



Saginaw County

2015–2016 ANNUAL REPORT

msue.msu.edu



MESSAGE FROM THE DISTRICT COORDINATOR

We hope you enjoy reading this 2016 annual report outlining the services of MSU Extension in Saginaw County. We have been in this community for over 100 years and will continue to be as long as the community views us as a valuable resource.

MSU Extension faculty and staff translate the scientific information gleaned from MSU AgBio Research and other Campus Units into real world applications.

Throughout the history of the Cooperative Extension Service, founded by the Smith-Lever Act of 1914, MSU Extension has worked hard to support an environment of collaboration where innovation and creativity can flourish.

This report provides an overview of the variety of MSU Extension programming that residents of Saginaw County participated in over the last year. Thank you for your continued support of MSU Extension programs in Saginaw County.

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MSU EXTENSION DISTRICT 9 DIGITAL REACH

From July 1, 2015, to June 30, 2016, MSU Extension’s website (msue.msu.edu) had 205,131 page views from District 9 residents. The Saginaw County MSU Extension page had more than 2,304 page views.

MSU EXTENSION’S EXPANDED DIGITAL REACH THROUGHOUT THE STATE

Through combined face-to-face trainings, online webinars, social media, website interaction and electronic newsletters, MSU Extension has made more than 8.8 million connections. More than 149,000 adults* and 203,000 youth† participated in MSU Extension programming in the 2015-16 programming year.

More than 3.7 million people viewed more than 7.2 million pages on the MSU Extension website.‡ Of those, more than 760,000 were Michigan residents. MSU Extension remains one of the most visited Cooperative Extension System education websites in the country.

MSU Extension also distributes a series of electronic newsletters that cater to residents’ unique interests. Last year, nearly 1.3 million newsletters covering 90 topic areas were distributed to

about 16,900 email addresses.‡ You can sign up for these informative newsletters by visiting <http://msue.msu.edu> and clicking on “Newsletter Sign Up” to check your areas of interest.

MSU Extension uses social media channels to reach people with educational content. Currently, Extension reaches more than 3,500 Facebook followers and more than 2,800 Twitter followers.‡ In addition, Michigan 4-H families and volunteers stay informed about activities through social media channels, including Michigan 4-H Facebook with more than 4,000 likes and on Twitter with more than 1,300 followers

*From ES237 Federal Report – Oct. 1, 2014, to Sept. 30, 2015

†From Michigan Extension Planning and Reporting System – Jan. 1, 2015, to Dec. 31, 2015

‡From July 1, 2015, to June 30, 2016

Developing Youth and Communities



The best practices around creative, critical thinking in STEAM encourage projects that “throw away the instructions” and are very self-guided.

MSU Extension 4-H programs have demonstrated that they help youth reduce high-risk behaviors such as drug use and as well as avoidance or reduced involvement with the court system. Michigan 4-H teaches youth to complete tasks, solve problems and seek help they might need from peers and adults. This helps to prepare current and future leaders by offering numerous opportunities for leadership and skill development.

4-H Clubs

4-H Clubs are the foundation of every successful 4-H Program. 4-H Clubs can take the form of community clubs, school clubs, or 4-H Special Interest (SPIN) clubs. Regardless of the structure, the primary purpose of 4-H Clubs is to support the development of each youth through building significant and lasting relationships with adults and other youth. In 2016, Saginaw County had **490 youth members in 4-H Community Clubs and 140 adult volunteers** working with the youth.

4-H School Programs and SPIN Clubs

In 2016, **933** participated in SPIN/Short-Term and Afterschool Clubs. SPIN sessions were held in partnership with Saginaw County Community Action Committee, the Sugar Beet Association, Immanuel Lutheran Church, Carrollton Public Schools, United Health Care, Zilwaukee Elementary School, Walmart Healthy Living, Chester Miller Elementary, Covenant Children’s Center, Saginaw County Fair, Mission in the City, Saginaw County Parks and Recreation, Hartley Nature Center, Saginaw Community Foundation, and the Saginaw Detention Center, just to name a few. Examples of topics taught are below:

- Physical Activity
- 4-H Sugar Beet Project
- Science—Embryology, Robotics, Renewable Energy Sources, Gardening, Butterfly Project
- Nutrition and Fitness
- Career Exploration
- Entrepreneurship
- Visual Arts and Crafts & Clothing and Textile
- Backpack to Adventure
- Breakfast on the Farm
- Livestock Education and Animal Showmanship
- Fishing program on Fishing Laws, Casting, and Filleting

Developing Youth and Communities



When you support MSU Extension 4-H programs, youth participants learn life skills that prepare them for the workforce.

MSU Exploration Days

This year, 22 Saginaw County youth and 3 adults attended Exploration Days.

Explorations Days, a 3-day event on MSU's campus in June, is designed to help youth learn new ideas and techniques, increase their interest in and readiness for college, explore career options, as well as develop their decision making, independence and teamwork skills. Youth also meet and interact with other youth and adults from different backgrounds and areas throughout Michigan.

Youth and Adult Trainings

This year, Saginaw County 4-H organized trainings and shows that had 475 youth and adults participants from Saginaw County. Trainings and shows were held on a range of topics with a few examples shown below:

- Leaders Horse Show
- Rabbit Workshop
- Horse Sportsmanship Clinic
- Livestock Workshop
- Livestock Leaders
- Swine Project Boot Camp
- Beef/Dairy Market Project 101
- Butterflies: Diet, Habitat, Reproduction, and Preservation

4-H Commodity Carnival

In 2016, 138 youth experienced this interactive display that provides education for youth on the importance of agriculture and agribusiness as well as the role that agriculture commodities play in their lives.



Developing Youth and Communities



Whether it is written, spoken or visually represented, the way we express ourselves makes a big impact on our daily lives at home, work and play.

Northern Outdoor Adventure

In 2016, 45 youth participants and 7 adult chaperones from Saginaw County participated in an overnight camp called Northern Outdoor Adventure at Kettunen Center on February 13-14. The focus of the program was Life skills and applying today's learning to their future. Youth Counselors were trained to serve in leadership roles as part of the experience. The 2017 Northern Outdoor Adventure is scheduled for Feb. 11-12 and will feature Winter Olympics.

Saginaw County Recognition Banquet

This year Saginaw County had 130 participants at the Saginaw County Recognition Banquet. A total of 41 youth awards were given and 14 volunteers were recognized for their service that represented a total of 155 years of service as 4-H volunteers. Seven local businesses served as sponsors the event to show their support of the program. The educational component this year was Dr. Poll who spoke about his veterinary education, services and weekly television program. The program was so popular that families stood in line afterward for pictures with Dr. Poll and to purchase his book.

Early Childhood Development Education

MSU Early Childhood Development provides education for families with children ages birth to five as well as their caregivers. Our services focus around literacy, math, art, science, discipline, healthy relationships, and social emotional health. Examples of program partners and funders include the Children's Trust Fund Grant, Great Start Collaborative, Michigan Organization on Adolescent Sexual Health (MOASH), Head Start, Saginaw Housing Commission, Saginaw Rescue Mission, the CAN Council, and School-Based Health Centers at Arthur Hills High School and Saginaw High School. This year we had 98 Saginaw County residents and childcare business employees registered for our seminars. Seminars were held on the following topics:

- Building Early Emotional Skills
- The Purpose of Play
- RELAX—Alternatives To Anger; Mindfulness For Children; Helping Kids Manage Stress
- The Language Keeps Changing
- What Children Need to Know to Start School
- Child Welfare Services: The Resilience Tool Box
- Setting the Stage for Social Emotional Health

Keeping People Healthy



Encouraging healthy behaviors helps reduce food and health care costs by helping prevent chronic health conditions and providing safe environments throughout a person's life span.

When you support MSU Extension, residents learn safe food handling practices, increase their physical activity and improve the quality of their diets. 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 life span.

Improving Nutrition and Increasing Physical Activities in Michigan Communities

The Centers for Disease Control and Prevention reports that more than 30 percent of Michigan adults are considered obese, and one out of every three deaths in Michigan is caused by cardiovascular disease, influencing the quality of life and adding billions of dollars each year in economic burden.

In 2015, 16.2 percent of people in Michigan were considered to be living below the poverty level. More than 1.5 million Michigan residents qualify to receive Supplemental Nutrition Assistance Program (SNAP) benefits.

MSU Extension delivers affordable, relevant, evidence-based education to help residents in urban and rural communities stay healthy throughout their lifespans.

Saginaw County Programming

MSU Extension's SNAP-Ed programs in Saginaw County reached **317 adults and 1490 youth** (Oct. 2015-Sept. 2016) who participated in a series of educational sessions, **931 adults and 799 youth** in the county who participated in one time presentations, and **2465 people** were reached through indirect education.

MSU Extension also is a provider of the federal Expanded Food and Nutrition Education Program (EFNEP). This program is designed to help children and families acquire the knowledge, skills, attitudes and changed behavior necessary for nutritionally sound diets. In Saginaw County, **886 youth participated in EFNEP programs, 148 families participated in the program, and a total of 552 people** were in the family programs.

Through our programs, adults and youth learn how to 1) make the most of their food dollars, 2) understand food labels, 3) make healthy food choices, 4) prepare and portion food, 5) plan menus, 6) understand recipes and 7) keep food safe.

Locally, **79% of adults** in our programs showed improvement in one or more nutrition practice (plan meals, makes healthy food choices, prepared food without salt, reads nutrition labels or has children eat breakfast). In addition, **78% of local youth who participated** reported improved knowledge or ability to choose foods according to Federal Dietary Recommendations.

Keeping People Healthy

Saginaw County Programming Continued

- The curriculums, teaching tools and venues used to teach the health, nutrition and physical activity programs in Saginaw County include:
Curriculums: *Eat Healthy Be Active, Cooking Matters, Project Fresh, Healthy Harvest*
- Curriculum Highlight: Show Me Nutrition Curriculum—Youth programming continues to be a cornerstone of educational programming in Saginaw County. Children participate in a six-week series of lessons about important health themes such as nutrition, food safety, physical activity, media influence and body image.
- Venues: MSU Extension has provided programming in **46 different locations** and with different partners throughout Saginaw County. These locations include shelters, worksites, adult rehabilitation centers, Farmers Markets, a library, community centers, faith-based organizations, public schools, day care facilities, WIC, Head Start programs, public housing complexes, senior centers and other locations.

Worksite Wellness and Healthier Childcare Environment Policy, System and Environmental (PSE) Nutrition Education

A positive wellness culture in child care homes and centers contributes to the physical, mental and emotional wellbeing of children and child care providers. MSU Extension provides free coaching for eligible child care providers and provides an assessment of the facility and policies, nutrition coaching, assistance in action planning, 10 educational hours, and implementation of nutrition and physical activity initiatives.



MSU Extension provides Michigan worksites with education to promote healthy lifestyles to employees and their families. The programs available focus on improving healthy lifestyle behaviors, reducing risk of chronic diseases, social-emotional health and food safety education. The Work@Health™ is a comprehensive workplace training program for employers used by MSU Extension.

There were **19 worksites and childcares participating** this year. Examples of participating companies were Saginaw County Michigan Works!, Stars Transportation, Janel's Daycare, St. Peter Lutheran School, Carrolton Middle School, SVRC Industries, and many home childcare providers.

Personal Action Toward Health (PATH)

PATH provides the skills and tools to manage chronic health conditions such as Chronic Pain. People who participate in PATH workshops are better equipped to face daily challenges of living with one or more chronic conditions. PATH is a six-week series led by two trained leaders who have chronic conditions themselves. Path participants report an improved health status at the end of the program, decreased symptoms of fatigue and increased energy. They also reported decreased fearfulness about their future health. This year **14 Saginaw County residents** participated in PATH.

Ensuring Safe And Secure Food



MSU Extension efforts in ensuring safe and secure food lead to a healthy population, which in turn helps keep health care costs in check and our communities viable.

ServSafe Certification

MSU Extension offers ServSafe, a national certification program, for those working in food service, especially managers and other leaders. ServSafe teaches about foodborne illness, how to prevent it and how to train employees about the latest food safety issues. This year, **2 Saginaw County** residents completing the 8 hour ServSafe course and **12 residents** attended the 16 hour ServSafe course. ServSafe was also taught in partnership with Saginaw County's Hidden Harvest for **26 of their local volunteers** called Food Safety For Food Pantry Workers.

Cottage Food Law

MSU Extension teaches the Cottage Food Law seminars. This allows residents to prepare and store certain foods in home kitchens for a home based business or community fundraiser. This year, **17 Saginaw County** residents attended the MSU Extension Cottage Food Law course for small businesses.

MSU Extension Reducing Foodborne Illnesses Through Home Preservation Education

Food preservation is both a popular hobby and a small business opportunity, but people who preserve food without following scientifically proven food preservation techniques increase the risk of foodborne illness. As a result of MSU Extension food safety programs, individuals now use safer food handling, preparation, storage and preservation techniques. This benefits other community members by decreasing the economic costs of foodborne illnesses, estimated at \$6.9 million in 2000.

In 2016, 27 Saginaw County adults enjoyed Food Preservation courses MSU Extension offered. Examples of courses MSU Extension offered included the following: Preserving Food at Home—Canning Basics; Fresh Pack and Fermenting Pickling Methods; Canning Jams and Jellies; Blanching and Freezing; Drying Fruits, Veggies & Herbs; Keeping Food Safe At Fundraisers.

Ensuring Strong Communities



MSU Extension offers a variety of training courses and presentations on local planning and zoning tools and techniques, “best practices,” policy options, land use and environmental issues, public participation programs and more.

Improving the Fiscal Health of Michigan Communities

Only with healthy, vibrant communities can Michigan residents be expected to thrive. To help Michigan prosper in a sensible, sustainable fiscally responsible way, MSU Extension launched the Center for Local Government Finance and Policy in late 2015.

The center is led by MSU Extension economist Eric Scorsone who has assisted multiple cities during fiscal crises including Detroit, Flint and Lansing. The center advises cities during fiscal hardships, develops fiscal tools and offers outreach to help communities improve their fiscal health. In addition, the center is committed to connecting legislators with experts in public policy and forging partnerships in the public and private sector.

Land Use Planning

In 2016, 37 residents in Saginaw County attended the Saginaw community meeting to develop form based code overlay for economic development using a charrette to drive illustrative plan and code for a targeted neighborhood.

Estate Planning Education

In 2016, 4 Saginaw County residents participated in a course about will planning, insurance and appraisals called Grandma’s Yellow Pie Plate.

Former Saginaw Fairgrounds—A Redesign For A New Park

MSU Extension and MSU School of Planning, Design and Construction provided a forum for the community to create a new use for the old fairgrounds. Three meetings were held for public input and nearly 200 members of the community attended.

MSU Student time along with planning and design equaled about 500 hours of service, equaling a \$50,000 investment of expertise.

Supporting Food and Agriculture



MSU Extension provides research-based production recommendations and resources. The goal is to improve production efficiency through increased yields, improved quality, decreased input costs, protected yields and new technologies.

Michigan agriculture continues to be a growing segment of the state's economy. The production of commercial food and nonfood agricultural operations is growing rapidly. The number of households raising a portion of their own food and raising livestock or gardening for pleasure or relaxation continues to increase. Through MSU Extension education, residents learn how to optimize and reduce the use of pesticides and fertilizers as well as how to conserve and protect water resources. This education leads to better use of time, money and human capital while helping to retain and create agricultural jobs.

Sugarbeet Educational Programming

Saginaw County has 111 sugarbeet farms and, in 2014, there were 15,700 acres of sugarbeets. MSU Extension has communication with each of these growers. The sugarbeet industry alone has a direct economic impact of over 550 million dollars.

Educational opportunities for farmers include a variety of techniques. One key program is called "Sugarbeet Seed Week". This program involves a series of five programs held strategically in the Thumb, The intent is to provide growers with all the research information to select the best varieties. Resources for teaching the program involve Michigan Sugar Research, MSU Sugarbeet Advancement and sugarbeet seed providers. Last years evaluation showed that producers had a 3.7 ton/acre increase that resulted in a \$117 acre increase for producers who attended this event. In 2016, about 420 producers attended this event. Other educational efforts include: production of two Research Report Books, educational articles/fact sheets, radio programs, and individual consultations.

Michigan Sugarbeet Research Reporting Session

25 Saginaw County producers attended the research session in collaboration with Ontario with a total of 125 participants. Generally 12-14 speakers report at this event. It has become very popular to growers to attend this event because they can get a quick research update on a lot of different agronomy topics.

MSU Extension and The Sugarbeet Advancement Program

70 local farmers participated in the REACH sugarbeet agronomy sessions. When compared to other sugarbeet production areas in the last 10 years, Michigan tops the charts for improved sugarbeet yields, quality and profitability. Much of these gains have come from extensive effort put forth by MSU Extension's Sugarbeet Advancement Program working with the industry. In 2016, 25 research trials were conducted in the Great Lakes Saginaw Area. These efforts included variety testing, improving management techniques, and solving production constraints.

Supporting Food and Agriculture



MSU Extension offers resources to help people correctly identify pests—insects, weeds, plant diseases and other pests—and then choose an effective control when one is needed. Our advice safeguards human and environmental health by using the least toxic methods first.

Integrated Pest Management (IPM) Academy

5 Saginaw County residents completed a two-day program covering the fundamentals of IPM and the resources and technology for sustainable agricultural practitioners. The Academy's long-term goal is to increase sustainable agriculture through expanded awareness and adoption of IPM strategies that improve crop efficiency, minimize pesticide use and enhance environmental quality.

Pest and Crop Management Education

21 Saginaw County residents participated in the seminar on soil management, profitability, and reducing production risks for soybeans, corn and wheat.

Ornamental Horticulture

17 residents participated in educational sessions about various topics such as Christmas Trees, nurseries, and floriculture with greenhouses.

Soil Test Kits and Bulletins Sold

This year Saginaw MSU Extension sold 31 home owner kits and 30 farmer/food plot boxes. In addition, approximately 131 bulletins/manuals were sold with the majority being Pesticide Certification Manuals and the Vegetable Crop Weed Control & Disease Control Guides.

Preparing Youth for Future Careers in Agriculture

As a pillar of Michigan's economy, agriculture must continue to grow and thrive. One way to ensure this success is to prepare an informed and skilled workforce ready for careers in this essential sector.

To meet this need, MSU Extension offers youth a continuum of learning opportunities in the agriculture industry. These opportunities range from interactive experiences such as 4-H Renewable Energy Camp and World Food Prize Michigan Youth Institute, to educational resources such as the Youth Business Guide to Success, animal marketing curriculum and zoonotic disease prevention tools. Through these experiences and resources, as well as county 4-H projects, youth are educated about agriculture and prepared for careers in this important industry. In the last program year, more than 850 youth took part in Michigan 4-H pre-college programs with an agricultural focus.

Supporting Food and Agriculture



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

Bean and Beet Symposium

This symposium was held on February 19, 2016 at Horizons Conference Center. This trade show/conference is for dry bean and sugarbeet growers and includes over 104 exhibitors in the region and draws over 450 producers.

Winter Vegetable Meeting

This year 4 Saginaw County vegetable producers were among 40 others that attended one of the annual Bay Thumb Vegetable Meetings held in Bay City and Dryden in 2016. These meetings premier places for vegetable producers to get the latest research information for successful and profitable production of their commercial fresh market and processing vegetables.

Produce Safety Course for Vegetable Growers

Produce growers have a whole new set of regulations placed on their production by the Food and Drug Administration (FDA). FDA has authorized MSU Extension to teach the Produce Safety Alliance Grower Food Safety Modernization Act (FSMA) certification course to educate farmers on how to meet these new guidelines as well as educate them on produce safety, co-management, and GAP.

This year a session was held in Saginaw and Bay City. A total of 9 Saginaw County produce growers attended the training among a total of 38 growers.

New Crops in Organic Field Crop Rotation

Campbell's Soup recently acquired Michigan's own Garden Fresh Salsa. This has increased their supply chain capacity for producing more salsa for national chain stores, but also for an organic product line. As a result, there is a demand for more organic tomato production for processing, and Michigan's Thumb area has the potential to respond to some of that demand with its large organic acreages.

This year, MSU Extension conducted a trial to investigate the feasibility of processing tomatoes as an additional rotation crop from a different plant family. We tested four typical commercial dicing tomato varieties on one acre. It was determined that the potential income from organic processing tomatoes could be twice that of organic dry beans after the upfront equipment investment.

MSU Agriculture Innovation Day

Saginaw Valley Research and Extension Center served as the host site for 55 Saginaw County residents and 345 other state participants who attended the MSU Agriculture Innovation Day's Focus on Soils. The seminar provided cutting edge research and information on tile drainage, compaction, nutrient management, cover crops, water filtration, and run off under various production systems.

Master Gardener Program



The Michigan State University Extension Master Gardener Program (MGP) is an adult horticulture education and volunteer leader training program. Volunteers are committed to improving the quality of life in Michigan through horticulture-based volunteerism and beautifying communities throughout the state.

Saginaw Valley Master Gardener Association

79 Saginaw residents belong to the Saginaw Valley Master Gardener Association. Everyone who completes the MSU Extension Michigan Master Gardener Volunteer Training Program (or transfers in) belongs to this association. The association is a volunteer group dedicated to learning about gardening and horticulture and sharing acquired knowledge with the people of Saginaw County. They encourage horticulture and gardening which through adding beauty improved the quality of the community's environment.

Master Gardener Volunteer Hours of Service

The 79 County Master Gardener Volunteers have donated 4,226 hours of volunteer time this year and have driven 22,406 miles for their efforts. They have assisted 4,868 residents with their knowledge from the Master Gardener program. This year 12 volunteers were awarded a gold badge for having over 1000 hours of lifetime volunteer hours. The economic value of these volunteers is \$100,377.

Michigan Master Gardener Program (MMGP) College

MSU Extension offers the MMGP which provides interested individuals an opportunity to take part in a focused, 13-week training experience that provides in-depth education in many aspects of horticulture including trees and shrubs, flowers, vegetables, fruit, soil, water, pests, indoor plants and lawns. In Saginaw County, 72 local residents completed the recertification training.

MSUE Lawn and Garden Hotline

MSUE Consumer Horticulture educators and trained Master Gardener Volunteers are dedicated in helping answer any at-home garden questions. MSUE has an "Ask an Expert" button on the webpage msue.msu.edu, or call toll-free 1-888-MSUE4MI (888-678-3464). Staff and volunteers are available statewide on Friday's from 9am-12pm.

You can also receive valuable information and sign up for MSUE's Gardening news at migarden.msu.edu.



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