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The University of Alaska Fairbanks Cooperative Extension Service in Palmer will host 33 workshops and demonstrations March 10-13 as part of its Extension Days celebration.

Extension agents and community volunteers will offer activities at the Extension office in Palmer and 11 other community locations.

The theme for the week is “back to basics.” As Extension celebrates its 100th anniversary this year, the classes and demonstrations will emphasize practical skills and information individuals can use. The Smith-Lever Act of 1914 established the Cooperative Extension Service to extend university-based knowledge to the people.

Volunteers will offer demonstrations on knitting, crocheting, blacksmithing, spinning, making soup mixes, milk painting and more. Two dozen classes will be taught on babysitting, gluten-free baking, starting sourdough, spinning fiber, yoga, spoon carving, making vinegar, giving new life to old shoes and other topics. A physical therapist will lead a session on getting your body ready for gardening. Small materials fees will be charged for some classes.

The brochure with the schedule, participating locations and registration information is available at www.uaf.edu/ces/matsu. It is also available at participating businesses and at the Extension office at 809 S. Chugach St., Suite 2. For more information, call Extension at 745-3360.

ADDITIONAL CONTACTS: Julie Cascio, jmcascio@alaska.edu, 907-745-3677

ON THE WEB: www.uaf.edu/ces/matsu

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