



WASH THOSE HANDS – With cold and flu season currently in “high gear,” one way to reduce the possibility of getting sick is for everyone to wash their hands regularly and thoroughly. Heather Berg, health education and outreach worker at the Garrett County Health Department, recently visited the students of Kitzmiller Head Start to demonstrate correct hand-

washing techniques. Hand washers pictured above in the front row from left are Erik Sherwood, Travis Minnick, Levi Sharpless, Leah Boyce, and Harper Upton. In the back row, same order, are Quinlin Miller, Tavery Lyons, Addison Dixon, Halee Bruckey, Brennen Anderson, Brogan Guy, and Aiden Davis.