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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.

If you started off 2022 making efforts toward positive life change, we hope you've been able to stick with it – or perhaps now is a good time to get back to working on those goals for yourself or your family. If you haven't already, try out the new app that we've launched in collaboration with Pinal County Public Health, various Parks & Recreation Departments, Farmer's Markets, etc. The link is included on page 9 – no account or app store or password needed! We'll also appreciate receiving your feedback as to the features it includes.

This newsletter is full of information that we hope you'll find useful. There are articles about things to do with and for your children, how we are working to help our Agriculture industry adjust to the changes in our water supply, some upcoming events that you want to be involved with as participants or volunteers and supports for the healthier lifestyle changes you may be hoping to implement in the coming year.

When planning our educational programming, we look for evidence- and research-based curricula that has a track record of success for program participants. We want to bring programming that helps you attain your goals. Whether it's being more successful in growing your garden, helping your child through our positive youth development programs such as 4-H, or bringing research to bear on the myriad problems that face our communities, Cooperative Extension is a resource we hope you will access. We also hope you'll reach out to us to help develop solutions to issues in your community. We're happy to engage in planning, development, or implementation of projects or just to help brainstorm appropriate resources and make those connections.


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FIRST SMILES



SALIVA, WATER, AND TEETH

Submitted by Greeta Mills, RDH MEd, Oral Health Professional



We know that water is good for our body, since we are anywhere from 45-75% water depending on our age. As a baby, we are about 75% water, and it drops to around 60% as an adult. So, we understand the importance of drinking water.

Choosing water instead of other drinks is particularly important when it comes to the health of our families' teeth. It is better to choose water as our beverage between meals and throughout the day, saving things like juice and milk for mealtime. This recommendation is frequently offered to parents who are concerned and focused on their child's oral health.

When we eat, our body produces more saliva. The more we chew, the more saliva we produce. Saliva is made up of water, minerals, and enzymes that help break down our food, and it helps keep our mouth from becoming too acidic.

Beverages such as milk, juice, sweetened coffee and tea, sports drinks, and soda have sugar in them. Even milk and 100% juice have natural sugars, and artificially sweetened drinks often have acid in them. Some of the bacteria living in our mouth eat the sugar, produce acid, and cause cavities. Saliva helps to lessen that effect. So, when we save these beverages for mealtime, the extra saliva in our mouth helps protect our teeth from the acids of the bacteria and the sugars and acids in what we drink and eat.

As we sleep, our saliva production slows down. If a child goes to bed with milk or juice in a bottle or sippy cup, there is minimal saliva to help protect the teeth. The bacteria will eat the sugars and teeth will decay very quickly. We see a similar thing happen in individuals who are on medications that cause a dry mouth or xerostomia. This can be things like allergy medication, or many prescription medications. If you have a dry mouth during the night, consider keeping a glass or bottle of water by the bed. This will help keep the mouth moist and help prevent cavities.

By drinking water during the day, offering it with snacks for our children, and allowing water only at bedtime, we can help our saliva do its job, and decrease the risk of getting cavities.

WHAT'S GROWING ON IN ONE SPECIAL PINAL COUNTY GARDEN

Submitted by Jim Jepsen, Program Coordinator, Sr.



I want to shout out about one special garden! Not that all the gardens located around Pinal County are not unique and special, but this one stands out from the crowd.

Located in an average neighborhood behind a house turned women's shelter lies the Hope Women's Center East Community Garden. A little history of this center is that it is there to help women, girls, and children who have gone through hardships in their lives. It is a joy and a privilege for me each and every time I go to the Hope Women's Center because I am greeted with smiles, hugs, and a friendly "How are You?" The center provides a homey environment where the ladies can enjoy morning coffee, socialize, and have a hot lunch in the early afternoon. The center schedules plenty of activities for all to participate in as they wish. These activities include Bible study, crafts, competitive games, nutritional education, gardening, and the list goes on. The center has set up a point system for the ladies; as they participate in these different activities, they are awarded points that they can save up to purchase much needed items from the center's store. That old saying, "Walk a Mile in Someone Else's Shoes" is so prevalent here. These ladies have seen more hardship than most of us can even imagine, yet they keep on plugging away.

As mentioned above, one of the activities the ladies at the center can participate in is Gardening! We began the garden program around seven years ago. When we first got started, there were probably fifteen or so participants. As the years have gone by, the number of ladies actively working in the garden has dwindled down to about five ladies, but these ladies consistently come to garden class. Is the gardening class formal? Absolutely not! We talk, we plan, we laugh, we cry, but most of all, we get our hands dirty and go to work. The one thing that I have noticed over the years is that these ladies cannot garden without love. They absolutely love what they are doing! They are there in the spring, summer, fall, and winter, they handle the heat, the cold, the wind, and the rain. They are always there, and their bountiful harvests substantiate all their hard work. In fact, a few weeks ago in February 2022, the weather was horrible. It was cold, rainy, and it seemed like the wind was a hurricane. Regardless, the ladies were there doing what they do best. Gardening! Once the chores and lessons had been finished, we moved one of the outside picnic tables into the tool shed to get out of the elements. There we had our coffee break, talked about the future of the garden, and enjoyed each other's company. We then tied up loose ends, put our tools away, and called it a good day. When we finish at the end of every Wednesday I say, "See you next week," and they reply, "God willing, and the creek don't rise." So far so good and I hope it stays that way.



FINANCIAL LITERACY & POSITIVE DISCIPLINE



I NEED A HUG

Submitted by Sybil Peters, Instructional Specialist

I was recently teaching a Positive Discipline Parenting class online for parents & I was reminded just how important giving our children unconditional love is. The following story is shared from the book Teaching Parenting the Positive Discipline Way by Lynn Lott & Jane Nelsen & is one of the stories that we share during our 6week Positive Discipline Parenting Class.

I Need a Hug

A father attending Dr. Bob Bradbury's Sanity Circus, an Adlerian Open Forum Counseling in Seattle, WA, asked what to do when his four-year-old son had a temper tantrum. Dr. Bradbury suggest asking for a hug.

The father was surprised and asked, "Wouldn't that reward the misbehavior?"

Dr. Bradbury asked, "Would you be willing to try & see what happens?"

The father agreed, and the next week he reported the following scene:

His little son, Timothy, started a tantrum because he couldn't have something he wanted. Dad got down on one knee & said, "I need a hug."

Timothy stopped sobbing long enough to ask, "What?"

The father said again, "I need a hug."

Timothy again stopped sobbing & asked incredulously, "Now?!?"

Dad said, "Yes, now."

Timothy begrudgingly said, "Okay," and stiffly gave his father a hug. Soon the stiffness disappeared, and they melted into each other's arms.

After a few moments Dad said, "Thanks, I needed that."

Timothy said with a small tremor on his lips, "So did I."

I love this parenting tool for many different reasons, it's one that we can implement immediately even as we are figuring out some of the other parenting tools we learn about. In this time, where we may be starved for in-person human contact, but we may be comfortable being overly physical in public, we can fill up our "love tanks" by giving and receiving hugs from our children. I have heard it said before that a 20-second hug can actually positively impact the chemistry in our brains!

I will add that there is usually a question or concern in our parenting classes about rewarding the misbehavior, but when looked at in the context that our love is for our child and not their behavior at the time, then a hug is a secret weapon that we can use to reset both. Asking our child for a hug may take a time or two, and with teens maybe twenty, but the asking pays off for everyone.

FINANCIAL LITERACY & POSITIVE DISCIPLINE



AMERICA SAVES

Submitted by Sybil Peters, Instructional Specialist

We recently wrapped up our *America Saves* Weeklong Campaign. If you missed any of our informational posts, you may check them out on our Pinal County Cooperative Extension Facebook page.

You can also still join the more than 4,100 Arizonans by making your own Personal Saving Pledge at <http://www.americasaves.org/pledge>. In previous articles we’ve talked about saving for those unexpected emergencies, so I also wanted to share this tool and process to save for opportunities!



WHAT ARE YOU SAVING FOR?

SAVE FOR THE “GOOD” KIND OF UNEXPECTED.
Don’t only save for emergencies, save for opportunities, too!



So what are you saving for?

Block out 15 minutes to think about your savings goals and write them down!

SHORT TERM	NEAR FUTURE	LONG TERM
<u>Paying off a credit card</u>	<u>New car</u>	<u>Retirement Fund</u>
<u>Two Date Nights/month</u>	<u>Purchase a new home</u>	<u>College Fund</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____

Now that you’re clear on what you’re saving for, it’s time to make a simple plan to achieve it.

Visit americasaves.org/pledge to create your savings plan and take the next step towards success.

PROJECT WET



WATER CONSERVATION TECHNOLOGY

Submitted by Shevonda Joyner, Program Coordinator

Water Conservation is key to save our precious groundwater and Pinal County relies on this water source for cleaning, eating, drinking, gardening, agriculture, and many other uses we need to survive. Changing our behaviors is a way to conserve water. Examples of water conservation behaviors are planting desert plants in our yards or taking shorter showers daily. These water conservation behaviors are helpful but do require conscious effort to maintain. This is where Water Conservation Technology comes in! Water Conservation Technology allow us to conserve water without thinking about it. Here are some examples of water conservation technologies.

Faucet Aerators—This technology allows the water to flow at the same pressure but use less water by replacing water with air.



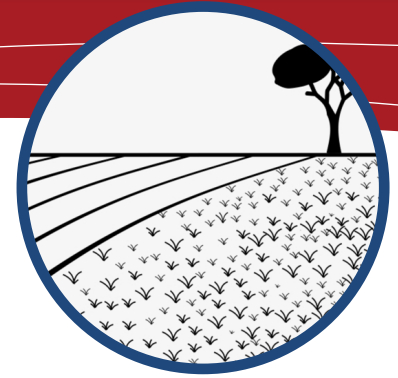
Water Efficient Showerheads—Much like the low flow aerators, water efficient showerheads replace water with air to use less water but maintain the same amount of pressure.



Garden Hose Attachment—This technology stops the flow of the garden hose and provides different settings for different water uses. For example, less water flows for watering plants versus washing your car.



FIELD CROPS SYSTEMS



AGRICULTURE PRICES ON THE RISE

Submitted by Blase Evancho, Assistant in Extension

Everywhere you go prices are through the roof and everyone is feeling the pressure. Fertilizer, fuel, hay, gas, and parts are all increasing in scarcity and when they can be found, they aren't affordable. Many of us purchase these things regularly, but for agricultural producers they are key inputs to keep their operations running. The rising costs of supplies are compounded with the cutbacks of Colorado River irrigation water, requiring Pinal County growers to fallow 25% to 50% of their land, cutting deep into their bottom lines.

Not only does the increased fallowed land and high input prices hit each individual producer in the pocketbook, it impacts the entire economy of Pinal County. If growers fallow 40% of their land, they purchase 40% less crop protection services from our ag suppliers and pest control advisors. They use 40% less seed, fuel, parts, maintenance, labor, etc., putting our entire economy in a tail spin. Fortunately, agricultural producers are an incredibly agile and innovative group of people who will no doubt weather this storm and come out a bit wiser on the other side.



The field crops program is assisting growers by preparing new crop budgets, working with low water use crops, like chickpeas and guayule, and disseminating information on how to maximize the benefits of high-cost fertilizers. Our growers have always had a keen ability for utilizing the minimum amount of inputs to maximize their crops production. Those well-honed skills are going to be put to the test moving forward to continue to make a profit on fewer and fewer acres.

Until things return to some sense of normalcy we all need to understand that the prices we see in the grocery stores are all due to a long list of compounding factors. If we all band together and support one another we can get through these tough times and survive to see a better day.

4-H YD PROGRAM



JOIN THE 4-H FAMILY

Submitted by Samantha Dominguez, 4-H Extension Assistant

Potential 4-H Leaders/Volunteers

Ready to join and be part of our 4-H family? Today, 4-H'ers are stepping up to make positive changes in our communities, across the country, and all over the world. But behind every success story, there is a mentor—someone just like you. As a 4-H volunteer, you can share your skills and experience to help transform a new generation of confident young leaders. This is your chance to make a change, to be the spark that inspires a revolution.

If you are already a potential leader/volunteer and have submitted an application, you should have received an email from my email address: sam030801@email.arizona.edu. I will help you through the completion process to become a Certified Leader for the 4-H Program. Contact me as soon as possible with questions or concerns. Once the process has been completed you will receive a certificate of completion and a letter indicating you are completely certified.

Potential Members

Ready to join and be part of our 4-H family? Membership is open to all youth without regard to race, ethnicity, color, national origin, gender-identity, sex, pregnancy, disability, sexual orientation, genetic information, veteran's status, marital status, religion, political affiliation, or socioeconomic backgrounds.

- 4-H CloverBuds: ages 5-7 years old of the current year, participate in non-competitive contests.
- 4-H Members: ages 8-18 years old of the current year, participate in competitive contests.





PINAL HEALTHY & ACTIVE

Submitted By Victoria Iniguez, Instructional Specialist



PINAL

Healthy & Active

Now you can stay healthy with just one tap. The Pinal Healthy & Active app puts fresh food, delicious recipes, and fun activities within reach.

A joint project between the Pinal County Public Health Services District and AZ Health Zone, this free health and wellness app brings together numerous community partners throughout the county in one, easy-to-use app.

- Discover countless outdoor recreational opportunities. Each listing includes park features, hours and turn-by-turn directions.
- Browse over 200 delicious, low-cost recipes by category, prep time, or ingredients. Detailed nutrition information included.
- Learn about free and low-cost events happening all over town. Search by date, location and cost.
- Participate in new activities and community groups in your area, each matched to locations to play and city leagues to join.
- Find all your local farmers markets, see what produce is available, view hours, and get directions with just a tap.

What are you waiting for? Install the free [Pinal Healthy & Active app](#) on your phone or tablet today -- no account, app store or password needed!



wegner CREATIVE



PINAL COUNTY
PUBLIC HEALTH

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](http://CALS.Pinal.County)

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

Blog: ricksgardenspot.blogspot.com



Cathy L. Martinez, Cooperative Extension County Director
Blase Evancho, Field Crops Systems Assistant in Extension
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: Maria Melendez at (520) 836-5221, x201 or mmelende@cals.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

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 shelbygibson@email.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: Blase Evancho at (520) 836-5221, x215 or bee1@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: Sybil Peters at (520) 836-5221, x216 or sybilpeters@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@email.arizona.edu

Horticulture develops and delivers educational information, structured programs, 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

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@email.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