

## Extension Week Classes

All classes will be held at the Tanana District office, located on the backside of Fairbanks Community Food Bank building. All classes are free of charge (except for a small fee for the worm composting workshop). Space is limited, so be sure to preregister soon by calling 474-1530.

### Monday, April 22

#### **10 a.m. — Seed Starting**

*Steven Seefeldt, Agriculture and Horticulture Agent*  
Learn how to start your seeds for spring gardens. Steve will talk about the dos and don'ts and will get you started on your sprouting.

#### **2 p.m. — Memory Fitness**

*Roxie Rodgers Dinstel, Health, Home and Family Development Agent*  
Forgetting is part of being human. Memory lapses occur at all ages, but as we grow older they bring on fears of dementia. Learn how mental function can be improved through training and practice.

#### **7 p.m. — Using the GPS**

*Marla Lowder, 4-H and Youth Development Agent*  
Learn how to use a GPS. Marla will have GPS equipment for you to learn on. Class size is limited to 24, so sign up early.

### Tuesday, April 23

#### **10 a.m. — Making Healthy Breads**

*Roxie Rodgers Dinstel, Health, Home and Family Development Agent*  
Learn how to make fresh bread with lots of healthy ingredients. You'll even go home with your own bread loaf — all ready to rise and bake!

#### **2 p.m. — Beyond Sauerkraut**

*Marsha Munsell, Nutrition Educator*  
There has been a lot of information in the news recently about the nutritional value of fermented foods. Marsha will talk about the pros and cons, and help you get started in making fermented foods.

#### **7 p.m. — Making the Most of Social Media**

*Alda Norris, Evaluation Specialist*  
There are many benefits to being an active creator and consumer of social media content. The key is finding the most useful platform(s) for your goals. This session covers best practices for using Facebook, Twitter, YouTube and other common sites.

### Wednesday, April 24

#### **10 a.m. — Adaptions for Aging in Place**

*Art Nash, Energy Specialist*  
Alaska leads the nation with the highest rate of senior population growth, yet current housing stock lacks the adaptions for us to stay in our homes. Find out how to adapt your house so you can age in place.

#### **2 p.m. — Practical Remote Energy Solutions**

*Art Nash, Energy Specialist*  
Alaska residents living (or playing) in the backcountry often forgo luxuries, such as hot water heaters, furnaces and other high energy users. However, camp energy sources are avail-

able, such as solar cells, small windmills, hydro props, batteries and rocket stoves. Check out what might work for you.

#### **7 p.m. — Chickens on the Cheep**

*Mara Bacsujlaky, Community Development Agent, and Steve Davila, Manager, Alaska Feed Company*  
Mara, an experienced chicken raiser, will share tips for setting up and keeping a small backyard flock for eggs. Steve will talk about meat birds and heritage chickens.

### Thursday, April 25

#### **10 a.m. — Using Whole Grains**

*Chloë Allen, Nutrition Educator*  
Make half your grains whole. That has been the advice for several years for our diets. But many of us don't know how to prepare the grains or what they taste like. Let Chloë show you how to use grains and do a little tasting as well.

#### **2 p.m. — Composting with Worms**

*Taylor Maida, Agriculture and Horticulture Program Assistant*  
Worms can use up kitchen debris and give you some excellent castings to enrich your garden soil. Taylor will teach you how to keep your own colony of worms. Take home a tub of worms! Materials fee is \$10. Register and pay online with your credit card at <http://bit.ly/ces-workshops>, or pay with check or cash at the Tanana District office before April 25. Class size is limited to 30. Hurry, this class fills up fast!

#### **7 p.m. — Spring Babies, Lactation and Sire Selection**

*Milan Shipka, Livestock Specialist*  
Spring is the time when livestock babies are born on our farms and homesteads. It is also time to note how your management of the mother and choice of sire affect the offspring in order to improve your livestock-raising endeavor. This presentation will provide information on lactation and management of the mother and offspring, and discuss traits to look for in sires of future offspring.

### Friday, April 26

#### **10 a.m. — Just the Fats**

*Helen Idzorek, Food and Nutrition Program Coordinator*  
Join us to decipher the different kinds of fats, the role of fats in your diet, how to cook with fats and oils, and more!

#### **2 p.m. — Be SMART (Safe, Monitored And Responsible Texting)**

*Candi Dierenfield and Becky Bruntz, 4-H and Youth Development Program*  
While sext messages usually are meant for one person's eyes only, they can become very public if that person decides to forward the picture to some friends, who forward the picture to other friends. Messages even could end up in front of unintended audiences, such as college admissions representatives or future employers. Sexting can become hazardous to a person's reputation both privately and publicly. That's why parents should talk to their teens about their messaging activity and discuss the benefits and challenges. Learn more on the statistics, state law and how to help protect your teen from these dangers.



***University of Alaska Fairbanks  
Cooperative Extension Service***

*invites you to attend*

***Extension Week  
April 22–26, 2013***

*at the*

***Tanana District Office***

*724 27th Ave.*

*Suites 1 and 2*

*(backside of Fairbanks Community Food Bank Building)*

***Come celebrate spring with us  
as we present an information fest of  
FREE mini classes all week long!  
See the schedule of classes on the next page.***

