This past summer has proven to be a busy one for the agents and staff in the Southeast District. In April, the welcome mat was out for the arrival of David Lentz. David serves as the land resources/4-H agent for the Southeast. He is a valuable addition to our office. If you’ve not had the opportunity to meet him, take a moment to stop by the office and say “hello.”

Also, we had the expert services of Sarah Moore, known fondly as the “bug lady.” Sarah graduated from St. Mary’s College, Maryland, in May 2006 and spent the summer helping increase awareness of invasive plants through the Integrated Pest Management program. By the time you read this newsletter, Sarah will be in Finland – learning to speak Finnish and exploring Europe. She will be missed but we wish her wonderful travels. Helen Idzorek continues to build a strong Food Stamp Nutrition Education Program in the Juneau area. Look for her monthly column set to debut this month in the Capital City Weekly. And, many thanks to Judy Covey, who continues to support the office and the community.

Hopefully, you’ve noticed a change in the newsletter format. David and I are trying a district newsletter to bring information regarding all programs that are covered under the CES umbrella. We feel that one newsletter will be a better use of resources and reduce waste, thereby being more environmentally friendly. Any suggestions, comments, or criticisms on this format are welcome. Our goal is to serve the Southeast community, so let us know your thoughts.

Sonja Koukel, Ph.D.
Home Economics Program Agent

Hello! As many of you know, my wife Amy & I arrived in Juneau this past April. We welcome the opportunities and challenges of Southeast Alaska and look forward to working with you in the coming months and years. For those of you I have yet to meet, please feel free to call, email, or stop by the office and introduce yourself.

My responsibilities here in Southeast Alaska are split between agriculture, horticulture, and 4-H youth development. From the Juneau District office, I will be serving communities throughout the Southeast from Yakutat in the north to Ketchikan in the south.

There are a number of fantastic opportunities available to expand and enhance extension programming throughout Southeast Alaska. I would like to personally encourage each of you to share both your expectations and ideas for our programs. After all, these are your extension programs.

For Judy Covey and the dedicated masses who have carried the extension torch in the absence of an agent, thank you! There is no doubt that both our 4-H and Master Gardener programs are stronger because of your efforts!

For those of you who have been less active recently as 4-H Leaders and Master Gardeners, I offer you a challenge. I challenge you to step forward and become reacquainted with your extension organization and fellow volunteers.

David Lentz, Jr.
Agriculture, Horticulture and
4-H Youth Development Agent
High blood cholesterol increases the risk for heart disease, which is the number one killer of both men and women in America. Luckily, for most people, high blood cholesterol can be lowered through diet, weight management, and physical activity.

Most people are aware of the dangers of excess cholesterol in the blood. However, how many know that cholesterol is a necessary component to the health and well-being of the body?

Cholesterol is a waxy, fat-like substance that occurs naturally in all parts of the body. It is present in cell walls or membranes including the brain, nerves, muscle, skin, liver, intestines, and heart. The body uses cholesterol to produce many hormones, vitamin D, and the bile acids used to help digest fat.

Only a small amount of cholesterol in the blood is needed to meet the body’s needs. Each day, the liver makes about 1000 mg and, although there are no requirements for any additional cholesterol from food, individuals consume an additional 200-400 mg mainly through eating animal-based products.

Individuals can have high cholesterol and have no symptoms. Therefore, it is recommended that all adults age 20 and older should have their blood cholesterol checked at least every five years. In tests, the blood cholesterol is classified as total, HDL (high-density lipoprotein), and LDL (low-density lipoprotein). You are at risk for cardiovascular disease if you have any or all of the following:

- Total cholesterol of 240 or higher.
- LDL cholesterol of 160 or higher.
- HDL cholesterol below 40.

HDL is known as the “good” cholesterol because it takes cholesterol from the tissues to the liver where it is excreted from the body. A low level of HDL increases the risk for heart disease.

LDL, the “bad” cholesterol, carries cholesterol to the tissues and the arteries. High levels cause build up on the inner walls of the arteries that feed the heart and brain. The higher the level of LDL cholesterol in the blood, the greater the risk for heart disease.

There are various factors that affect blood cholesterol levels. Some of the factors are not controllable, such as heredity, age and sex. However, some factors are manageable and through modification, blood cholesterol levels can be improved.

1. **Diet.** Avoid or reduce consumption of the three nutrients in the diet that make LDL levels rise:  
   a. Saturated fat, a type of fat found mostly in animal-based foods;  
   b. Trans fat, found in foods made with hydrogenated oils such as stick margarine;  
   c. Cholesterol, that comes only from animal products.
2. **Weight.** Excess weight tends to increase LDL levels. Losing extra pounds may help lower LDL and raise HDL.
3. **Physical activity/exercise.** Regular physical activity can raise HDL. It also helps with weight loss, thereby lowering the LDL levels. Regular exercise is a total of at least 30 minutes of activity four or more times a week.

In celebration of National Cholesterol Education Month, have your blood cholesterol levels checked. If you do have high LDL levels, know that it’s easier to lower LDL levels than it is to raise HDL levels. To reduce levels of the “bad” cholesterol follow the guidelines provided for the factors previously discussed. For more information visit the following web site: [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)
OCTOBER: National Children’s Dental Health Month
Dr. Sonja Koukel

Baby Bottle Syndrome, Baby Bottle Tooth Decay, or Nursing Bottle Mouth are all terms used to describe a dental condition that involves the rapid decay of many or all the baby teeth of an infant or child. According to experts, the teeth most likely to be damaged are the upper front teeth. They are some of the first teeth to erupt and thus have the longest exposure time to the sugars in the bottle.

Baby Bottle Tooth Decay can be caused when babies fall asleep with a bottle containing formula, milk, or juice. These liquids contain sugars that pool around the young infant’s teeth and can cause decay to start. If a bottle must be given at bedtime or naptime, experts suggest filling the bottle with water. It is also recommended that children be taken off the bottle by 12 months of age. At this age the child can learn to drink from a cup. Tips for protecting your child’s teeth include:

• Clean your child’s teeth daily
• Never allow your child to fall asleep with a bottle filled with juice, milk, or formula
• Start bottle weaning by at least a year
• Make sure your child gets the fluoride needed to prevent decay
• Have regular dental visits for your child beginning when their first tooth erupts

For more information and helpful tips, visit Ms Flossy’s Dental Hygiene News at the following web site: www.ms-flossy.com/ce.html. Follow the link to Kid’s Dental Health for a variety of information including tips on hygiene and sources for fun activities.

GET CHEERY WITH OMEGA-3
Dr. Sonja Koukel

Do you have a cheery outlook on life? If your diet includes regular offerings of fish, you probably do. According to an article in the July/August (2006) issue of Women’s Health magazine, people with higher levels of omega-3 fatty acids in their blood were less likely to report mild to moderate depression. Researchers explain that these polyunsaturated fatty acids concentrate in the brain where they improve the function of neurotransmitters, the chemicals that move signals between brain cells. “Eating a diet with adequate amounts of these fats may improve your mood and well-being,” says study author Sarah Conklin, Ph.D. Experts suggest eating plenty of cold-water fish, such as salmon and halibut. Here is one of my favorite recipes that will help you to get cheery!

“POACHED HALIBUT WITH ALMONDS”
Ingredients
1/2 cup butter
2/3 cup sliced almonds
1/4 cup dry white wine or white cooking wine
2 tablespoons dill seed or fennel
1/4 teaspoon salt
1/4 teaspoon pepper
1 pound filet halibut (sole, perch, flounder, haddock work well)

Method
Melt butter in large skillet. Add almonds and sauté about 3 minutes. Remove and save. Place wine and seasonings in skillet. Bring to a boil. Add fish. Spoon sauce over filets. Reduce heat to medium-low. Cover and poach. Cooking times will vary depending on the size of the fish and exact cooking temperature. In general, plan on about 8-10 minutes for every inch of thickness at the thickest point, or until filets reach an internal temperature of 145º F at the thickest point.
Household Cleaners: Chlorinated Products
Dr. Sonja Koukel

When I worked in the restaurant business, I saw first hand why chlorine bleach should not be mixed with other chemicals. Prior to opening for the day, one of the kitchen workers prepared some cleaning products to use on the floors. I remember seeing him lean over the filled bucket and fall immediately to the floor. He had passed out from the fumes. Luckily, he did not suffer any negative effects from this experience. However, I have never forgotten the potential dangers of mixing cleaning products.

The Chlorine Chemistry Council®, Water Quality and Health Council, and The Soap and Detergent Association offer a few simple guidelines to help ensure that individuals are handling and using chlorinated household products safely. Just remember…

- Read and follow label directions at all times. Disinfectants and disinfectant cleaners are the only products that kill germs—but they only work if the label directions are followed.
- Never mix chlorine bleach or any product containing chlorine bleach with ammonia, ammonia-based products or acidic products. The combination can be dangerous—or even deadly.
- Keep chlorinated cleaning products away from food.
- Store cleaning products in areas that are not accessible to young children.
- Do not leave cleaning buckets containing even small amounts of liquid unattended. Empty and thoroughly rinse out buckets after each use.
- Store chlorinated products in their original containers, and never remove product labels.
- Immediately dispose of empty household cleaning product containers. Re-use of containers can be a hazard as label instructions and precautions are often product-specific.

Clean, disinfected surface areas are a key to a healthy home. Chlorinated cleaning products, used safely and effectively, provide a host of health benefits and are a trusted guard against seasonal flu outbreaks and episodes of foodborne illness. Source: www.cleaning101.com

4-H Alive and Well in Southeast Alaska
David Lentz, Jr.

4-H is alive and well in Juneau and across Southeast Alaska. But, the success of our 4-H Youth Development Programs is directly associated with the devoted efforts of our 4-H Leaders. We are presently in search of 4-H Leaders for Sewing, Cooking, and Dog Obedience Projects in Juneau. But the opportunities don’t stop there! The possibilities are endless! So please, consider how you (or someone you know) could share your knowledge and experience and contribute first hand in the development of our youth!

“4-H is a community of young people across America who are learning leadership, citizenship, and life skills.”
Previously Unknown Spider Identified on the Last Frontier
David Lentz, Jr.

Matt Bowser, a twenty-six year old University of Alaska Fairbanks graduate student, has identified what is believed to be a new species of spider, a thumbtack-sized daddy longlegs, or harvestman.

Bowser has been helping federal managers conduct a comprehensive study of the creatures of the Kenai National Wildlife Refuge. He was collecting insects 13 months ago when he found this particular spider north of the Sterling Highway and west of Cooper Landing.

This spider is colored in shades of brown with beige spots. It is about 5 millimeters across when stretched out, compared to the common gray-brown household daddy longlegs at 9 millimeters.

Upon undertaking a detailed book search, Bowser was unable to identify a spider that matched his specimen. James Cokendolpher, an associate at the Natural Science Research Laboratory at Texas Tech University and an internationally recognized expert, classified the spider as a new species.

Selenium May Boost Insect Immunity
USDA – June 2006

Selenium could play a key role in effective integrated pest management (IPM), according to Agricultural Research Service (ARS) scientists with the Biological Control of Insects Research Laboratory in Columbia, Missouri.

Insect biochemist Kent Shelby and insect virologist Holly Popham studied two pest moths — the cabbage looper and tobacco budworm — raised on artificial diets that included higher-than-average levels of selenium.

High levels of selenium are toxic to both insect pests and beneficial insects alike. But the researchers' results suggest that moderate dietary levels of selenium may actually strengthen insect immunity. That, in turn, could reduce the effectiveness of microbial biological control agents often used against them.

Shelby and Popham found that increasing the amount of selenium in the moths' diets raised their whole-body selenium levels. They also found that insects with higher selenium levels demonstrated greater resistance to baculoviruses — a group of viruses that cause insects to sicken, stop eating and die.

If selenium boosts pest insect immunity, it could decrease the effectiveness of baculoviruses as a tool to control and reduce their populations.

According to Shelby and Popham, dietary levels of selenium and other micronutrients could influence insects' response to some integrated pest-management practices. Selenium application, for example, is sometimes used as a control agent, but this research suggests that an insufficient dose might actually be benefiting the very insects it's supposed to control.

This research may explain why a baculovirus infection would be fatal in one area but not another. Further research should lead to better-informed integrated pest-management recommendations for growers nationwide.

Alaska 4-H Program Review
David Lentz, Jr.

The Alaska 4-H program recently underwent a comprehensive review. This review would not have been possible without the contributions of the 13-member review committee headed by Dr. Mike Davis of North Carolina State University; Alaska 4-H Program Chair, Peter Stortz and countless 4-H staff, faculty, volunteers and leaders throughout the state. The review committee's final report is now available online at:

http://www.uaf.edu/ces/pdfs/4hreview.pdf

New UAF CES Publication Available
“Trees as Crops in Alaska Profile With an Emphasis on Spruce”
Invasive Moth Spreads throughout Southeast Alaska

European Yellow Underwing Moth
Noctua pronuba L.

David Lentz, Jr.

Since their introduction into Nova Scotia in 1979, the European yellow underwing moth has been rapidly spreading across the continent at a rate of roughly 400 miles per year.

European yellow underwing moths sport a drab wing coat that is brown or gray in color. These outer wings hide a stunning pair of deep yellow wings with black fringes.

In 2000 this moth made it into Washington state. Last year they appeared in Southeast Alaska for the first time.

In early September 2005 the European yellow underwing moth was discovered in substantial numbers in both Haines and Skagway. It appeared in Saint Lazaria, outside of Sitka, in huge numbers during 2005. There were also two suspected sightings in Juneau last season.

This year there have already been confirmed sightings in Ketchikan, Juneau, Haines, and Anchorage.

It appears that this insect has established a resident population throughout southeast Alaska since it was first detected just last year. From this year’s reports it is wasting no time moving north and west.

Jim Kruse, Forest Entomologist with the U.S. Forest Service in Fairbanks anticipates that this pest will be "quite numerous throughout most areas of Alaska by 2010." In British Columbia, where this species arrived less than five years ago, it has become one of the most common insects where it is quite often reported as being "everywhere."

The European yellow underwing is largely an agricultural pest. The larvae are generalist feeders and are known to eat dandelions, dock, and grasses as well as a wide range of wild and cultivated herbaceous plants. They attack the foliage of various vegetables such as tomato, potato, carrot, beet, lettuce, and broccoli.

There are pictures of the European yellow underwing moth available online at:
http://www.invasive.org/browse/subject.cfm?sub=9362

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2007 Alaska Master Gardener Conference – Fairbanks, AK
Friday, March 16, 2007 & Saturday, March 17, 2007
Featuring:

Tracy Disabato-Aust, author of the bestselling Well-Tended Perennial Garden and Well-Designed Mixed Garden

Dr. Bob Bors from the University of Saskatchewan, known for his work in developing cold-hardy small fruits

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The Way Hot 100
David Lentz, Jr.

Each year Garden Design Magazine features a “Way Hot 100” issue featuring the newest annuals, perennials, shrubs, and vines.

Now you can access this year’s hottest plant introductions by logging on to:
http://www.wayhot100.com

You can simply browse or search for specific plants by flower color, growth height and more!
PACKING HEALTHY LUNCHES
Helen Idzorek, Nutrition Education Coordinator

School is starting and it’s time to pack lunches again. While it may be easy to purchase a prepackaged meal to send with your child, this may not be the best choice for families looking to provide nutritious meals on a budget. These packaged lunches are expensive and are often high in fats and sodium. Additionally, they contain little, if any, fruits and vegetables. For example, a Turkey and Cheddar Cracker lunch package costs between $3.00 and $3.50. This meal includes crackers, processed cheddar cheese, cured turkey, Skittles and a cherry flavored juice drink. This lunch package provides no vegetables or dietary fiber and the juice drink is largely sugar. Also, it contains high amounts of fat, cholesterol and sodium. (See example of nutrition label below. These values are based on a 2000 calorie per day diet.) A similar lunch of a turkey sandwich on whole grain bread, baby carrots, raisins, vanilla yogurt and 100% apple juice can be prepared for as little as $2.00.

<table>
<thead>
<tr>
<th>Turkey Cheddar Cracker Lunch Package</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 1 package</td>
</tr>
<tr>
<td>Servings per Container: 1</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>Calories 430</th>
<th>Calories from fat 120</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value</td>
<td>20%</td>
<td>35%</td>
</tr>
<tr>
<td>Total Fat (g)</td>
<td>13g</td>
<td>20%</td>
</tr>
<tr>
<td>Saturated Fat (g)</td>
<td>7g</td>
<td>35%</td>
</tr>
<tr>
<td>Cholesterol (mg)</td>
<td>45mg</td>
<td>15%</td>
</tr>
<tr>
<td>Sodium (mg)</td>
<td>750mg</td>
<td>32%</td>
</tr>
<tr>
<td>Total Carbohydrate (g)</td>
<td>65g</td>
<td>22%</td>
</tr>
<tr>
<td>Dietary Fiber (%)</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars (g)</td>
<td>48</td>
<td>48%</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>12</td>
<td>12%</td>
</tr>
</tbody>
</table>

When packing lunches it is important to keep in mind that children’s caloric needs vary based on age, sex and activity levels. The following chart provides daily dietary guidelines for children who are moderately active (about one hour per day). To determine your child’s specific needs please visit

www.kidsnutrition.org/energy_calculator.htm

<table>
<thead>
<tr>
<th>Daily Recommendations by Age</th>
<th>2-3</th>
<th>4-8</th>
<th>9-13</th>
<th>14-18 (female)</th>
<th>14-18 (male)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age Range in Years</td>
<td>2-3</td>
<td>4-8</td>
<td>9-13</td>
<td>14-18 (female)</td>
<td>14-18 (male)</td>
</tr>
<tr>
<td>Calories (kcal)</td>
<td>1000-1400</td>
<td>1400-1600</td>
<td>1600-2000</td>
<td>2000</td>
<td>2200-2400</td>
</tr>
<tr>
<td>(females)</td>
<td>1800-2200</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(males)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat (g)</td>
<td>33-54</td>
<td>39-62</td>
<td>62-85</td>
<td>55-78</td>
<td>61-95</td>
</tr>
<tr>
<td>Saturated Fat (g)</td>
<td>12-16</td>
<td>16-18</td>
<td>18-22</td>
<td>22</td>
<td>24-27</td>
</tr>
<tr>
<td>Cholesterol (mg)</td>
<td>&lt;300</td>
<td>&lt;300</td>
<td>&lt;300</td>
<td>&lt;300</td>
<td>&lt;300</td>
</tr>
<tr>
<td>Sodium (mg)</td>
<td>1000-1500</td>
<td>1200-1900</td>
<td>1500-2200</td>
<td>1500-2300</td>
<td>1500-2300</td>
</tr>
<tr>
<td>Fiber (g)</td>
<td>14-19</td>
<td>19-23</td>
<td>23-28</td>
<td>23</td>
<td>31-34</td>
</tr>
<tr>
<td>(females)</td>
<td></td>
<td></td>
<td>(males)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein (g)</td>
<td>13</td>
<td>19</td>
<td>34</td>
<td>46</td>
<td>52</td>
</tr>
</tbody>
</table>
Here are some ideas to send your child to school with a nutritious lunch and keep within your food budget at the same time:

- Make your own lunch packages and pack them in paper bags or lunch boxes. Try a turkey sandwich on whole wheat bread, baby carrots, raisins, vanilla yogurt and 100% apple juice. This lunch includes whole grains, fruits, and vegetables and is much lower in fats, sodium and sugars.

- Buy baby carrots, broccoli, dried fruits, and crackers in large packages and put in smaller containers or bags. For someone eating 2000 calories per day, a serving of baby carrots is approximately 14 carrots.

- Include as many of the five food groups as possible. Use whole grain breads, pitas or tortillas and fill them with lots of vegetables and tuna or turkey.

- Make soups or stews and refrigerate or freeze individual servings to pack in a lunch box.

- Prepare fruits and vegetables ahead of time by washing and cutting them so they are quick and easy to pack.

- Prepare lunches while making dinner the night before. Cook extra meats or vegetables to be used the next day.

- Invite family members into the kitchen to help assemble their own lunches. This is a great time to spend time together and learn about cooking, food safety and healthy eating.

- Roast a whole chicken or turkey and use it for several meals. Promptly freeze any that will not be used within a few days. This is less expensive and healthier than processed deli meals.

- Fill a small thermos with 100% fruit juice or water rather than spending extra money on individually sized juices or bottled waters.

- Fresh or dried fruit and low-fat yogurt make a great dessert alternative to cookies or candy. Be aware that many fruit flavored yogurts are high in sugar. To avoid unnecessary sugar, consider purchasing plain or vanilla yogurts and adding fruit to them.

A lunch package can cost as much as $3.50. For $2.00 or less you can send your child to school with a homemade nutritious lunch and save $7.50 per week on your child's lunches. With a bit of practice you'll easily keep within your food budget and ensure your child is eating a healthy, balanced lunch without a lot of extra effort. Next time you're tempted to reach for a pre-packaged lunch at the grocery store, try a few of these tips instead.
OCTOBER IS THE FIRST MONTH OF SPRING
The key to a beautiful and healthy garden next year is a thorough fall cleaning this year!

By Sarah Moore, IPM Tech

The first step to a good fall cleaning is the removal of plant residue from the garden. Pull up dead annuals and old vegetable plants. Disease and insect free material can be added to the compost pile. Removing the organic waste from your garden not only keeps it pleasant looking through the fall and into the winter but also maintains the garden’s health. Organisms that cause fungal, bacterial, and viral plant diseases and common garden pests (such as root maggots and slugs) can over-winter both in and on plant debris. Leaving these materials in your garden allows for easy re-infestation the following year. A thorough cleaning of infected plant material from vegetable and flowerbeds will reduce or eliminate problems in next year’s garden.

Remove diseased, dead or damaged portions of woody ornamentals. You should also cut back non-fruit bearing canes on roses, currants, raspberries, and other berry bushes and re-stake young canes which will bear fruit the next summer. Herbaceous perennials such as ornamental grasses, upright sedum, liatris, and heuchera that remain evergreen or have good structure should be left standing to provide valuable winter interest. Other herbaceous perennials can be cut back to the ground leaving your garden clutter-free and ready for new growth in the spring.

The second step to a good fall cleaning is to take advantage of the opportunity to till and turn heavy or compacted soil and amend vegetable patches with organics. Tilling the soil improves winter drainage and increases air circulation for faster spring warming. In addition to mixing organics into the soil, insulating sensitive perennials with mulch (seaweed and/or evergreen bows work great) helps reduce soil temperature fluctuations and reduce erosion. Incorporation of decomposed mulching materials in the spring will fortify the soil and further improve soil structure for spring planting.

The temperature changes that turn your yard from a blanket of ice to bare, soggy turf and back again can cause grass to return sparsely in the spring. Fertilizer companies market a ‘winterizing fertilizer’ that will help your turf survive our unpredictable weather fluctuations.

The three simple steps of removing dead plant material, mulching your beds for fertilization and winter protection and preparing your lawn for the winter ahead will help give your garden a boost next spring.

For a more extensive list of fall gardening projects stop by our office (3032 Vintage Blvd, suite 104) and pick up our “Alaska Gardener’s Fall Checklist” publication.
IN THIS ISSUE:

HOME ECONOMICS:
September: National Cholesterol Education Month page 2
October: National Children’s Dental Health Month page 3
Get Cheery with Omega-3 page 3
Recipe: Poached Halibut with Almonds page 3
Household Cleaners: Chlorinated Products page 4
Packing Healthy Lunches pages 7 & 8

AGRICULTURE AND HORTICULTURE:
Previously Unknown Spider in the Last Frontier page 5
Selenium May Boost Insect Immunity page 5
New UAF CES Tree Publication page 5
Invasive Moth Spreads throughout SE Alaska page 6
2007 MG Conference in Fairbanks page 6
Way Hot 100 – Newest Annuals, Perennials, Shrubs & Vines page 6
October is the First Month of Spring page 9

4-H:
4-H Alive and Well in Southeast Alaska page 4
Alaska 4-H Program Review page 5

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