

Luce County

2014 - 2015 ANNUAL REPORT

MESSAGE FROM THE DISTRICT COORDINATOR

A mission statement communicates the purpose of an organization, this includes ours: “Michigan State University Extension helps people improve their lives by bringing the vast knowledge resources of MSU directly to individuals, communities and businesses.” Over the past 12 months, our staff have worked with residents throughout Luce County to address local needs by connecting people to the resources of the university and beyond.



We hope you enjoy reading the latest Michigan State University Extension Luce County 2015 annual report. It is a snapshot of the highlights of the important work done with your millage matched funds that supports the MSU Extension staff in Luce County. These highlights give a sense of our work in 2015 and where we are guided in the future. Thank you for your continuing and strong support every year, it remains true that without you, we would not be here doing this important work with the residents of Luce County.

Jim Lucas
District 2 Coordinator

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Left to Right: Nancy Victorson, Senior Extension Educator; Jennifer Lasslett, 4-H Mentoring Program Coordinator; Catarina Edison, 4-H Program Instructor; Cheryl Powell, Secretary; Jessica Price, SNAP-Ed Program Instructor

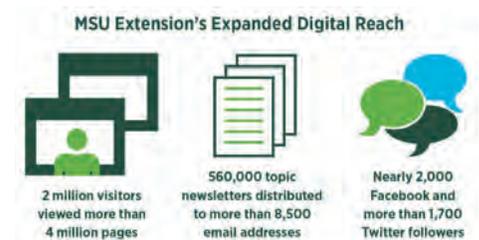
MEASURING IMPACT

CONNECTING WITH RESIDENTS

Youth Programs	254
4-H Club Members.....	68
Exploration Days	25
4-H Camp	28
Science Night.....	59
Race to Fitness.....	60
Reading Buddies.....	14
Health & Nutrition Programs.....	1,199
# of SNAP-Ed Series Participants.....	321
# of SNAP-Ed Presentation Participants.....	878
Ensuring Strong Communities.....	194
Natural Helpers (students).....	24
Winter Break Knowledge.....	150
Real Colors.....	20
TOTAL IMPACT.....	1,901

DISTRICT 2 DIGITAL REACH

From July 1, 2014, to June 30, 2015, 14,016 visitors from our six-county district viewed 42,231 pages of rich, science-based content on the MSU Extension website (msue.msu.edu). Search engine rankings make msue.msu.edu one of the most visited Cooperative Extension Systems education sites in the country.



Based on data from July 1, 2013 to June 30, 2014.

DEVELOPING YOUTH AND COMMUNITIES

4-H with a S.P.I.N

In Luce County the 4-H program has been mainly comprised of what are now known as SPIN clubs- clubs that offer a minimum of 6-8 hours of instruction to 5 or more children from a minimum of 2 families. This model allows leaders/volunteers the flexibility of a short term commitment and provides youth a variety of opportunities to become involved without a huge financial commitment that many can't afford.

Roughly 600 copies of the 4-H Club Connection is delivered twice a year, October & January, to Tahquamenon Area students in grades K-12. It is also posted on our Luce County 4-H Facebook page. The 4-H Club Connection is a newsletter that showcases all of the available 4-H clubs along with other upcoming 4-H/MSU Extension programming. In 2015, 13 SPIN clubs were offered in fall/early winter & 6 additional clubs in late winter/spring. We had 11 leaders lead clubs in the fall and 9 returned in the winter/ spring to lead yet another SPIN club.

Exploration Days

Exploration Days is designed for young people ages 11 to 19 and involves about 2500 participants from all parts of Michigan. This statewide event gives our U.P. teens the opportunity to explore the campus of MSU for 4 days and 3 nights while experiencing hands-on sessions. In 2015, 13 Luce County teens attended 4-H Exploration Days, this year we will be sending 25. Presentations to select middle school and high school classrooms helped to increase these numbers. Next year the goal will be to visit all MS & HS classrooms.

Luce County 4-H Council offers unique scholarships to make attending this event possible. 4-H & non 4-H members can earn \$75/\$40 for providing 14 hours of community service with 4-H events.

4-H Camp

4-H camps are a tradition and one that youth look forward to each and every year. Two 4-H camps are offered in Luce County that allow youth, not quite old enough to attend Exploration Days, a chance to participate in a unique experience of their own- 4-H Camp & Cloverbud camp

Our 4-H Tri-county camp (Luce, Mackinac & Chippewa) was held on July 15-17 at Northwoods Christian Camp in Pickford for our 8-12 year olds. Nine youth, 1 adult counselor and 2 teen counselors attended from Luce County. Campers experienced four, one hour hands on stations that included things such as dissecting owl pellets, stamping metal, learning about invasive species and Monarch butterflies, while also enjoying outdoor activities such as: archery, swimming and kayaking. This facility provides our U.P. counties the opportunity to offer a unique and affordable 4-H camp experience, to many who may not otherwise have the opportunity to attend a camp getaway due to high costs.

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).



Developing Youth and Communities, continued

Our Cloverbud day camp was revived again this year in Luce County specifically for youth ages 5-8. Camp was held at the Luce County MSU Extension office July 27-29 from 12:30-4:00. We had 16 registered 5-8 yr. olds. Each day consisted of lunch, dividing into groups and rotating between 4 (30) min rotations, snack and ending with a group activity. Day 1 was all about colors, Day 2 consisted of water activities and Day 3 was all about animals, complete with a boat with live fish, owl pellets and furs. This camp was well received and will be offered again July 27-29, 2016.

Family/Community Programming

Offering free to low cost community programming that is not only open to individuals, but strives to involve the whole family, is essential. Family Science Night, Days in the Park & Adopt a Highway are just a few of these programs that we offer annually.

Family Science Night

Forty-seven individuals participated in our annual 4-H Spooky Science Night held on October 27 from 5:30-7:30 at the Luce County MSU Extension office. 45 participants enjoyed an opportunity to try out 8 different science activities that included: learning about blood suckers (ticks, leeches, lice) and making drinkable blood, learning how a balloon can be pressed on a bed of nails without popping right away, how to create lightening, creating a “boo kazoo” from a toilet paper roll, checking out their own visible heartbeat using marshmallows and toothpicks, magically creating suction in a beaker that would suck in an egg and then figure a way to get it back out, visiting the DNR station where they got to check out bugs and other creepy crawlies by using an ultra-magnifier and making some Newtonian cornstarch goo. Four adults and 10 teen volunteers helped lead the various stations.

Race to Fitness Series

June 11th kicked off our 4-H race to fitness 4 part summer series. The first night of the series was held at the Luce County MSU Extension office from 6:00-8:00 and was geared towards helping families and individuals to get more active while having fun! This series is also acting as a means of getting individuals acquainted with our newer office location. Although our number was low at 27, we reached 10 families with 2 being new to 4-H events. We rekindled a volunteer partnership with our local Helen Newberry joy Hospital as well, and one of our local radio personalities participated. Participants each received pedometers, went thru an obstacle course, played some Wii, tossed some bean bags, made a kite, tried a Bosu ball, sampled some different salsas, and conquered some trivia.

We try to do as much programming as possible with our millage partner, Luce County Parks & Recreation, so the 2nd installment of the series was held on July 10 from 1:00-4:00 at the Luce County Park. This event offered 9 stations for participants to enjoy. Some of the stations included: learning about animal adaptations by making a neck cooler, making their own kits, making a jump rope, stamping metal and more. Thirty adults and youth attended this free event. Two camper families, one out of state, commented that they would be sharing some of the station ideas with their 4-H programs back home and liked



Developing Youth and Communities, continued

the idea of an educational program at the park.

The last of our 3 part series was once again held at the Luce County MSU Extension office on August 13 from 6:00-7:00 pm. Fighting Mother Nature put a damper on our numbers. We had 15 youth & adults and 2 volunteers who participated. Participants learned about the importance of hydration and some fun ways to infuse water to make it more exciting. They had the opportunity to try strawberry basil and citrus ginger infused waters. Three Minute to Win It challenges, challenges that must be completed in a minute, kept things fun and moving. Finally families were invited to decorate a picture frame and take a picture in front of the new SNAP-ED nutrition pull up banner that represented the series finale well. All the kids received a foam football and tumbler to take home.

Through generous grants from our Child Protection Council, local hospital, Helen Newberry Joy and 4-H council those who attended the 3 different nights of the series were entered into drawings for fitness inspired prizes such: a crochet set, kites, light up footballs, volleyball set, ladder ball, etc. Families that participated seemed to have a great time and we were able to reach out to some new families plant the seed that living a healthier lifestyle doesn't have to cost money and can be fun, especially when you do it as a family.

Adopt a Highway

The main stretch of roadway that goes through downtown Newberry has been 4-H's stretch for years. This roadside cleanup is an opportunity for our 4-H members, families and leaders to give back to their community by focusing on the 2nd "H" in 4-H, heart. Because getting volunteers can be a challenge at times, I decided to try something different and have our pickup on a Saturday, Oct 3rd at 9:00, which also happened to be our Homecoming weekend. The call to show our "Homecoming spirit and town pride" was enough to solicit our local cheerleaders along with 4-Hers/volunteers who were unable to help during the week. At the end of our whirlwind pickup, volunteers were treated with hot cocoa and the head cheerleader said I could count on them to help with the next fall pickup, while the coach said "this wasn't bad at all. It's good for us to do community service as a team".

Reading Buddies

Our 4-H Reading Buddies Mentoring program, led by Jennifer Lasslett, is a reading enrichment program that pairs teens in grades 7-12 with younger mentees in grades 1-4 who may need a little extra reading support. Mentors attend a 4 hour mentor training in which they learn what being a good mentor means and the responsibilities it entails. The 4-H club meets on Tuesdays from 3:15-4:45 every week, November-mid May. In 2015 we had 7 mentor/mentee matches. This year we also have 7 matches. One parent whose child is currently a mentee in the Reading Buddies program said, "Kadin read a book completely by himself!!! The Reading Buddies program is definitely helping him." This program has been in existence for over a decade now.

MSU Extension programs such as the Michigan 4-H Youth Conservation Council (M4-HYCC) allow Michigan's youth to get involved and become community leaders, but also show them how to be engaged in the legislative process.



Adopt a Highway



Members of the Reading Buddies Mentoring Program

KEEPING PEOPLE HEALTHY

Programs focus on helping participants gain the skills needed to buy and prepare nutritious, budget-friendly foods; increase their physical activity; and stretch their food dollars.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition education to Bridge Card eligible adults and children. This program focuses on increasing physical activity and improving dietary quality while stretching food dollars. The ultimate goal of SNAP education is to promote healthy eating and physical activity. SNAP-Ed is funded through a statewide grant from the Federal Government (Farm Bill). The SNAP-Ed program plays a vital role in helping to improve nutrition among low-income individuals.

Jessica Price, SNAP-Ed Program Instructor provided youth and adults with 17 nutrition programs reaching 321 individuals, and 25 presentations reaching about 818 people annually in Luce County.

Show Me Nutrition

Show Me Nutrition youth series is a six to eight week program with 1-hour sessions providing youth in grades pre-kindergarten to 8th grade with age-appropriate literacy-based education in areas of nutrition, food safety, physical activity, body image, and media influence on health choices. In Luce County 13 annual Show Me Nutrition series are taught in Tahquamenon Area Schools and Newberry Elementary School with a total of 300 youth.

Step Up 4 Our Kids

Jessica also serves on the school wellness committee, the local Strategic Alliance for Health and the Step Up 4 Our Kids playground committee at Newberry Elementary School.

When the playground at Newberry Elementary School was condemned and torn down, a group of individuals formed 'Step Up 4 Our Kids', a committee to raise funds for a new playground for the school and the entire community. Jessica suggested the idea of doing a fun run/5k as a fun, healthy, family-oriented way to raise money. Jessica served as the race director and Luce County MSU Extension was a sponsor. This fun-filled community event had 104 paid participants as well as many non-paying youth walkers. There was great community support for the fun run with many local sponsors and volunteers. The event continues this year with the addition of a bike rodeo.



MSU Extension helps participants to learn ways to change their lifestyles and improve their health.



Keeping People Healthy, continued

Community Partners

Nutrition presentations and community events are another important part of the SNAP-Ed work being done in Luce County. These one-time education sessions present opportunities for staff to reach a more diverse audience or to teach about a specific topic. These community organizations recognized MSU Extension as a leading resource for nutrition education information in Luce County: LMAS District Health Department, Tahquamenon Area Schools, Strategic Alliance for Health, Sault Tribe, Helen Newberry Joy Hospital, Pathway's, and Community Action.

Cooking Matters

Cooking Matters has been very successful with adults in Luce County. Participant comments indicate changes in behavior including using labels to make healthier choices, choosing fruits and vegetables more often, increases in physical activity and making smarter decision while eating out. These changes have led to reports of weight loss, decreases in cholesterol and lowered results of diabetic A1C testing. Over 20 low-income adults received \$100 worth of free groceries and supplies as a result of participating in these series.

All SNAP-Ed Programs provided in Luce County Include:

Youth Program Series

Show me Nutrition (Head start, Pre-K thru 3)
Cooking Matters for Kids
Ninja Warriors (4-H Club)
Little Explorers (4-H Club)

Youth Presentations

Kids Tribal Health Fair
End of year Bash Newberry Elementary
PB&J Summer Food Distribution

Adult Program Series

Cooking Matters for Families
Pathways Rainbow End Drop-in Center
Diabetic Support Group
Eat Smart, Live Strong for Seniors
Eat Healthy, Be Active

Adult Presentations

Project Connect
WIC
Project Fresh
Senior Market Fresh
Baby Pantry

For more information contact Jessica Price at 906-293-3203 or email her at brown130@anr.msu.edu.



MSU Extension's Supplemental Nutrition Assistance Program Education (SNAP-Ed) programs help develop skills such as menu planning, understanding recipes and keeping food safe.





ENSURING STRONG COMMUNITIES

The Natural Helpers® program was created in Newberry High School in 2004 with a partnership between NHS and MSU Extension. Approximately 24 students participate each year. Natural Helpers are selected based on a school wide survey administered in the fall to determine the students others naturally turn to for help. Students attend two full day trainings at the beginning of the year and monthly one hour follow up trainings. This peer helping program is designed to train teens and staff to be better listeners and helpers for their friends and to know when to refer them to another helping resource.

Newberry High School Natural Helpers report that their participation in the Natural Helpers program has helped them develop or improve these skills: Become a better listener, be more understanding/empathetic and accepting of others, explore alternatives to situations /problems, refer serious problems to others, become a better communicator, recognizing my limits, better knowledge of community resources and resisting risky behavior, leadership skills, relationship skills, and stress management. Natural Helpers believe they are making a difference in their school and community.

One former Natural Helpers reported that her experience in the program helped her get a position as an RA at Northern Michigan University. The interview committee was most impressed with that on her resume.

Winter Break for Knowledge

Winter Break for Knowledge is a day of learning and fun for all ages. It is a chance to learn new things at a very low cost and take a break from our long UP winters. Winter Break reaches all ages from children to senior citizens. Families with multiple generations frequently attend together.

The 35th Annual Winter Break offered 21 class options with topics that included gardening, canning, cooking, health related, technology, environmental, hands on activities and more.

According to one participant, “My family and I look forward to Winter Break every year! We hope the program continues forever. This is the only chance I have to learn new skills.”

Another said, “Winter Break is a great tradition and opportunity for adults and children to learn new things.”

Real Colors®

Real Colors® workshops utilize a personality instrument to identify the four temperaments common to all people. It is a tool to understand human behavior and to develop understanding and appreciation of differences.

Eleven adults and nine teens attended a Luce County Real Colors Workshop, which



Left: Members of the Natural Helpers program.

Right: Winter Break Program



Ensuring Strong Communities, continued

provided a great mixture of youth and adults that actively participated together in the workshop. Participants included 4-H volunteers, 4-H teen Reading Buddie Mentors and members from the community.

Participants gained skills to better understand themselves and others. Understanding the value that differences people bring to group is critical to working together and getting along. Providing opportunities for teens to become aware of differences and understanding why we do the things we do is powerful and eye opening for their future. One mother reported that her daughter got in the van after the workshop and said, "I will never look at any of you the same way again. That was awesome!" Another male teen in the car said "That was much cooler than he thought it would be." The parent reported the teens were still talking colors days after the training. They began appreciating each other more and better understanding why they behaved the way they do.

Written evaluations showed participants:

- Gained a better understanding of my personal preferences and strengths.
- Gained a better appreciation for the strengths and preferences of others.
- Gained a better understanding of the value of the differences people bring to a group.
- Gained skills/knowledge that I can apply to relationships with my family and friends.

Down Town Group

Over the winter and spring of 2015-2016, Brad Neumann, Government and Public Policy Educator, held a program in Newberry as part of Project Rising Tide with a total of 12 participants.

The village has never had a master plan and now realize it is a tool they can use to proactively improve quality of life, sense of place, and conditions for business development in the community. Brad coached them on necessary elements of a plan and the governance administration pieces needed to prepare, adopt and implement a master plan.

Brad also did a presentation for the village council where there were 11 people who attended. It focused on innovative approaches to master planning and zoning. The village is now in the process of negotiating with the regional planning agency for the preparation of a form-based or character-based master plan, which will be one of the only of its kind in Michigan. Brad will be involved in helping with the overall facilitation and public engagement component of the master plan preparation.

After the plan is prepared, they will adopt zoning in order to improve health, safety and welfare. For more information contact Brad Neumann at 906-475-5731 or neuman36@anr.msu.edu



Winter Break for Knowledge



AGRICULTURE

When you support MSU Extension, you help participants learn profitable and efficient business and production

The Ninth Annual Agriculture for Tomorrow conference sponsored by MSU Extension was held March 10, 2015, on the campus of Bay College, Escanaba, Michigan. This is the Upper Peninsula's largest MSU Extension Agriculture educational event. One hundred twenty-six attendees were provided with educational programs. It also gave an opportunity for growers, agricultural product companies, federal and state agencies to gather and interact. A majority of them learned about the Agriculture for Tomorrow 2015 Conference from the *UP Ag Connection Newsletter* distributed monthly from the Upper Peninsula Research and Extension Center. <http://agbioresearch.msu.edu/centers/uprc/newsletters>



After the completion of the 20 different educational programs offered that day, 73% of the attendees positively identified ways to decrease production cost and increase income. Eighty four percent of attendees feel they will now implement new best management practices on their farm.

Forage Programming

Beef and dairy producers across the Upper Peninsula face unique challenges to grow and harvest high quality forages in an economical manner. Soil conditions, weather during harvest, and short growing season are some of those challenges unique to the Upper Peninsula. MSUE Educators conducted winter



meetings and on-farm forage field days to educate producers on innovative management practices to grow and harvest forages with high yield and quality.

In February 2015, a series of forage/cover crop educational meetings were held in four locations and attracted 57 participants. The cover crops/

Agriculture, continued

annual forages meetings included an overview of cover crops with potential for grazing in Michigan's U.P. Dean Baas presented these sessions, including a segment on the online cover crop selector tool.

Michigan State University Extension educators also conducted on-farm forage field days at seven farms across the Upper Peninsula that attracted 70 participants. Each forage field day was based on topics identified by local forage focus groups and involved local farmers providing support for demonstrations, tours or both..



Upper Peninsula farmers were receptive to both winter programming and summer field days around the topic area of forage improvement. The participants points of interest were soil health, fertility and low-input practices to improve forage performance. The



management practices recommended by MSU had a positive feedback of 75-100% of respondents planning to implement these practices. The participants highly accepted cover crops, rotational grazing and broadcast seeding to establish pastures and improve forage stands based on their plans to implement these practices on their own farms.



Providing basic, practical information to people interested in, or already engaging in, new farm enterprises helps these small businesses develop sound production and marketing plans. New farm businesses provide jobs, income and increased economic and social stability, and increased food security to rural and other communities.



Agriculture, continued

Upper Peninsula Research and Extension Center

In the center of Michigan's Upper Peninsula sits the 118 year old Upper Peninsula Research and Extension Center (UPREC). The purpose of UPREC is to serve as a hub for integrated crop and livestock research. Applied research on pasture-based cattle management practices and cropping rotations is conducted in the unique environment of the U.P. Grass-based beef finishing, utilization of cover crops, hoop-house farming, season extension and soil health studies are keystone research elements on the farm. The North Farm is an incubator farm specializing in diversified local food production, research, education, and outreach for northern latitude climates. Our focus is healthy soils, food, people, and communities. Please go the UPREC North Farm Facebook site for details and updates: <https://www.facebook.com/northfarmatuprec> or website www.msunorthfarm.org

Complementary agronomic studies at the 1,262-acre site focus on forages and small grains. The center also coordinates field trials on potato varieties and corn varieties throughout the Upper Peninsula region.

Research Goals

1. Improvement of soil quality to enhance the productivity of U.P. agricultural lands in a manner that emphasizes health linkages associated with soil, crop, livestock and people.
2. Development of research that demonstrates the costs and benefits of integrated crop livestock systems, including grass-based livestock production. Closer collaboration between UPREC and Lake City Research Center (LCRC) in Lake City to foster complementary research endeavors and to increase the quality and quantity of research results.
3. Development of research tied to the educational needs of regional food systems in the Upper Peninsula that contributes to community sustainability while linking to objectives 1 and 2.

MSU UPREC has been working over the last three years conducting research to support the growth of malting barley acres in Michigan, especially in the Upper Peninsula. In addition to variety trials, management practices such as fertility recommendations and fungicide use have been studied. In order for the malting barley industry to thrive in Michigan, suitable processing is also necessary. UPREC staff has been working with start-up malt-houses throughout the state and are confident that there will be a major increase in available processing by the end of 2015 – from 2 malt-houses to 6, including one in the Upper Peninsula.

Want to learn more about what Collin does at the North Farm? Please take the time to listen to an in-depth interview with the Farmer to Farmer podcast

<http://www.farmertofarmerpodcast.com/episodes/thompson>



Agriculture, continued

The following deliverables have been produced in 2014 to support this emerging industry:

- MSU UPREC Malting Barley website to house research, resources, and contact information http://msue.anr.msu.edu/topic/info/malting_barley
- Malting Barley Production in Michigan guide http://agbioresearch.msu.edu/uploads/396/36753/Research_Files/Malting_Barley_Production_in_Michigan_-_GMI035.pdf
- Malthouse feasibility study produced by the MSU Product Center http://agbioresearch.msu.edu/uploads/396/36753/Research_Files/Malt_House_Feasibility_Study_JFW_-_FINAL.pdf
- Four location malting barley variety trial held in Alger, Schoolcraft, Leelanau, and Presque Isle Counties http://agbioresearch.msu.edu/uploads/396/61579/2014_MSU_Malting_Barley_Trial_Results_UPREC-Posen.pdf
- 2015 Great Lakes Hop and Barley Conference, Grand Rapids, Michigan – April 10th – 11th <http://events.anr.msu.edu/event.cfm?folder=hopandbarley15>

Download the entire 2015 Upper Peninsula Research and Extension Center, annual report: http://agbioresearch.msu.edu/uploads/396/36753/UPREC_Center_Report_2015_Final.pdf

For more information about UPREC and updates on current projects, please visit their website at: <http://agbioresearch.msu.edu/centers/uprc> or call Director, Ashley McFarland at 906-439-5176 or email: ashleymc@anr.msu.edu

The

NORTH FARM
Chatham, Michigan



Extension Educators Serving Luce County

Staff Located in Luce County Office:

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Jennifer Lasslett	4-H Mentoring Prog. Coord.	906/293-3203	jlasslett@hotmail.com
Cheryl Powell	Secretary	906/293-3203	powellc@anr.msu.edu

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Extension Educators Serving Luce County, Continued

Additional MSU Extension Staff Serving Luce County

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