



# Extension News Column

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**Re:** Pinching Pennies column

UAF Cooperative Extension Service is here to help you. Our services are free to you, or as I often say, it is your tax dollars at work. Let's look at what Cooperative Extension offers you, for free!

The Cooperative Extension Service is a part of the University of Alaska Fairbanks, but is part of a larger network of Extension Services from all the states in the nation. The funding for Cooperative Extension in Alaska combines funding from the state, with a portion of our funds that come from the U.S. Department of Agriculture. In effect, this partnership between UAF, the state of Alaska and the federal government provides individuals with the latest research-based information in three major areas: home, youth and agriculture/land resources.

So what can we offer for your tax dollars? Whether you need a program for your civic group or just a question answered, we are a quick phone call away. Let me give you some examples of what we do provide for the public.

- **Pest identification.** If you have a problem with bugs, pests or other creepy critters in your home, we can help you identify them and talk about how to either eradicate them, or decide to live in harmony with them.
- **Food safety and food preservation.** I often field questions on whether food is safe or should be thrown away. How do you preserve that boatload of fish that came home from Chitina, or what is the best way to hold those summer vegetables for winter consumption?
- **Youth.** Do you want your child involved in healthy, wholesome, educational activity? Our 4-H program is definitely all of these.
- **Energy.** Are you worried about how to reduce your energy consumption this upcoming winter? Either we can answer your questions, or we may refer you to the housing specialist that resides at UAF.
- **Budgeting.** We are all concerned about rising costs of basics. Do you have your spending under control? I work with people to get a handle on their budgeting and make smart fiscal choices.
- **Food costs.** We have two programs in our office that work with low-income people to help them make the most of their food resources — the Expanded Food and Nutrition Education Program and the Alaska Nutrition Education program. There are two excellent nutrition educators that work with groups or individuals to get a handle on food expenses.

- **Plants.** This time of year we are dealing with gardening and lawns, but shortly we will have some of the same problems with houseplants. The Extension office will help you learn how to plant, grow and harvest.

Cooperative Extension has a new home. We have just moved into the Fairbanks Community Food Bank building at 724 27<sup>th</sup> Ave. We want to celebrate our new home with more than a week of special classes. We will start on April 11 with three classes each day and finish with a celebration on Wednesday, April 20, beginning at 3 p.m. with cake and goodies. Classes will be presented at 10 a.m., 2 p.m. and 7 p.m. Here are the classes for each day:

**April 11** — 10 a.m., Worm Composting, Michele Hébert, UAF Office of Sustainability; 2 p.m., Lawn Care in Fairbanks, Michele Hébert; 7 p.m., Live on Less, Roxie Rodgers Dinstel, Extension agent.

**April 12** — 10 a.m., Starting a Food-based Business, Kate Idzorek, Extension food kitchen technician; 2 p.m., Nutrition Facts You Can Use, Leslie Shallcross, Anchorage Extension agent; 7 p.m., Estate Planning, Roxie Rodgers Dinstel.

**April 13** — 8 a.m. to 5 p.m., Pesticide Applicator Class, Phil Kaspari, Delta Junction Extension agent; 7 p.m., Gluten-free Cooking, Marsha Munsell, nutrition educator.

**April 14** — 8 a.m. to 5 p.m., Pesticide Applicator Class, Phil Kaspari; 7 p.m., Dental Health and Nutrition, Chloe Allen, nutrition educator.

**April 15** — 10 a.m., Crockpot Cookery, Marsha Munsell, nutrition educator; 2 p.m., Can Sealer Workshop, Bret Luick, Extension food and nutrition specialist.

**April 18** — 10 a.m., Basics of Septic Systems, Fred Sorensen, Anchorage Extension agent; 2 p.m., Seed Starting, Taylor Maida, Ag and Hort Program; 7 p.m., Displaying Your Product for Maximum Sales, Coral Howe, small business specialist.

**April 19** — 10 a.m., Pork Planned-overs: The Other White Meat, Wendy Uzzell, nutrition educator; 2 p.m., Everything You Wanted to Know About 4-H and More, Marla Lowder, 4-H/youth agent; 7 p.m., Cowboy Ethics and Their Application in Daily Life, Marla Lowder.

**April 20** — 10 a.m., Pantry Meals, Helen Idzorek, Alaska Nutrition Education Program state coordinator; 2 p.m., The Future of Extension, Fred Schlutt, Extension director.

Most classes are free, but you must register. Seats are limited in classes, so be sure to register by calling 474-2450 or if you need further information.

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