

PINAL COUNTY QUARTERLY NEWSLETTER

JULY — SEPTEMBER 2023

Volume 10, Issue 3

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

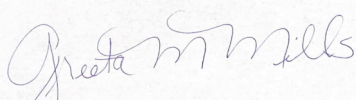
The faculty and staff in the Pinal County Extension office are part of a non-formal education network bringing research-based information into communities to help people improve their lives.

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

Happy July! This is the time of year that we may only see our neighbors very early in the morning or after the sun drops below the horizon, and we choose our activities differently than we do at other times of the year. Here at Cooperative Extension, programming continues all summer long.

Our mission is to take what is happening in research, and make it available and practical to improve the lives of people in our communities. Take a look at the articles about gardening and landscaping for tips to get plants through the hot days and what to plan for your cooler weather garden. Maybe you'd like to sign up for the online Master Gardener course? Get brushed up on food safety for picnics and grilling, and how to keep yourself safe in the heat, and learn about some new creative painting activities for your children.

Wherever your plans take you, enjoy this season!



Greeta Mills, RDH MEd, First Smiles Oral Health

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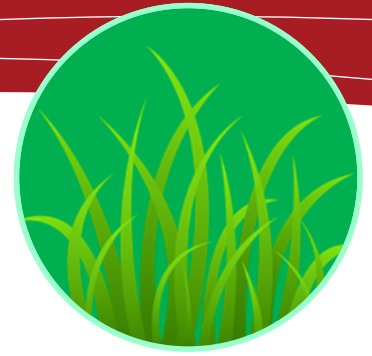
<https://extension.arizona.edu/pinal>

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HORTICULTURE



SMARTSCAPE FOR LANDSCAPE PROFESSIONALS

Submitted by Anne LeSenne, Assistant Agent, Horticulture

SMARTSCAPE



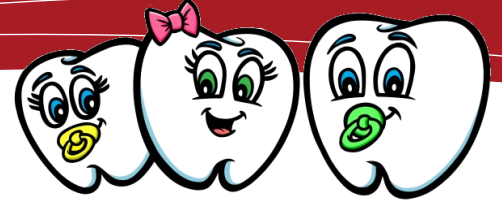
We were able to offer the Smartscape for Landscape Professionals class in Maricopa again this year. We had City park employees and School district employees in attendance, along with several of the Pinal County Master Gardeners. I've also created a much shorter simpler version for Homeowners and Homeowner Association board members to understand the Smartscape principles and why they want to adopt these practices. If you would like to have this training for your HOA board landscape committee, please contact me. These principles have been proven to save HOA's money, save water, promote healthier trees and shrubs, and still have a beautiful landscape.

If you would like to become a Pinal County Master Gardener, we are still offering the training online. You can complete the training at your own pace and at any time of day that works for you. I'll also be offering an in-person Master Gardener training course this fall at the Maricopa Agricultural Center on Smith Enke Road, in Maricopa. Please contact me if you are interested in registering for this class.

Summers in Pinal County can be hot so your plants will do better if you have an automatic irrigation system installed. Drip irrigation is the most efficient way to irrigate. Each plant should have its own emitter. Large trees and shrubs should have more than one emitter. For small plants and annuals, you need to irrigate until the water has penetrated 6-12" down into the soil, every time you irrigate. For shrubs you need to irrigate 12-18" down into the soil, and for trees you need to irrigate 18-24" down into the soil. Native and Desert Adapted trees and shrubs will need less frequent irrigation, maybe only once a month. Your garden and other thirsty annuals may need water every other day. Sandy soils will need more frequent irrigation than soils with clay. A 3-4" thick application of mulch over the entire root zone of your plants will help conserve water, keep the soil and roots cooler, reduce weed seed germination, and feed the soil nutrients as it breaks down.

Consider ways to capture the rain we get during the monsoon season to use on your plants later. Your plants will thank you.

FIRST SMILES ORAL HEALTH



UNDERSTANDING TONGUE-TIE

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



I recently attended several professional development courses where the subject of tongue-tie and sleep disordered breathing in children was discussed. This is an area of great interest and research right now because of the long-lasting health effects it is related to.

What is tongue-tie? If you take a look in a mirror and lift your tongue towards the roof of your mouth, you will see a stretchy rubber-band looking piece of tissue attaching the underneath side of your tongue to the floor of your mouth. That is called the lingual frenulum. If that frenulum is too short, or connected way forwards towards the tip of your tongue, it is called a tongue-tie.

Sometimes this is noticed soon after the birth of a baby because it is hard for the baby to latch well for breastfeeding or is fussy when trying to feed. Depending on the severity of the tie, it may not be noticed until later. It can interfere with speech development, ability to chew and swallow properly, and even increased tooth decay because of the tongue not moving freely to help remove food from the teeth.

New research is showing that tongue-tie in children may be related to sleep-disordered breathing which can exhibit as snoring during sleep, night terrors, behavioral problems mimicking ADD or ADHD, loss of focus at school, or bed-wetting. Adults with tongue-tie may have difficulty with speaking clearly or eating, and may breathe through the mouth instead of the nose. They may also experience sleep breathing disorders because the tongue is not able to lift away from the floor of the mouth and the upper airway is reduced in size, causing sleep apnea. Further effects may be increased cardiovascular and diabetes risks.

If tongue-tie is screened for early, it can help your child avoid many other related health, growth, and development concerns. Usually, it is easily corrected. Check with your pediatrician and pediatric dentist. Find out if they are up to date on the current research on tongue-tie and sleep disordered breathing in children. Ask your primary care doctor and dentist if you have concerns about yourself or other adults.



WHAT'S GROWING ON PINAL GARDENS?

Submitted by Jim Jepsen, Program Coordinator, Sr.



For the last year, everything has been growing along nicely in the world of gardening through the Pinal County Cooperative Extension and the Arizona Health Zone.

This article is going to focus primarily on the happenings of one particular garden in Florence Arizona. I just celebrated nine years with Extension, and this garden has been under my care for almost that long. I am referring to the Florence Community Garden. It is situated on East Eight Street between North Bailey and North Pinal Streets with an impressive view of the Pinal County

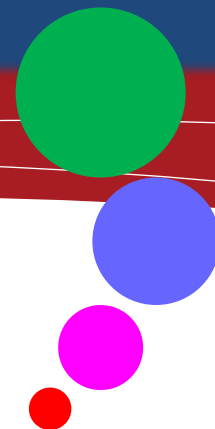
Court House. If you have never been to the courthouse, it is well worth the trip. Especially for its history. Oops I digress. Back to the garden. Over the years we have had a wide range of participants. They have come from church groups, schools, volunteers during Florence Make a Difference Day, town employees, families, Winter visitors, as well as passersby who stop to check things out while they are out for a stroll. All these people who come to the garden are important and have something to give, as well as something to take away. Some of these people have been coming to the garden for years and have given their blood, sweat and tears to make the Florence Community Garden the success that it is. Many are here today and gone tomorrow but are eager to give vital information and how-to knowledge combined with stories of their own garden successes. While others take away enjoyment, education, and portion of the bounty from their hard work.



One of the coolest things about the garden is harvest time. There are basically two growing seasons that we have here in the low desert. The cool season boasts root crops, leafy greens, and cole crops consisting of broccoli, cauliflower, kale, etc. The warm season has tomatoes, peppers, cucumbers, melons, squash and the like. Harvest time is the best time because the gardeners get to pick, prepare, and taste the fruits of their labor. I constantly take

pictures of the events of the garden, and I try to document the efforts put forth in this labor of love. These photos range from seed to harvest and just about everything before, after, and in between. On more than one occasion, I have received pictures back from the garden troops showing what they have done, and dishes that they have created and prepared from produce harvested from their garden. Yes! It's their successful garden. That is exactly why I am here in Extension. Not only to make an impact, but to make a difference in the lives I work with and touch through the UofA.





PAINTING WITH A TWIST

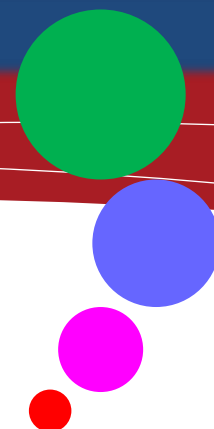
Submitted by Jennie Treadway, Program Coordinator

Have you ever thought about using different objects, foods, or spaces to paint with your toddler or preschooler?

We've put together a top 10 list of ways to paint that'll encourage young children to think about colors, textures, shapes, and more. Many of these painting ideas encourage young children to experiment with different painting tools, including their fingers, sponges, flowers, toys, and lots of other options making painting a fun sensory experience that is great for indoors or outdoors.

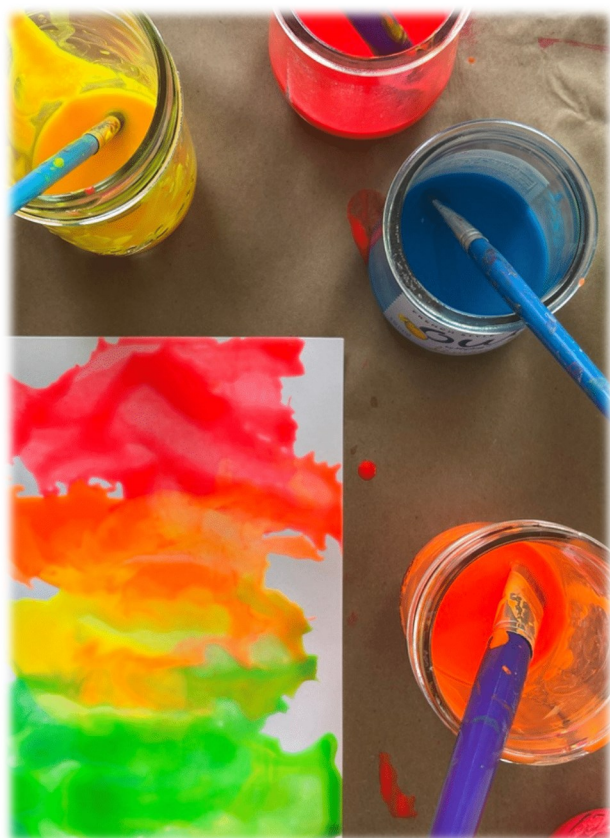
Keep in mind, these activities are about enjoying the process rather than having a perfectly finished final painting.

1. **Painting with Food:** Have you ever painted with a potato, apple, or celery stick? Cut an apple or potato in half and have your child dip the cut end in the paint and then use it as a stamp to paint images on the paper. Celery can be used in the same way, or you can use the leafy ends as a non-traditional paint brush. What other foods can you and your child find to use to paint?
2. **Painting with Household Objects:** Have you ever painted with a pool noodle, fork, Bubble wrap, toilet paper roll, or water bottle? What else can you think of that can be used as a paint brush? How about a car's wheels, a ball, plastic Easter egg, or a Lego brick. The possibilities are endless.
3. **Painting Underneath & Upside Down:** Have fun with it and find a new place to put that piece of paper. How about under the table or the dining room chair. What about the coffee table or end tables? Just a bit of tape and some painting supplies and you have ~~got~~ a whole new way to create unique works of art.
4. **Different Types of Canvas:** Have you ever painted on a clear plastic shower curtain? How about using watercolors to paint on a paper towel or coffee filter? Have you ever made edible art by painting food coloring (mixed in a little milk) onto a slice of bread? Once toasted it makes a great snack!
5. **Ice Cube painting/Painting Ice Blocks:** Speaking of using different materials, what is better on a hot Arizona day than painting with Ice? Keep the kids busy by freezing a large Ice block and a cheap dollar store watercolor set. Place the ice block on a tray or in a container to capture the melting ice and let the kids loose to paint the ice block with all the colors and patterns they can imagine. You can help your child observe what happens with the watercolors as the ice starts melting. The texture starts changing, and so do the colors. If you want to mix the activity up a little, you can freeze some liquid watercolors (found online or at some local craft stores) and have your child use the colored ice cubes to color on paper or fabric to make unique works of art. To save little hands from the cold you can also use popsicle sticks before you freeze them for mini-ice paintbrushes.
6. **Nature Items:** Did you know rocks, flowers, leaves, pinecones, and even grass can make interesting painting materials or even be used as unique canvases to paint on. You can even leave the painted items around your neighborhood to bring a smile to someone face.
7. **Salt Painting:** Grab some glue, salt, cardstock, and watercolors and you are all set for this simple art activity. Use your glue to draw a design or simple picture onto your cardstock. Sprinkle salt onto cardstock image until the glue is thoroughly covered. Tip the cardstock to let the excess salt fall off. Now the fun begins as you add the color! Dip the paint brush into the watercolor paint and gently touch the salt-covered glue lines. Watch as the paint magically travels on the salt in multiple directions. Add lots of colors and watch as the colors mix. When done let the art dry thoroughly. The drying process may take a day or two.



...CONTINUED FROM PAGE 5

8. **Squirt Bottle Painting:** By squirting paint onto a large canvas or bed sheet using a paint filled water bottle, you can create some fun artwork that also works on fine motor skills for preschoolers as well as being a super fun painting technique for kids of all ages.
9. **Painting with Bubbles:** To create beautiful bubble paintings, mix a bottle of bubbles with food coloring or liquid watercolors (found online or at some local craft stores) and then use bubble wands to blow the bubble mixture onto paper or canvas for creative and beautiful designs that will keep your children busy.
10. **Water Balloon Splatter Painting:** This activity might be best outdoors, since water balloon splatter painting is a great messy and fun sensory experience. To begin, fill water balloon or other small-sized balloon with brightly colored washable paint. Then either secure the balloons to your canvas with tape or thumbtacks or just hold the balloons slightly over the canvas. Finally, use a thumbtack, safety pin, scissors, or screwdriver (easier for little hands) and have them pop the balloon over the canvas creating beautifully colorful spatter art.



When your child plays, they learn about themselves and their surroundings. This includes how to coordinate their body movements, talk with friends, apply rules, and more.

The Sensory and Developmental Screening Team with the University of Arizona Cooperative Extension - Pinal County, provides FREE developmental milestone, vision, and hearing screenings to make sure your child is ready and able to learn.

Screenings are recommended for ALL CHILDREN to make sure children are meeting ALL their milestone goals, even if you feel they are meeting their skills.

You can complete a screening online at <https://www.asqonline.com/family/c426ba> or call today for an appointment at (520) 836-5221, ext. 236.



STAY HYDRATED

Submitted by Frank Ruelas, Community Outreach Assistant II

As we enter the summer months in Arizona, it's important to remember how critical staying hydrated is. With average temperatures often soaring above 100 degrees, dehydration can become a serious issue, leading to a range of health problems.

Dehydration occurs when your body does not have enough fluids to function properly. This can happen when you're sweating a lot, which is common during the summer months as more individuals do more outdoor activities. When you're dehydrated, your body cannot regulate its temperature as effectively, which can lead to heat exhaustion or even heat stroke.

To avoid dehydration, it's important to drink 8 cups or more of water throughout each day. This also means staying hydrated even if you don't feel thirsty. Water is the best option to stay hydrated, but if you are participating in outdoor activities you can also opt for sports drinks to replenish any electrolytes lost through sweating. Foods with a high water content (watermelon, cucumbers, lettuce) can also help you stay hydrated. Drinks that have a high amount of sugar or caffeine in them are not recommended to stay hydrated since they have the adverse effect on the body.

Now if you or anyone else is experiencing a heat stroke or heat exhaustion contact emergency services immediately. Until medical help arrives, place cold towels or ice packs around the persons face or arm pits. This along with giving them small sips of water slowly will help them remain stable until help arrives.

If you want more information on proper hydration or other healthy lifestyle choices EFNEP can help. Please contact us at (520) 836-5221, ext. 244 or by email:

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FINANCIAL LITERACY & POSITIVE DISCIPLINE



FINANCIAL INNER CRITIC

Submitted by Muriel Gutierrez, Instructional Specialist

Whether it's about how we run our family, discipline our children, work, our financial life or even our hobbies, we have that little voice inside who seeks to defeat us. We like to call it our Saboteur or our inner critic. These thought processes and feelings appear to protect us, but many times it prevents us from moving forward or attaining what we want in life. Unfortunately, and fortunately, it is neither good nor bad. However, we need to be aware of the power it has over us.

How do I know it's my Saboteur you may ask? Here is some language that your Saboteur may use.

- You aren't good enough (i.e., smart enough, patient enough)
- You don't deserve
- You need to
- You can't, you shouldn't
- They will know (i.e., you are not doing it right, you don't know what you are doing, I am a fraud)
- You deserve to spend, do it
- Should, must
- You're too (i.e.. old, bossy, young, dumb, deep into)

I am sure we have all heard this language of our critic. How do we change that? Here are a few steps to tame that Saboteur!

1. Quiet that critic by not judging yourself. The Saboteur loves to disguise itself in judgment.
2. Be aware when you begin to hear the negative language, be it your self-worth and/or your capabilities.
3. Be cognizant of your environment. What triggered the inner critic? Identify those triggers.
4. Determine if your beliefs are coming from you or are they learned? Are they helpful or holding you back? Consciously let those negative learned beliefs go and speak out loudly as to how you truly feel and keep this new positive thought in mind.
5. Finally, the most important step, as you form and keep new beliefs, to quiet your Saboteur is to be compassionate to yourself.

One exercise that will allow you to get to know your Saboteur a little better and recognize it, is this: imagine this little voice is sitting on your shoulder, look at it and break down who it is. As you look at it answer these questions and imagine or draw it.

- What is your Saboteur's name?
- What does it look like. (i.e., hair, face)
- What are some of the favorite things your Saboteur likes to say to you?
- What does it want from you?
- What is your Saboteur's secret fear?
- What positive statement might you be able to tell it, to quiet it?
- Is your Saboteur a crucial part of your life? If so, when does it serve you? When do you need to silence it?

With these tips and tricks, we can not only identify the critic, but we can tame it and use it to our advantage. So, try out new ways, when we go to make financial decisions - to save and spend, interact with your children, be it in trying out new tools in parenting, trying new activities with our family, or even starting a new job or are handed more responsibility. When our Saboteur rises, we can recognize it and put it in its place.

Tips Adapted from: Central New Mexico Community College's Financial Coaching Training

4-H YOUTH DEVELOPMENT



HALL OF FAME

Submitted by Esther Turner, 4-H YD Program Agent



Victor Patricio Jimenez started his work in 4-H Youth Development back in March of 1970 when MaryFloyd Hamil hired him to work for the EFNEP Program (Expanded Food and Nutrition Education Program). He continued to work in Maricopa County with the 4-H development team, primarily in teen leadership, environmental education, small stock and youth-at-risk. He developed leadership through residential summer camps, working with high-risk youth in low-income communities. He networked with environmental educational programs, cooperating with urban gardening programs. Victor also collaborated with human service agencies in the Phoenix metropolitan area. When there was a need, Victor was there.

January 1, 1998, Victor assumed the challenge of developing a statewide Ag-Literacy outreach educational program at the Maricopa Agricultural Center (MAC). He accomplished this by doing extensive research, attending conferences and workshops, as well as site visits. From there, between 1992 - 1997 there had been an Ag-Literacy field day experience that took place once a year targeting a few local schools in nearby communities. From this base, a well-developed program targeting learners of all ages has evolved that currently reaches more than 3,500 Arizona students and educators annually at MAC. Victor continues to build on the program, never settling for the standard, but always reaching for new ideas and new ways to bring agriculture to the classroom.

The MAC Farm Ag-Ventures educational programming includes a combination of videos, educational presenters, hands on learning experiences and trailer rides around certain parts of the farm for a firsthand view of the aquaculture, green houses, irrigation systems and crops that are all part of the MAC Farm educational experience. Children and teachers across Arizona remember him as the farm man, which brings a smile to Victor's face when they find him "in person" away from the farm. For classes that can't visit the farm, Victor brings the farm to the classroom. Over the years, he has taught over 60,000 children, expanding Agriculture Literacy in Pinal County.

Victor brings agriculture not only to classrooms, but to community events across the state. He has been instrumental in the MAC Farms Annual Farm Days, that allowed residents to visit the farm, take a tour to see the experimental crops, take pictures on antique tractors and spit a cricket or two for distance. No matter what you do on the farm, you have fun!

The past two years Victor has served on the Horse Advisory Committee and the Jr. Livestock Committee making a difference in Pinal County Youth. His efforts to bring the 4-H Flag back into the Livestock ring at fair were successful, so that 4-H is a recognized force once again in the livestock program.

There is not enough time to give justice to all of the work that Victor has done in the 4-H program throughout his career, but it is fair to say he is more than deserving to be recognized in the Arizona 4-H Hall of Fame.

Thank you, Victor, for *Making the Best Better*.



AG—VENTURES



MAC FARM AG—VENTURES ARE 4-U!

Written by Victor Jimenez, 4-H YD Program Agent

EXPERIENCE



MAC Farm Ag-Ventures

 **Farm Field Trips**

 **School Site Presentations**



The MAC Farm Ag-Venture program conducts a variety of fun and educational programs for youth in Pinal County. Learning how our food comes from a farm is important and something that young people learn when they participate in one of these programs.

If you want to know how to get your kids involved in this experience, contact Victor Jimenez (MAC Farm) at 480-620-8633 and get the information you'll need to get involved in the learn by doing activities offered at the MAC Farm.

Have your family members contact your local school teachers as all are welcome and encouraged to come our way!

For more information, you can check out our website at <https://mac.arizona.edu/ag-literacy-program-mac>.

It's All Happening at the farm!

WE LOVE THE FARM !!!

"Very educational; hands-on activities were great."

- Teacher, Phoenix

"The presentations were visual and held everyone's attention. Staff was friendly too."

- Parent, Mesa

"Absolutely wonderful! You have one of the best educational field trips available."

- Adult Volunteer, Tucson

"I don't want to leave, but I hope I can come back again."

- Student, Chandler

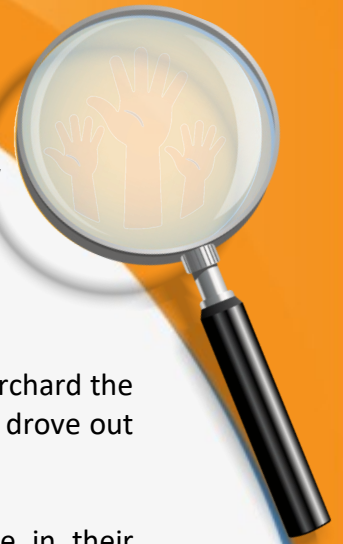
"A great way for urban youth to learn about Arizona agriculture."

- Teacher, Casa Grande



VOLUNTEER SPOTLIGHT

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



Bob Wurth is a long time Master Gardener volunteer who has contributed 7143 hours!

He was the group leader at Maricopa for a very long time. Bob was passionate about the orchard the Master Gardeners used to have at the Maricopa Ag Center. Every morning he and his dog drove out in his big red truck and would walk through the orchard looking for issues.

Bob was also very resourceful in finding things that the Master Gardeners could use in their educational outreach. Bob taught the other Master Gardener volunteers how to weed, prune, and identify diseases and nutrient issues. Everyone at the MAC knew him and they still ask about him.

He has transferred up to the San Tan Valley group as he moved up to that area.

Bob was always there teaching classes and training new volunteers and giving good advice.



Bob Wurth
Thank You - You Make a Difference





COOPERATIVE EXTENSION DAY!!

FREE—FAMILY FUN DAY!

JOIN US FOR THIS
 FUN-FILLED FAMILY EVENT,
 FREE TO THE COMMUNITY...



am**AZ**ing
 is a choice.

INFORMATION INCLUDES:

- Improving your Financial Health
- Learning about Sources of Food & Fiber
- Learning how to Prevent Diabetes
- How to make a Healthy Snack
- How to Garden at Home
- Learning about Oral Health
- Adding Physical Activity to your day
- Learning about Water Conservation Technology
- Getting Vision & Hearing Screening
- And much, much more!

SATURDAY, OCTOBER 7, 2023

9:00 AM—12:00 PM

820 EAST COTTONWOOD LANE

PARKING LOT

CASA GRANDE, AZ 85122

PROGRAMS FEATURED:

- 4-H Youth Development
- Ag-Ventures
- AmeriCorps
- AZ Health Zone
- Child Care Health Consultation
- Developmental & Sensory Screening
- Expanded Food Nutrition Education
- Field Crops Systems
- Financial Literacy & Positive Parenting
- Master Gardening
- Pinal First Smiles
- Prevent Type 2 Diabetes
- Project Water Education for Teachers
- And many others!

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Requests should be made as early as possible to allow time to arrange the accommodation.





FOOD SAFETY IS THE MAIN INGREDIENT

US Department of Agriculture

WASHINGTON, June 21, 2023 – Whether you’re a grill master or a first-time barbecue cook, food safety should always be part of your routine to ensure a healthy and happy Fourth of July.

“Recent USDA [consumer behavior studies](#) have shown that individuals don’t always properly wash their hands or use a food thermometer,” said USDA Under Secretary for Food Safety Dr. Emilio Esteban. “Show your family and friends that you’re a true grill master by cooking food to a safe temperature and washing your hands after handling raw meat and poultry.”

Ensure your food is safe to eat this Fourth of July by following these food safety steps:

Clean: Scrub the grill clean before use. Clean utensils and plates before they touch food. No access to a faucet? Carry bottled water, soap and paper towels. Wash your hands before and after handling raw meat and poultry. Follow proper handwashing steps to stop bacteria from spreading from your hands to your meal. Make sure to wet hands, lather with soap, scrub for 20 seconds, rinse and dry.

Separate: Avoid cross contamination. Separate raw meat and vegetables by using different cutting boards. Place raw meat or poultry on one plate and cooked meat and poultry on another. Don’t use the same utensils to place raw meat and poultry on the grill and take cooked food off.

Cook: Use food thermometers to ensure your grilled food is ready. Insert the thermometer through the side of the patty until the probe reaches the center. Color is never a reliable indicator of doneness. Cook food to a safe minimum internal temperature by using a food thermometer:

- Cook whole cuts of meat to 145 F with a three-minute rest time.
- Cook fish to 145 F.
- Cook ground meats to 160 F.
- Cook poultry (ground or whole) to 165 F.

Although frozen products may appear to be pre-cooked or browned, treat them as raw food and cook thoroughly. Products labeled as “Cook and Serve,” “Ready to Cook” and “Oven Ready” must be cooked.

Chill: Bacteria multiply rapidly between 40 F and 140 F — aka the [Danger Zone](#). Perishable food should be consumed or refrigerated within two hours (one hour if outdoor temperatures are 90 F and above).

For more food safety information, call the USDA Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854), email MPHotline@usda.gov or chat live at ask.usda.gov from 10 a.m. to 6 p.m. Eastern Time, Monday through Friday.



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Esther Turner, 4-H Youth Development Agent

eturner@cals.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: Esther Turner at (520) 836-5221, x211 or eturner@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

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: Cathy Martinez at (520) 836-5221 or clmartin@cals.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: Jennie Treadway at (520) 836-5221, x236 or treadway@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

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: Jennie Treadway at (520) 836-5221, x236 or treadway@cals.arizona.edu