope you too will reflect on the incredible impact of this valuable youth development program in our community.



# Educators Present At College & Me Program For Garrett County Fifth Graders

University of Maryland Extension Educators selected for the Garrett College and Me Program include Ashley Bodkins (Master Gardener Coordinator) and Lacie Ashby and Karen Wood (4-H Educators). They have been chosen to present at the College and Me Program at Garrett College which takes place from September 2025 through May 2026. Their session entitled "Exploring Insects through 3D Printing" aims to engage all fifth graders in Garrett County by helping them to understand the significance of insects while allowing them to create their own 3D models to take home.

The program inspires young minds through a blend of hands-on activities and technology. By incorporating 3D printing into entomology lessons, students are introduced to the potential of modern tools and imagine future applications inspiring them to think beyond traditional career paths and consider new possibilities in science and technology.

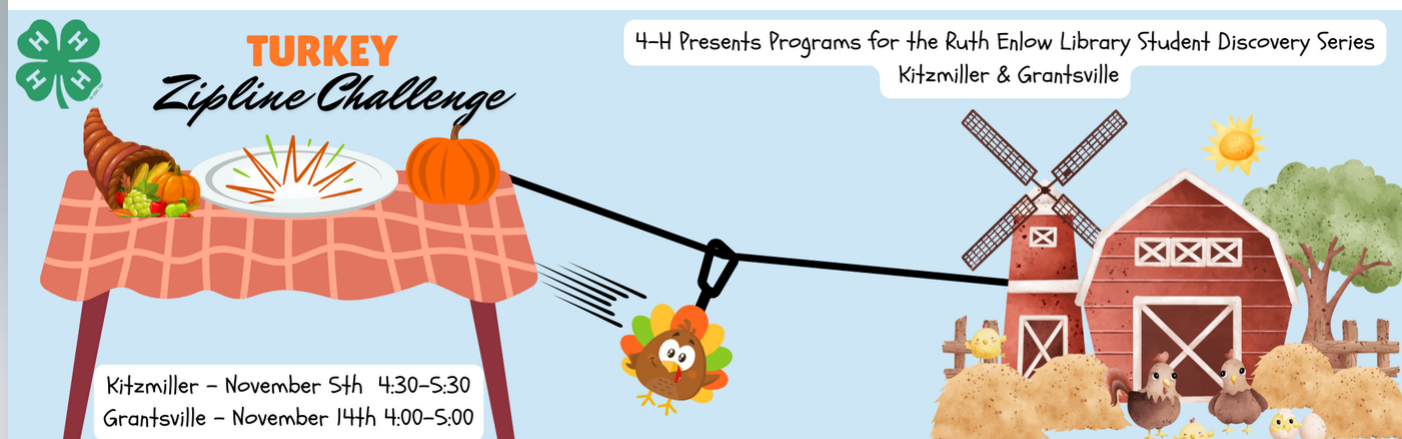


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## Speed into STEM: Turkey Zipline Challenge



Karen Wood will present an engaging fall science activity at the Ruth Enlow Libraries in Kitzmiller and Grantsville for the Student Discovery Series where participants will design and construct a zipline and carrier that will successfully transport a toy turkey from the Thanksgiving dinner table back to the farm. Youth will explore the engineering design process while learning concepts such as friction, balance and momentum. Registration is required by contacting Diane at the Kitzmiller Branch at 301-334-8091 or Ryan at the Grantsville Branch at 301-895-5298.



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## Hybrid Master Gardener Basic Training Classes Scheduled

Here is your chance to take the Master Gardener Basic Training in a hybrid format— 3 full days of in person training and then 7 virtual sessions on Zoom. The preference is for you to join the virtual sessions live, but you do have the choice of watching the recordings at your convenience each week. Open to residents in both Garrett and Allegany County! You won't want to miss this!

To register for Allegany: Call 301-724-3320 or email [slewell@umd.edu](mailto:slewell@umd.edu)  
 To register for Garrett: Call 301-334-6960 or email [abachtel@umd.edu](mailto:abachtel@umd.edu)

**Master Gardener  
Basic Training-  
Allegany &  
Garrett  
Hybrid 2025**






**Virtual Dates**  
 Nov. 10, 17, 19, 21  
 Dec. 1, 3, 8  
 Time: noon to 2pm

**In Person Dates**  
 Nov. 12, 13, 14  
 Time: 9:30am - 4:30pm - daily

In person training held at Garrett College Northern Outreach Center- 12601 National Pike, Grantsville, MD 21536

**Training Topics Include**

- Soil Science
- Botany
- Ecology
- Insects
- Plant Diseases
- Native Plants
- Vegetable Gardening
- Increasing Biodiversity
- Much More

**Apply before Oct. 1, 2025**

**Master Gardener Requirements**

- Virtual background check during application
- Complete 40 Hours of Basic Training & 40 Hours of Volunteer Service to get certified

**\$190 /Person**

A reduction in fees is available by request and is approved based on availability, eligibility, and financial need.

University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class. If you need a reasonable accommodation to participate in any event or activity, please contact University of Maryland Extension @ 301-334-6960 by Oct. 1, 2025.

UNIVERSITY OF MARYLAND EXTENSION MASTER GARDENER

## Mary Browning Senior Center Client Education

University of Maryland Extension Home Horticulture Educator, Ashley Bodkins, provided a program for the Mary Browning Senior Center on Sept. 10th. Participants learned about native plants and their value to the local ecosystems through a hands-on workshop to see and smell the live samples, discuss plants, and make their own flower arrangements to take home.





UNIVERSITY OF  
MARYLAND  
EXTENSION

MASTER  
GARDENER



## Good Time of Year To Collect Soil Samples



Let us start planning for the 2026 growing season. After fall harvest is the perfect time to update soil samples from your fields. Soil samples are good for up to three years while manure samples can be used for up to two years depending on the source. The extension office can provide you with the required documents for you to send out your samples. As a reminder, be sure to record

your crop yields throughout the harvest season. Be on the lookout for documents detailing needed information for your update in the mail this fall. Request a 2026 nutrient management plan update and discuss needed information for your plan by calling 301-334-6960 or email Andrea at [auphold@umd.edu](mailto:auphold@umd.edu).

## Upcoming Forest Education Webinars

Please join Dr. Daniel Pratson, Natural Resources Extension Specialist with University of Maryland, for the 2025 Forestry and Natural Resources webinar series. Through these webinars, you'll learn



the basics of Maryland's forests along with how current research is advancing how we understand and steward these ecosystems.

Each webinar will be held on the second Wednesday of the month, starting in October, from Noon to 1 PM. Attendance is free, but registration is required.

Information for each webinar is provided below, and on the attached announcement:

**Wednesday, October 8, Noon to 1 PM EST:** Learn about the history and current conditions of Maryland's forests. **Register here:** <https://go.umd.edu/OctForests2025>

**Wednesday, November 12, Noon to 1 PM EST:** Learn about the factors that shape how and why Maryland's forests grow. **Register here:** <https://go.umd.edu/NovForests2025>

**Wednesday, December 10, Noon to 1 PM EST:** Learn about some of the ways Maryland communities value, manage, and interact with forests. **Register here:** <https://go.umd.edu/DecForests2025>

These webinars are for anyone interested in learning more about forest resources in Maryland. Please distribute this announcement widely. Contact Daniel Pratson at [dpratson@umd.edu](mailto:dpratson@umd.edu) with questions or accommodation requests prior to each event.

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## Ketterman Offers Credit & Credit Report Workshop



Dr. Jesse Ketterman provides a workshop about credit and credit reports. It is recommended that individuals check their credit reports with the three major bureaus yearly on a staggered basis. Another suggestion is to freeze your credit reports. This assists in preventing someone from opening a credit account in your name. Please contact Dr. Ketterman if you are interested in having this presentation for your club or organization. For more information

on freezing your credit account visit the CFPB [website](#).

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## Navigating Dementia Care for Caregivers

The University of Maryland Extension offers a free in-person or virtual weekly program series designed specifically for caregivers of individuals with Alzheimer's. This series offers expert-backed education on critical topics like disease progression, mental health, and finances.

Join in person **or** virtually to gain practical knowledge and learn alongside fellow caregivers.

**Program Dates:** November 3, 10, and 17 (in-person)

November 5, 12, 19 (Virtual)

**Program time:** 10 am-noon

**Location for in-person:** Greenbelt Community Center, 15 Crescent Rd, Greenbelt, MD 20770

Use this link to register: <https://bit.ly/NDC2025form>

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## Virtual Dining With Diabetes Classes Offered

The University of Maryland Extension is offering a 4-week Dining with Diabetes class. This class is a diabetes education program for adults with Type 2 diabetes or pre-diabetes and their families.

Dining with Diabetes teaches healthy meal planning and other self-management skills. Recipes and cooking videos will be included in each session.

There will be 2 series: one series will be online via Zoom and the other class will be in-person in Hagerstown MD.

- The online classes will be held on Wednesdays, October 15, 22, 29, and November 5 from 6:00-7:30 pm. The cost for the virtual classes will be \$15.00. There will also be a follow-up class 3 months after the last class. [Registration Link](#)
- The in-person class will be held in Hagerstown, location TBD on Tuesdays, November 25, December 2, 9, and 16. The cost for the in-person classes will be \$20.00. There will also be a follow-up class 3 months after the last class.

The Dining with Diabetes program is a National Extension Program and has recently been updated to follow the 2025 American Diabetes Association Standards of Care.

The instructor for this class is Lisa McCoy, a Registered Dietitian Nutritionist with over 30 years of experience in Diabetes Management education.

For more information or to register, please contact Dr. Lisa McCoy @ [lmccoy@umd.edu](mailto:lmccoy@umd.edu) or call 301-791-1304.

If you need a reasonable accommodation to participate in any event or activity, please contact the educator at least two weeks prior to the event at 301-791-1304.

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## Update AG Client Contact Information



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.

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## UME-Garrett County

**Email:** [rcvetnic@umd.edu](mailto:rcvetnic@umd.edu)

**Website:** <https://extension.umd.edu/locations/garrett-county>

**Location:** 1916 Maryland Hwy., Suite A, Mt. Lake Park, MD 21550

**Phone:** 301-334-6960

**Office Hours:** M-F 8:30 am-4:30 pm excluding holidays

**Facebook:** <https://www.facebook.com/4HGarrettCoMD>

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University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class. If you need a reasonable accommodation to participate in any event or activity, please contact us at least two weeks prior to the event at (301) 334-6960.

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**Roberta Cvetnick**

Roberta is using Smore to create beautiful newsletters