

JULY — SEPTEMBER 2022

Volume 9, 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.

There is an average of 292 sunny days a year in Pinal County, well above the US average of 205. And we are right in the middle of them now! Our physical environment directly impacts how we plant, grow, live, and play. I'm not telling you anything you haven't already experienced if you have lived here very long, and if you are new to the area, welcome!

This newsletter is full of information we hope you will find helpful. If your interest is horticulture, click on the new online Master Gardener and Home Horticulture training link on pg. 10. Wanting to stay active, but it's too hot out? Read pg. 5 and get walking. Take a look at some of the video learning offered by UA on pg. 7, and First Things First on pg. 14.

Whether with gardening, water usage in the home and on the farm, child and family development, or personal health goals, Cooperative Extension is your local partner to help develop strategies and solutions to challenges you may be experiencing. We do this by offering relevant evidence- and research-based programming with a track record of success. Please reach out to us or come by and visit.

Main Office

820 E. Cottonwood Lane, Bldg. C
Casa Grande, AZ 85122
Phone: (520) 836-5221

Satellite Office

820 W. Cottonwood Lane, Ste. #10C
Casa Grande, AZ 85122
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Pinal County Extension Website

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

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Greeta Mills, RDH Med
First Smiles—Oral Health Professional





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 8, 2022

9:00 AM—12:00 PM

820 EAST COTTONWOOD LANE

PARKING LOT

CASA GRANDE, AZ 85122

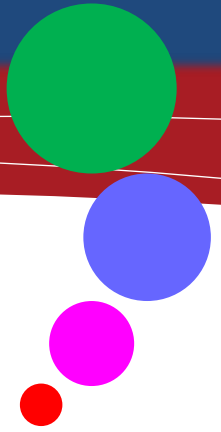
PROGRAMS FEATURED:

- 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
- Strengthening Families
- And many others!

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





FAMILY FUN IN THE ARIZONA SUN SAFETY TIPS

Submitted by Sam Colarusso, Community Outreach Assistant II

Summer in Arizona means long days filled with lots and lots of sunshine. Remembering where you put your sunglasses or if you packed enough sunscreen - it can be tricky to always stay protected from the harmful UV rays of the sun. Tackling sun safety with young children can be a whole other hurdle. Maybe you have kids that think 'sunscreen kick-n-scream' and 'sunglasses hide-n-peek' are fun summertime games. Outdoor play is great for children's development. Playing outdoors gives children opportunities to run, jump, kick, and work on a variety of physical development areas. Being outdoors also provides ample opportunity to work on social skills and problem solving, and can reduce stress. Children should benefit from outdoor play all year long, but we need to take extra precautions in the summer. Here are some tips to help your little ones stay safe in the sun but still have fun!

- Timing is everything: Try to keep outdoor activities happening 10am or after 4pm; then you will miss the harshest UV rays of the day. Wear sunscreen, even if it's not the sunniest time of day - those rays are always working! Use a sunscreen of at least SPF 30. Check the label for "broad spectrum protection" so you're protected from the two kinds of harmful rays, UVB and UVA.
- Squirmy kiddo sunscreen tip: If it's difficult for your child to be still long enough to apply sunscreen, try making a game of it. Freeze dance is a great game for this. Play or sing a favorite song. When the song is on, your child dances. When you pause the song, yell "freeze" and your child must be still while you apply sunscreen. Yell "dance" when you restart the song. Keep alternating between "freeze" and "dance" until all the sunscreen is applied. Don't forget to reapply every two hours or after water play.
- Lookin' cool: Emphasize how cool your child looks in their sunglasses. Point out kids wearing a similar style. Young children look up to older kids and love to imitate them. What you don't want your child to imitate is too much sun exposure to the eyes. Studies show that frequent sun exposure early on increases the risk later in life for eye diseases like cataracts and macular degeneration.
- Harness the power of the hat: Hats are an effective protection from the sun for face, ears, and neck. But getting a toddler to keep a hat on can be a challenge. Hats with a strap work well for infants, but toddlers quickly learn how to undo the strap. Make hat-wearing seem like a fun choice. Let your child choose between 2 or 3 hats. There are many hat choices out there now and you will find some with your child's favorite characters on them. Giving your child choices will make the hat all the more appealing!

As parents, we may not be able to protect our kids from everything, but we can do our part to protect them from the most harmful UV rays of the sun. What's left is being able to enjoy the sun, which we have plenty of chance to do in Arizona! Ensuring the health and well-being of our children is a natural goal for parents. With our Developmental and Sensory Screening Program we aim to help parents achieve these goals by offering free vision, hearing, and developmental screenings. Call us today at (520) 836-5221, extension 236 to schedule your child's free screenings.

Outdoor Alphabet Hunt

An outdoor alphabet hunt can be done in your own backyard, park, garden, or even indoors! First, gather some ABC foam letters or alphabet magnets and place them randomly around the area you want the children to search. If you don't have letters to place around, that's ok, just have the children find items that start with that specific letter and then color that letter in. Just watch out for the pesky Q, X and Y. Now, grab some crayons, markers, or colored pencils, clipboards or hardback books, as well as this printout, for each child to complete. Have the children search around the area indicated (outdoors/indoors) looking for the letters. Once they find a letter or item, have them color the corresponding letter on their printout and have them say the name of the letter they found (or get help saying the name, if needed). Continue until all the letters are colored on their paper.

A B C D E F

G H I J K L

M N O P Q

R S T U V W

X Y Z



Craft brought to you by the University of Arizona Cooperative
Extension- Developmental and Sensory Screening Team.



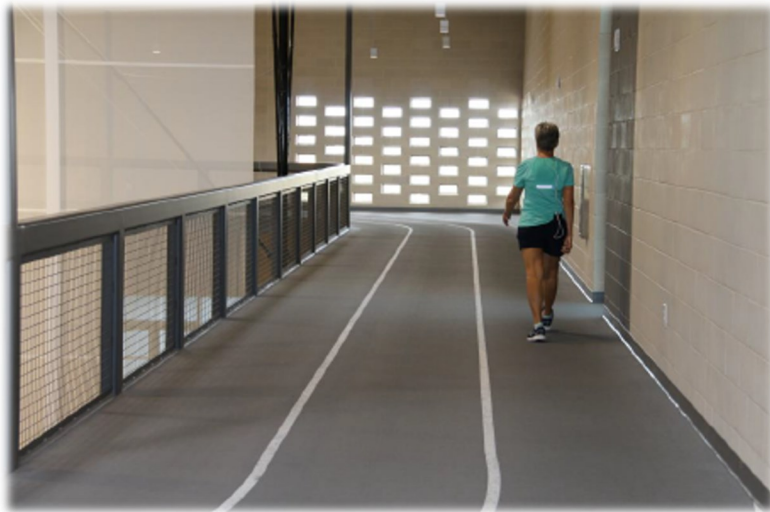
SENIOR WALKING CLUB

Submitted by Mary Gonzales, Community Outreach Assistant II

The AZ Health Zone—Senior Walking Club, in partnership with Casa Grande Parks and Recreation and Pinal County Public Health, began in August 2021. Citizens meet at the Casa Grande Community Recreation Center every Tuesday at 9:00 A.M. and walk the indoor track for 30 minutes. Initially, the objective of the Walking Club was to provide Seniors a safe and cool environment to reach their physical activity goals, but many of our participants have also shared that how much they enjoy walking and socializing with other participants. Most of the Seniors also found they could participate in the Medicare—Silver Sneakers program offered at the CG Community Recreation Center and have shared if it wasn't for the Walking Club, they would not have been aware of that free program.

Testimonials from participants have been very positive. A participant shared, since she's been walking with us for the last three months her A1c (measure of glucose) has dropped from over 9% to 6%. She has also lost weight and her sciatic pain in her legs has almost disappeared. At her last doctor visit, he told her she “deserved a gold star.”

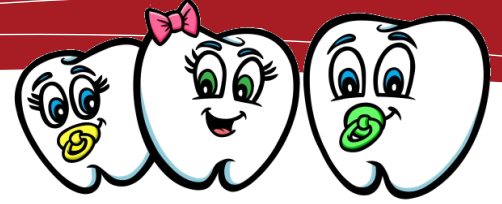
We also had a participant join last week for the first time. She wanted to attend months back, but felt she “would be in the way of the serious walkers” since she uses a walker. After her first session, she shared that she loves that there are “all types of walkers, and she wasn't the only one walking with an assisted device.” She also shared that her husband told her he “was happy she was getting out of the house.”



Another participant shared that she contracted COVID last year and it “damaged her lungs.” This caused her activity to be very limited. She heard about the Walking Club and wanted to slowly get back into being active. I encouraged her to listen to her body and sit between laps. She appreciated the advice since she didn't want to feel like a failure if she couldn't complete the full 30 minute walk.

For more information about the AZ Health Zone—Senior Walking Club or to register, please contact Mary Gonzales, Community Outreach Assistant II at marygonzales@arizona.edu.

FIRST SMILES



BABY BOTTLES (OR SIPPY CUPS) & BEDS—NOT A GOOD COMBO FOR TEETH

Submitted by Greeta Mills, RDH MEd, First Smiles

Your child's first teeth are important so they can chew food, speak properly, and have a beautiful smile. The most frequently seen risk to those teeth is Baby Bottle Tooth Decay, sometimes called Bottle Rot.

Tooth decay starts when teeth are exposed to drinks other than water. Milk, breastmilk, baby formula, and juice all have natural sugars. When teeth are exposed frequently and for a prolonged time to these drinks, the bacteria living in the mouth eat the sugar and make acid. Acid on the baby's teeth soften and eat through the thin protective outer layer of the tooth. This is a cavity, known as Baby Bottle Tooth Decay.

When a baby is put to bed with a bottle or sippy cup of anything other than water, there are several hours of acid on the teeth and decay can happen very quickly. You may see it first in the upper front teeth because those are the first teeth to come in, and they are exposed the most. The teeth may seem to chip or "melt" away. If it progresses and isn't treated, the teeth will continue to rot down to the gum line, and the roots will need to be extracted.

The best thing to do is to avoid causing Bottle Rot. Avoid letting the child fall asleep with a bottle or sippy cup in their mouth. If they are fussy, consider a pacifier instead of a bottle. Wipe down your baby's gums with a finger brush or damp washcloth after feeding, giving special attention to underneath the upper lip. This will help remove any leftover milk and the bacteria that will cause decay. As your baby gets older, brush their teeth twice a day with just a "smear" of fluoride toothpaste. Encourage drinking water instead of juice, milk, or other sugary drinks between meals and with snacks. Take your child to the dentist around their first birthday. If there are signs of decay, it can be treated if caught early.



Healthy Teeth



Mild Decay



Moderate Decay



Severe Decay

AZ PROJECT WET



GROUNDWATER SERIES

Submitted by Shevonda Joyner, Program Coordinator

Do you want to learn more about groundwater and how it is critical to our lives in Arizona?

Watch this 9-part video series produced by Arizona Project WET!

[CLICK HERE](#)



STRENGTHENING FAMILIES



THE STRENGTH OF A FAMILY

Submitted by Esther Turner, Program Coordinator, Sr.

Strong families have love, warmth and care, good communication, predictability, and strong community connections. These qualities are like muscles that get stronger the more you exercise and use them. Our Strengthening Families Program will help give you the tools to exercise these qualities to make your family a strong unit.

The Strengthening Families Program (SFP) is an evidence-based family skills training program for families with children ages 3-5 that is recognized both nationally and internationally. Parents and youth attend weekly SFP skills classes together, learning parenting skills, and youth life and refusal skills. Class begins with a family-style meal, then separate class training for parents and youth in the first hour, followed by a joint family practice session in the second hour. The class concludes with a short family activity to reinforce the lesson taught and ends with a family cheer.

In August, classes will be held in Eloy on Monday evenings and in Casa Grande on Tuesday evenings beginning in August. The session runs for 14 weeks and ends with a graduation celebration. This class is FREE for all who qualify.

To register or for more information, call 520-836-5221.





TRAVELING WITH KIDS

Submitted by Sybil Peters, Instructional Specialist

Traveling during the summer can be an exciting and stressful time for everyone.

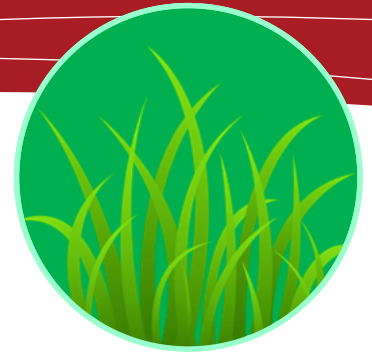
When traveling with children, the stress and special moments can even be greater! Some tips for making your traveling less stressful and more exciting are:

1. When we take children on vacation it takes more time to prepare for the trip than if we just stayed home. The more you can involve children in the preparing process, the more it becomes a vacation for everyone. Discuss travel plans, include something each family member wants to do on the trip, create a packing list together, and allow the kids to do their own packing if they are old enough.
2. Car trips can be more fun if you rotate who sits in front or next to each other. Give yourself time for plenty of rest stops where everyone can get out and stretch their legs. There is usually some neat sightseeing things you can do along the way to your destination.
3. Do not keep pushing until everyone is exhausted. Stop early and enjoy some space from each other to wind down. This is something they and you are used to doing daily at home, after school and activities and it is just as much needed during vacation time.
4. You can create surprises that they can open throughout the trip. They can be inexpensive things like crayons and coloring books, card games, pack of gum or their favorite candy, stickers, small puzzles, etc. You could either make each child their own bag with the items that they can choose from at certain times throughout the trip or wrap each item, so they have fun opening them.
5. At the end of the trip make sure to take time to talk to each other about their favorite memory. If possible, print a couple pictures close to the end of the trip so that you can put them up for everyone to see. This will encourage more sharing of stories and makes the vacation feel a little longer.

Before going on longer trips, it's best to start out with day or weekend trips nearby so that everyone can practice being together on vacation. Many times, when we plan trips, we forget that our children will continue to act like children even in unfamiliar spaces. So, we want to make sure that what we are picturing for our travel matches up to what our children picture and are able to do based on their age and skills.

Traveling also gives our children opportunities to gain experience and practice some social life skills. Learn how special it is to take trips with their family. Experience various parts of the country or world and see how children live similar or differently than they do. It can give them an opportunity to connect with family members that they do not see regularly and create special relationships with them.

Sybil Peters-Positive Discipline Parenting Workshop Trainer
(some traveling ideas in article were used from the
Positive Discipline A-Z Book by Jane Nelsen, Lynn Lott, and Stephen Glenn)



HORTICULTURE IN PINAL COUNTY

Submitted by Anne LeSenne, Assistant Agent, Horticulture



Starting in July we are offering the Smartscape course to professional landscapers who want to polish their skills and offer their clients the very best in horticulture care. Smartscape teaches best management practices for maintaining desert landscapes, how to be water efficient, proper pruning techniques, how to manage desert soils, and proper installation of plants. The first class will be in Maricopa on Wednesday afternoons from 3pm to 6pm for nine weeks. Once you complete the course you will have the opportunity to be listed as a Smartscape trained professional on the website. Scan for more details and to register.

We are now offering our Master Gardener training course online. The course consists of 15 units which you can complete at your own pace. You can begin the course whenever it's convenient for you and you'll have 6 months to complete the course. If you would like all the learning but don't want to commit to the volunteer hour requirements, you can opt for the Home Horticulture course instead. For more information [click here](#).

Our Master Gardeners will start teaching their Gardening courses again in Casa Grande and Maricopa in September. Since we are having a tremendous influx of people from out of the state, we will be focusing on how to garden successfully in the low desert.

Visit our website for Event dates and details. <https://extension.arizona.edu/pinal-master-gardener>





THE UNIVERSITY OF ARIZONA

Cooperative Extension

Pinal County



MASTER GARDENER ONLINE COURSE

Master Gardener classes are taught by University of Arizona Cooperative Extension faculty, industry professionals and other horticulture experts.

Participants will learn the fundamentals of selecting, installing, and maintaining healthy, appropriate landscapes and gardens for Pinal County.

WHO SHOULD JOIN:

Anyone with an interest in environmentally responsible landscaping and gardening in Pinal County AND a desire to teach those principles/skills from research-based materials to others.



The University of Arizona Cooperative Extension trains gardening enthusiasts of Pinal County as **Master Gardener Volunteers** who help their fellow citizens grow better gardens and more sustainable landscapes.

These Master Gardener courses are provided online all year through **DESIRE 2 LEARN (D2L)**. D2L is a cloud-based software suite used for online and blended classroom learning.

The course will be completed online anywhere with an internet connection, and usually in the convenience of your home. The cost of the course is \$200 plus the purchase of the Arizona Master Gardener Manual.

CONTACT US!

Theresa Ellsworth, Administrative Assistant
820 E. Cottonwood Ln., #C, Casa Grande, AZ 8522
(520) 836-5221, x202
tellswor@cals.arizona.edu

SOME OF THE COURSES AVAILABLE:

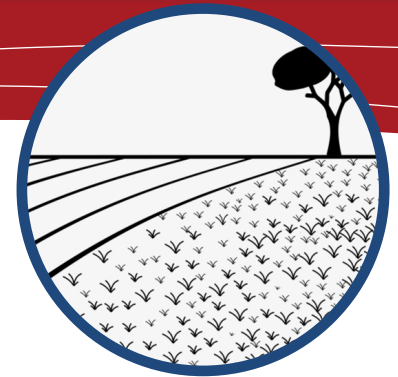
- ☑ Botany
- ☑ Cacti & Succulents
- ☑ Desert-Adapted Plants/Natives
- ☑ Entomology
- ☑ Irrigation & Landscape Watering
- ☑ Integrated Pest Management
- ☑ Soils & Fertilizers
- ☑ Tree & Shrub Pruning
- ☑ Turf
- ☑ Vegetable & Herbs
- ☑ And much more!

JOIN US TODAY!

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FIELD CROPS SYSTEMS



IMPACT CONTINUES FOR AG PRODUCERS

Submitted by Blase Evancho, Assistant in Extension

Pinal County water issues continue to impact our agricultural producers. The tier 1 shortage, clarified below, was declared in August 2021 on the Colorado River requiring Pinal County growers to change their systems to continue to produce crops on substantially less water. How much less you ask? For example, the Maricopa Stanfield Irrigation and Drainage District (MSIDD) has a long-term water allotment average of 4 acre-feet. This means that for every acre a grower has a water right on in the district they would receive 4 acre-feet or 325,851 gallons of water to utilize on that acre. The shortage has caused MSIDD to reduce that amount of water to a range between 1.7 – 2.8 acre-feet depending on where the grower's fields are in the district.

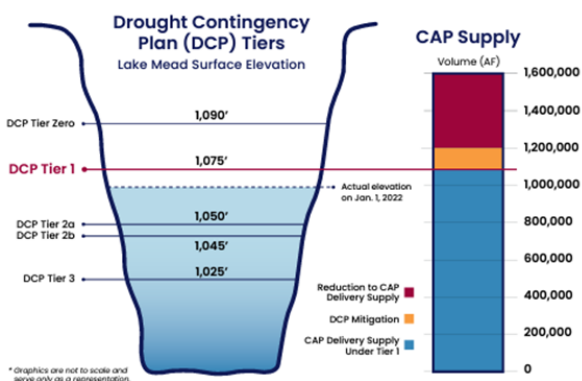
WHO IS IMPACTED BY ARIZONA'S TIER 1 SHORTAGE IN 2022?

The Tier 1 shortage has resulted in a substantial cut to Arizona's share of the Colorado River, with reductions falling largely to central Arizona agricultural users. Water supplies for cities, tribes and industrial users have not been affected in 2022.

The following infographic shows CAP mandatory reductions for 2022 in a Tier 1 Shortage:

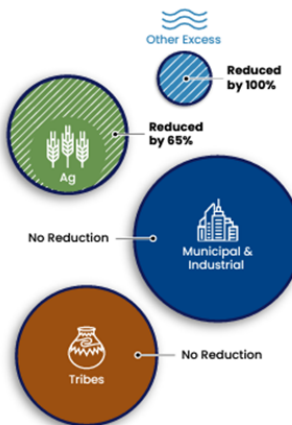
TIER 1 SHORTAGE:

CAP Reductions



To learn more, please visit: www.cap-az.com/colorado-river-shortage

2022 Reduction to CAP Users After DCP Mitigation



MSIDD has a long-term water allotment average of 4 acre-feet. This means that for every acre a grower has a water right on in the district they would receive 4 acre-feet or 325,851 gallons of water to utilize on that acre. The shortage has caused MSIDD to reduce that amount of water to a range between 1.7 – 2.8 acre-feet depending on where the grower's fields are in the district.

[Click Here](#) for the Colorado River Shortage Fact Sheet.

While many growers are investigating ways to modify their production systems to produce more revenue per drop of water, the most common production change is to fallow more acres and focus all the irrigation water on the best producing acres. While this is an easy short-term solution, many producers can't sustain their current operation with fewer acres. To assist growers, Cooperative Extension is currently working on and applying for large amounts of grant money to research and implement water saving infrastructure and production systems. The current projects focus on guayule production, which has invested approximately \$15 million to increase agronomic and co-product research to make this low water use crop economically viable (<https://sbar.arizona.edu/>). Another \$10 million has been secured to research ground water sustainability in the Southwest and see how soil health and cropping systems impact our groundwater resources ([Agricultural Water Center \(ucdavis.edu\)](http://Agricultural Water Center (ucdavis.edu))). Other grants researching novel cropping systems and securing irrigation infrastructure funding are underway and, if secured, could bring over \$100 million in resources to Central Arizona to support the crop production industry.

Hopefully, we can continue to secure funding for agriculture research and develop irrigation water efficiencies that will allow agriculture to flourish in Pinal County.

NETWORKING NEWS



UA QUESTIONS/COMMENTS

Submitted by Cathy L. Martinez, County Extension Director

Any member of the public can access our *Question and Comment* form at extension.arizona.edu.

Click on [Questions/Comments](#) to submit queries in English or on [Preguntas](#) to submit queries in Spanish.

Any query submitted via these forms goes to our Client Relationship Management system (CRM), where it is translated (if necessary) and assigned to the appropriate extension subject matter expert for a response.

You can also reach our Pinal County Cooperative Extension office by emailing us at PinalCE@arizona.edu.

COVID AND US FOOD SUPPLY CHAIN

Submitted by Cathy L. Martinez, County Extension Director



Article from the Cleburne County, AL Extension Newsletter, Summer 2022:

Americans expect a variety of healthy and safe food on grocery store shelves. This is possible due to a complex food supply chain. The food supply chain involves the process it takes to move food from producers to consumers. This process includes the rapid and safe growing, handling, and transporting of food by air, land, and sea. Our food supply chain system, however, faced extraordinary disruptions as officials worked to prevent the spread of COVID-19. From border closures

to restricted transport channels, social distancing, and travel bans, the foodservice industry came to a near standstill at the start of the COVID-19 pandemic.

Additionally, regardless of the product or where it is moved, the United States (US) food industry relies heavily on human labor to process food from the farm to market. For example, farmers sow seeds and harvest fruits and vegetables or raise livestock. Workers package food and drive trucks to transport the food across the country. Workers also load and unload food on shipping containers from across the oceans. In other words, the US food industry is only as strong as the people who maintain its operations. From farmers and field workers to transporters and retailers, the COVID-19 pandemic caused disruptions at every stage of the food supply chain.

To read more on this article, [click here](#).

FIRST THINGS FIRST



PARENTS PLAYBOOK BREAKS DOWN THE GAME PLAN FOR PARENTING

Submitted by Annette Lopez, Pinal Region Community Outreach Coordinator

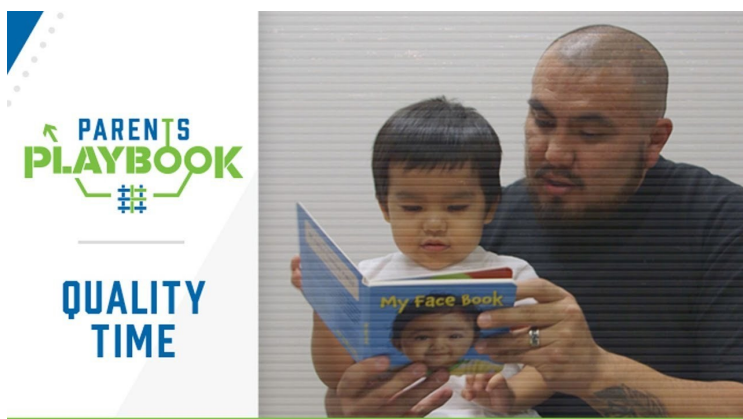
Arizona's early childhood agency, First Things First (FTF) has produced a series of videos designed to deliver highlights and in-game parenting analysis for dads, moms and grandparents.

These short videos take the format of a sports news television program, but the players are babies, toddlers, preschoolers and their families.

Parents and caregivers who visit FTF's [Parents Playbook](https://www.firstthingsfirst.org/resources/parents-playbook/) page at <https://www.firstthingsfirst.org/resources/parents-playbook/> will find a variety of parenting topics such as how to make the most of quality time with your child.

Time is tight for most parents, but early childhood experts remind families that just a little of your focused attention goes a long way with a young child. The short video explains why and breaks down a game plan:

- Follow your child's lead.
- Get down on their level.
- Give them your attention and encouragement.
- Make it a back-and-forth contest.
- Keep it fun and show them the love.



"Parenting is a forever learning process, and all parents want to do the best they can," said Kat Willard, FTF's senior director for family support and literacy. "The latest research tells us that when parents make time to connect with their child through everyday moments it helps the child learn how important and cherished they are."

Research also shows that today's moms and dads turn to online content, especially videos, when looking for guidance on parenting. The videos remind parents that raising a young child comes with both joys and challenges, and no parent is perfect. But FTF is there to help families do their best in guiding their children's healthy development.

About First Things First — As Arizona's early childhood agency, First Things First funds early learning, family support and children's preventive health services to help kids be successful once they enter kindergarten. Decisions about how those funds are spent are made by local councils staffed by community volunteers. To learn more, visit [FirstThingsFirst.org](https://www.FirstThingsFirst.org).

READY FOR SCHOOL. SET FOR LIFE.

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

4-H provides educational opportunities for youth to become capable and contributing members of a global community. Children, ages 5-19, learn about healthy lifestyles, animals, plant sciences, and leadership.

Contact: 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 g Mills@email.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

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