On July 2, 1862, President Abraham Lincoln signed the Morrill Act into law, creating a national network of colleges and universities that were meant to serve the higher education needs of rural residents across the nation. Then, 100 years ago on May 8, 1914, President Woodrow Wilson signed legislation that extended the land-grant university concept beyond university campuses to reach into communities across the United States. That legislation created the Cooperative Extension System. That legislation continues today as the key authorization legislation for the work of MSU Extension.

Within the seven counties of MSUE’s administrative district 8, this legislation and their principals continue to guide the work of 43 programming staff and 12 clerical support that work in Barry, Clinton, Eaton, Gratiot, Ingham, Ionia and Montcalm counties. Most of the programming staff have impacts way beyond the boarders of the county they are housed. Their programs influence residents in neighboring counties. The goal of this annual report is to highlight some of the meaningful programs that are initiated in district 8 counties, and attended by people throughout the area.

The four institutes that guide the programming efforts of MSU Extension today are firmly rooted in the goals established by both the Morrill Act and the Smith-Lever Act. It is with pleasure that I support the staff members and programs that have and are occurring in district 8.

Sincerely,

Don Lehman, District 8 Coordinator
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Nutrient Management and Pesticide Review

Nutrient Management and Pesticide Manual Reviews were held on February 22, and February 28, in Ionia and Eaton Counties, with a total attendance of 64. Presenters were John Stone and George Silva, MSUE educator from Eaton County. The nutrient management themes for these programs were, Adoption of buildup, maintenance and drawdown approach of phosphorus and potassium. An evaluation questionnaire used at the end of the program indicated that 93% of the participants filling out the survey increased their knowledge of nutrient management practices.

Soil Academy 2013

The Soil Academy 2013, led by George Silva, discussed the role of fertilizer in feeding the 9 billion people in 2050. Today fertilizers account for 40% of the cereal crop yield. However, increased food production is faced with scarce resources and rising input costs.

Best management fertilizer practices in production systems need to be used. The '4R Nutrient Stewardship Initiative', which promotes the use of Right rate, Right source, Right placement and Right timing were promoted at the Soil Academy, 2013. Key elements of the discussion were:

- Improve fertilizer effectiveness and efficiency
- Reduce nutrient losses to the environment
- Challenges to implementing the '4R' in Michigan
- Communicate with stakeholders less familiar with agriculture.

Annual Integrated Crop & Pest Management Update

On December 13, 2013 over 350 participants from 36 Michigan counties attended the 15th annual Integrated Crop and Pest Management Update for agribusiness and farmers at the Michigan State University Pavilion, in East Lansing, Mich. The agribusiness professionals in attendance represented Michigan’s seed, fertilizer and pesticide businesses, spray service providers, retail sales and crop consultants. A large group of farmers also participated.

The impact of this program was evaluated in two parts.

In Part 1, the participants were asked to indicate the likely changes in acres and dollars per acre in 2014 as a result of adopting the MSUE recommendations received at this year’s program.
In Part 2, the repeat attendees were asked to indicate the actual changes in acres and dollars per acre in 2013 that resulted from adopting MSU recommendations they received at the same event in 2012.

Program Impact
This evaluation indicated that 77 percent of participants will change their 2014 management practices based on the information they received at this event. This change in production practices will impact 171,288 acres. The net economic gain in terms of increased revenues or added savings that would potentially result from adopting MSU practices would be $1,439,565.

The repeat attendees from 2012 revealed that in 2013 they implemented MSU recommendations on an aggregate of 174,074 cropland acres. The net financial gain amounted to $1,033,105.
District 8 (Barry, Clinton, Eaton, Gratiot, Ionia, Ingham, Montcalm)

Michigan Fresh Work Team Report

Michigan Fresh helps people explore the state’s bounty of fresh, locally grown fruits, vegetables, flowers and ornamentals. Every week throughout the summer you will find information on recommended varieties, storage, food safety and preserving techniques for fruits and vegetables, or for planting and maintaining your lawn and garden. Michigan Fresh continues as a cross institute effort in partnership with ANR Communications. Staff include members from GMI Community Food Systems, HNI Food Safety and Nutrition and AABI Consumer Horticulture.

This effort continues as a statewide communication campaign with a focus on farmers’ markets. The goals and key objectives as formally developed are to increase awareness of Michigan agriculture (edible and ornamental) and its availability, promote MI produce as fresh and healthy, and to inform people how to grow and consume MI agricultural products to improve their health/lives.

In 2013, six educational videos coordinated by Becky Henne were added to the website. Also in 2013, five fact sheets were translated into Spanish (coordinated by Kendra Wills) and five fact sheets were translated into Arabic (coordinated by Eileen Haraminac and funded by HNI). The website now consists of 33 vegetable fact sheets, nine fruit fact sheets and nine general gardening tip fact sheets. Also added is a new fact sheet on guidelines for donating fresh fruits and vegetables.

Community Food Systems Work Team Report 2013 (Henne & Bell)

Vision: We envision a thriving economy, equity and sustainability for all of Michigan and its people through a food system rooted in local communities and centered on good food – food that is healthy, green, fair and affordable.

Good food has the potential to increase the health and viability of Michigan’s economy and its residents when it is the foundation of changes in our community food systems. The Michigan Good Food Charter presents a vision for Michigan’s food and agriculture system to advance its current contribution to the economy, protect our natural resource base, improve our residents’ health and help generations of Michigan youth to thrive.

The Community Food Systems Work Team developed the following learning goals for their 2013 work plan.

- People understand that “good food” is (healthy, green, fair and affordable). People have an increased awareness of the connectedness of food, personal health, the environment and the economy.
- People understand the importance of connectedness of the different sectors of a community-based food system.
- Increase in awareness of the goals of the Michigan Good Food Charter.
- People aspire to make changes in their food growing and consumption habits such as patronizing farmers’ markets and growing/buying more local and regional food.
Ingham County Weekend Survival Kits

The Weekend Survival Kits program provides food to children in several Lansing elementary schools, providing supplemental meals during times when students aren’t being served a school meal or when the household food supply is low, such as weekends. The kits contain “child-friendly” foods that are easy and quick for a responsible child to prepare. Typical non-perishable food items in the kits are canned fruit and vegetables, soup, pudding, boxed macaroni and cheese, crackers, juice boxes and snack bars.

Randy Bell’s role is to work with a consortium that source, assemble, and distribute these kits, including coordinating MSU Extension resources. He also co-coordinates the assembly sessions with another community development agency.

In 2013, 2,867 kits were distributed. It is estimated that each kit can feed 2 children for 4-6 meals, depending on age and appetite. The potential reach for this year is nearly 15,000 meals.

Food Safety

The food safety work team, with the MI Fresh committee, worked to develop new fact sheets on greens, water bath, kale, and garlic. Joyce McGarry (Ingham County) completed eggplant, okra and freezing basics fact sheets. A food preservation workshop was held at the Ingham County MSUE office. Joyce also appeared on MI Farm and Garden TV to promote egg safety during Easter. MSUE Spotlight highlighted, How to Handle Poultry and Tips on Cutting up a Whole Bird, which Joyce co-authored with Jeannie Nichols (Hillsdale County). A presentation was also given on food safety to U.S. Forest Service employees. Discussion included workplace wellness. Joyce and Linda Huyck (Montcalm County) development home food preservation power point programs and edited seven power point food preservation segments.

Biofuel development

In 2013, significant progress was made toward developing a biofuel industry in Michigan. A prototype bioreactor that pretreats biomass (corn stover, switchgrass) has been built. This precursor step is needed for biological conversion (enzymatic hydrolysis) to biofuels. By establishing a new market for biomass, public and private investment of processing facilities can be started. Hopefully this will trigger development of a larger biofuel industry in MI.

On August 13, 2013 Michigan State University and Michigan State University Extension hosted "Keeping it Green: Recycling Waste to Resources" to highlight campus-based projects focused on reducing and reusing organic waste. During the morning session, the new South Campus Anaerobic Digester system was unveiled with presentations detailing the planning process, feedstock sources, and how digestate is managed.
According to Dennis Pennington, Extension educator in Barry County, when corn stover is the primary initial feedstock, significant education will need to take place to help farmers understand the implications of removing stover, protecting soil from erosion, maintaining long term productivity of soils and economics of stover removal and harvesting methods. A Project GREEEN grant funded a stover removal research plot on a farm in Isabella County in 2012. This data is being used to develop a set of best management practices for harvesting corn stover.

**Prediabetes management**

Prediabetes is different from diabetes. The 2013 Prediabetes Fact Sheet states that 2.6 million adults within Michigan are prediabetic. In an attempt to address this issue, Michigan State University Extension (MSUE) connected with five organizations within Barry County to create a referral system to be used to connect adults with prediabetic risk factors with the National Diabetes Prevention Program.

This project can be broken down into two main areas of focus, healthcare and worksite wellness. MSUE worked with the Barry-Eaton District Health Department and the Women’s Health Center. J-Ad Graphics, Hastings Mutual Insurance and Viking in the area of worksite wellness. This effort was led by Laura Anderson in Barry County who also held a related workshop in Ionia County for twenty people.

**Arts & Eats**

Arts and Eats is a placemaking tourism event. It contributes to the development of cultural entrepreneurs and links locally grown food to eateries. It also fosters positive economic impact on local communities, makes Michigan a destination, contributes to overall Pure Michigan and the tourism industry in the state, helps Michigan entrepreneurs see how they can stay here and make a living, links MSU Product Center with farms for value-added technical assistance, and fosters unique collaborations with community partners.

The Arts and Eats Rural Back Roads art, food, and farm tour attracts travelers from over 60 different zip codes to central and southwest Michigan the third weekend in October. 2013 was the third year of the tour, the second year Allegan joined Barry County as a primary county partner in the placemaking and tourism initiative. Farms educate people about the animals, plants, and rural lifestyle. Artists in their home studios demonstrate their art and talk with visitors about being a cultural entrepreneur.

MSUE and the other nonprofit partners who collaborate on this program provide education and support to the cultural entrepreneurs who participate in this vetted rural tour. There were nearly 7,500 site visits, people came from surrounding urban centers (Detroit, Chicago, Grand Rapids, Lansing, Kalamazoo). Facebook had a reach of over 17,000 a week before the tour, and the website had 37,000 hits the 6 months prior to the 2013 tour. Arts and Eats was recognized by the Michigan Tourism Industry and nominated as a Pure Michigan Jumpstart Award project in 2013. Ginger Hentz, Barry County educator, received a community partnership award for her leadership.
Parenting and early childhood education

Parenting and early childhood education in the Barry, Ionia and Montcalm county area was led by Bonnie Lehman. She worked with the Barry County Family Support Center to partner and provide a presentation on "Discipline". There were two evening events in February attended by 69 parents, caregivers, parents with children removed from the home, foster parents and grandparents that are raising grandchildren.

Two group series were offered to probation, parole, Child Protective Services and foster care clients (funded by Montcalm/Ionia United Way). A nutrition lesson was presented in the class by Dottie Berkompas, MSUE nutrition instructor Eaton County. This class was presented in partnership with the Barry County Family Support Center.

During a parenting education group series class, a stepfather watched a video about Emotion Coaching. The following week he said watching the video made a big impact on him because he was sad to see himself in the examples of being a dismissing and disapproving father. He immediately decided not to behave that way again and he changed how he responded to his young daughter. He shared about having a wonderful week of bonding with his daughter and she no longer was hesitant with him. The daughter sat by his side as he shared this account and the mother was grateful for the positive change in their relationship.

Cattle evaluations

The 2013 Michigan Cattlemen Association Bull Evaluation Program is held in cooperation with Michigan State University. The bulls were managed at the Plank Farm in Crystal, MI. Thirty-two consignors participated in the program from October 15 - March 16. During the bull evaluation process, a total of 51 farms purchased 79 bulls from the original 108 bulls that started in the program. This program is held in Montcalm County at the Test Station farm, but affects producers in more than half of the counties in Michigan and also two farms in Indiana.

A total of 6 farms had cattle ultrasound scanned in the quarter by Kevin Gould, MSUE educator in Ionia County. Fifteen farms were scanned totaling 378 head of cattle. Counties where cattle were scanned include: Ingham (3), Ionia (1), Allegan (1), Missaukee (1), Kent (2), Ottawa (1), Barry (1), Eaton (1), Montcalm (2), Newago (1), St. Joseph (1)

Gould’s role for the ultrasound program was to increase the production value of feedstock beef cattle in Michigan and offer the service within the state. Both have been accomplished as evident by producer use of the technology and values of the livestock, especially from the MSU/MCA Bull Evaluation Program and sale. Gould is now beginning to scan for research units at the MSU Dairy facility with Adam Locke, and at the Lake City Ag Bio Station with Jason Rowntree.
MSU Extension Housing Program

The impact of the foreclosure crisis can be felt throughout Michigan, including central Michigan. From 2006 to 2012, the number of residential foreclosures averaged 337 per year in Ionia County, and Register of Deeds’ records show 265 occurred in 2012. Property tax foreclosures have been increasing as well during the past eight years. Statistics show 174 properties forfeited in 2010 and 37 properties foreclosed in 2011, and 52 in 2012 in Ionia County due to taxes. The current number of foreclosures is serious and projections of a next wave are scheduled over the next three years.

Supporting participation in MSU Extension housing education programs will reduce mortgage defaults and increase the likelihood of asset preservation among homeowners. Stable home ownership is a foundation for a healthy community and county tax base in Michigan. Home ownership education will increase personal financial stability, reduce dependence on public assistance, stabilize neighborhoods and property values. Our data show that in the past year, 63% of 43 Ionia County foreclosure education and intervention program clients have been able to keep their homes through a successful modification or repayment plan. Twenty-seven residents applied for Step Forward Michigan property tax assistance since January 15th, and in June alone, $25,483.32 was received by the Ionia County Treasurer’s Office.

These supportive activities have been led by Brenda Long in central Michigan, where 35 foreclosure workshops were held in Ionia, Montcalm and Barry Counties.

Cottage Food Law

How to Start a Successful Cottage Food Business seminar was presented in Ingham County. This law allows residents to prepare and store certain foods in a home kitchen. The two hour workshop combines the business and food safety aspects of preparing and selling cottage foods safely and successfully. The two hour workshops are taught by MSU Extension food safety and MSU Product Center educators. The one hour workshops cover the food safety aspect of preparing cottage foods for sale, including preparing, packaging, labeling, storing and transporting cottage foods. (Diane Smith, Jeannie Nichols, Randy Bell)

- 100% reported as a result of this session, they better understood what is necessary to run a successful cottage food business.
- 86% reported being able to legally produce and sell their favorite food item under the cottage food law as a result of the program.
- 30% planned to start a new cottage food business in 2013 and 48% said they might start a business.
**District 8 (Barry, Clinton, Eaton, Gratiot, Ionia, Ingham, Montcalm)**

**MSU Product Center**

The Michigan State University (MSU) Product Center helps Michigan entrepreneurs develop and commercialize high-value, consumer-responsive products and businesses in the agriculture, natural resources, and bioeconomy sectors. The Product Center is a single gateway to generating success for Michigan entrepreneurs. District 8 activities include:

- Business counseling was provided to over 30 clients.
- Three clients finished an expanded business concept and one client completed a business plan.
- A Specialized Meat Variance Application that includes a HACCP through the Michigan Department of Agriculture and Rural Development was prepared.
- Two Cottage Food Seminars were coordinated and promoted to be held in Ionia and Ingham Counties.
- Lansing Roots program learned about Business Development, Product Development and Cooperative Development (Dan Rossman, Educator in Gratiot County).
- A Menu of Services was created for use by MSU Product Center Counselors when they meet with clients to promote MSU Product Center services and create a plan of work for each client.

**Home Horticulture Hotline**

The Home Horticulture Program provides homeowners with researched-based information to properly manage their home environment (lawns, gardens, landscapes and ornamentals). The hotline provides County residents with diagnosing plant diseases, insect & weed identification, fertilizer recommendations, pest problems, landscape questions, seeding & lawn maintenance, and more through a MSUE toll-free hotline phone number (888-678-3464).

In 2013, residents in every District 8 county used the hotline for current, up to date gardening information and advice. A total of 556 calls were received from District 8 residents.

**Integrated Pest Management Academy**

The 2013 Integrated Pest Management Academy was held February 18-19, 2013 in Okemos, Michigan and drew 83 participants. Intended changes and knowledge gained were measured at the end of each day of programming. In order to capture actual changes and impacts, a follow-up survey was sent to attendees via email in November 2013, the following are the results of this postseason survey.

Forty-two percent identified as growers, 11% scout/consultants, 11% farmhands/techs, 26% agricultural educators, 5% government employees, 5% recreational gardeners. Three participants identified themselves as a utility arborist, public gardener and apple cider stand operator, respectively.
Dairy Nutrition

In 2012, Dairy Nutrition Roundtable meetings reached 46 nutritionists. One year later, attendees provided feedback on how they used the information learned on the 94 farms and 95,220 cows they work with.

- Total annual increase in milk revenue was calculated to be $33,390,464. Increased income to farms was calculated by reported increases in production and average prices paid to producers.
- Milk yield was improved for 87,700 cows (average 2.33 lb./cow/day)
- Feed costs were reduced for 22,000 cows (average $0.101/cow/day). Feed costs were higher for 52,000 cows (average $0.103/cow/day).
- Milk fat and protein percent was improved in 95,220 cows (average improvement reported was 0.2239% fat and 0.0734% protein).
- 2013 Nutrition Roundtable meetings reached 33 nutritionists (24 surveys returned). Twenty-two nutritionists said that this meeting will help them do their job better including: lowering feed costs (11), improving milk yield (19), improving milk components (20), improved animal health (20)

Information reported by Faith Cullens, Clinton County educator.

Dairy Education

On two afternoons in February and March 2013, Mike Allen, Dave Beede, Adam Lock and Faith Cullens taught seed sales staff about dairy cow nutrition. This training benefits the industry as a whole in that more informed agronomist will have an amplifier affect in providing higher quality feeds, and improving dairy cow nutrition.

Participants (20 per training) were from around the state, but met in Gratiot County.

Parent/Child Playgroups

Parent/Child playgroups in Clinton County affected 335 parents and/or caregivers who attended four or more play groups this year with 461 children. Play groups, led by Extension educator Kittie Butcher, provide a platform for peer to peer training, parent to parent support and an opportunity for other professionals to observe and support parents and caregivers.

Parenting information is shared in handouts, in small groups, one on one and through the prepared learning environment. Parent educators also model best practice and support parents and children. Special education staff often attend the group to support specific students and parents.

In addition, families are interacting with children and adults with different backgrounds and abilities. A friendly accepting atmosphere is created, where all parents, children and families are welcome and accepted. When we are presented with a difficult situation we provide support that is respectful to all parties involved, and that promotes understanding of differences or needs.
Agriculture Education

Jerry May (Gratiot County), Faith Cullens (Clinton County) and Kevin Gould (Ionia County) were guest lecturers at Montcalm Community College in the Introduction to Animal Agriculture class. Ms. Cullens covered dairy production techniques, focusing on issues facing the dairy industry. The major topic of this talk was nutrient management. Mr. May taught one session on general swine production. This instruction included the history of pig production in the US and the accepted practices for feeding and housing swine. Mr. Gould (Ionia County) assisted with the beef production class. There were 24 students in the class. This is the second year the instructor has requested assistance with teaching this class.

Resistance management

There is a growing concern that Bt resistant Corn Rootworm is becoming established in the Midwest. In several states, particularly Iowa, Illinois and Minnesota, corn rootworm damage to transgenic Bt corn has impacted farmers through higher seed costs to purchase hybrids with additional traits, and/or increased soil insecticide use on top of Bt corn. To proactively find and reduce the establishment of resistant rootworms in Michigan, in 2012 and 2013, Fred Springborn, Montcalm County educator, assisted field crops entomologist, Chris DiFonzo in sampling plants and beetles at several sites in Central Michigan with suspicious levels of root damage.

Preventing pest resistance and preventing the spread of herbicide resistant weeds has also become a major part of Extension field crops programming over the past year and will continue in the coming year. As growers and agribusiness personnel have attended events such as Western Michigan Bean Day, Pesticide Applicators Review, MSU IPM Academy or one of the many other industry meetings, the message of preventing the introduction of resistant pests and preventing the development of resistance has been a primary focus point.

As of the writing of this, neither Palmer Amaranth or suspected resistant Corn Rootworm have been detected in Montcalm County, but Palmer Amaranth has reached Gratiot County and fields in Ionia and Clinton Counties.
Michigan Agriculture Environmental Assurance Program

Two nutrient management training sessions were conducted in February and March 2013 for training the trainer. The trainees in this situation were the MAEAP (Michigan Environmental Assurance Program) technicians. These technicians will work with farmers to adopt environmental stewardship practices and get MAEAP certified. 100% of participants indicated their knowledge of Crop*A*Syst related nutrient management practices improved as a result of this session.

100% indicated that this knowledge gained will make it easier for them to implement the Crop*A*Syst program.

The total number of acres affected by their Crop*A*Syst program in 2013 was 12,600. The total head of livestock affected by their Crop*A*Syst program in 2013 was 8,200. Extension Educators Fred Springborn (Montcalm), Marilyn Thelen (Clinton) and Bruce Mackellar (Van Buren) taught these sessions.

Breakfast on the Farm

Most of today’s consumers are not familiar with modern farming and food production. They receive numerous messages about how food is produced from special interest groups and those marketing various products. The MSU Extension Breakfast on the Farm (BOTF) educational program educates the general public about modern farming and animal and crop management practices to bridge the knowledge gap between producers and the public. In 2013 BOTF programs were held in St. Clair, Ottawa, Gratiot, Montcalm and Hillsdale counties. Results/Impact:

- Over 2000 people attended at the Humm Farm in Gratiot County.
- 42% of the 204 who completed a survey had not been on a working crop farm in the past 20 years.
- 79% of the 204 people who completed the survey stated that their confidence in modern food production increased as a result of the farm visit.
- 75% of the 204 people who completed the survey stated that their trust in farmers caring for the land and environment increased as a result of the farm visit.
- 75% of the 204 people who completed the survey reported that their knowledge of crop and livestock production in Gratiot County increased as a result of the farm visit.
- 75% of the 204 people who completed the survey reported that they were more knowledgeable about the use of technology in crop production as a result of the farm visit.
- 58% of the 204 people who completed the survey reported they had a better understanding of genetically modified seeds as a result of the farm visit.

Over 2000 people also attended the Breakfast on the Farm at the Black Locust Farms in Montcalm County.
- 44% of the 132 who completed a survey had not been on a working dairy farm in the past 20 years.
- 83% of the 132 people who completed the survey stated that their confidence in Michigan dairy products increased as a result of the farm visit.
- 84% reported that their trust in milk as a safe food increased as a result of the farm visit.
- 68% reported that they are more likely to purchase Michigan dairy products.

There were many comments about what a great learning experience it was. Two of my favorite comments are: "Great experience. I will go home and have a large glass of milk and not be concerned at all!" and "This is a very informative and well-organized production. The fact that antibiotic milk is removed was new info for me."
Crop Management (Reported by Dan Rossman)

- Integrated Pest Management meeting held January 27, in Alma. Post session survey out of 80 participants, 47 filled out the survey. 93.6% indicted that they learned new information and 72.3% reported a plan to make changes in their operations.
- Dan Rossman (Gratiot County) development and presented a webinar on the Basics of Field Crop Production and Marketing.
- Presenter at Herbruck’s Poultry Ranch producer’s annual meeting on the trends and outlook of organic commodities.
- A six week class on new business startup and planning was taught to fifteen individuals representing 10 potential businesses.
- Crop Problem Diagnosis Field Day was held in Gratiot county on June 27. It included MSU specialists Christy Sprague and Chris DiFonzo as additional resources.
- Distributed and discussed on-farm research results during seven sessions at seven agri-business sites in Gratiot County.
- Organic Marketing meeting attracted about 35 participants.

Livestock facilities

Prior to building livestock facilities farmers sometimes ask MSU Extension to assist with preliminary site investigations for new and expanding livestock operations. These preliminary site visits include reviewing all components of the MDARD (Michigan Department of Agriculture and Rural Development) site verification request including an odor management plan. In 2013, Jerry May, Gratiot County educator, assisted 11 farms in this manner. Based on feedback from the farmers 9 intend to build barns within the next 18 months that will house approximately 26,750 pigs. Also, based on the odor management plan provided during this preliminary visit, one site that was intended to house 4,800 pigs, was determined to be unsuitable and will not be constructed. Additionally, using what they learned during their farm visit, three farmers determined this type of production did not meet their immediate farm needs.

One family requested assistance documenting the impact of implementing the odor reduction technologies they were in the process of installing on their dairy farm. After reviewing the practices being implemented and with the farmer’s assistance, an odor management plan indicating a planned 25% reduction in farmstead odors along with improved manure handling techniques during field application was developed.

A meeting, Communities and Livestock, was also held on April 23, 2013. Seventy people attended. People attending represented MDARD, MAEAP, MSU and MSU Extension, Michigan Farm Bureau, Soil Conservation Districts, environmental planners and farmers. Direct communication from participants and non-participants alike, indicates the information provided during Communities and Livestock was timely and well received.
Bullying Prevention

Holly Tiret, MSUE Extension Educator facilitated an *ABCs of Bullying Prevention in Community Settings* at the Flat River Library in Greenville on August 20. This workshop was sponsored by the Flat River Library, and registration was through the Great Start Connect online calendar. There were 14 participants, mostly child care providers.

Research Shows 4-H Helps Young People Excel Beyond Their Peers

The structured learning, encouragement and adult mentoring that young people receive through their participation in 4-H plays a vital role in helping them achieve success in life. For more than a decade, preeminent youth development scholars, Drs. Richard M. Lerner and Jacqueline V. Lerner, and the team at the Institute for Applied Research in Youth Development at Tufts University, Medford, MA, partnered with faculty at America’s land-grant colleges and universities to conduct this groundbreaking research. The results are influencing research and practice around the world.

*The Positive Development of Youth: Comprehensive Findings from the 4-H Study of Positive Youth Development* is a longitudinal study that began in 2002 and was repeated annually for eight years, surveying more than 7,000 adolescents from diverse backgrounds across 42 U.S. states.

Highly regarded as the first-ever research project of its kind, the study defined and measured positive youth development. Compared to their peers, the report shows that youth involved in 4-H programs excel in several areas. 4-H'ers are about:

*Four times* more likely to make *contributions to their communities* (Grades 7-12);
*Two times* more likely to be *civically active* (Grades 8-12);
*Two times* more likely to make *healthier choices* (Grade 7);
*Two times* more likely to participate in *Science, Engineering and Computer Technology programs* during out-of-school time (Grades 10 – 12); and

4-H girls are *two times* more likely (Grade 10) and nearly *three times* more likely (Grade 12) to take part in *science programs* compared to girls in other out-of-school time activities.

Within MSUE’s District 8, 13,000 youth are involved in 4-H youth development programs. This includes over 5,800 youth participating in 257 organized clubs and over 7,000 youth involved in special interest or school enrichment activities. Also, over 2,300 adult volunteers support these youth and the activities in which they participate.
Supplemental Nutrition Assistance Program (SNAP-Ed)

Michigan State University (MSU) Extension partners with Michigan Department of Human Services (MDHS) to provide Supplemental Nutrition Assistance Program Education (SNAP-Ed), a free nutrition education program to reduce hunger and food insecurity and promote healthy eating habits. MSU Extension SNAP-Ed nutrition instructors teach youth, teens, adults and seniors how to make health a priority through an instructional series. The goal of the SNAP-Ed program is to increase the likelihood that those eligible for SNAP benefits will establish healthy eating habits and increase their time spent involved in physical activity, while staying within their limited food budget.

The SNAP-Ed program in District 8 is led by Joyce McGarry, who supervises nine nutrition instructors. These instructors worked with 1154 youth and 1360 adults in 2013. The program provides one-time presentations in some venues and offers a series of classes for other types of groups.

Our MSUE SNAP-Ed programs utilize three evidence-based curriculums depending on our audience:

Youth programming Pre-K through 12 grade uses Show Me Nutrition. This is an educational series of six classes that promotes healthy lifestyles and works to improve the knowledge, skills, attitudes, and behaviors of youth regarding nutrition and physical activity.

Adults up to age 60 incorporates the Eat Healthy, Be Active curriculum based on the Dietary Guidelines for Americans 2010, and 2008 Physical Activity Guidelines for Americans. This is a series of four science based lessons providing advice for making food choices that promote good health, healthy weight and help prevent disease.

Adults age 60 and over audiences benefit from the Eat Smart, Live Strong science based activities that are designed for older adults. These lessons encourage increased consumption of fruits and vegetables and participating in at least 30 minutes of moderate-intensity physical activity each day.