

PINAL COUNTY QUARTERLY NEWSLETTER

APRIL — JUNE 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.

It is officially springtime here in Pinal County, and because of our rains, the desert is blooming and beautiful! Spring season makes us think of growing things and spending time outdoors, rethinking our food choices, and planning for summertime.

This newsletter is full of information about learning and volunteer opportunities, out of doors exploration for the whole family, nutrition and healthy living for both you and your child, and even something for pet health! UArizona Cooperative Extension has a long track-record of successfully bringing evidence- and research-based curricula to families in our community with the goal of improving daily living.

If you are unfamiliar with Cooperative Extension or uncertain of what we do, take a look at the last page of this newsletter for a listing of our numerous programs and contact info for each.

Happy Spring!

Greta Mills, RDH MEd, First Smiles Oral Health

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FIRST SMILES ORAL HEALTH



PREVENTION—ANOTHER HEALTHY HABIT

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

When we think about taking care of our teeth and our children's teeth, our mind goes to tooth brushing and choosing tooth-friendly snacks. Another healthy habit to think about is preventing injuries to your child's mouth.

A recently published report stated that nearly 50% of children will have some type of injury to their mouth or a tooth during childhood, and many of those injuries are preventable. Generally, mouth and tooth injuries are not life-threatening, but they sure do hurt and can have long-lasting effects on the appearance of the tooth.

Here are a few things to think about and a few tips for preventing injuries. Falls are the most common way a tooth is injured.

- Keep one hand on your child while they are on a changing table.
- Use safety gates at the top and bottom of stairs.
- Remember to buckle your child when putting them into a high chair or booster seat at mealtime.
- Speaking of seatbelts, remember to use the one on the shopping cart, and don't leave them alone or out of reach while in the cart.
- Don't let your child walk or run with anything in their mouth like sippy cups, popsicles, or toys.
- Teach your child not to put anything other than food or drink in their mouth.
- Keep a close eye when they are on high places like playground equipment.
- Cover sharp corners on furniture.
- Many tooth and mouth injuries occur in the bathtub because it is a slippery place. Keep a close eye during bath time.
- When your child is old enough to participate in sports, get a well-fitting mouth guard and an appropriate helmet.

Practicing good oral health and preventing injuries can lead to a lifetime of happy smiles!

For information about other tooth-related topics, including what to do when a tooth is knocked out, visit our Pinal Quarterly Newsletter archives.

<https://extension.arizona.edu/pinal-quarterly-newsletter>





EXPLORING OUTSIDE!

Submitted by Sybil Peters, Program Coordinator, Sr.

If we want ourselves and the next generation to become ecologically aware, we need to foster feelings of connection with nature. And while there are lots that can be learned from books and the internet about the life of insects, birds and flowers, nothing beats direct experiences with the real thing. All our senses are stimulated when we are able to be outdoors experiencing the wonders of nature for ourselves. It is experiences like these that sow the seeds of environmentally conscious actions.

Around Pinal County we have many parks, trails, and open spaces to explore. We at AZ Health Zone wanted to find a way that everyone could easily find these spaces and be able to explore them with their families.

Starting April 1st, we are kicking off this fun event to encourage everyone to get outside!

Create something fridge worthy.



Draw

Show us what healthy and active means to you.



Snap

Take a photo of your child's artwork.



Enter

Send us your child's drawing using the app.



PINAL
Healthy & Active

Kids ages 4 to 12 can enter their artwork for a shot at having it featured on social media and in the Pinal Healthy & Active app!

SCAN TO
LEARN
MORE



PinalHealthy.com/contest

A joint project with:

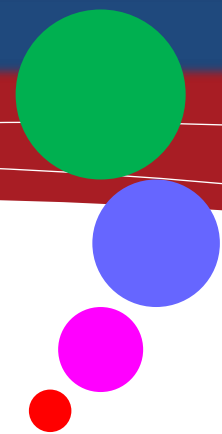


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Cooperative Extension
Pinal County



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider.

If you haven't already downloaded the Pinal Healthy & Active App-what are you waiting for? Install the free [Pinal Healthy & Active app](https://PinalHealthy.com) on your phone or tablet today -- no account, app store or password needed! PinalHealthy.com



SUPPORTING THE MENTAL HEALTH ISSUES OF INFANTS & TODDLERS

Submitted by Tamara McCarville, Community Outreach Assistant II

The last few years have been challenging for all of us as we deal with social distancing, job disruptions/loss, physical/mental illness, and, in some cases, death of a loved one. If it's challenging for us as adults, how are the youngest and most vulnerable of our society coping?

EdSurge, a digital news and research magazine about education, recently reported on the mental health of the youngest member of our society—infants and toddlers, and they are suffering experts say.

Meghan Schmelzer, senior manager of infant and toddler childhood mental health at the nonprofit Zero to Three is quoted as saying, “We like to say that the social-emotional health [and] mental health of little ones is all our jobs — anyone who touches the life of a child — because of the fact that brain development is so rapid in the prenatal-to-3 space of life. We can see the huge consequences when things don't go right in the first three years of life.”

“Babies remember,” Schmelzer corrects. “They just remember it differently. We remember in our brains, and they remember in their bodies.”

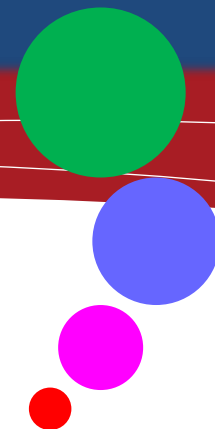
And while kids *are* remarkably resilient, they're also vulnerable, she adds. An estimated 10 to 16 percent of young kids experience mental health issues, including PTSD (Post Traumatic Stress Disorder) and anxiety, Schmelzer says, referencing data from Think Babies and the Centers for Disease Control and Prevention. For kids in poverty, the rate is more like 22 percent.

Without intervention and a nurturing environment, the impacts of trauma and stress can be immediate and long-lasting, explains Nancy Kelly, the mental health promotion branch chief at the federal government's Substance Abuse and Mental Health Services Administration (SAMHSA).

Those consequences can present in a lot of different forms, Kelly says: struggling to form attachments, not wanting to be held/touched, acting out, rejecting food, crying inconsolably, regressing in potty training, and separation anxiety.



It's not impossible for babies and toddlers to overcome these challenges — “That's not a sentence for them,” Schmelzer says — “but it takes a lot of love, support, and intervention. Babies don't live alone. Their caregivers' mental health is inextricably tied to their mental health.”



...CONTINUED FROM PAGE 4

Given children are born ready to learn and optimal learning happens within the context of responsive relationships, says Dr. Donna Housman of Housman Institute, supporting the caregiver in addressing their own emotionality so they can best support, model and guide the child from birth to identify, understand and manage their emotions and those of others is essential; also, there's the old oxygen mask rule — a parent or educator must first address and manage their own emotions before they're able to do so with a child. Housman recommends, taking a minute for some deep breathing, talk therapy, walking, or whatever it is that you may need to present the healthiest version of yourself to your children.

Early identification of social-emotional challenges can make all the difference to a young child. The University of Arizona's Pinal County Extension Developmental Sensory Screening program offers the ASQ:SE-2, a set of questionnaires about children's social-emotional development from 2 to 60 months, which can be self-administered by parents/caregivers. Participating in this screening provides a quick look at how children are doing in important areas, such as self-regulation, communication, autonomy, compliance, adaptive functioning, affect, and interaction with people. These questionnaires can help identify young children at risk for social or emotional difficulties. Accurately identifying behavior through ASQ:SE-2 paves the way for next steps—further assessment, specialized intervention, or ongoing monitoring, for example—to help children reach their fullest potential during their most formative early years.

This questionnaire can be accessed through our online portal at <http://asqonline.com/family/c426ba>.



4-H YOUTH DEVELOPMENT



LEND A HAND! VOLUNTEER TODAY! INSPIRE FOR A LIFETIME.

Submitted by Crystal Marquez, Extension Assistant

4-H MISSION

"The University of Arizona 4-H Youth Development Program provides quality youth education by building positive relationships and life skills. We develop competent, caring and actively engaged citizens who strengthen Arizona communities."

4-H VISION

"Arizona 4-H is the preferred choice for young people and parents who want the extra edge for life success provided through 4-H's research-based, hands-on learning experiences led by caring adult volunteers."

ABOUT 4-H

"4-H is ... More Than You Ever Imagined! It's a non-formal youth development education program of the United States Department of Agriculture and the University of Arizona. Whether you live in the city, the suburbs, or on a farm/ranch, you can belong to the 4-H Youth Development Program." This positive youth development program welcomes all children who want to have fun, learn, and grow!

4-H VOLUNTEERS

Volunteers are the heart and soul of our 4-H programs! Your experience and talents can help create endless opportunities for young people to lead with confidence, engage in school and community activities and form lasting relationships! Join us and help us grow kids from your community and empower them with skills to lead for a lifetime!

BECOME A LEADER/VOLUNTEER

Are you a parent or other adult who is interested in leading/volunteering and becoming a positive role model for the youth of Pinal County? You can choose from different types of leaders to become an organizational leader, a project leader, an activity leader or a resource leader.

Contact Crystal Marquez to get the ball rolling. She will guide you through the various steps of our application process and answer any questions you may have along the way. She can be reached at marguez8@arizona.edu or (520) 836-5221, x238.



FINANCIAL LITERACY & POSITIVE DISCIPLINE



SCHOLARSHIPS, GRANTS, & MYTHS—OH MY!

Submitted by Muriel Gutierrez, Instructional Specialist

It's never too early for your teen to start applying for grants and scholarships for college! From middle school and throughout high school there are plenty of them to choose from. Parents, and students alike, often say that scholarships and grants are for a select few, that's a MYTH! There are many MYTHS and misinformation about scholarships and financial aid out there, hopefully some of those can be cleared up here.

One of the biggest MYTHS is that scholarships are only for smart people or poor people. Let's bust that myth by telling you there are scholarships for everything and everyone, even "Minecraft lovers". According to Forbes.com, approximately \$100 million goes unawarded each year due to the lack of applicants. Aside from not knowing these scholarships exist, many don't apply because they find the application process intimidating, time consuming, and fear rejection. However, school loan debt is intimidating, time consuming (by years to pay back), and weighs on the mind.

There is also financial aid through the college of your choice, and you can qualify for those funds by filling out your *Free Application for Federal Student Aid* (FAFSA®) form in October of your teen's senior year (and every year following to renew). The sooner you fill that out, even if you are not sure which school they will go to, the quicker they will be put on the top of the list for their schools' separate financial aid.

Many say, my parents make too much money. That is a MYTH! There is no income cut off for financial aid, and it can qualify you for grants, scholarships, and work-study programs through the school. This applies to loans too, but always remember those are last resorts when you have tried everything else!

People also think it will cost to apply for financial aid or to apply or find scholarships. That's a MYTH too! Never pay to apply for either, if you have to pay it isn't legit. There are subscription sites, take a look at what access you have without paying and look up the scholarships posted yourself. If you are unsure how to apply for financial aid, you can always call the Federal Aid Information Center at 1-800-433-3243 for free, and if you find a scholarship you are unsure on how to apply for, you can always contact the scholarship itself and ask more information.

To search for scholarships use your favorite search engine, you are bound to find one that you can apply for. Even if it's for \$50, apply, trust that you will use it for something school related. Also, there is a book that comes out every year called the Ultimate Scholarship Book and it can be found at Barnes and Noble or even Amazon. Yes, it sounds like work, but it can be work well paid for.

As the saying goes, "Where there's a will, there's a way", get out there and get college ready debt free.

Sources/Resources:

- Perna, M. C. (2022, November 9). *\$100 million in scholarship money goes unclaimed every year. does it have to?* Forbes. Retrieved March 20, 2023, from <https://www.forbes.com/sites/markcperna/2021/11/01/100-million-in-scholarship-money-goes-unclaimed-every-year-does-it-have-to/?sh=5b11d2cb3b6f>
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- <https://scholarships360.org/scholarships/scholarships-for-middle-school-students/>

DIABETES PREVENTION PROGRAM



A HEALTHY COMMUNITY STARTS WITH YOU!

Submitted by Esmeralda Castillo, Program Coordinator

What does community mean to you? To many, it means like family, friends, and neighbors working together to support each other and achieve great things – like better health! Certain communities are uniquely at risk for health issues, such as prediabetes, a condition that comes before Type 2 Diabetes and means a person’s blood sugar levels are higher than normal but not high enough yet to be diagnosed as diabetes. For example, 34.5% of Hispanics/Latinos have prediabetes, and only 20.9% are aware that they do.

April is Minority Health Month in the U.S., a time for teaming up as a community to strive for better health. Getting healthy on your own isn’t easy, but healthy changes are much more enjoyable together. Plus, others can help keep you on track and celebrate your successes. Families, friends, and neighbors who work together have a better chance of beating the odds of progressing to type 2 diabetes.

A healthy community starts with you! Talk with the people around you about what you can do to prevent prediabetes. One thing you can do together is learn whether you might have prediabetes. You can quickly and easily find out if you might have it by taking the prediabetes risk test at [cdc.gov/diabetes/risktest](https://www.cdc.gov/diabetes/risktest). An estimated more than 1 in 3 Americans has prediabetes, so after you’ve taken the test, share it with your friends and neighbors so they can take it too. Prediabetes is often reversible with healthy lifestyle changes. Together, you and your friends and neighbors can find a CDC-recognized lifestyle change program that can help you work on incorporating healthy habits. This might mean grocery shopping and cooking healthy meals together, or going on a group walk around the block.

Making long-term healthy lifestyle changes is possible, especially if you attend a program like DPP (Diabetes Prevention Program part of the CDC’s National Diabetes Prevention Program). At DPP, participants learn ways to eat better and increase physical activity while connecting with others who share the same goals for improving their health.

Joining a lifestyle change program like DPP is something you, your family, friends and neighbors can do together to improve your health. Remember, a healthy community starts with you! To learn how to join a DPP series that is starting soon, contact:

Esmeralda Castillo, Diabetes Prevention Lifestyle Coach
University of Arizona Cooperative Extension, Pinal County
(520) 836-5221, ext. 244 / ecastill@cals.arizona.edu



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion
Division of Diabetes Translation



SPRINGTIME WITH EFNEP!

Submitted by Esmeralda Castillo, Program Coordinator

Flowers are blooming and temperatures are great for outdoor activities.

With Easter egg hunts just around the corner, here are a few tips to help you and your little ones stay safe:

- Hard boiled Easter eggs should not be out of the refrigerator for more than two hours.
- Leftover eggs should be refrigerated within two hours of cooking and eaten within 3-5 days for best quality, but will keep up to one week in the refrigerator.
- Do not eat raw eggs or foods containing raw eggs.
- Proper handling, refrigeration and cooking of eggs should prevent most egg safety issues.



NATIONAL FOOD DAYS IN MAY

May 2—National Tuna Day. Tuna is high in omega-3 fatty acids which are healthy fats that can help support heart health.

May 4—National Orange Juice Day. Orange juice is typically known to be a great source of Vitamin C but did you know it also contains folate and potassium which are good for healthy cell growth and kidney functions.

May 5—Cinco de Mayo is a time to celebrate Mexican heritage and culture.

Follow this link for a healthy Chicken Tortilla Soup recipe:

<https://recipes.heart.org/en/recipes/chicken-tortillasoup---delicious-decisions>

EFNEP IS A FREE NUTRITION EDUCATION PROGRAM FOR LIMITED INCOME ADULTS WITH FAMILIES, GRANDPARENTS RAISING GRANDKIDS, ADULT AND YOUTH TEEN CAREGIVERS, PREGNANT MOMS AND TEENS.

TO SCHEDULE A FREE CLASS CONTACT ESMERALDA CASTILLO
UNIVERSITY OF ARIZONA COOPERATIVE EXTENSION, PINAL COUNTY

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VOLUNTEER SPOTLIGHT

“Volunteers do not necessarily have the time; they just have the heart.” -Elizabeth Andrew



As we wrap up fair for another year, we want to take the opportunity to highlight a 4-H Volunteer Family.

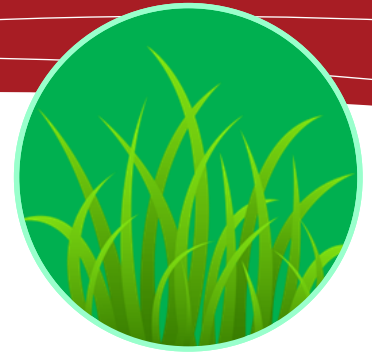
This year we celebrate the Treadway Family. Jennie works for the University of Arizona completing vision, hearing and developmental screenings for young children. When asked if she would like to volunteer for 4-H, she jumped in with both feet. She started by teaching art and craft classes, but soon got involved with helping with STEM (Science, Technology, Engineering, and Mathematics) and other programming. When fair time came around, she took on the role of Building Supervisor and organized several contests as well as building set-up.

This became a family affair when her sons, Kyle and Bryce, and husband Mark, began to build games, hands on displays and helped modify display cases for building exhibits. Their involvement did not end there, as they came to the fairgrounds for set-up, daily events, and the dreaded job of clean-up.

Although they have no active family members participating in 4-H, they have made this a family affair through service. They have *Made The Best Better* for Pinal County 4-H for which we say THANK YOU!

Treadway Family Thank You - You Make a Difference





HORTICULTURE IN PINAL COUNTY

Submitted by Anne LeSenne, Assistant Agent, Horticulture

With all the winter rains we received, the desert is giving us an impressive wildflower show. With all those blooms also come bees. Honeybees naturally swarm this time of year. The old queen leaves with about half the colony to look for a new home, while the other half stays in the old home and raises a new queen. Notify a local beekeeper when a swarm has landed in your yard. They can come put them into a hive box and take them to their apiary. Swarms will usually only stay for a day or two and then fly off to their new home. If they start to build honeycomb, that means they intend to stay. Africanized bees are more defensive once they have built any honeycomb and are generally not good neighbors. If you have bee questions, please give us a call. For those who are interested in becoming beekeepers, we have several [publications](#) to help you start learning.

This is also a good time to check your irrigation system to make sure all the emitters are working properly. Even though we received a good amount of winter rain we are still very much in a drought. Drip irrigation is the most efficient way to irrigate your landscape, but even drip systems can be wasteful if left on too long or too often. To find out how long you need to run your drip system you'll need to get a soil probe. This can be any long piece of metal that is strong enough to push down into the soil. After you run your irrigation system, wait for the water to penetrate the soil for 6 to 8 hours. Then push the soil probe down as far as you can and measure how deep it can go. Shrubs have most of their feeder roots in the top 12" of soil and trees have most of their feeder roots in the top 18" of soil. If you can push the soil probe 12" down around your shrubs or 18" down around your trees, then you watered long enough. This time will not change. The only thing that changes is how often you will water. Mature trees might only need to be watered once a month most of the year, but more often in the heat of summer. Shrubs might only need to be watered every other week this time of year, but weekly in the heat of summer. Annual flowers and vegetables will be more often. Look for wilting leaves as a sign that they are thirsty.

April is a good time to apply slow-release fertilizer to your landscape. Look for a complete fertilizer that contains Nitrogen Phosphorus and Potassium (N-P-K). The percentage of each of these should be listed on the label. Follow the directions for the amount to apply.

Spring is a perfect time to make your landscape look great by applying a fresh layer of mulch around all your plants. Natural mulch breaks down and improves the soil while feeding your plants. Apply a 3" layer around the root system of all your plants and they'll be healthier through the hot summer months to come.



Smartscape is coming to Casa Grande in June and July 2023! Smartscape is a training course for professional landscapers that instructs landscape and irrigation professionals in the fundamentals of design, installation, irrigation, and maintenance of desert-adapted landscapes. It is an eight-week course, three hours per week, with an exam at the end to test your knowledge. There is also Smartscape training for residents and HOA board members so they can learn how to apply these principles to their own landscapes. Please contact Anne LeSenne for more information annelesenne@arizona.edu.

NETWORKING NEWS



PINAL COUNTY 4-H FAIR

Written by Ed Martin, Interim Director of Extension



It was nice to take a few days off, and I hope everyone enjoyed my guest writers for last week's Tuesday Extension Notes – I know they put a lot of work into it.

After returning, I was able to get up and attend the 4-H breakfast at the Pinal County Fair on Thursday. Many thanks to everyone that helped put the event on. I saw some old friends and was able to view the 4-H Youth entries for the Pinal County Fair.

It always amazes me when I see the talents our 4-H youth have and the variety and imagination they express through their artwork, their baking expertise, and the many submitted projects.

Congratulations, [Pinal County 4-H](#) youth – your entries were inspirational!

6TH ARIZONA SCHOOL IPM CONFERENCE

Submitted by Shakunthala Nair, Entomologist & Associate in Extension



Registration is **NOW OPEN!** In person on April 18 and 19, and Online April 24 – May 31, 2023.

Registration & Schedule visit <https://acis.cals.arizona.edu/community-ipm/events/arizona-school-ipm-conference>.

A great opportunity for continuing education for schools, colleges childcare, city parks and recreation, turf and landscape managers, golf course supervisors, and other institutional staff engaged in operations, maintenance, turf and landscape, food service, health services and many other areas. Have a question? Call 520-374-6299 or email nairs@arizona.edu.

32ND DESERT HORTICULTURE CONFERENCE

Submitted by Shakunthala Nair, Entomologist & Associate in Extension

Friday, May 5, 2023, at the El Conquistador Hotel, Tucson.

The Desert Horticulture Conference is the premier annual conference for all members of the southwest green industry: landscape architects, designers, growers, retailers, contractors, maintenance personnel, suppliers, and educators.

Presenting timely and research-based information relevant for designing, building, maintaining, and producing plants for urban landscapes in the arid Southwest. The conference offers three concurrent tracks: Plants and Design, Plant Health, and Water/Urban Landscapes.

For registration and further information: <https://cals.arizona.edu/deserthort/>





UARIZONA RESEARCHERS LAUNCH THE GREAT AZ TICK CHECK

Written by Rosemary Brandt, College of Agriculture & Life Sciences

A male brown dog tick, *Rhipicephalus sanguineus*. Brown dog ticks are the primary vector for Rocky Mountain spotted fever in Arizona.



Think about ticks and what comes to mind? Perhaps red bull's-eyes, Lyme disease and the eastern United States, but Arizona is home to a lesser-known tick-borne disease – Rocky Mountain spotted fever. It's the deadliest tick-borne disease in the world, and as cases are on the rise in much of the Southwest, researchers are issuing a unique call to the public: Send us your ticks.

The [Great Arizona Tick Check](#) will help researchers at the University of Arizona build the first-ever database of tick distribution and correlated disease in Arizona.

Fueled by a nearly \$1 million grant from the Centers for Disease Control and Prevention, the effort is a collaboration between UArizona [Cooperative Extension](#), the [Mel and Enid Zuckerman College of Public Health](#) and the Arizona Department of Health Services.

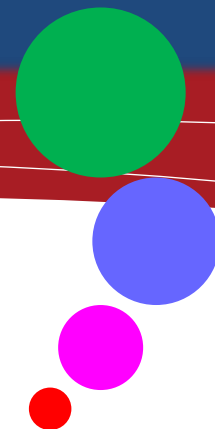
"The central tick identification and pathogen testing program is an effort to create a much-needed map of what tick species are where in the state," said **Kathleen Walker**, who will lead pathology and genetic testing of ticks received from the public through her role as an extension specialist in the [College of Agriculture and Life Sciences' Department of Entomology](#). "The Arizona Department of Health Services will then be able to have information on their website and in their records to help inform public health efforts around the state."

"This is what we call community-based participatory surveillance. Because going and sampling all across the state is impossible, this allows us to get ticks from a much broader area and engage people in science," said **Kacey Ernst**, an epidemiologist in the Zuckerman College of Public Health and a partner on the project. "People will be asked to send us ticks if they find them on themselves, pets or their surrounding environment. They will also get educational information about ticks and the diseases they carry."

Tracking vector-borne diseases like Rocky Mountain spotted fever can be a challenge. There's tremendous diversity in habitats in Arizona, and ticks – as well as the diseases they carry – are changing very rapidly in North America, Walker said. This is due to several factors, including environmental change, as well as the transportation of infested animals across state borders.

"We do know that the vector for Lyme disease and the pathogen was found in northwestern Arizona 30 years ago, but no one's gone back since," Walker said. "Has it moved? Has it spread? Is it gone? We don't know. If there are new disease risks that weren't there before, or if there are old disease risks that people forgot about – that's kind of what we want to map out in the end."

For more information, visit <https://news.arizona.edu/story/uarizona-researchers-launch-great-arizona-tick-check>



GROSS—MOTOR ACTION DICE

Submitted by Jennie Treadway, Program Coordinator

Since Easter is just a hop, skip, and jump away, the Developmental and Sensory Program would like to share some activities to get your toddler/preschooler up and moving using some fun Gross Motor skills.

Gross motor skills are larger movements your child makes with his or her arms, legs, feet, or their entire body. Crawling, running, and jumping are gross motor skills. The action dice is a fun way that you can practice some of those skills at home.

For this activity you will need a dice from your favorite board game or a kid friendly one (we found great large foam dice at the local dollar store). Cut out the action dice diagram on the next page, which contains movement words and pictures. Tape the diagram together using the “folding instructions” on the bottom of this page.

After you have all the pieces to play this game (your favorite dice and action dice taped together), have the children roll both the action dice and the number dice at the same time. Help your child count the number of dots on the number dice and either read the word on the action dice or look at the picture.

The child will then perform the action shown as many times as indicated on the number dice. For older children you can use two numbered dice and add-up/count the numbers together.

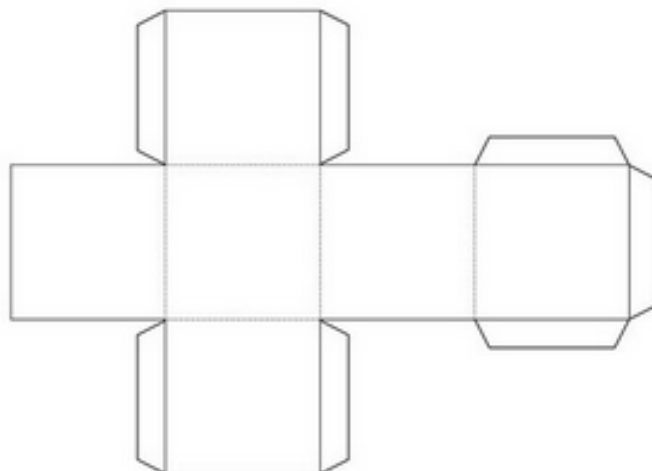
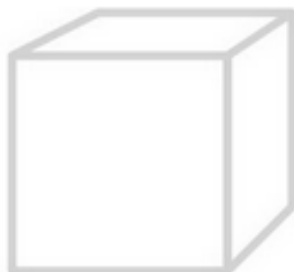
An example would be throwing the dice and getting the number three and the picture to Hop – the child would then hop three times and so on.

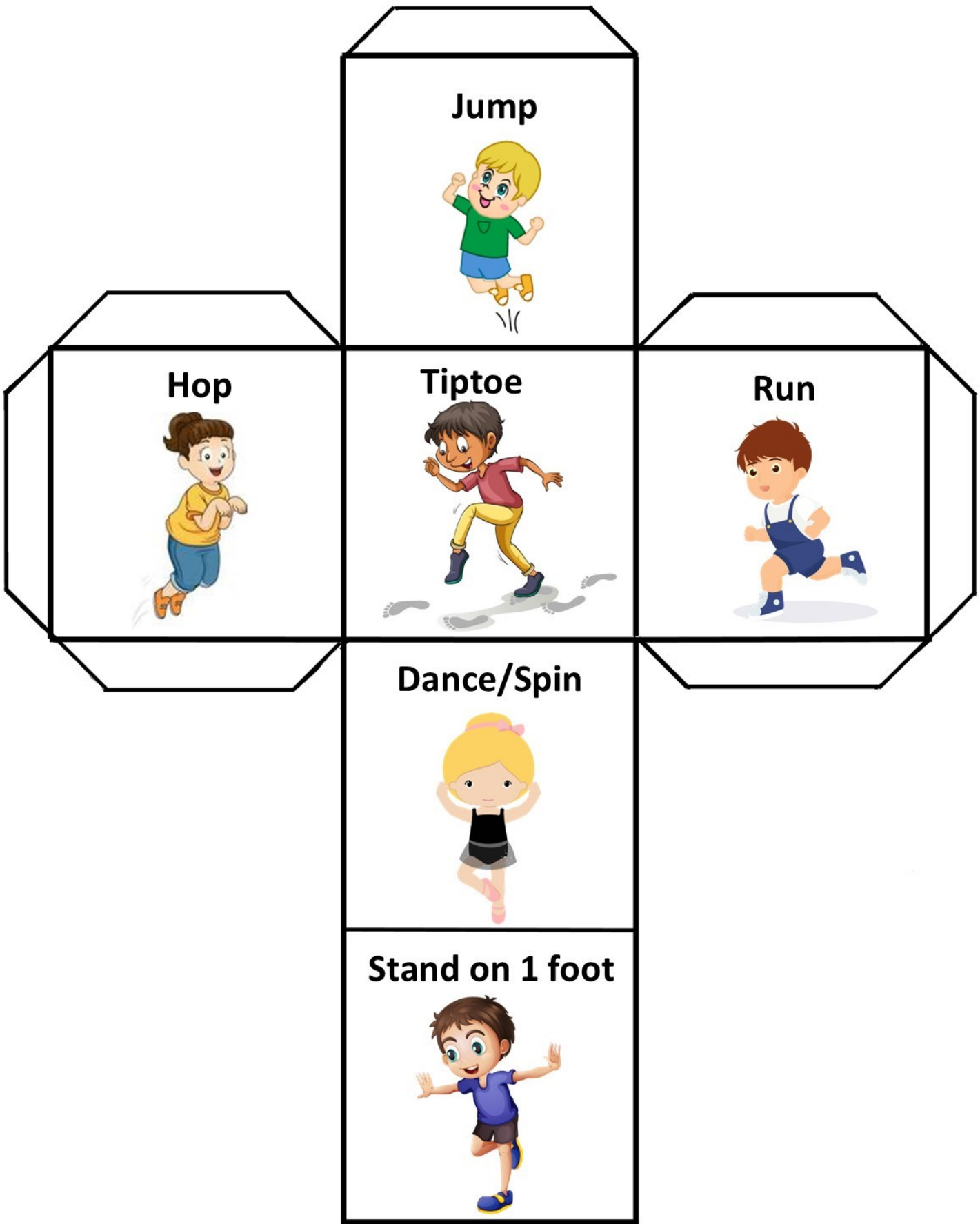
Folding Instructions:

Cut out shape being careful to keep tabs.

Fold on dotted lines.

Tape exterior edges of cube with scotch or packing tape





Jump



Hop



Tiptoe



Run



Dance/Spin



Stand on 1 foot



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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

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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