

Ingham County

2014–2015 ANNUAL REPORT



MESSAGE FROM THE DISTRICT COORDINATOR

In September we announced that Jeff Dwyer will become interim director of MSU Extension, effective Jan. 1, 2016. Dwyer replaces Ray Hammerschmidt, who will resume his research and teaching roles in the MSU Department of Plant, Soil and Microbial Sciences.

We are excited to welcome Dr. Dwyer to this difficult position that has undergone much transition in the last 18 months. Though our leadership will be changing, our long-range plan of working diligently to serve Michigan residents has not. Our staff members continue to follow their work plans that they, along with Extension leadership and their colleagues, have developed to meet the ever-changing needs of District 8 and Ingham County. MSU Extension staff are committed to serving their communities.

Our overall plan for our leadership team is the same as it has been since Tom Coon resigned in June of 2014 to take a position as vice president and dean at Oklahoma State University. We will have an interim Extension director until a new dean is named for the MSU College of Agriculture and Natural Resources in early 2016. Once that dean has settled in, he or she will have an opportunity to help choose a permanent MSU Extension director whose goals, style and vision complement those of the dean. Until then, we continue to move forward with a strong leadership team.

In this report you will find examples of programs that support youth, encourage better health and nutrition, inspire entrepreneurs, keep farmers up-to-date, protect natural resources, stimulate business, develop communities and help to prepare government leaders. In each of these areas, MSU Extension is committed to utilizing information which is current to research and relevant to communities.

As we transition through these changes, I look forward to our continued partnership in moving Michigan forward.



Don Lehman
District Coordinator, District 8



CONTACT US

Ingham County MSU Extension
Office "A"

Hillard Building

PO Box 319

121 E. Maple St.

Mason, MI 48854

Phone (517) 676-1655

Fax (517) 676-7288

Office "B"

5303 S. Cedar St.

Lansing, MI 48911

Phone (517) 887-4588

Fax (517) 887-4592

msue.ingham@county.msu.edu

<http://msue.anr.msu.edu/county/info/ingham>



msue.msu.edu

MEASURING IMPACT

CONNECTING WITH RESIDENTS

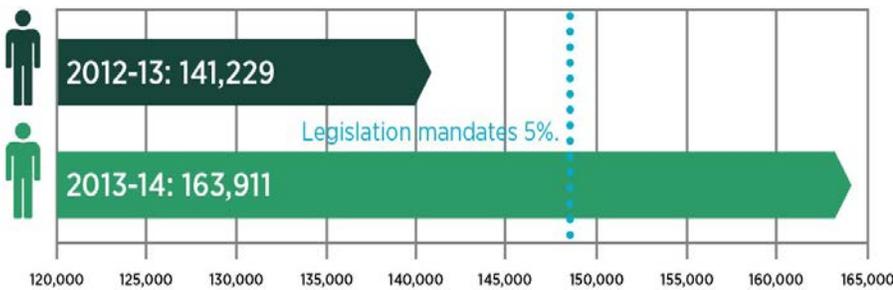
Toll Free Garden Hotline	229
Master Gardener Re-Certification	73
Residential Soil Testing.....	216
SNAP-ED Participants.....	3835
4-H Participants.....	1057
IMPACTS.....	5,410

DISTRICT 8 DIGITAL REACH

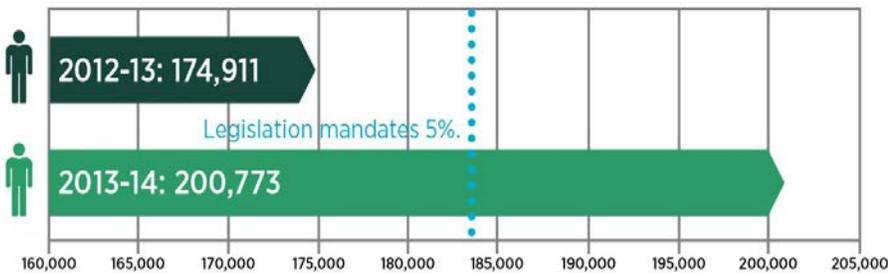
From July 1, 2014, to June 30, 2015, 118,744 visitors from our 7-county district viewed more than 349,343 pages of rich, science-based content on the MSU Extension website (msue.msu.edu).

Search engine rankings make msue.msu.edu one of the most visited Cooperative Extension Systems education sites in the country.

15% Growth in Adults Participating in MSU Extension Programs



16% Growth in Youth Participating in MSU Extension Programs



MSU Extension's Expanded Digital Reach



2 million visitors viewed more than 4 million pages



560,000 topic newsletters distributed to more than 8,500 email addresses



Nearly 2,000 Facebook and more than 1,700 Twitter followers

DEVELOPING YOUTH AND COMMUNITIES

When you support MSU Extension 4-H programs, you are helping youth participants acquire life skills that are necessary for success in today's competitive economy. Extension works to accomplish this by helping children develop early literacy skills that support school readiness. Children who participate are also learning leadership and decision-making skills that increase their likelihood of becoming civically active. Active 4-H participation has also been associated with a reduced risk for negative behaviors such as drug use. This helps ensure that more of our young people succeed in school, attend college and contribute to their communities. Successful young people in communities results in greater tax revenues, consumer spending and increases the likelihood that they will stay in, or return to, their home communities.

Supporting school and student success in Ingham County

To ensure the future success of the Great Lakes State, Michigan schools are charged with improving educational outcomes for the state's youngest minds. Yet, they must do this with fewer resources than ever. Partnering with schools to provide innovative and economical enhancements to in-school learning, MSU Extension youth educators are working to provide custom solutions to their challenges.

A unique partnership that has benefited Ingham County youth is with the Future Leaders Exchange (FLEX) and the 4-H International Exchange Program. As part of this program, two families from Okemos and Haslett hosted girls from opposite sides of Russia. These students were selected from thousands of applicants to live with a U.S. host family for an entire school year. During this experience they participate in all the normal activities of a high school student including classroom studies, extracurricular events and community service. The girls attended a 4-H Youth Leadership and Global Citizenship weekend conference where Michigan 4-Hers learned about the Russian culture. The MSU Extension 4-H program provides local coordination and is annually seeking host families.

2015 Ingham County 4-H statistics:

- 45 4-H Clubs
- 229 Adult volunteers
- 60 Youth volunteers



From once-a-month family workshops and in-school science lessons to after-school technology training and classroom gardening, MSU Extension supplies Michigan schools and the families they serve with the support they need to be successful.

Developing Youth and Communities, continued

Preparing children for academic success

Youth who are not proficient readers by fourth grade are 68 percent more likely to drop out of high school. Research shows that young children who develop literacy skills prior to entering kindergarten are better prepared for school reading curriculum.

Children's school readiness improves when parents and caregivers are taught methods that increase early childhood science and reading literacy, and ways to prepare children socially and emotionally. Programming provided through MSU Extension and other organizations prepare children for academic success by giving parents and caregivers the tools they need to help their children succeed in school. MSU Extension is also making learning to read more accessible by putting books into the hands of thousands of children from low-income households.

- » To date, 250,000 books have been distributed to more than 2,500 children through programs sponsored by MSU Extension and its partnership with the Molina Foundation.
- » As a result of MSU Extension trainings and workshops, adults indicated an increase in knowledge of concepts of early childhood development and techniques that promote school readiness and academic success.

Supporting Military Families

Families of military personnel face unique challenges: frequent relocations, deployments, changing family roles, and more. They dynamics can be especially difficult for more than 200,000 children in military families throughout Michigan.

To support these families already sacrificing so much for our country, MSU Extension offers a range of programming. In the past year, MSU Extension's Operation: Military Kids, 4-H Military Partnerships and other general Extension and 4-H programming supported military families across Michigan, including:

- » Hosting 24 military-focused events for 454 military youth and 672 military adults in 34 counties.
- » Engaging 619 youth and 132 volunteers from military families in 67 counties in 4-H programs to develop critical leadership, organizational and technical skills that will benefit them throughout their lives.

Life skills are a basic foundation that prepare youth for success in life. The goal of Michigan 4-H Youth Development is that every youth possess the necessary life skills to be successful.

MSU Extension provides resources aligned with Michigan science education standards to teach confidence, leadership and responsibility related to STEM.



ENSURING SAFE, SECURE AND ACCESSIBLE FOOD

When you support MSU Extension, you are also supporting our food safety programs. Our food safety educators are working to ensure that all have access to an adequate supply of safe, affordable food. Programming focuses on food safety measures in the field from planting to harvest. Participants also have the opportunity to learn proper food preparation and food preservation techniques. MSU Extension offers a variety of programs that bring community partners together to enhance access to healthy food supplies, leading to more viable and healthy communities with lower health care costs.

Teaching residents about food safety

From the field to the table, food safety is an important issue. Foodborne illness affects all socioeconomic categories and costs the U.S. economy billions of dollars each year in lost productivity, hospitalization, long-term disability and even death. The Cottage Food Law took effect in July 2010, allowing home-processed foods to be sold to the public, emphasizing the need for food safety education.

MSU Extension Cottage Food Law workshops supply Michigan residents with up-to-date, scientifically backed information on food safety. In 2013, nearly 4,000 Michigan residents learned about preserving and preparing food safely for public consumption. Participants who successfully complete the training are given an MSU Extension food safety certificate. This increases consumer confidence when buying locally grown and produced food products.

Another program offered in Ingham County is the ServSafe course offered through MSU Extension. This is a national certification program for food service workers, taught by certified Extension educators. ServSafe topics include:

- » Providing safe food
- » Forms of contamination
- » The safe food handler
- » The flow of food
- » Food safety management systems
- » Safe facilities, cleaning and sanitizing

Participants who complete the course, will earn their ServSafe Certificate.



In 2013 MSU Extension delivered food safety programs to 90,000 Michigan residents, in an effort to reduce foodborne illness and the cost to health and Michigan economics.



In 2013, nearly 4,000 Michigan residents learned about preserving food and preparing safe food for public consumption.

Ensuring Safe and Secure Food, continued

Getting local foods into cafeterias

Using a farm-to-fork emphasis through the Cultivate Michigan campaign, MSU Extension and other partners are working to bring Michigan-grown vegetables to schools and other institutions. The goal of the campaign is to have Michigan institutions purchase 20% of their food locally by the year 2020. Joining Cultivate Michigan is free and open to any food service buyer for K-12 schools, early childhood programs, colleges and universities, hospitals and health systems and long-term care facilities. Members enjoy the following:

- » An online dashboard to track your Michigan food purchases
- » Resources for buying, using and promoting Michigan foods, including toolkits, marketing materials to promote locally grown foods in your cafeteria or food program
- » A statewide network to help you reach your goals and build a lasting local food purchasing program for your institution with the help of Farm to Institution practitioners, supporters and advocates

To date, two of the largest institutions in Ingham County have joined this Farm to Institution effort, Michigan State University and Sparrow Health Systems.

Community Food Systems

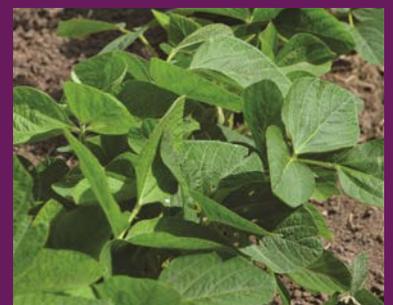
MSU Extension works every day to forge and strengthen partnerships in communities to help Michigan and its residents become stronger, healthier and more resilient. Through the Community Food Systems work team, Extension provides resources and programs to develop local food policy councils, farm-to-institutional purchasing, food hubs and farmers markets. Farmers, consumers and communities partner to create a local, self-reliant food economy that improves access to all community members to an adequate, affordable and nutritious diet.

MSU Extension Educator, Randy Bell, recently presented “Understanding Community Food systems”. This was a community conversation event sponsored by the Friends of the Okemos Library. Attendees learned about the economic, environmental and social benefits of a community-based food system.

Food and agriculture is one of the top three industries in the State of Michigan. MSU Extension will continue to work with community members, businesses and farmers to optimize the benefits, create healthier communities and to make it profitable and economical for all.

To date, two of the largest institutions in Ingham County have joined the Farm to Institution effort of Cultivate Michigan, Michigan State University and Sparrow Health Systems.

Michigan produced more than 83 million bushels of soybeans, valued at more than \$1 billion, in 2013, making it one of Michigan's most valuable commodities.



ENSURING STRONG COMMUNITIES

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

Successful and thriving communities combine knowledgeable and engaged legislators, businesses, community groups and residents. By connecting these groups with the most trusted tools, MSU Extension helps enhance the quality of life in Michigan.

Assessing financial health and recommending fiscal improvements for the future of Michigan's municipalities

As Michigan looks to rebound from recent fiscal difficulties and become stronger and more fiscally sound in the future, MSU Extension has been a valuable partner in educating the public as well as legislators.

Whether it is helping to explain the ramifications of Detroit's bankruptcy to the public or assisting legislators in understanding alternative sustainable funding options, MSU Extension specialist Eric Scorson and other MSU Extension educators and specialists have served as a valuable resource of educational, unbiased information.

In the past year, Scorson has served as an adviser or been a member of the Lansing Financial Health Team, the Flint Blue Ribbon Committee and the State Treasurer's Municipal Finance Reform Task Force, which all focused on assessing fiscal health and recommending changes to maintain or improve the financial future of Michigan and its cities.

Scorson and his team has released white papers that:

- » Calculated Michigan has \$12.7 billion in unfunded other post-employment benefits (OPEB), primarily driven by health care costs.
- » Examined 108 municipalities, taking actuarial valuations and exploring commonalities including retirement package design, service requirements, benefit provisions and cost sharing.

As Michigan looks to rebound from fiscal difficulties, MSU Extension has provided financial literacy and housing education programs to help families and individuals make smart money decisions, work through the homeownership process and to avoid foreclosure.



KEEPING BUSINESSES STRONG

MSU Extension and the MSU Product Center help Michigan entrepreneurs develop and commercialize high-value, consumer-responsive products and businesses in the food, agriculture, natural resources and bio economy sectors. When you support MSU Extension, you help participants understand the economic, environmental and social benefits of purchasing local and regional foods. You also help young people develop business skills that will help them succeed as adults and help communities capitalize on their ecological, social and cultural assets. This fuels the economy by creating and retaining jobs, and helps ensure a healthy tax base.

Providing valuable work experience to young professionals

MSU Extension encourages Michigan's young people to envision a future career path that can help them positively impact their communities and build valuable professional skills. A new internship program creates a link between campus life and future career success. Started in 2013 with seven interns, the program has been expanded in 2014 to 13 interns because of its initial success.

The internship program has been popular with communities, MSU Extension educators and, most importantly, with the students, who have shown growing interest. In 2013, the program was piloted in regions in Michigan with a focus on agriculture. It provided students with a valuable networking opportunity with farms and within the agriculture industry, and allowed them to gain important skills in vital areas of agriculture.

In the internship program's first year, interns worked on:

- » Improvement of air quality around swine production facilities through an investigation of various plant species for use as vegetative environmental buffers.
- » Basic equine health and body condition as well as safe handling of horses.
- » Pork quality assurance and site assessment.
- » Forage management for sheep and goat production.

MSU Extension, through the Product Center, offers business assistance, counseling, development services, growth services, resources and strategic support.



A new MSU Extension internship program provided students with a valuable networking opportunity with farms and within the agriculture industry, and allowed them to gain important skills in vital areas of agriculture.

KEEPING PEOPLE HEALTHY

When you support MSU Extension, you are helping participants to increase their physical activity and improve the quality of their diets. Extension also provides programs that work to decrease incidents of violence, bullying and to improve the social and emotional health of Michigan residents. Encouraging these healthy behaviors helps reduce health care costs by helping prevent chronic health conditions and providing safe environments throughout a person's life span.

Fighting obesity through education

Michigan has the 11th highest adult obesity rate in the United States, according to the CDC. More than 30 percent of adults are obese, and an additional 35 percent are considered overweight.

Extension programs reached more than 87,000 adults and youth and worked to equip them with skills needed to buy and prepare nutritious, budget-friendly foods; increase their physical activity; breastfeed their babies and stretch their food dollars. MSU Extension reached more than 87,000 adults and young people across the state through programming. Through the program outreach:

- » More than one-third of youth decreased their intake of sugary drinks.
- » Nearly one-third of youth increased their level of physical activity.
- » Nearly half of adults increased their daily vegetable and fruit consumption.
- » More than two-thirds of adults increased time spent being physically active, including three-quarters of older adults.

Helping Michiganders prevent diabetes

Michigan ranks 15th in the nation for prevalence of diabetes, with an estimated 10 percent of Michigan adults aged 18 and older had been diagnosed with diabetes – about 758,300 people. An additional 250,200 Michigan adults are estimated to have diabetes but are currently undiagnosed.

Through the National Diabetes Prevention Program, MSU Extension helps participants to learn ways to change their lifestyles and improve their health. A trained lifestyle

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



MSU Extension reached more than 87,000 adults and young people across the state through programming. Nearly one-third of youth increased their level of physical activity and more than two-thirds of adults increased time spent being physically active, including three-quarters of older adults.



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

Keeping People Healthy, continued

coach leads 16 core group sessions weekly. Participants learn how to make modest lifestyle changes. Groups then meet monthly for six post-core sessions. The program provides participants with both a lifestyle coach and a valuable support system.

- » More than 2,400 Michigan residents participated in MSU Extension disease prevention and management classes in 2013.
- » Participants have lost a total of 695 pounds, which is 6 percent of their total body weight, through the National Diabetes Prevention Program delivered by MSU Extension.
- » Participants report being active an average of 150 minutes per week, significantly decreasing their risk of developing Type 2 diabetes through the National Diabetes Prevention program delivered by MSU Extension.

Teaching valuable healthy-eating skills

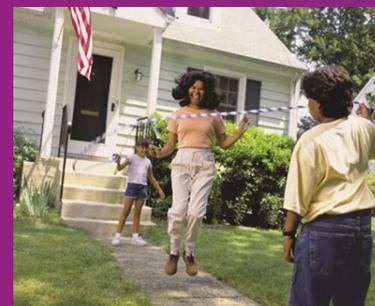
In 2011, 17.5 percent of people in Michigan were considered to be living below the poverty level. More than 1.7 million Michigan residents receive Supplemental Nutrition Assistance Program (SNAP) benefits.

MSU Extension’s Supplemental Nutrition Assistance Program Education (SNAP-Ed) programs including Cooking Matters for Adults, Project Fresh, Healthy Harvest and Show Me Nutrition teach adults how to make the most of their food dollars, by developing skills such as menu planning, understanding recipes and keeping food safe. Participants learned about the nutrition and health benefits of foods to feed their families in healthy ways.

The Ingham County MSU Extension office is working to ensure healthy eating by participating in The Weekend Survival Kit (WSK) program. This program purchases, packages and distributes supplemental food to children in five elementary schools in the Lansing School District. MSU Extension is the coordinating partner of a consortium of community organizations that operates the program; it is fully funded by charitable giving.

As popularity in home vegetable gardening grows, so do the programs offered to Ingham County residents. One program is “Grow It, Cook It, Eat It”. Joyce McGarry, health and nutrition educator, and Diane Brown, horticulture educator, have teamed up to offer this 4 week workshop. The educators lead participants through growing, preparing and tasting a variety of delicious vegetables.

Through the National Diabetes Prevention Program, MSU Extension helps participants to learn ways to change their lifestyles and improve their health.



MAKING THE MOST OF OUR NATURAL ASSETS

Better land stewardship benefits communities by protecting and enhancing Michigan's natural resource assets.

When you support MSU Extension's natural resources education programs, you are helping participants learn about income-generating opportunities, ecological principles, natural resource issues and the role of natural resource professionals. They also explore public policy issues related to environmental stewardship. Our programs can lead to increased income for families that retain their natural resource assets, help landowners become better stewards of their land, and protect land management opportunities for future generations. Better land stewardship benefits communities by protecting and enhancing Michigan's natural resource assets.

Helping Michigan residents become better stewards of our inland lakes

Michigan has more than 11,000 inland lakes, which are among our most beautiful and precious resources. To marshal all of the passion and energy so many people and organizations have regarding Michigan's lakes, MSU Extension helped organize the first Michigan Inland Lakes Convention. The convention hosted 372 lake enthusiasts, professionals, government officials and others for an intensive three-day convention.

The convention helped participants learn how to become better stewards and to better protect Michigan's inland lakes. It boasted more than 25 educational opportunities, including sessions regarding youth and volunteer education, aquatic invasive species, plant identification, algae blooms and water quality.

The convention was a partnership between MSU Extension, the Michigan Department of Natural Resources, the Michigan Department of Environmental Quality, the Michigan Lake and Stream Associations, the Michigan Natural Shoreline Partnership, the MSU Institute of Water Research and the Michigan Chapter of the North American Lake Management Society.

- » 372 people attended the Michigan Inland Lakes Convention.
- » More than 66% represented nonprofit agencies or were riparian landowners.
- » More than 75% reported increased leadership, confidence and stewardship.
- » More than 90% reported gaining information that will assist them as professionals or

To marshal all of the passion and energy so many people and organizations have regarding Michigan's lakes, MSU Extension helped organize the first Michigan Inland Lakes Convention.



SUPPORTING FOOD AND AGRICULTURE

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. When you support MSU Extension, you help participants learn profitable and efficient business and production practices. Participants also learn how to optimize and reduce the use of pesticides and fertilizers, and how to conserve and protect water resources. This education leads to better use of time, money and human capital, and helps retain and create agricultural jobs. These measures strengthen Michigan's economy while connecting farmers to local food opportunities and global markets. In this way you help MSU Extension encourage growth in a sustainable and prosperous Michigan food and agriculture system.

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

Bridging the gap between farm to fork

Breakfast on the Farm (BOTF) bridges the gap between Michigan's farmers and consumers who often have little idea where the food on their plates comes from. BOTF invites the public to enjoy a delicious farm-fresh breakfast on a working farm and educates them on the farm-to-fork process. BOTF is an open door for the community to learn about modern food production and build trust with and appreciation for local farmers. An online survey showed that 88 percent of participants told others they should attend a BOTF event.

In 2014, three BOTF events took place. There have been 26 events held since the program's launch in 2009. A total of 12,687 adults and children attended five BOTF events held in 2013.

Fighting back against emerging pests

The spotted wing drosophila and the brown marmorated stink bug are two invasive pests that pose the biggest threats to Michigan's fruit production. Michigan growers will likely have to implement new management programs to control these pests from harming their fruit crop.

The spotted wing drosophila has an optimal developing temperature of 65 to 70 degrees Fahrenheit, normal conditions during a Michigan growing season. This makes early



Breakfast on the Farm (BOTF) bridges the gap between Michigan's farmers and consumers who often have little idea where the food on their plates comes from.

Supporting Food and Agriculture, continued

Working together to eliminate these invasive species will be essential to lessen the loss of the Michigan tree fruit crops in the future.

detection information vital to activate pest management programs that prevent rapid population increases and potential infestations.

MSU Extension partners with farmers and statewide agencies to monitor these pests. Working together to eliminate these invasive species will be essential to lessen the loss of the Michigan tree fruit crops in the future.

Growers need to monitor for both the spotted wing drosophila and the brown marmorated stink bug because:

- » Spotted wing drosophila feed upon and lay eggs in ripe fruit.
- » Spotted wing drosophila can produce many generations in a relatively short amount of time.
- » The brown marmorated stink bug has a host range of more than 300 known plants, including fruits grown in Michigan.
- » In other states, brown marmorated stink bug populations reached high numbers causing substantial damage in tree fruits.

Smart Gardening

Many people tend gardens and care for their lawns, but not everyone knows how to approach these tasks in an environmentally friendly fashion that saves time and money. MSU Extension offers the Smart Gardening initiative to connect people to simple messages that focus on these objectives. Smart Gardening resources include tip sheets, videos, public outreach events and daylong conferences on current gardening topics that are research-based, simple and earth-friendly.

More than 100 people recently visited the Michigan State University Extension Smart Gardening booth at the Great Lakes Renewable Energy Fair, held June 26-27 in Mason, which was staffed by master gardener volunteers and Diane Brown, Ingham County MSUE Consumer Horticulture Educator. Visitors had an opportunity to get gardening questions answered and to pick up Smart Gardening tip sheets on topics related to native plants, water conservation, lawn care, fertilization and soil testing and vegetable gardening. MSU Extension also holds weekend booths at the Lansing farmers market, the Meridian famers market and the Bath famers market.

The brown marmorated stink bug has a host range of more than 300 known plants, including fruits grown in Michigan.





MI SPARTAN IMPACT

REGION 8

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 talent and expertise help position Michigan as an uncompromising competitor in a global market. A vital contributor to the state’s economy, the university attracted more than \$477 million in external funding in fiscal year 2013 and plays a key role in the state’s annual \$91 billion-plus agribusiness industry through partnerships, research, and educational programs in all 83 counties.



ENROLLED MICHIGAN STUDENTS
5,131



VETERINARY MEDICINE STUDENTS
132



ENROLLED MEDICAL STUDENTS
334



ALUMNI RESIDING IN REGION
47,383



SPENDING WITH LOCAL BUSINESSES
\$204,331,952



TOTAL ECONOMIC IMPACT
\$2,931,036,531*



STAFF/FACULTY RESIDING IN REGION
9,233



FINANCIAL AID DISBURSED
\$50,243,100



4H YOUTH PARTICIPANTS
8,977



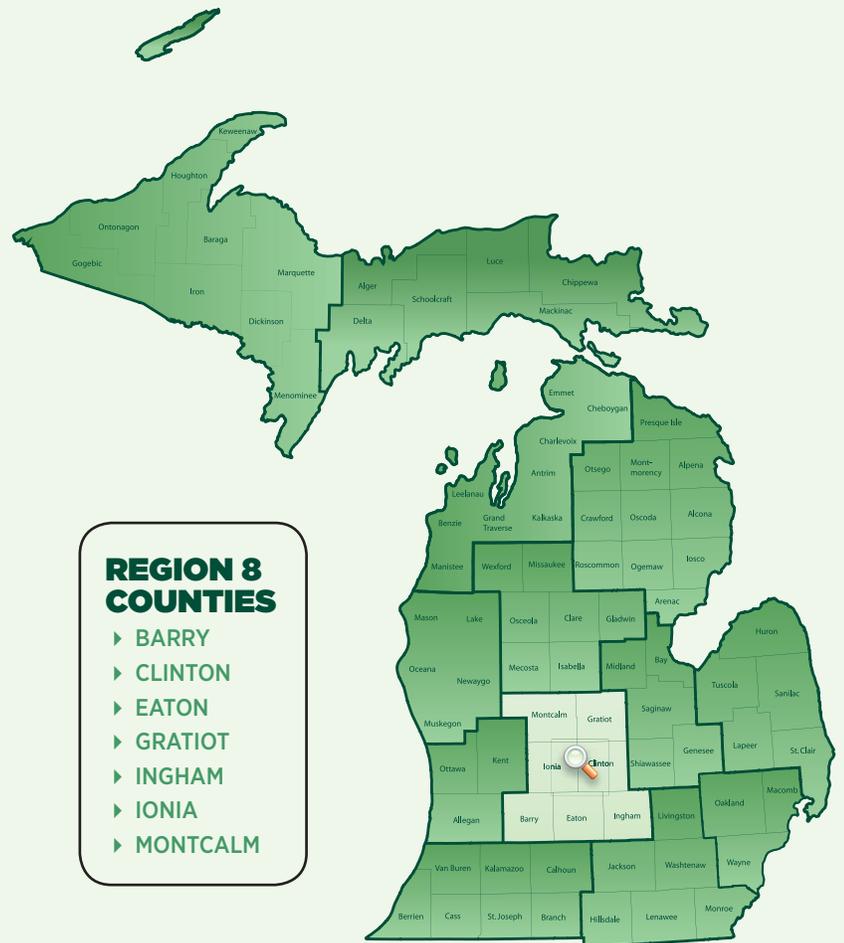
PROPERTY OWNED BY MSU (ACRES)
9,329



**MEDICAL INTERNS/RESIDENTS/
FELLOWS**
472



MSU PARTNER HOSPITALS
4



*Data from an independent study by the Anderson Economic Group



Extension Educators Serving Ingham County

Staff Located in Ingham County Office:

Name	Role	Phone	Email
Randy Bell	Community Food Systems	517-676-7298	bellr@anr.msu.edu
Norma Bermudez	EFNEP Program Assistant	517-887-4575	bermude3@anr.msu.edu
Diane Brown-Rytlewski	Horticulture Educator	517-676-7292	larsenco@anr.msu.edu
Ruth Doughty	SNAP-ED Program Assistant	517-887-4581	doughty@anr.msu.edu
Lori Guy	Office Manager	517-676-7297	guylor@anr.msu.edu
Christine Heverly	4-H Supervising Educator	517-676-7291	sisungch@anr.msu.edu
Jessica Huegli	Horticulture Secretary	517-676-7207	jhuegli@ingham.org
Mark McCorkle	4-H Program Coordinator	517-676-7303	mccorkl5@anr.msu.edu
Daniel Moffatt	4-H Program Coordinator	517-676-7293	moffattd@anr.msu.edu
Tina Mysliwicz	SNAP-ED Program Instructor	517-887-4578	goinsc@anr.msu.edu
Ae Kue	Office Support	517-887-4588	kuea@msu.edu
Randy Sundell	EFNEP/SNAP-ED Instructor	517-887-4589	sundellr@msu.edu

Additional MSU Extension Staff Serving Ingham County:

Name	Role	Phone	Email
Laura Anderson	Disease Prevention Educator	269-945-1388	ander359@anr.msu.edu
Kittie Butcher	Early Childhood Educator	989-224-5228	Butche36@anr.msu.edu
Faith Cullens	Dairy Educator	989-224-5249	cullensf@anr.msu.edu
Rebecca Finneran	Horticulture Educator	616-632-7886	Finneran@anr.msu.edu
Charles Gould	Bioenergy & Agriculture Conservation	616-994-4547	gouldm@anr.msu.edu
Kevin Gould	Beef & Livestock Educator	616-527-5357	gouldk@anr.msu.edu
Tom Guthrie	Swine & Equine Educator	517-788-4292	guthrie19@anr.msu.edu
Becky Henne	Community Food Systems Educator	517-543-4468	henner@anr.msu.edu
Adam Kantrovich	Farm Management Educator	616-994-4570	akantrov@anr.msu.edu
Brenda Long	Housing Senior Educator	616-527-5357	longbr@anr.msu.edu
George Silva	Field Crops Senior Educator	517-543-4467	silvag@anr.msu.edu
Sheila Urban Smith	4-H Youth Development Educator	517-432-7612	smiths20@anr.msu.edu
Fred Springborn	Field Crops Educator	989-831-7509	springb2@anr.msu.edu
Marilyn Thelen	Crop & Livestock Senior Educator	989-227-6454	thelen22@anr.msu.edu

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