



Antrim County

2017–2018 ANNUAL REPORT

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FROM THE DISTRICT COORDINATOR:

Over the past year, Michigan State University (MSU) Extension partnered with Antrim County to continue strengthening youth, families, businesses and communities. Your MSU Extension staff members, grounded in local relationships, serve by bringing the university’s research and resources to provide outreach and education in the areas Antrim County residents need it most.



In this report, we’re excited to share about the people and programs that are improving the lives of Antrim County residents in many ways, including helping grow Michigan’s agriculture economy, encouraging sustainable use of our natural resources, controlling health care costs by giving individuals the information they need to manage chronic illness and preparing tomorrow’s leaders. From an in-person workshop to online education, MSU Extension professionals work every day to provide the most current information when people need it to ensure their success – in the workplace, at home and in the community.

We’re passionate about serving Antrim County and are looking forward to a new year of serving. Thank you for your continued support of MSU Extension and for partnering with us to make a difference.

Jennifer Berkey
District 3 Coordinator

MEASURING IMPACT:

CONNECTING WITH RESIDENTS	
4-H: Developing Youth & Communities	469
Keeping People Healthy & Ensuring Safe Food	437
Supporting Food & Agriculture, Fostering Strong Communities & Businesses, and Enhancing Our Natural Assets	382
TOTAL PARTICIPANTS IN ANTRIM COUNTY.....	1,288

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DEVELOPING YOUTH AND COMMUNITIES

When you support MSU Extension 4-H programs, youth participants learn life skills that prepare them for the workforce – especially for highly sought after jobs in science, technology, engineering, and mathematics (STEM). Extension programs help children develop early literacy skills that support school readiness. They learn leadership and decision-making skills in 4-H that increase their likelihood of becoming civically active.

Developing Youth and Communities

A new 4-H Program Coordinator, Dave Vachon, started April 24, 2017. He spent his first year in this role acquainting himself with current volunteers and club members, moving forward with existing countywide programming, creating new educational opportunities for youth, and developing new collaborations with community partners. Below is an overview of those activities.

4-H Clubs and Programs

Program membership stayed consistent with recent years' participation numbers. Antrim County 4-H reported 86 club members and seven active clubs for the 2016-2017 program year (Sep-Aug). In addition, a combined 428 youth participated in either special interest/short-term programming or school enrichment activities. These clubs offer youth in Antrim County the opportunity to explore a variety of projects including market livestock, archery, nature awareness and outdoor education, literature and creative arts, and community service.

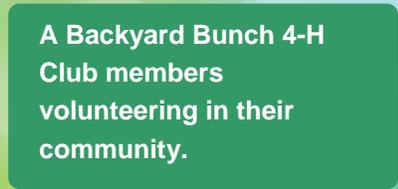
New avenues for program growth have developed since the last annual report. In fact, January 2018 saw the creation of an after-school club in conjunction with the after-school program at Central Lake Elementary, which brought 31 new youth into the county 4-H program. This club will focus on STEM related projects.

Volunteer Recruitment

The Antrim County 4-H volunteer-base reported growth year-to-year. Twenty-five registered volunteers participated in youth development programming for the 2016-2017 program year. Current recruitment efforts have resulted in seven new volunteer recruits at various stages of MSU Extension's Volunteer Selection Process. Community outreach efforts hope to result in an increase in this number for the following year.

Community Outreach and Partnerships

Maintenance and growth of community partnerships was a priority this past year. Efforts in this area involved on-going discussions and planning of future programming with Central Lake School District, the CLEO Foundation, Bellaire Elementary School, Communities in Schools of Northwest Michigan, and the Central Lake Farmers Market. The Antrim County 4-H Program Coordinator is also developing partnerships with North Central Academy, Bellaire Youth Initiative, North Country Community Mental Health, and the Antrim County Collaborative.



Developing Youth and Communities, continued

Also necessary was a more significant concentration on a general outreach strategy to create better visibility for the 4-H program among county residents. Tactics to achieve this objective included a more consistent presence on social media and in-person at county events like the Mancelona Bass Festival and Antrim County Fair. Be sure to like and follow Antrim County 4-H MSU Extension on Facebook!



The majority of the auction money raised goes back to the 4-H members and is used for back-to-school needs and college funds.



County Programming at a Glance: Highlights and Impacts

Involvement in 4-H provides Antrim County youth and adults with opportunities to learn new skills and encounter new, positive experiences. Below are some specific programmatic highlights.

- **Club activities and the Antrim County Fair:** Clubs in Antrim County model benefits of participating in 4-H by engaging in educational and character building activities that are fun and meaningful for members, volunteers, and the community-at-large.
- A Backyard Bunch, operating out of the Elk Rapids/Kewadin area, had two activities of note. First, they collaborated with the Elk Rapids Lions Club to host and serve a community dinner before the Saturday Night Live Elk Rapids Rotary Show. Fundraising, customer service, and teamwork are just a few skills club members learned by participating in this event. The club netted \$500 to use for club activities throughout the program year. Second, and perhaps more importantly, the club had a hand in a community service project where members, parents, and volunteers made gift bags for and served dinner to 90 disadvantaged persons on Christmas Eve. Compassion, caring, and empathy are just some of the attributes displayed by our club members and families during this altruistic club activity.
- A review of essential club activities would not be complete without mention of the Antrim County Fair. In particular, the county 4-H youth and leaders did a tremendous job with the Market Livestock Show and Auction. The buyer turnout was most impressive: 69 registered buyers and their families came to the auction – 38 of those buyers were new to the Antrim County Fair.
- **Direct education.** The 4-H Program Coordinator was able to deliver direct instruction to 4-H youth and other audiences at several different sites across the county. Conversations with the Director of Summer Programming at Central Lake Elementary led to several educational opportunities at Camp CLEO. The 4-H Program Coordinator led 40 kids from kindergarten through fifth grade in lessons focused on nature awareness and outdoor education. Work with the Communities in Schools of Northwest Michigan at



52 Animals



37 Buyers



\$44,000

Developing Youth and Communities, continued

Mancelona Elementary also resulted in the delivery of Michigan 4-H's China Art Project to 25 youth participants. An opportunity to engage adult and youth residents came during the CLEO Community Picnic. The 4-H Program Coordinator had a table display with 4-H materials and used a Life Skills Wheel to discuss how 4-H promoted youth development across 35 unique life skills. This display helped 25 adults and 20 youth receive this information.

- **Individual club member experiences.** Beyond club activities and countywide events, participation in Antrim County 4-H enables members to access experiential learning opportunities across the state and nation. In June, six youth from Antrim County made their way to East Lansing for Exploration Days. Those youth members participated in a variety of fun educational sessions and activities – all while living on campus for three days. Survey data showed most members attending Exploration Days built time management skills and felt more prepared for college. In October, one Antrim County youth member had the chance to travel to Chicago with Extension Educators and a group of 4-H youth from around the state to explore various careers available in the agriculture and agribusiness industries. The youth reported how the trip taught him “more about the background of the agricultural industry, futures, marketing, cooking and more. It was very interesting to learn from these people who have to sell and market their items.” In addition, the youth stated, “there was a perfect balance of fun and excitement mixed in with the learning.”



The Barn Buddies out of Mancelona created a float for entry in the Mancelona Bass Festival Parade, which earned them a first-place finish in the children's category.



KEEPING PEOPLE HEALTHY & ENSURING SAFE FOOD

When you support MSU Extension, you help participants learn safe food handling practices, increase their physical activity, and improve the quality of their diets. Extension programming also helps decrease incidents of violence and bullying. Encouraging these healthy behaviors helps reduce food and health care costs by helping prevent chronic health conditions and providing safe environments throughout a person's lifespan.

Fostering Health through Nutrition and Physical Activity

Our Challenge

Obesity has important consequences on our nation's health and economy. It is linked to a number of chronic diseases including coronary heart disease, stroke, diabetes, and some cancers. Among adults, the medical costs associated with obesity are estimated at 147 billion dollars. According to The State of Obesity: Better Policies for a Healthier America released in 2017, Michigan has the 10th highest adult obesity rate in the nation. Michigan's adult obesity rate is currently 32.5% up from 22.1% in 2000 and from 13.2% in 1990.

Healthier Lives through Nutrition Education

Michigan State University Extension supports individual and community level, or public health approaches, to prevent obesity. Through the United States Department of Agriculture Supplemental Nutrition Assistance Program Education (SNAP-Ed), we provide exemplary nutrition and physical activity education for limited resource participants where they eat, learn, live, work, play, and shop. To increase the likelihood limited resource youth, adults and seniors can make healthy food choices within a limited budget and choose physically active lifestyles consistent with the Dietary Guidelines for Americans.

There have been notable successes as a result of our direct education in the community.

NUMBER OF PARTICIPANTS REACHED THROUGH NUTRITION EDUCATION



Source: Public Health Institute, SNAP-ED Works



Antrim County parents at Moms and Tots learn healthy food preparation skills with MSU Extension.

Keeping People Healthy, continued

MSU Extension Program Instructors draw from evidence-based curricula to reinforce healthy eating and physical activity promotion among youth, adults and seniors throughout Antrim County. Show Me Nutrition is one of several curricula used to reinforce healthy habits among children.

“Kids are making connections to food and nutrition as a result of the classes provided by MSU Extension. The classes serve as good reminders to me as I manage my diabetes.” – Teacher, Alba Public Schools.

Childcare

MSU Extension provides childcare providers with health and wellness education and environmental coaching. Whether it's a family-care home-based or center-based provider, MSU Extension nutrition programs help incorporate the best practices for feeding children and creating places that support healthy living.

Worksites

Healthy employees are proven to be happier and more productive. MSU Extension health and nutrition staff work with employers to create a culture of health and wellness within the workplace. To have the most profound impact on individual health behavior is to make the healthy choice the default or easy choice in all environments. Focusing on healthier worksite environments as opposed to only one time programs is recognized as best practice. The Designing Healthy Environments at Work (DHEW) assessment and process is considered a policy, systems and environmental (PSE) change strategy. PSE is used to improve the health of the workforce through long-lasting, sustainable change.

Schools

The school environment has shown to be a ripe opportunity to make meaningful impact. As the places where children spend much of their time and often eat at least half of their calories, schools are a primary driver in young people's knowledge of, attitudes about, and access to food. MSU Extension works with food service staff, teachers, principals, and youth to facilitate sustainable changes to school policies, systems, and environments so that healthy choices are easier.



Source: MSU Extension FY17 Evaluation Report



KEEPING PEOPLE HEALTHY & ENSURING SAFE FOOD

Partners

Local partnerships are critical to the success of our work. Relationships with Good Samaritan Family Services, Moms and Tots, and Food Pantry, Commission on Aging, Grand Traverse Industries, Mancelona, Central Lake and Alba Public Schools play a key role in helping to plan and host MSU Extension community nutrition interventions throughout Antrim County.

Stress Less with Mindfulness

Mindfulness means paying attention to the present moment without judgement. Research has shown that practicing mindfulness is effective in reducing stress-related symptoms such as worry, depression and physical tension, and may be helpful in managing chronic conditions such as cardiac disease and diabetes.

By offering teens, adults, and seniors alternative ways of relating to everyday life experiences, including thoughts, emotions, physical sensations and events, Stress Less with Mindfulness teaches and encourages the use of mindfulness self-care skills to help one feel better and enjoy life more.

In 2017, 35 Central Lake School teachers participated in a presentation on Mindfulness. Teachers were provided an overview on mindfulness and the benefits of using it in a classroom setting.

They learned that the ability to self regulate is one of the strongest predictors of academic success. Self-regulation is the ability to control and direct one's own feelings, thoughts and actions.

Social and emotional skills are integral to academic and life success. When children lack social and emotional skills, they act in ways that are challenging for parents, teachers, and caregivers. Children who cannot control their emotions often cause chaos.

Mindfulness practices can meet a need for finding physical and mental calm in demanding times and places.

Participants heard testimonials from other teachers who have incorporated mindfulness into their classrooms and were able to participate in a mindful breathing activity.



SUPPORTING AGRICULTURE & AGRIBUSINESS

Tree fruit integrated pest management (IPM) works toward optimizing economic and environmental sustainability for orchard growers. The seminar series, “IPM Updates,” led by MSU Extension Educator Emily Pochubay provided tree fruit producers and crop consultants in northwestern lower Michigan with timely pest and disease information related to fruit production during the 2017 growing season. Seven, two-hour long meetings were held in Antrim County in 2017 and these meetings reached 59 participants. District 3 fruit educators also hosted 135 participants at the bi-annual Tree Fruit IPM School in Traverse City that attracted growers from across the county including several from Northwest Lower Michigan.

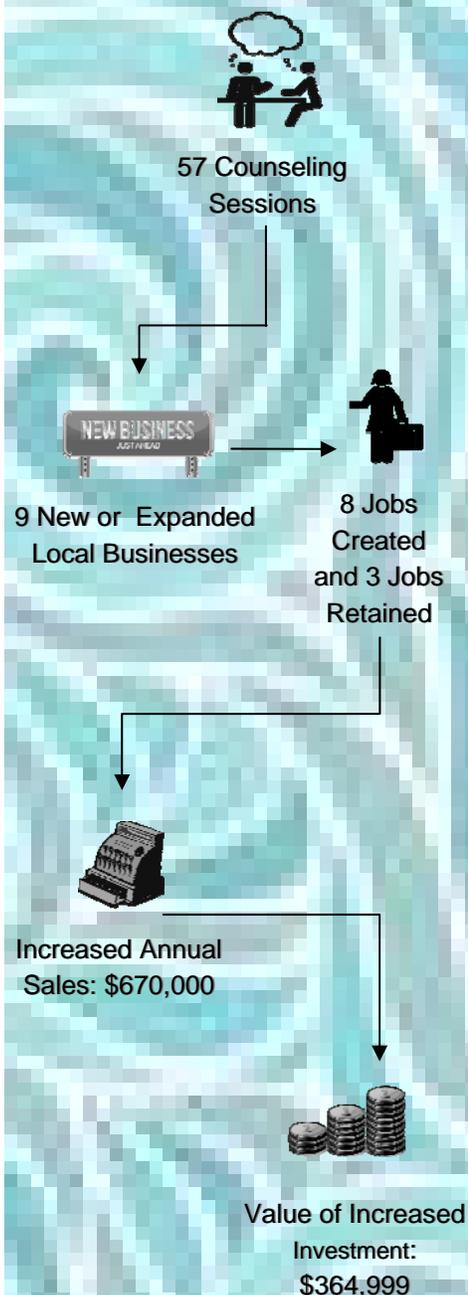
2017 Spring Sweet Cherry Pruning - MSU Extension educators, Nikki Rothwell and Emily Pochubay, coordinated and hosted this event with over 70 growers and crop consultants in Antrim and Manistee Counties on April 17th. This event was held in response to growers and consultants expressing the need for further guidance on how to prune sweet cherries, particularly those grown on dwarfing rootstocks and at closer planted spacings compared with traditional orchard systems.

The MSU Product Center Food-Ag-Bio assists county residents in developing products and businesses in the areas of food, agriculture, natural resources, and the bio economy. The MSU Extension educator has special training as an innovation counselor to deliver these services. Business counseling is conducted on a one-on-one basis and may take place at the MSU Extension office or the client’s home or business location. The assistance provided is tailored to meet the needs of the client and may include things like developing a business plan, navigating the regulatory maze, accessing the supply chain or seeking funding options. The Educator also assists clients in accessing specialized services they may need that are offered through Michigan State University like feasibility studies, nutritional labeling, and packaging assistance.

2018 Northwest Michigan Orchard and Vineyard Show - the show was held in Acme, Michigan on 16 January, 2018, included presentations from two renowned out-of-state speakers, two MSU faculty researchers, and one MSU Extension Educator. This event also included 5-person grower panel to discuss the previous season as a whole, and a joint-session between tree fruit and grape growers on the topic of agricultural labor.

The two out-of-state speakers, Dr. Stephan Sommer of Fermentation Sciences at Appalachian State University, and Dr. Joe Fiola of University of Maryland presented information on methods to enhance red wine color, flavor and aroma stability, and novel

The MSU Product Center





Supporting Food and Agriculture, continued

cultivars and their performance in the vineyard and cellar, respectively. Following the two out of state speakers were discussion-based presentations from a 5-person grower/winemaker panel to reflect on the challenges faced during the 2017 growing season and a Michigan Agriculture Environmental Assurance Program (MAEAP) presentation on the importance of sustainable vineyard practices and the benefits for implementing them. The joint-session between tree fruit and wine grape growers covered the issues and solutions of agricultural labor in the state of Michigan.

Dr. Paolo Sabbatini and Dr. Rufus Isaacs, of MSU, provided information to enhance the fruit quality of grapes grown in Michigan and how to avoid late season insect pest surprises during harvest, respectively. David Jones, of MSU Extension, presented disease management strategies for cold climate grape varieties.

This grape session was well attended compared to historical attendance as at one point there were 90 people. This session was well received as 90% of the participants indicated substantial and increase in knowledge in grape growing and in winemaking, and of those, 100% stated they would use information from one or multiple presentations to improve their practices to increase production efficiency and reduce crop risks.

Dairy Production and Health

Milking Protocol On-Farm Research and Education

Overmilking and improper milk let-down (biphasic milking) by cows can be an issue for Michigan dairy farms. Reducing the incidents of these issues leads to a better milking experience for the cow, improved milk quality, improved cow health, and higher profitability for farms. Overmilking is most often an equipment issue but can be due to protocol issues as well. Biphasic milking is most often an issue of improper protocols or protocols not being followed.

Stan Moore provided leadership for this MSU Extension research project that worked with producers in three areas of Michigan, including farms in Antrim County, to:

- Assess their current milk protocols, employee compliance, and milking performance using VaDia vacuum recorders during milking.
- Provide input on participating farms' milk protocols.
- Work with owners/managers to provide suggestions on employee training to improve protocol compliance and milking performance.
- Reassess milking if changes were made based on recommendations.



26 Dairy herds enrolled



19,000 cows represented



918 cows analyzed in first herd evaluations



Parlor design ranged from Double 8, Robotic and stall Rotary parlors

Supporting Food and Agriculture, continued

- Project herd averages for biphasic milking events ranged from 0% to 74% of cows within a given herd. 31% of herds experienced over 30% biphasic milking events, similar to previous research at MSU.
- 84% of project farms had over 30% overmilking within their herds. This overmilking rate was almost double that found in previous research. These results may indicate a need for additional, well trained, agribusiness equipment personal in Michigan to support our dairy farmers with milking equipment.

Six farms adopted the changes recommended by MSU Extension personnel and were reassessed to determine the impact of these changes.

- Across the six “change farms”, the number of biphasic milking events dropped from 24% to 15% of all cows evaluated. Five of the six farms showed a reduction in biphasic events within their herds.
- Overmilking events across the 6 “change farms” was reduced from 48% to 43% of all cows evaluated. Four of the six farms showed a reduction in overmilking events within their herds. Unfortunately, one farm saw an increase in overmilking events from 31% to 63%. In discussing this with the effected farm, it was noted that their equipment dealer made an error in adjusting the automatic take off settings.

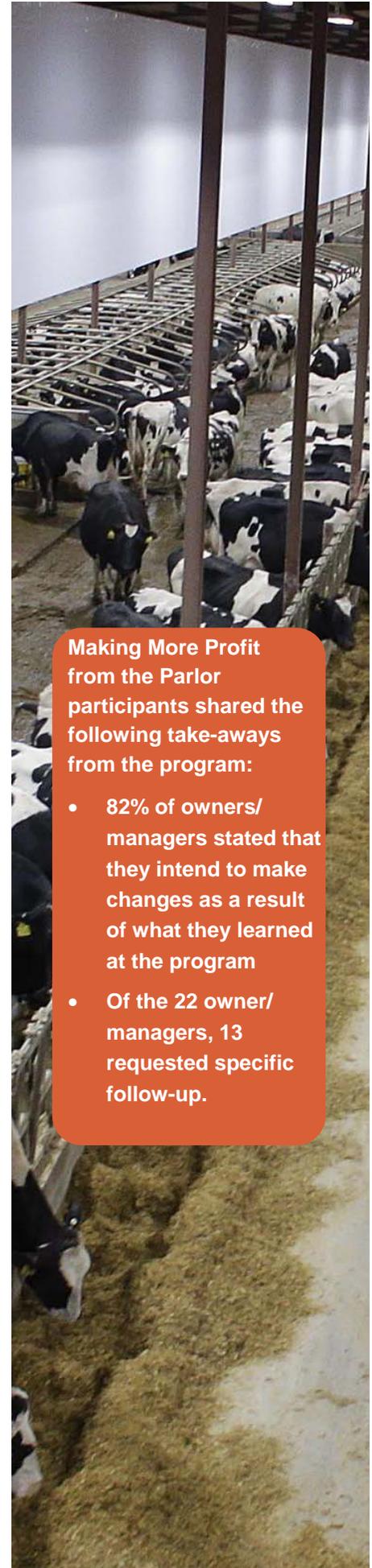
Making More Profit from the Parlor

As a result of the milking protocol research project, an educational program was developed and delivered to five locations across lower Michigan, in January and February of 2018, and broadcast live to an additional location in the Upper Peninsula of Michigan. The title of the program was Making More Profit from the Parlor and included the topics of:

- Lessons learned from project of monitoring milkings
- Developing protocols and training employees
- Handling cows well and holding pen management
- What is parlor efficiency and is it profitable?
- Identifying mastitis and using on-farm cultures
- 3x or 2X, which is best?

At these meetings, results of this Michigan Alliance for Animal Agriculture (M-AAA) research project were shared, as were key points in addressing biphasic and overmilking issues. A total of 59 people attended the five in-person locations with another nine individuals joining from a satellite location in Stephenson, MI. Of these 68 individuals, 52 responded to an on-site evaluation.

Farms reached through this educational program represented >21,000 cows. Through our reach to agribusiness professionals at the program, the messages could get out to another 2500+ farms.



Making More Profit from the Parlor participants shared the following take-aways from the program:

- 82% of owners/managers stated that they intend to make changes as a result of what they learned at the program
- Of the 22 owner/managers, 13 requested specific follow-up.

FOSTERING STRONG COMMUNITIES

- Antrim County is an active participant in Northern Michigan Counties Association.
- MSU Extension provided the Antrim Board with a localized version of the New County Commissioner Workshop.
- Antrim County Campus planning discussion was facilitated by MSU Extension.

When you support MSU Extension, participants learn how to implement best practices in good governance that keeps communities solvent, productive and engaged, learn effective conflict management skills that help leaders and residents work collaboratively on complex issues, and engage youth leaders in decision-making. In the personal finance area, MSU Extension helps youth and adults alike learn the skills they need to increase their savings, manage their spending, avoid predatory lending, and reduce mortgage defaults. All of these outcomes help lower the cost of governmental services and lead to personal and community stability, strong neighborhoods, and safe communities.

- **Northern Michigan Counties Association**, organized by MSU Extension, county commissioners from 34 counties in northern lower Michigan meet 8 times per year to share information and learn from the experiences of others.
- **Building Strong Sovereign Nations** is a leadership building program developed by MSU Extension in cooperation with leaders of Tribal Nations in Michigan and delivered annually in conjunction with the United Tribes of Michigan fall meeting. The program is open to leaders from all Tribal Nations in Michigan and is also available to leadership and staff of individual tribes. Onsite workshops are also available.
- **Pension and OPEB Legislation Breakout Session** at the 2018 MAC legislative Conference to update commissioners about the Michigan Department of Treasury analysis, funding levels that trigger additional action by local units and the waiver request process created in last year's legislation.
- **New Fiscal Sustainability Workshops coming in summer/fall of 2018.**



Petoskey Stone Festival—Local Community Development

The Antrim County Petoskey Stone Festival, now in its 13th year, celebrates one of Michigan's finest natural resources - the unique Petoskey Stone, Michigan's official state stone. Stan Moore, Senior Extension Educator, has chaired this vital, local festival for the past several years.

- Attracts over 2,000 attendees to this annual event
- Features fun activities and entertainment for the whole family
- Provides a venue for education around our abundant natural resources and our community



Wings of Wonder provided entertainment at the Petoskey Stone Festival.



Many talented vendors share their love of Petoskey Stones each year.



The Petoskey Stone Hunt complete with prizes is enjoyed by youth and adults!



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Michigan State University Extension helps people improve their lives through an educational process that applies knowledge to critical issues, needs and opportunities.