

## Trumper is new health/fitness agent

Written by Darci Tomky

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Phillips County's newest Extension agent jumped in with both feet last week, exploring the many possibilities and opportunities offered by her new job. Tracy Trumper is officially the CSU Area Extension Agent for Family and Consumer Sciences and Community Development for the Golden Plains Area.

Excited to be in this new role, Trumper said she will dabble in everything, but her main focus will be on health, fitness and nutrition. With a background in this field as well as in teaching, she thought this job would be perfect for her.

Even though Trumper serves the entire Golden Plains area, she will be looking at what programs and workshops she can directly bring to Holyoke and Phillips County.

Right now it's important for Trumper to assess what the needs are in Holyoke as well as fine tune her skills in nutrition and fitness.

Trumper is impressed with the amount of materials and programs that are available through CSU Extension.

"Look at all the stuff that is here for you!" she said, noting Extension agents are there to serve the community and provide them with an abundance of resources. "And it's for the common, everyday person," she added.

She's hoping to create awareness and get the word out through local media outlets in order to "beef up" Extension's presence in Holyoke.

Trumper encouraged community members not to be afraid to approach the Extension office about any subject. "Come and ask us anything and everything!"

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As a full-time agent, Trumper is looking forward to working with other Extension agents in Holyoke and the surrounding communities.

She mentioned working with Kindra Plumb on the Science, Technology, Engineering and Math (STEM) 4-H program. Trumper will also be helping Linda Langelo with the Liberty Tree project, getting the youth at the school involved.

Trumper said she's excited that even with this position, she can continue some things she was involved with at the school, including serving on the school district's health advisory committee.

As the former instructor for HHS's leadership class, she's hoping to get those students as well as others in the school involved with fundraising for the Homesteaders Park playground plans with something like a penny harvest or grant writing. "Now those kids can have a direct impact in your community," she said.

Residents are encouraged to visit with Trumper about any questions, ideas or needs they can think of in the areas of health, fitness, nutrition and beyond! She can be reached at the Extension office at Phillips County Event Center or by calling 854-3616.