

PINAL COUNTY QUARTERLY NEWSLETTER

JANUARY — MARCH 2023

Volume 10, Issue 1

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Cooperative Extension, the outreach arm of the University of Arizona, brings the University to the people.

The faculty and staff in the Pinal County Extension office are part of a non-formal education network bringing research-based information into communities to help people improve their lives.

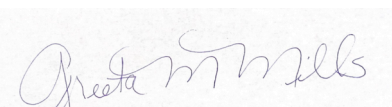
Cooperative Extension is committed to delivering high-quality, relevant educational programs and information to Pinal County citizens and communities.

Well, the new calendar is hung on the wall, the boxes under the dates are beginning to fill up, and the 2023 Goal and Resolution list is already at odds with the daily to-do list! With all of the empty pages and blank spaces, a little planning and focus is in order.

Perhaps this is the year that you would like to pay more attention to your physical or financial health, or to the snacks in the house for the kids. It's possible that this is the year for your kids to join 4-H and learn new skills and grow as a leader. Maybe your schedule is different this year than other years, and you'd like to volunteer or get your hands in the dirt and start a garden.

This newsletter is full of information about your health, information security, your children's health and development, and participation and volunteer opportunities for a variety of ages. UArizona Cooperative Extension has a track-record of success in bringing you evidence- and research-based curricula and programming that can help you reach your goals.

Whatever your goal or plan is for 2023, Cooperative Extension is a resource we hope you will access as you get started. Please reach out to us or come by and visit.



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First Smiles—Oral Health Professional

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820 E. Cottonwood Lane, Bldg. C
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Phone: (520) 836-5221

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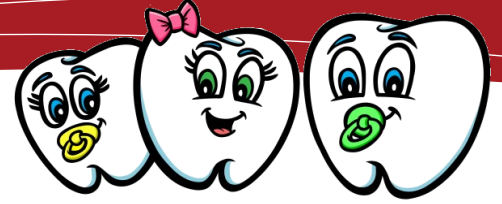
Pinal County Extension Website
<https://extension.arizona.edu/pinal>

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Persons with a disability may request a reasonable accommodation, such as a sign language interpreter, by contacting (Cooperative Extension, Pinal County, 820 East Cottonwood Lane, #C, Casa Grande, AZ 85122, 520.836.5221). Requests should be made as early as possible to allow time to arrange the accommodation.



FIRST SMILES ORAL HEALTH



NEW YEAR, NEW SNACKS

Submitted by Greeta Mills, RDH MEd, First Smiles Oral Health

If we at First Smiles could recommend one change in the snacking habits of children, it would be to replace crackers with something that is much more tooth-friendly!

Crackers, whether graham or goldfish, are made of highly refined flour. This is what we call a “highly fermentable carbohydrate”. Really, that is just another way of saying that these snacks heavily marketed for children turn into sugar very quickly in the mouth. The bacteria that live in the mouth take these substances and turn them into acid which dissolves the outer layer of the tooth making a cavity.

Not only do crackers, chips, and cereal bars turn into sugars quickly, they are also very sticky. Have you ever looked into your child’s mouth once they’ve eaten a handful of crackers? All of the little grooves on their back teeth will be filled up with gooey sticky crackers. If not brushed out with a toothbrush, this sticky goo hangs around in the teeth for a long time and becomes a buffet for the bacteria!

Snacks that are high in water like fresh fruits or veggies are a much more tooth-friendly snack option. Try things like cucumber slices or apple slices. If it is the crunch that is appealing in the snack, try some popcorn. Popcorn is crunchy and does not turn into sugar in the mouth like crackers do. If crackers remain a part of the snack, serve the crackers first followed by apple slices or carrot sticks. Chewing the apple and carrot will help dislodge the cracker goo from the chewing surfaces of the back teeth, making it harder for the bacteria to create cavities. And always serve water with snacks rather than milk or juice.

To make healthy changes, start with one thing. And be consistent.



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FINANCIAL LITERACY & POSITIVE DISCIPLINE



NEW YEAR RESOLUTION TO NEW YOU TRANSFORMATION

Submitted by Muriel Gutierrez, Instructional Specialist

The clock strikes midnight and cheers and the sweet chords of Auld Lang Syne meet your ears. A new year, a fresh start, and hope for prosperous days ahead. Resolutions are promised, and usually, as days turn to weeks, and weeks into months we get back into the rhythm of old habits and life continues its course. However how do we go from financial resolution to a financial transformation, and set ourselves up for success in making them permanent?

As we know breaking habits are not easy, and creating new habits and keeping them are not easy either, nevertheless, there are ways to help you break those habits and make your resolution successful.

1. Mentally prepare for this change, take stock of how your previous year went financially. Look at both progress as well as setbacks, and take note of both and celebrate the successes and the mistakes (yes the mistakes, we learn from them). When looking back and moving forward, stay positive, don't make drastic huge changes, start small and build on that.
2. Set a goal, and not just any goal, but a SMART goal.
 - S - specific , use dollar amounts, dates, and resources.
 - M - measurable, determine what money to set aside in what time to accomplish your goal.
 - A - actionable or attainable, given your financial situation, can you to reach that goal in the time you've set?
 - R - relevant or realistic, is this goal appropriate to your current circumstances
 - T - timeline/ tradeoffs, setting a time line will help see the end. Also, what changes are needed to reach the goal?
3. When thinking of your goal, look at what is your priority, your aspirations, and even what your dreams are, as this can motivate. For further motivation and to see and celebrate small victories, break up the larger goal you have in mind to smaller, short term goals that can help with the final destination of that big goal.
4. Write it down! If you use an excel spreadsheet, file it somewhere you will see it everyday. Other ideas for visibility is on your bathroom mirror, you can focus on it while you brush your teeth for 2 minutes, on your refrigerator door, or a kitchen cabinet you open often.
5. Automate with technology, there are lots of apps that can help you follow through with your goals and provide constant reminders. These constant reminders will help you review your resolution and motivate you to follow through. Set up weekly check-ins to see your progress or adjust when you have had a setback.



Check out these apps.

- OnTrac/SMART Goal Platform
- SMART: Goals and Metrics tracker
- Habit tracker
- Daylio Journal
- Productive– Habit tracker
- Habio-Daily Habit Tracker

Finally, Don't procrastinate if you fall off track, quickly adjust and move forward. Start and continue your year with action, change the mindset and make your resolution a new you transformation. Then imagine, with success this year, what you can do next year!



A NEW YEAR TO EAT TOGETHER & EAT BETTER


Submitted by Kyle Lucas, Community Outreach Assistant

This new year lets embrace the attitude of making healthier habits together, to set roots for a lifetime!

AZ Health Zone's **Eat Together, Eat Better** campaign is an approved direct education curriculum designed to emphasize how important it is for families to share time and activities around food. Activities are designed to teach our students and community that nutrition is the link between eating together and good health. The Eat Together Eat Better resource websites have amazing information cards with guidelines for mealtime conversation, family preparation, and celebration of those foods to pair with recipe cards of meals that are great to promote family style eating. We recently completed a 6-week series of this curriculum with the Eloy Curiel School during their afterschool program. Families were invited to join their children each week to learn a health recipe and practice some mealtime conversation skills. We had a lot of great feedback from teachers, students, and families. One community member commented, "We started cooking together more often because of this class, and although it has taken more time than normal to prepare meals, I can see the investment in my daughter's future, and it feels great."

Additional facts that support the need for family style mealtimes:

Students do better in school when they eat with their families. In a survey of high school seniors, students who regularly ate dinner with their families at least four times a week scored better than those who did not. Students have fewer behavioral problems when they eat meals with their families. Students ages 12 to 18 showed better adjustment when they ate meals five times a week than those students who ate meals three or fewer times a week.



Eat Together • Eat Better
Set the table for the family...Set Roots for a Lifetime

TALK TOGETHER

Talking together makes for pleasant family meals. Work toward happy, relaxing conversation at meals to set roots for a lifetime.

Talking Together

- Provides a chance to share cultural and family traditions.
- Helps children learn how to take turns talking and listening.
- Gives children practice sharing their thoughts and feelings so they are more comfortable expressing themselves outside the home.

Keep conversations pleasant. Try using the ideas on the right for successful family meals table talk:

WASHINGTON STATE UNIVERSITY
EXTENSION

GUIDELINES FOR Mealtime Conversation

- Take turns talking. One person talks at a time.
- Listen carefully.
- Be open to new ideas.
- Turn off the TV, phone, personal electronic devices, or other distractions.

Artwork courtesy of the Washington State Dairy Council



HEALTHY FOR LIFE

Submitted by Esmeralda Castillo, Program Coordinator

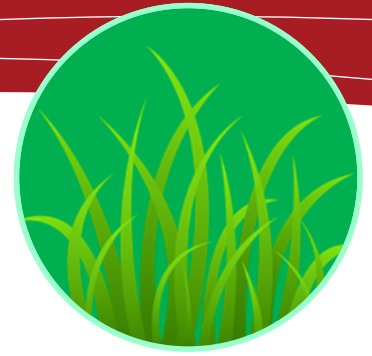


Jump into a **Healthy for Life** new year with EFNEP! **EFNEP** is a **FREE** nutrition education program that has new and exciting lessons, recipes and activities to help you get your new year started on a healthy foot!

WHERE TO START

*If you are a limited resource adult, youth, family or group and would like further information or want to schedule a FREE class contact:
Esmeralda Castillo
(520) 836-5221 Ex. 244
ecastill@cals.arizona.edu*

Come join us as we learn:
how to plan meals
how to save money
how to practice food safety
healthy new recipes
how to enjoy physical activity
how to have fun and be healthy!



HORTICULTURE IN PINAL COUNTY

Submitted by Anne LeSenne, Assistant Agent, Horticulture

Become a Pinal County Master Gardener by taking the online course on your schedule. The course is divided into 14 weekly learning modules to help you learn how to successfully garden in the low desert of Arizona. Since we are offering the course completely online, you can complete the course at a time most convenient for you. If you want the knowledge but can't commit to the volunteering hours that Master Gardeners provide, you can do the Home Horticulture course instead. It contains much of the same learning to help you become a successful gardener in Arizona, but not as in depth on diagnosing plant problems.

January in Arizona is often the coldest month of the year, which makes it the perfect time to prune both deciduous trees and citrus. Start out by removing the 3 D's – dead, damaged, diseased – branches. Then look for branches that cross, grow towards the center of the tree, or branches that grow straight up. Also remove any suckers that sprout from the root system or low trunk of the tree. Always prune to just outside the branch collar – that wrinkled area where a smaller branch attaches to the larger branch – as this is where the tree can heal the wound created by pruning.

January is also a great time to grow cool season vegetables like kale and broccoli. Transplants should be available for a wide variety of cool season vegetables. Refer to publication [Vegetable Planting Calendar for Maricopa County](#) for a complete guide. Bare root fruit trees should also be available for planting. Look for varieties that are proven to do well in the low desert. The publication [Deciduous Fruit & Nuts for the Low Desert](#) gives information on several varieties that do well here.

Citrus is ripe this time of year so it's a great time to enjoy those fruits. If you have too many fruit and don't know what to do with all of it, try these ideas:

- Juice them and freeze the juice in ice cube trays for use later. Nothing is better than lemonade in the summer!
- Save the Zest for later. Zest peels, air dry, then store in an airtight container.
- Make marmalades or lemon curd.
- Make your own citrus extract. Place fresh peels in a glass jar and cover with Vodka. Cover with a lid and place in a cool dark area like a pantry. Shake every couple weeks. Within six weeks the extract should be flavored enough, but you can leave longer if you like. Store in a dark glass bottle.
- Make citrus infused oils for sugar scrubs, body butters, or salad dressings. Use dried peel and your choice of oil.

It's also time to start planning your garden. Place seed orders and start seeds indoors. Make a shopping list of the perennials and shrubs you would like to add to your garden. It's also a great time to check your irrigation system and make upgrades to make it more efficient. Spray heads should only be used for lawns. Shrub beds should have drip systems installed. Every shrub should have at least one drip emitter when planted, but more emitters need to be added as the plant grows. The root zone will be at least as big as the above ground portions of the plant, if you water properly. Place emitters throughout the root zone to evenly wet the entire area. Small plants like annuals, perennials, and small plants will have most of their roots in the top 12" of soil. Larger shrubs will have most of their roots within the top 18" of soil. Trees will have most of their feeder roots within the top 2' of soil. Each irrigation should wet that deep. In cool weather plants won't need to be irrigated very often, but as temperatures get warmer, the frequency of irrigation will increase. Delay irrigation if we receive good rainfall but irrigate if the rains don't come or aren't very soaking. You should adjust your irrigation clock at least four times a year as the seasons change. You only adjust the frequency (how many days between irrigations) not the length of time irrigated.

Tips on how to water efficiently and choose good plants for the low desert check out the resources on [AMWUA's website](#).

4-H YOUTH DEVELOPMENT



COUNTY FAIR IS MORE THAN COWS & SOWS!

Submitted by Amy Goncalves, Extension Professional II

Pinal County Fair is coming up March 14-19, 2023. There are so many things that happen at the fair besides the livestock show and auction. We all know about the judging of baked goods and photography, but did you know there are live contests? Last year there was a chopped contest where contestants have 40 minutes to cook a dish with ingredients that are notoriously weird and chosen by the contest coordinator. Last year the ingredients were Spam, creamed corn, and radishes! This contest is open to adults also, so there is no excuse to not sign up.

Last year was the first time for the STEM Lego Challenge. It was a huge hit! Kids competed in building projects that were on challenge cards to become a Pinal County Lego Master. This contest was so popular that you should make sure to sign up early to make sure to save your spot. Last year it was only open to 4-H members, but maybe we should have an adult division?

There are always rockets that are judged at the fair. You see them in the cases with their ribbons on them. Did you know that Saturday morning those are taken outside and shot into the sky? The kids get a chance to win another ribbon, depending on the flight that their rocket takes. It has always been an exciting show in the past. Not all the rockets have gone straight up, and some never leave the launch pad, which is also very exciting!

If cake decorating is more your style, there is a live cake decorating contest. Members bring an undecorated cake and supplies and show the judges how it's done. There is the fashion review, where an outfit that you have sewn or altered is modeled down the runway. Contestants then answer questions about how the outfit was designed and created.

Do you know a kid that knows lots of information about 4-H projects? Well, they can show off all of that knowledge at the animal skill-a-thons and the quiz bowl. The skill-a-thons are written tests about every species of animal at the fair, plus horses. The quiz bowl is like a game show where there is a team, and they answer questions for points and win fabulous prizes. This year we have the greatest buzzers for the quiz bowl, but you must watch or compete to hear them!

Lastly are the Clover talks and demonstrations. Members share some of what they know about their projects. They tell us about their topic in a Clover Talk or demonstrate how to do something in a demonstration. There are lots of National contests to go to with these contests, but they need to start locally. Let's be their first audience.

Please come out to Pinal County fair this year and support all the 4-H kids. Support the kids with livestock, the rocket builders, the Lego builders, and the demonstrators by cheering them on. The best way to let the kids know that we support them is to show up. Plan to come out and watch a contest or two, eat a corndog and enjoy the fair. Check the fair book for more information on times and dates. <https://extension.arizona.edu/pinal-county-fair>

AZ PROJECT WET

PINAL COUNTY WATER FESTIVALS

Submitted by Shevonda Joyner, Program Coordinator, Sr.

The year is ending, and it is time to get ready for the Arizona Water Festivals in the Spring. Arizona Water Festivals (AWF) instill a deeper understanding of water in the earth systems and Arizona's water resources through a 4th grade curriculum unit driven by exploration and inquiry. The program includes teacher professional development; 10 lesson plans that activate learning; a festival event with water professionals and community volunteers engaging students in activities on groundwater, watersheds, the water cycle, and water conservation technology. The success of the Arizona Water Festivals relies heavily on volunteers.

Below are the dates for the Arizona Project WET, Pinal:

- Maricopa Water Festival February 21st
- Apache Junction Water Festival March 2nd
- Casa Grande Water Festival March 28th
- Southern Gila Water Festival April 20th

TO VOLUNTEER EMAIL: Shevy @ shevondajoyner@arizona.edu



VOLUNTEER TODAY!

Join us for the 9th Annual Maricopa Water Festival, an educational field day that instills a deeper understanding of water in the earth's systems and Arizona's water resources.



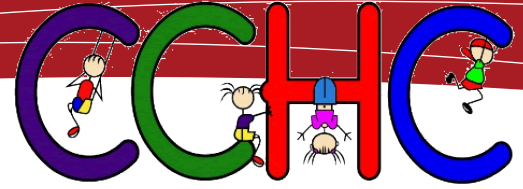
- Celebrate science and water stewardship
- Activate hands-on learning activities for students
- Contribute to your community



WE NEED YOU!

We will train you on how the Water Festival works. Then, at the actual field day on February 21st YOU will teach the lesson you were trained on. Snacks will be provided throughout the day, as well as a healthy lunch.

CHILD CARE HEALTH CONSULTANT



COVID—19 VACCINE

Submitted by Shelby Gibson, Program Coordinator

COVID-19 Booster Shots

It is recommended that you stay up to date on your COVID-19 vaccines. Updated Bivalent COVID-19 boosters became available in September 2022.

What are Bivalent Boosters?

Bivalent boosters protect against the original virus that causes COVID-19 and the Omicron Variant BA.4 and BA.5.

Who Should receive a COVID booster?

COVID-19 boosters are recommended for individuals that:

- Are ages 5 years and older
- Have completed their primary series of shots or a first booster shot
- Have not received a COVID-19 vaccine in the last two months



What vaccines are approved or authorized in the United States?

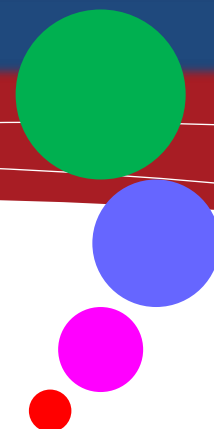
There are four COVID-19 vaccines that are authorized or approved in the United States: Pfizer-BioNTech, Moderna, Novavax, and Johnson & Johnson Janssen.

Why is there a booster shot if the vaccines are working?

Though COVID-19 vaccines work well to prevent severe illness, protection decreases naturally over time. Updated booster shots help restore protection against severe illness.

How do you find a vaccine location?

Visit [vaccines.gov](https://www.vaccines.gov) to find a vaccine location near you. To find out more information about COVID-19 vaccines visit the CDC website or consult with your healthcare provider.



NEW YEAR, NEW MILESTONES

Submitted by Samantha Colarusso, Community Outreach Assistant II

Happy New Year! As extended family get-togethers and big holiday parties begin to dwindle, it's the perfect time for reconnecting with family at home. No matter how busy our lives get, it's important for our health and well-being to take time to do simple activities with the ones we love. Play some games. Mess around with music. Experiment with new foods. These are all great ways to build connections with your family, and contribute to everyone's overall health. Young children benefit from these activities by building on development milestones. The Developmental Sensory Screening (DSS) program provides parents with developmental milestone questionnaires. These parent-completed questionnaires focus on children's development in communication, gross motor, fine motor, problem-solving and social-emotional skills. Family Nights are great ways to build on these milestones. Play games like Memory to aid in problem-solving skills. Teach each other new dance moves so children can improve gross motor skills. Make up new songs and sing along to favorite familiar ones to promote language development. Set boundaries during the inevitable tantrums to help strengthen social-emotional health. Make a craft together to hone in on fine motor skills. Try to set one night a week for the family to stay in to have fun together and help each other grow in the new year.

The University of Arizona's Pinal County Extension DSS program not only provides families with children birth to five with developmental screenings, but also vision and hearing screenings for children ages one to five. All screenings are free and can be completed at our office in Casa Grande at 820 E Cottonwood Lane. Appointments can be made by calling our screeners at (520) 836-5221 x 236. Parents can bring their children to our office and complete a milestone questionnaire while also screening vision and hearing, or they may prefer to complete the questionnaire online and schedule vision and hearing separately. The milestone questionnaires can be accessed through our online portal <http://asqonline.com/family/c426ba>. Either way, completing all three screenings best assists parents in getting a full picture of their child's development. Appointments are free and provide prompt results, referrals for further evaluation if needed, age-appropriate activity guides, and the gift of a children's book. So, start the new year right and give the DSS team a call to schedule your child's appointment!



HOME SECURITY IN THE AGE OF IOT (INTERNET OF THINGS)

ISO Insider—Information Security

There is a good chance that you own at least one smart device, even if it is only your smartphone. And the holiday season may have brought one or two more of these into your home. In fact, an estimated 43 billion smart devices were installed worldwide by the end of 2022.

What is the Internet of Things (IoT)?

Merriam-Webster defines IoT as the networking capability that allows information to be sent to and received from objects and devices (such as fixtures and kitchen appliances) using the Internet. These devices simplify our lives in so many ways, such as providing real-time driving directions, a view to who just rang the doorbell, and the ability to regulate temperature in our homes remotely. However, smart devices are built for functionality and convenience, not security. As a result, these products enter the marketplace without many security and privacy settings in place. They can be used to compromise your personal information and privacy if you do not take important steps to mitigate these risks.

How Can This Happen?

Consider what you have connected to your wireless network in your home. Most of us will at least have a computer and smartphone or tablet connected. Then we add on gaming equipment, home security, and home appliances. Each item contains software that needs to be updated. And if you haven't secured your wireless system, all of that information is open to the world.

Don't Fear – Take Steps to Protect

There will always be a tradeoff between data privacy and enjoying the convenience of smart devices. By design, the IoT needs to collect information in order to function, and that information is stored on an internet server somewhere. Cybercriminals are looking for ways to access that information. But there are simple steps you can take to secure your smart devices, which also helps in securing your privacy and your home.

Encrypt your WiFi network. Ensure that your WiFi is set to a strong encryption algorithm, such as WPA2 (Wi-Fi Protected Access version 2) or WPA3 (Wi-Fi Protected Access version 3).

Rename your router and set up a strong password. Change the manufacturer's router name to something unique that does not contain personally identifiable information (e.g., home address). Set a strong password for the newly-named router.

Set up a guest network. The guest account can not only be used for visitors to your home, but also for your smart devices so that they can access the Internet, but not your laptops and computers. Check your Internet service provider's website for instructions on setting up a guest network.

Enable automatic updates to all hardware and software if the option exists. Outdated devices and software pose security risks. Wherever possible, ensure your internet-connected things are always on the latest updates.

Disable unnecessary features. Take a "less is more" approach to security and disable any features you don't need or won't use. This can help reduce personal data collection.



Unplug it. Similar to disabling unnecessary features, it's also best to disconnect devices that aren't routinely used and limit their access to your network.

For more information on using secure wireless, visit our [Wireless Security](#) page.

NETWORKING NEWS



DEFAULT TO SECURE

ISO Insider—Information Security

Safe computing and mobile device practices include a combination of how you technically protect your computer by using software and security settings and the physical actions you take. Your actions make a difference!

The following ISO New Year's Resolutions function as a security checklist to protect yourself and your information.

- [Email: Think before you click, open, or reply.](#)
- [Beware of suspicious links on websites.](#)
- [Update your systems and apps.](#)
- [Install anti-malware software on computers and mobile devices.](#)
- [Use stronger passwords, keep them to yourself, and use Multi-Factor Authentication \(MFA\) EVERYWHERE.](#)
 - ⇒ Use longer pass phrases wherever possible.
 - ⇒ Make each password unique.
 - ⇒ NEVER share passwords.
 - ⇒ Add an extra layer of security with MFA on all accounts.
- [Back up your data.](#)
- [Secure your mobile devices.](#)
- [Lock your device before you leave.](#)
- [Use Secure Wireless Connections.](#)
- [Most importantly, stay informed – stay up-to-date on your security awareness training!](#)



IN 2023, DEFAULT TO SECURE

FIND US. LIKE US. FOLLOW US.

Facebook Pages:

- Pinal County Garden and Landscape Program
- Maricopa Master Gardeners
- Pinal County 4-H
- Child Care Health Consultation for Pinal County, AZ
- Sensory & Developmental Screening

Website: CALS.Pinal.County

Twitter: [@RickGibson4](https://twitter.com/RickGibson4)

Blog: ricksgardenspot.blogspot.com



Cathy L. Martinez, Cooperative Extension County Director
Victor Jimenez, 4-H Youth Development Agent
Anne LeSenne, Assistant Agent—Horticulture

clmartin@cals.arizona.edu
vjimenez@cals.arizona.edu
annelesenne@arizona.edu

4-H provides educational opportunities for youth to become capable and contributing members of a global community. Children, ages 5-19, learn about healthy lifestyles, animals, plant sciences, and leadership.
Contact: Amy Goncalves at (520) 836-5221, x243 or amygoncalves@arizona.edu

AZ Health Zone is a program designed to influence healthy eating and active living in a positive way that promotes health and reduces disease among all people living in Arizona.
Contact: Sybil Peters at (520) 836-5221, x216 or sybilpeters@arizona.edu

AZ Project WET (Water Education for Teachers) is a program designed to teach educators how to better integrate water education, water conservation, and best management practices for water use into their curriculums.
Contact: Shevonda Joyner at (520) 836-5221, x210 or shevondajoyner@arizona.edu

Child Care Health Consultations (CCHC) develops relationships with childcare facilities to provide training to staff that will improve their knowledge and practice in the childcare setting.
Contact: Shelby Gibson at (480) 298-0384 or shelbygibson@arizona.edu

Choose Health Action Teen (CHAT) is designed to recruit teens to teach younger children the benefits of healthy eating and active living. Teens also participate in community service events.
Contact: Esmeralda Castillo at (520) 836-5221, x244 or ecastill@cals.arizona.edu

Developmental Screening Program reaches out to families with children, ages 0-5, to screen for early developmental milestones such as gross and fine motor skills, communication, personal-social skills, and problem-solving capacities.
Contact: Esther Turner at (520) 836-5221, x211 or eturner@cals.arizona.edu

Expanded Food and Nutrition Education Program (EFNEP) is a nutrition education class designed to assist limited resource families in eating smart and being active and in acquiring the knowledge, skills, and behavioral changes necessary to contribute to their personal development and the improvement of the total family diet, nutritional and physical well-being.
Contact: Esmeralda Castillo at (520) 836-5221, x244 or ecastill@cals.arizona.edu

Field Crops Systems uses research and education efforts to work to improve field crop productivity and global food and fiber supply, farm economic viability, and protecting the environment.
Contact: Randy Norton at (928) 985-8844 or rnorton@cals.arizona.edu

Financial Literacy & Positive Discipline Parenting will help individuals gain the knowledge, self-esteem, self-efficacy and self-awareness to become in control of their finances, and thus improve their lives controlling their financial health. This program will help with daily stressors such as: worrying about electric bills, putting food on the table and wondering if they have somewhere to sleep tomorrow night, which all influences the way individuals interact with their child(ren), their families and their communities.
Contact: Muriel Gutierrez at (520) 836-5221 or mgutierrez5@arizona.edu

First Smiles is an oral health program that provides preventative oral health education, oral screening, referral to dentists for children birth to age five and pregnant women; and fluoride varnishing for children with emergent teeth up to age five.
Contact: Greeta Mills at (520) 836-5221, x235 or [gmills@arizona.edu](mailto:g mills@arizona.edu)

Horticulture Program develops and delivers educational information, structured programming, and technical support to the consumer and commercial horticulture sectors, as well as urban agriculture and food systems in Pinal County.
Contact: Anne LeSenne at (520) 836-5221, x227 annelesenne@arizona.edu

MAC (Maricopa Agricultural Center) Farm Ag-Ventures educational programs include a combination of videos, educational presenters, hands-on learning experiences and tractor-trailer rides around their 2,200 acre farm for a close-up view of what makes a working farm operate.
Contact: Victor Jimenez at (520) 374-6216 or vjimenez@cals.arizona.edu

Sensory Screening Program provides free screenings of children, ages 0-5, for vision and hearing impairments that could affect developmental growth.
Contact: Esther Turner at (520) 836-5221, x211 or eturner@cals.arizona.edu

Strengthening Families Program is a parenting and family strengthening program for families with children ages 3-5, that focuses on strengthening parental bonds with their children and learning more effective parenting skills.
Contact: Esther Turner at (520) 836-5221, x211 or eturner@cals.arizona.edu