



Catoctin News

Newsletter of the Catoctin Group serving
Carroll and Frederick Counties

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A SILENT KILLER

By Betty Law, Jenn Bird and graphics designer Taylor L. Simon



Carbon Monoxide (CO), a colorless, odorless gas is a silent killer. CO is found in fumes produced by furnaces, stoves, lanterns, and gas ranges, or by burning charcoal and wood. CO from these sources can build up in enclosed or partially enclosed spaces. People and animals in these spaces can be poisoned and can die from breathing CO. When power fails in cold weather, many use gas or propane electric generators to operate inside heat sources. All too frequently, those unaware of the risk, locate the generators where fumes enter living spaces with tragic results

According to the CDC

- Every year, at least 430 people die in the U.S. from accidental CO poisoning.
- Approximately 50,000 people in the U.S. visit the emergency department each year due to accidental CO poisoning.
- Red blood cells pick up CO quicker than they pick up oxygen.
- When you inhale CO, your body replaces the oxygen in blood with CO.
- People who are sleeping or who have been drinking alcohol can die from CO poisoning before ever having symptoms.

Carbon Monoxide Poisoning (CO) | Disease or Condition of the Week | CDC

There are steps you can take to help protect yourself and your household from CO poisoning. With this in mind, Betty Law, Jenn Bird and graphics designer Taylor L. Simon developed the following as a quick guide to protect you and your family. We urge you to share this information with people you care about.

Carbon Monoxide Awareness & Prevention

What is Carbon Monoxide?

Carbon monoxide, or CO, is a colorless, odorless, and tasteless gas. It is a common byproduct of incomplete combustion that is produced when fuels such as oil, gas, coal or wood are burned.

Carbon Monoxide Alarms

Carbon monoxide alarms should be installed in a central location outside each sleeping area and on every level of the home. For the best protection, interconnect all of the alarms throughout the home so that if one sounds, they all sound.

For more information:
County Department of Fire and Rescue
<https://frederickcountymd.gov/3959/Carbon-Monoxide>



CARBON MONOXIDE (CO) POISONING



What Are the Symptoms of Carbon Monoxide Poisoning?

- Mild to life-threatening
- Can be similar to the flu
- Headaches, dizziness, nausea, weakness, and fatigue
- Shortness of breath, confusion, irritability
- Most severe cases: unconsciousness and death

If you experience any of the listed symptoms and suspect that carbon monoxide may be a factor, get out of the house immediately and call 911

~~GREEN~~ Not Always Best for the Environment

By Lewis Sherman

Barley straw immersed in pond water has proven to be an effective remedy for eliminating at least one type of green algae.

The sight of green algae choking your beautiful pond by mid-summer can be very distressing. A pond you built for your flock of ducks and bass fishing is essentially ruined in appearance if not utility. Herbicides are available for controlling this problem, but are problematic; while some may be effective in killing algae, they may be hazardous in other ways. A partial, and quite unique, solution to this problem was found in the 1990's when it was discovered that dry barley straw immersed in pond water prevented the growth of green algae.

Barley straw is a proven and effective material for controlling green algae growth in ponds from backyard pools to acre + sized bodies of water. It works by controlling new growth, not by killing the plants. The activity mechanism is not well understood, but apparently the straw, when exposed to sunlight and moisture in the presence of oxygen, produces a chemical that inhibits algae growth. (See Barley Straw for Algae Control (psu.edu)). Other types of straw have not been found to be effective.

Various barley products are available for this process depending on the size of the pond. Application

methods range from entire barley bales anchored to pond bottoms to baskets that hold small amounts of straw. Be advised that using too much barley can reduce the water oxygen levels below sustainable levels for aquatic life. Products are available at farm stores and on-line retailers. Guidance on the use of these products should be available from these businesses and state agricultural extension services.

The barley should be introduced before growth begins in the spring. This applies whether using it for a small backyard koi pond or a one acre+ pond. As the water warms, the chemical process becomes more rapid.

Barley is very specific in its effectiveness. Research indicates the barley treatment is generally effective against green planktic algae, while results are mixed with filamentous algae, mat-forming algae and blue-green algae. **FS1171: Pond and Lake Management Part VI: Using Barley Straw to Control Algae (Rutgers NJAES)**. It does not appear to adversely affect other aquatic life if used correctly, but may result in increased growth of unwanted plants.

Try it! The technique really works.



GO NATIVE

MACS (Multi-faith Alliance of Climate Stewards of Frederick County) and Envision Frederick are co-hosting **Wildscaping with Native Plants**, a webinar demonstration by Kerry Wixted, MD DNR Educator.

Wixted will share her top ten native plants along with tips for turning your tame lawn into a lively wildscape without upsetting your neighbors. The webinar will take place on April 18 at 7 pm. Registration link to right. Registration is free but required.



MACS AND ENVISION FREDERICK PRESENT

WILD-SCAPING WITH NATIVE PLANTS

Habitat loss is the number one driver of species decline in Maryland, **YOU** can help reverse it!
Help local wildlife by planting native species of flowers, shrubs and trees.

April 18, 2021

7:00 pm

[Free Registration Here](#)

In this Webinar **Kerry Wixted** of the Maryland Department of Natural Resources will share her top ten native plant recommendations for the Piedmont region of Maryland which includes Frederick County, based on ease of growth and wildlife value.

Kerry will share tips on what to plant, how to convert lawn to garden while keeping neighbors happy, and address your concerns and questions. At the end of the webinar, we will share places in the Frederick area for purchasing native plants. Join us in learning more about how we can do our part to improve biodiversity right in our own yards.



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SIERRA CLUB

Further Information

<http://www.sierraclub.org/maryland/catoctin-group>

Climate Emergency Mobilization Workgroup Reports to County Council and City Alderpersons

By Barb Trader

The joint Frederick City/County citizen-led Climate Emergency Mobilization Workgroup (CEMWG) presented their Midterm Report to the Frederick City Aldermen and the Frederick County Council in February 2021. In workshops lasting more than an hour, CEMWG's Co-Chairs, Barb Trader (a member of the Ex Com of Sierra Club Catoctin Group) and Kevin Sellner, briefed elected officials on report highlights and fielded several questions. Ron Kaltenbaugh (also a SCCG Ex Com member) joined the co-chairs in his leadership role as Chair of the Energy, Transportation and Buildings Subgroup.

Topics of special interest included the possibility of increasing broadband access, composting, food security, and examples of co-benefits of potential climate actions. Stakeholder engagement efforts were also of interest and presenters provided examples of meeting highlights with the Frederick County Building Industry Association, the Farm Bureau, the Frederick County Chamber of Commerce and the Thurmont Ministerium, among other groups. These stakeholders have expressed interest in more dialogue, a recognition that more climate-related education is needed and helpful as climate

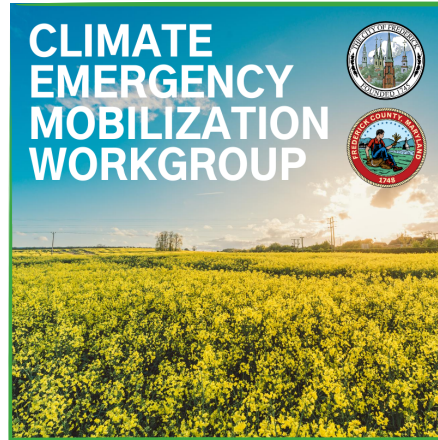
impacts are experienced locally, and an appreciation for CEMWG's outreach to gather ideas and input.

The County Council and City Alderpersons both expressed appreciation for the significant volunteer commitment of county and city residents, many of whom are experts in climate-related fields. The co-

chairs estimate that roughly 5800 hours of volunteer time has been dedicated to the effort in the first six months. The 55 volunteers involved in the project span an array of academic and professional fields from financing to affordable housing; environmental education to agriculture; union organizers to Geographic Information Systems (GIS) analysts. Many stakeholder groups are also represented, such as those who will be most

impacted by CEMWG's recommendations and those most likely to be involved in implementing recommendations

These groups include builders, architects, farmers, teachers, scientists, doctors, landscapers, homeowners, and more. Young people who understand they have a significant stake in the outcomes of the recommendations have also been active participants.



Reports and Workshops

EMWG Midterm Report

<https://www.frederickcountymd.gov/DocumentCenter/View/330978/CEMWG-Mid-Term-Report-2-23-21>

Videos of County Workshops

<https://www.mobilizefrederick.org/post/interim-report-of-the-cemwg>

Videos of City Workshops

https://cityoffrederick.granicus.com/MediaPlayer.php?view_id=12&clip_id=4609

Previous Catoctin News article entitled "Climate Emergency Mobilization Workgroup"

https://www.sierraclub.org/sites/www.sierraclub.org/files/sce/maryland-chapter/Catoctin_Group_Newsletters/CGNewsWinter2020.pdf



HOORAY!

THEY ARE on THE WAY

By Ann Payne & Lewis Sherman

The 17-year locusts will emerge from their underground domains this year to the consternation of some and excitement of others. You may recall the squishy mess underfoot or their high pitched mating sounds, but you may not recall the culinary delight they offer. The 17 year locust, or Cicada, is very tasty when prepared properly. Here is a recipe you can enjoy while listening to the music of this 17 year entomological miracle.

Open this link if you want some details about this creature and be sure you are not eating grasshoppers instead of the real thing.

<https://www.loc.gov/rr/scitech/selected-internet/cicadas.html>

If you are concerned about cutting a good life short by eating the cicadas, don't overstress. After mating, the males die. So, if you just eat males, you are only depriving them a few short weeks of questionable existence.



Soft-Shell Cicadas

Ingredients:

1 cup Worcestershire sauce
60 freshly emerged 17 year cicadas
4 eggs, beaten
3 cups flour
Salt and pepper to season flour
1 cup corn oil or slightly salted butter

Directions:

Marinate cicadas, alive in a sealed container, in Worcestershire sauce for several hours.*
Dip them, in beaten egg, roll them in the seasoned flour and then gently saute them until they are golden brown.

Yield:

4 main dish servings

*this step may be skipped and you may go directly to the egg step instead.

CICADA-LICIOUS:

Cooking and Enjoying Periodical Cicadas



Created by Jenna Jadin
and the
University of Maryland Cicadamaniacs

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