MESSAGE FROM THE DISTRICT COORDINATOR

Michigan State University Extension continues to serve the residents of Roscommon County through educational processes that apply knowledge to critical issues, needs and opportunities. In 2016 and 2017, MSU Extension Educators, Program Coordinators, Program Instructors and support staff have all played a role in delivering information to help our farmers, school children, teachers, caregivers, consumers, homeowners, business owners, visitors, workers, parents, government officials, home gardeners, entrepreneurs, those battling chronic disease and those seeking better health, improve their lives and the lives of those they serve, lead and follow.

Over 50 educational programs, workshops, presentations and other initiatives combined with the many 4-H clubs, camps and events have been utilized to make this impact. Although each county office is different, and there may be more or less staff in one location over another, MSU Extension statewide staff are called upon to offer programming throughout the state to help meet the critical needs that are sometimes unique to each community.

As you read through this annual report, you will see examples of many of the programs and participants from our communities. MSU Extension’s four institutes: Agricultural and Agricultural Business, Children and Youth, Health and Nutrition, and Greening Michigan all played a role in this year’s programming.

Educators, Coordinators and Instructors from each Institute also contribute to the world wide web presence that offers non-bias information to anyone with access to a computer, tablet or smart phone and an internet connection. The articles, videos, worksheets and other materials are easily accessible and available at no charge.

We are grateful for the opportunity to serve the residents of Roscommon County, our stakeholders and our partners.

Mischelle Warner
District Coordinator, District 4

CONTACT US

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Roscommon County Building
Roscommon, MI 48653
http://msue.anr.msu.edu

MISSION:

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

CONNECTING WITH RESIDENTS

4-H Children & Youth Programs

<table>
<thead>
<tr>
<th>Number of Youth Enrolled Statewide</th>
<th>200,000 +</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roscommon 4-H Members (traditional club)</td>
<td>92</td>
</tr>
<tr>
<td>Special Interest Program Participants (SPIN)</td>
<td>436</td>
</tr>
<tr>
<td>Youth in School Enrichment Programs</td>
<td>191</td>
</tr>
<tr>
<td>Youth in 4-H Camping Programs</td>
<td>2</td>
</tr>
<tr>
<td>Youth Volunteers</td>
<td>9</td>
</tr>
<tr>
<td>Adult Volunteers</td>
<td>48</td>
</tr>
</tbody>
</table>

4-H reached 18.5% of Roscommon Youth^  

^Based on 2016 Census data of 23,700 residents of which 15.3% are youth

MSU Extension’s Expanded Digital Reach*

More than 3.7 million visitors viewed more than 7.2 million pages.

1.3 million newsletters covering 90 topic areas were sent to about 16,900 email addresses.

MSU Extension has more than 3,500 Facebook followers and more than 2,800 Twitter followers.

*Based on data from 2015-16 program year
Extension Educators Serving Roscommon County*

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
<th>Email</th>
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*This list includes just some of the MSU Extension staff involved in Roscommon through the MSU Extension Mission listed below.

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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.

MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. Issued in furtherance of MSU Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Jeffrey W. Dwyer, Director, MSU Extension, East Lansing, MI 48824. This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by MSU Extension or bias against those not mentioned. The 4-H Name and Emblem have special protections from Congress, protected by code 18 USC 707.
Developing Youth and Communities

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. 4-H’ers also demonstrate reduced high-risk behaviors such as drug use, and learn to complete tasks, solve problems and seek any help they might need from peers and adults. 4-H involvement also helps participants avoid or reduce involvement with the court system. This helps ensure more young people succeed in school, attend college and contribute to their communities. More successful young people in communities results in greater tax revenues and consumer spending and increases the likelihood that young people will stay in, or return to, their communities.

STEAM

- **300** students in Houghton Lake and Roscommon schools participate in the annual Hour of Code Week. This program is a global movement reaching students in 150 plus counties. Students are introduced to computer science on-line modules that they access during school or at home.

- Over **200** local youth experienced managing the business risks associated with producing and bringing livestock to market at the annual Fireman’s Memorial Family Night event. Three 4-H youth volunteers helped guide participants through the process of producing and selling livestock. Their choices, as a modern day farmer, combined with good luck on the Plinko board determined if they earned a profit when they went to market with their steer. Each “farmer” received a beef stress ball or hat.

- Five Roscommon County youth attended overnight camp at Camp Nissokone in Oscoda, Michigan. They joined youth from four neighboring counties and participated in activities, such as engineering, kayaking, outdoor cooking, rock climbing, science, and shooting sports. Twelve teens served as camp counselors in this educational and exciting camp.

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.

Nancy Persing
4-H Program Coordinator
To help young people develop this important life skill, MSU Extension’s Michigan 4-H has made communication an aspect of nearly every area of its programming. Youth are required to record their progress on projects, verbally report their activities and illustrate their understanding in a number of ways. Some Michigan 4-H programs make communication a major focus, further allowing youth to cultivate and enhance these critical skills.

A few examples of programs over the past year that Roscommon 4-H youth participated in:

- **4-H Winter Workshops** — 28 youth attended (6) different workshops in early 2017 and participated in topics such as electronics, outdoor recreation, polymers, slimes, kitchen science, and healthy food choices.
- **4-H Exploration Days** — youth become college students at MSU. They take their choice of over 200 classes, live in dorm rooms, and see themselves as successful college students. Three youth & two adults from Roscommon county attended this program in 2017.
- **4-H Cross Country Ski Program** — Roscommon youth age 5-16 participated in this introductory class during February 2017 and offered in partnership with Cross Country Ski Headquarters to learn new skills, improve on existing skills, and have fun!
- **40 youth** attended the **4-H Teen Spokesperson Workshop**; 78% of those surveyed indicated they feel comfortable sharing their thoughts and feelings with others.
- **32 teen leaders** taught more than 1,200 fellow young people the **Water Windmill Challenge** as part of the 4-H Ag Innovators Experience.

**4-H Summer Pallooza** was originated because five of the older 4-H Day Camp participants wanted to try to do more complex activities. They choose their own projects, and learned what they needed to do from start to finish. In late summer of 2016 this group decided to build two benches for people who come to the Roscommon County Building, and have to wait outside for their ride. They presented their idea to the County Administrator and gained her approval. They asked one of the parents for help with woodworking skills. This year’s project was much more complex, but they learned how to do each step, and successfully completed their project.
Improving nutrition and increasing physical activities in Michigan communities

When you support MSU Extension’s efforts to provide nutrition education, all ages are given the tools to make healthy choices in regard to healthy foods and activities. Nutrition education topics include budgeting, healthy choices, physical activity, nutrition, planning meals, cooking, and more. Audiences range from early childhood through senior citizens. We have partnered with hospitals, schools, the court system, grocery stores and others from our communities.

Improving Nutrition and Physical Activity

The Supplemental Nutrition Assistance Program (SNAP-ED) provides nutrition education to income-eligible adults and children. This program focuses on improving dietary quality and increasing physical activity while stretching food dollars. The ultimate goal of these programs is to promote healthy weight maintenance and obesity prevention. During the past year, 305 adults and youth were reached through SNAP-ED nutrition classes at various venues in Roscommon County.

SNAP-ED programs include Show Me Nutrition, Cooking Matters, Eat Healthy Be Active, Jump Into Foods & Fitness, and Healthy Harvest. These programs teach participants (youth and adults) how to make the most of their food dollars, menu planning, recipes, food prep and food safety. The programs are sometimes one time lessons up to six-week series.

Fuel Up to Play 60 is an in-school nutrition and physical activity program launched by the National Dairy Council and the NFL in collaboration with the USDA, to help encourage today’s youth to lead healthier lives. MSU Extension exposed over 1,000 Roscommon county youth to this program!

MSUE/WIC Project FRESH helps to provide healthy and nutritious produce to Michigan WIC participants, while fostering economic development by promoting our state’s diverse agricultural products. Over 100 Roscommon county families utilized this program.

MSUE/WIC Project FRESH helps citizens learn how to:

- Choose locally grown produce
- Prepare a fruit or vegetable in a new way
- Store and preserve fresh fruits and vegetables
- Increase fruit and vegetable consumption & find other community resources
Keeping People Healthy

Encouraging healthy behaviors helps reduce health care costs by providing safe environments throughout a person’s life span.

MSU Extension is serving 624 children and families weekly in Northeast Michigan through a partnership with Food Bank of Eastern Michigan. Designed to provide extra support on weekends for children who receive free or reduced-priced lunches at school, this program provides a backpack full of nutritious and easy-to-prepare foods for children to take home on the weekends when school meals are not available. For many of these children, this backpack is their only source of food when school is not in session. 120 youth from Roscommon County participate in this program.

Also, MSUE develops Making Healthy Choices newsletters which are available online and distributed in backpacks throughout Michigan. In the 2016-17 school year, an average of 13,000 newsletters were distributed weekly from 131 sites across 18 counties.

An adult participant commented about how many techniques and recipes she had learned as part of a class. She said she had never thought of using beans in recipes and thought she did not like them. After making and trying beans in a recipe in class, she said she is using more and more new recipes that are healthy and saving her money. Her doctor recommended changing her diet for her heart health and she reported feeling better with her newly learned recipes and cooking swaps.

A parent approached a local program instructor to say her kids loved it when MSU Extension teaches classes and the kids talk about it all the time. She said her daughter uses the MyPlate incentive plate for sorting all of her meals into food groups. She thanked me for offering such wonderful programs.

MSU Extension class participants changed their diets, learned how to prepare new meals, learned how to save money, lose weight and live more healthy active lives.
Disease Prevention and Management

Chronic diseases are among the most prevalent, costly, and preventable of all health issues. Compared to the national average, Michigan adults suffer from more risk factors (obesity, hypertension, and high cholesterol) that contribute to chronic disease.

MSU Extension’s Disease Prevention and Management (DPM) programs work to promote health and wellness by reducing and managing the incidence and impacts of chronic diseases among Michigan residents and communities. These community and evidence based core programs provide participants with proven strategies for improved dietary quality, management of chronic health conditions, and prevention of chronic diseases. 15 Roscommon county residents looking for education on chronic diseases attended a presentation on Chronic Disease at the Houghton Lake library this year.

The County Health Rankings & Roadmap, a collaborative project between the Robert Wood Johnson Foundation & the University of Wisconsin, provides an annual measure of the overall health of nearly all counties in the nation. Roscommon county ranked 76th out of all 83 Michigan counties in 2016. The ranking helps build awareness of the multiple factors that influence health. Factors such as high school graduation rates, access to healthy food, rates of smoking and obesity.

MSU Extension can support health of individuals and communities through delivery of evidence-based programs and engaging in multi-level partnerships with shared goals of reducing the prevalence of chronic disease. Dining with Diabetes four session course series offering education to make healthy food choices and incorporate balanced menus into the family dining experience. Four Roscommon county residents participated in the series starting September 2017.

National Diabetes Prevention Program (NDPP) is designed to bring to communities’ evidence-based lifestyle change programs for preventing type 2 diabetes. Six Roscommon County participants lost 92 pounds in one year!

Diabetes Personal Action Toward Health (PATH) is a self-management workshop aimed at empowering people to take an active role in managing diabetes. Over the course of 6 weeks participants learn strategies, develop plans, set goals, problem solve and more to help manage diabetes.
A Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults. A Matter of Balance includes eight two-hour sessions for a small group led by a MSU Educator and coordinated in conjunction with the Michigan Area Agency on Aging. Twenty Roscommon county residents completed this series recently at the Houghton Lake library.

RELAX: Alternatives to Anger is a four-part educational series designed to help adults, parents, teens, and caregivers increase their knowledge about anger issues and put anger management and healthy relationship skills into practice. Through discussion and skill-building activities, participants explore what anger is and what triggers it. This interactive program teaches participants techniques for calming down and de-stressing, the principles of problem solving, effective communication skills, and ways to forgive and let go of the past. It is offered as a series, and also as a one-time workshop, including a Train the trainer version and RELAX: For Parents and Caregivers. RELAX is available as an online course.

COOR ISD through GreatStart hosted a conference for childcare providers April 22, 2017 at Roscommon High School. MSU Extension provided three workshops to in-home care providers, center staff, parents and grandparents. This education potentially impacted hundreds of children. The social emotional wellness presentation on Mindfulness for Children paired nicely with the incredible message of Trauma and Effects of Chronic Stress from Western Michigan University’s Trauma Center Director.

Comments from participants in response to:

“Describe two things you will do differently after participating in this program”:

Start a regular mindful practice
Use 10 mindful movements for transitions
Incorporate books into teaching strategies for children
Utilize personal stress barometer
Take time to de-stress
Ensuring Safe and Secure Food

When you support MSU Extension’s efforts to enhance residents’ access to an adequate supply of safe, affordable food, program participants will focus on food safety measures in the field and at harvest, learn proper food preparation and food preservation techniques, and bring community partners together to strengthen access to healthy food supplies. This leads to a healthy population, which in turn helps keep health care costs in check and our communities viable.

Teaching Roscommon Food Safety

The National Institutes of Health estimates that every year, 48 million people in the United States become ill and 3,000 die from pathogens in food. Causes range from outdated home food preservation practices to unsafe sanitizing practices at public events and small businesses. Since 2013, MSU Extension food safety and preservation programs have taught almost 10,500 Michigan residents safe food handling, food preservation and methods to reduce foodborne illness.

Participants include youth, nonprofit organizations that prepare food for the public and food preservers who want to create safe products for their small businesses. Through face-to-face and online learning, Michigan communities receive high-quality, research-based education using U.S. Department of Agriculture guidelines for safe food preservation.

Teaching Roscommon Food Safety

Cooking for Crowds is an educational program for nonprofit groups that prepare food for their members or for the general public as fundraisers.

- Participants learn how to prevent unsafe conditions that may cause food borne illness.
- Participants learn how to plan, purchase, store, prepare and serve food correctly.
- MSUE provided this course to 15 Roscommon residents this past year.
Ensuring Strong Communities

Leadership and Community Engagement
Through its public policy education and community leadership workshops, MSU Extension informs residents about public policy issues and processes, offers leadership skill development classes and strengthens community capacity to solve complex problems.

Civic Engagement
Engaged citizens do more than vote, they act within and outside political systems to improve communities. Through its Public Policy and Civic Engagement trainings, MSU Extension informs residents about public policy issues and processes as well as advancing citizen engagement to strengthen community capacity to solve complex problems.

Examples of workshops and programs that have been available to Roscommon County residents include:
- Citizen Planner
- Real Colors and Meyers Briggs Personality Assessments
- Leadership through Effective Meeting
- Parliamentary Procedures
- Facilitated Strategic Planning

For more information: [http://msue.anr.msu.edu/topic/info/civic engagement](http://msue.anr.msu.edu/topic/info/civic engagement).

Facilitation
A facilitator is someone who helps a group of people understand their common objectives and assists the group in planning and achieving their objectives without taking a particular position in the discussion.

MSU Extension offers two highly acclaimed facilitation workshops that are designed to train leaders from communities and organizations and are available to Roscommon County citizens:
- Facilitative Leadership
- Advanced Facilitative Leadership

Conflict Resolution and Leadership Development
To engage productively in community and economic development opportunities it is essential to openly address and resolve disagreement in a constructive manner.

MSU Extension offers experiential and research-based educational opportunities that help people build the skills they need to manage a range of conflict situations—from one-on-one interactions to large public meetings.
When you support MSU Extension’s natural resources education programs, participants learn about ecological principles, natural resource issues and the role of natural resource professionals. They also explore public policy issues related to environmental stewardship and become aware of income-generating opportunities. Better land stewardship benefits communities by protecting and enhancing Michigan’s natural resource assets.

**Increasing Forest Health Awareness**

Through a variety of delivery methods forest health information has been offered to residents and industry representatives of the county.

Information and education has been delivered by:
- Newspaper articles, phone calls and site visits.
- Landowner assistance on demand for a variety of issues related to trees, insects and soil.
- Hartwick Pines Forest Family Day.
- Hartwick Pines Maple Syrup Day.
- Gypsy Moth Open house.
- Houghton Lake Business Expo.
- Houghton Lake Foundation Lake Saver Day (Roscommon Elementary School fourth grade conservation day).
- Gahagan’s Environmental learning for the Future (ELF) to one 2nd grade class.
- Personal visit to Grayling Country Club to evaluate and diagnose tree health.
- Fourteen teachers from around the state, including one from Roscommon, for a week long workshop at the RAM Center.
- Coordinated field trips to the AJD Sawmill, Weyerhauser, DNR Active Forest Management Site, Hartwick Pines and various managed forests.
Making the Most of Our Natural Assets

Oak Wilt in Roscommon County
Many residents and Township officials had questions and concerns about oak wilt prevention, identification and treatment.
Information and education by:
- Expert recognition of signs and symptoms.
- No-cost testing of suspected infected trees.
- Offering an Oak Wilt Workshop in partnership with the Conservation District Forester Diane Bomer at the CRAF Center.

Vernal Pool Field Trips
- Total of three field trips with over forty 6th and 7th grade Roscommon Middle School Students.
- Field trip focused on soils, hydrology and forest health.
- Field trips focused on data collection of species present and conditions of Roscommon Vernal Pools.

“You and Your Lake: An overview of Life on the Lake”
- Presented in partnership and sponsored by the Higgins Lake Foundation.
- Over 40 people attended this workshop.
- Indoor workshop that featured five MSU Extension Educators from across the state.
- Topics covered included: lake ecology, aquatic invasive plants, natural shorelines, neighborhood collaboration and septic system maintenance.

“What is the use of a house if you haven’t got a tolerable planet to put it on?”
-Henry David Thoreau
Michigan State University Is making a difference—everywhere—in Michigan.

Every day, Michigan State University—the nation’s pioneer land-grant university—works to advance prosperity for the people of Michigan. MSU makes a positive impact on the state’s economy in the areas of technology, agriculture, manufacturing, health care, education, energy, environment, and the arts.

MSU’s talents and expertise help position Michigan as an uncompromising competitor in a global market. A vital contributor to the state’s economy, the university attracted $584 million in external funding in fiscal year 2014-15 and plays a key role in the state’s annual $101 billion-plus agribusiness industry through partnerships, research, and educational programs in all 83 counties.

REGION 4
COUNTRIES
> ALcona
> ARENAC
> CRAWFORD
> IOSCO
> OGEAWE
> OSCODA
> ROSCOMMON

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facebook.com/MiSpartanImpact

* Data from an independent study by the Anderson Economic Group
From July 1, 2016, to June 30, 2017, the MSU Extension website (msue.msu.edu) received 2,654 visits from Roscommon County. Of those, 79 percent were first-time visitors. The easily accessible and searchable science-based content found on the MSU Extension website make it one of the most visited Cooperative Extension Systems education sites in the country.

more at: http://www.mispartanimpact.msu.edu
District 4 Extension Advisory Council

Each district of MSU Extension has an Advisory Council to assist the District Coordinator in a variety of ways. The Council’s composition is a balance among various sectors that Extension educational programming serves.

Members are nominated and selected due to their experiences with Extension and proven leadership. They network with others who share similar interests and concerns, help shape Extension programming efforts important to citizens in the district, gather support for establishing or extending educational effectors around issues of concern in the district, and participate in leadership and issue focused educational events.

Members of the District 4 Extension Advisory Council in 2017 include:

- Bobbe Burke (Arenac)
- Sharon Czaika (Iosco)
- Roy Elie (Ogemaw)
- Elizabeth Grabow (Ogemaw)
- Paul Grabstanowicz (Alcona)
- Ken Melvin (Roscommon)
- Marc Milburn (Roscommon)
- Bruce Reetz (Ogemaw)
- Erik Rodriguez (Arenac)
- Therese Kaiser (Crawford)
- Judy Umlor (Crawford)
- Ericka Earl (Iosco)
- Julie Lavender (Roscommon)

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