

# PINAL COUNTY QUARTERLY NEWSLETTER

OCTOBER — DECEMBER 2022

Volume 9, Issue 4

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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.

## We need your help!

The University of Arizona Cooperative Extension is conducting a statewide needs assessment to better understand community needs and priorities. The University of Arizona Cooperative Extension programs cover many areas including Health, Agriculture, Gardening, Youth Development, Economic Development, and more.

By completing this anonymous 15-minute survey, you will be helping us make important choices about how to best continue serving our community through these programs and partnerships.

Please scan the QR code (below) or visit the link: <https://bit.ly/uace2022>



ENGLISH SURVEY



SPANISH SURVEY

Thank you for taking the time to help us focus our efforts. Your input is valued and will be important in guiding the direction of Cooperative Extension for years to come.

*Chris Crockett*  
Chris Crockett  
Media Technician, Senior

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





# 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.



# NETWORKING NEWS



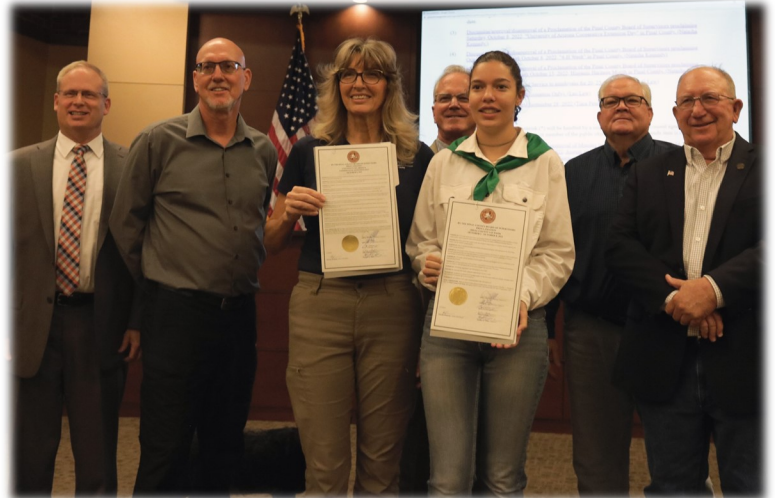
## COOPERATIVE EXTENSION & PINAL COUNTY 4-H PROCLAMATION

*Submitted by Chris Crockett, Media Technician, Sr.*

On Wednesday, September 28 the Pinal County Board of Supervisors made two official proclamations.

The first proclaiming October 8, 2022, as University of Arizona Cooperative Extension Day in Pinal County. The second proclaiming October 2, 2022, - October 8th, 2022, as Pinal County 4-H week.

We thank the Board of Supervisors for their recognition and we are excited to celebrate with the community. We hope to see you all at this year's Cooperative Extension Day Event (see the flyer on page 2).



### Proclamation

**WHEREAS**, 4-H youth across the nation are keeping it green by leading efforts to solve problems in their communities, raise awareness about environmental issues, and make a difference for their futures; and

**WHEREAS**, 4-H is one of the largest youth development organizations in Arizona and the largest in the nation with six million young people; and

**WHEREAS**, 4-H in Arizona provides non-formal educational programs and experiences for more than 17,000 young Arizonans; and

**WHEREAS**, 4-H as part of the University of Arizona Cooperative Extension is a program where youth learn through opportunities that provide them hands-on experiences in 4-H's mission mandates of science, engineering and technology; healthy living; and citizenship; and

**WHEREAS**, 4-H youth will be members of all program advisory and program activity committees at the state and local levels; and

**WHEREAS**, 4-H has connected youth and their communities with the innovative research and resources from our nation's 106 land-grant universities and colleges for more than 100 years; and

**WHEREAS**, #4H brings opportunity and belonging to ALL kids; and

**WHEREAS**, National 4-H Week celebrates opportunity for ALL youth; and

**WHEREAS**, We believe in the power of young people; We see that every child has valuable strengths and a real influence to improve the world around us; and

**WHEREAS**, We celebrate #4-H week! Impacting kids today and tomorrow; and

**NOW, THEREFORE, WE**, the Pinal County Board of Supervisors, do hereby proclaim the period between October 2 and 8, 2022, as Pinal County 4-H Week throughout Pinal County and encourage all of our citizens to Believe in the power of #4H.



THE UNIVERSITY OF ARIZONA  
**Cooperative Extension**  
Pinal County

### Proclamation

**WHEREAS**, The University of Arizona Cooperative Extension, Pinal County is the outreach arm of the University of Arizona and brings the university to the people; and

**WHEREAS**, Cooperative Extensions mission is to engage with people through applied research and education to improve lives, families, communities, the environment and economies in Arizona and beyond; and

**WHEREAS**, Cooperative Extensions Field Crops Systems program provides research and resources to Pinal County's agricultural community; and

**WHEREAS**, Cooperative Extensions Master Gardeners are University-trained volunteers who serve as community educators, providing research-based information on environmentally responsible gardening and landscaping to the public; and

**WHEREAS**, Cooperative Extension has developed and provided programs that promote strong, healthy families; and

**WHEREAS**, Cooperative Extension demonstrates outstanding leadership and tireless efforts in addressing nutrition education and physical activity through Expanded Food and Nutrition Education Program (EFNEP), Diabetes Prevention Program (DPP) and AZ Health Zone; and

**WHEREAS**, Cooperative Extension 4-H gives youth that extra edge for life success by offering numerous opportunities to develop leadership, responsibility, citizenship and other life skills; and

**WHEREAS**, Cooperative Extension provides innovative programming including Strengthening Families, Parent Education and Financial Literacy Programs; and

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

**WHEREAS**, Cooperative Extension also provides many vital programs and services to the community for young children including Developmental, Sensory and Oral Health Education and Screenings and Child Care Health Consultation (CHC); and

**WHEREAS**, Arizona Project WET develops water stewardship and STEM (science, technology, engineering and mathematics) literacy by providing teacher professional development that evolves instructional practice and deepens content knowledge, direct student outreach that delivers or extends classroom learning, and community engagement; and

**WHEREAS**, support for University of Arizona Cooperative Extension, Pinal County and continued coordination and collaboration among federal, state and local governments is vital to ensure sustainability as the State's premiere non-formal educational network.

**NOW, THEREFORE, WE**, the Pinal County Board of Supervisors, do hereby proclaim October 8, 2022, as University of Arizona Cooperative Extension Day, throughout Pinal County and encourage all of our citizens to recognize Cooperative Extension for the significant impact they have made to their commitment to delivering high-quality, relevant educational programs and information to Pinal County citizens and communities.

Pictured: Pinal County Board of Supervisors, Assistant Agent Anne LeSenne, 4-H Youth Representative Asher Goncalves

# FIRST SMILES



## NOT JUST ABOUT TEETH

*Submitted by Greeta Mills, RDH MEd, First Smiles*



So often when I chat with parents and caregivers about helping their child develop good oral health habits, our conversation is focused on tooth brushing, healthy snacks for teeth, and reserving juice and milk for mealtime, instead of snack time, to reduce the risk of decay.

While all of those things are vital to reduce the risk of cavities, sometimes we don't get the opportunity to talk about the overall long term health benefits of a healthy mouth.

For several decades, researchers have been looking at the link between oral health and overall health. Our mouth is one area of the body where bacteria can have direct access to our blood stream. When our gums are unhealthy, they will tend to bleed, which allows the bacteria in our mouth into our blood stream. When we have inflammation of our gums, we often cannot see it or feel it. But, inflammation in the mouth directly impacts the levels of inflammation in the body. Inflammation in the body is linked to risks for diabetes and heart problems. In expectant mothers, it is connected with pre-term labor and low birth-weight babies.

If we were to take the little pockets of gum tissue from around our teeth and lay them out flat, they would measure about the size of the palm of our hand. Just imagine if you had an area of inflammation or infection, a bleeding wound the size of your hand, out in the open where you could see it. Likely, you would be very concerned and be checking in with your doctor for help in getting it to heal. When you see your dentist or dental hygienist, they will check the health of your gum tissue and let you know if there are areas of concern.

Heart health is one area that has been extensively studied and found to be closely linked to oral health. One recent study looked at more than 160K people over a 10-year period of time. They found that those individuals who brushed at least twice a day had a 12% lower risk of heart failure and a 10% lower risk of atrial fibrillation which is an irregular, rapid heartbeat that increases the risk of stroke, heart failure and blood clots. These findings were independent of age, sex, regular exercise, body mass index, alcohol consumption and other factors that would increase risks.

Helping our children get off to a good start with a healthy mouth can help them have a healthy heart as well! And when we help them develop good habits by modeling good habits, we help our own heart too. Keep brushing, visit the dentist for regular cleanings and check-ups, and keep smiling!

# FINANCIAL LITERACY & POSITIVE DISCIPLINE



## STAYING CONNECTED DURING THE UPCOMING HOLIDAYS

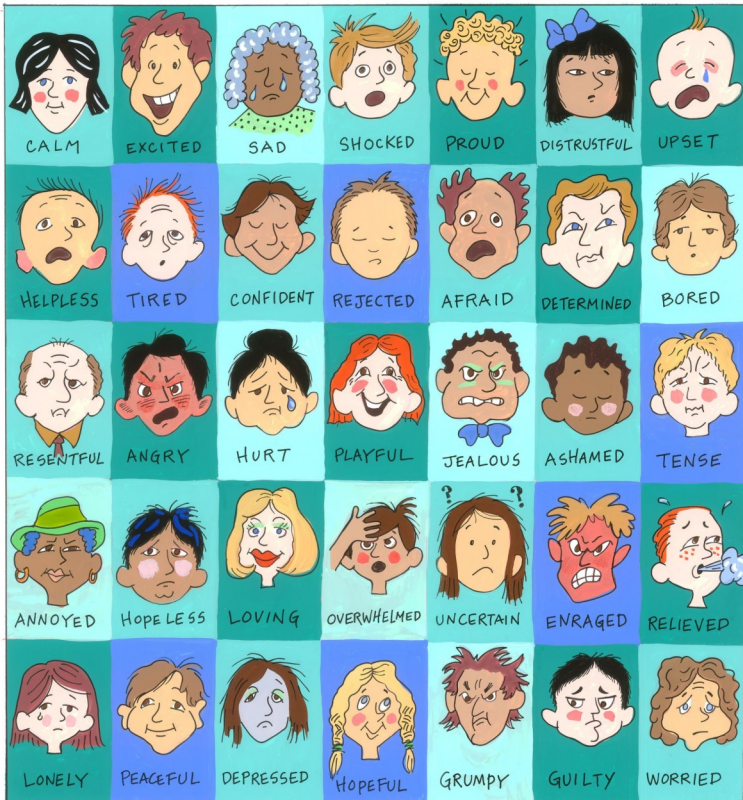
*Submitted by Muriel Gutierrez, Instructional Specialist*

Holidays can be fun and joyous events, but for many they are difficult for varying reasons. Children often feed off the stress of the adults around them and many times can't express their emotions. This can cause them to act out in ways that stress parents out even more and cause conflict within the home.

Society teaches us that it is not acceptable to have feelings, to talk from our heads instead of our hearts, and use judgements in lieu of emotions. Being able to express or even recognize our emotions is important for our mental health. Helping our children recognize those during the most stressful of times will give the life skills of resiliency, empathy, self regulation, and emotional intelligence.

Many times parents automatically expect children to know how to express themselves, but first children need to be able to identify their emotions. When both parent and child familiarize themselves with the vocabulary of emotion they can better pinpoint and communicate what they are feeling.

## Positive Discipline Feeling Faces



One way to help them with this is sitting with them and having them share while using the feeling faces chart. For instance; "I feel \_\_\_\_ because \_\_\_\_ and I wish \_\_\_\_". An example is "I feel sad because we leave grandmas house and I wish I could see her more." Take time to acknowledge these feelings and come up together with solutions to address them.

These sessions are always a good time too, to say "I need a hug" and if they are not ready for one let them know that when they are ready, YOU will still need that hug. The physical connection will help uplift both of your moods and reduce stress. These small moments will help families better deal with the stress of the upcoming holidays and focus on these being the best times of the year!

# FINANCIAL LITERACY & POSITIVE DISCIPLINE



## ENJOY THE HOLIDAYS & KEEP YOUR POCKETBOOK HAPPY TOO!

*Submitted by Muriel Gutierrez, Instructional Specialist*

According to Moneygeek.com, in 2021 the average respondent to their surveys stated they spent an average of \$1,131 per person. Also 65% said credit cards were the payment of choice, with 40% of them saying they were still paying them off into the spring. Holidays as a norm can be financially stressful on a family which can make it difficult to enjoy them, add the stress of knowing you will still be paying it all off into the new year can turn anyone into a grinch.

So what are some ways to make this year festive while saving some money and not pulling out that credit card? Here are some ideas for any holiday you may celebrate from October thru December. Many kids and adults love Halloween and if that is a day you revel in, instead of buying expensive costumes, challenge the kids to make an outfit from what they have in the closet. Make it a contest or a game. Instead of buying expensive candy, find festivals in your area that are free.

For Thanksgiving, with food prices on the rise, create a new tradition. Plan a picnic or potluck with family or friends. Arizona weather in November is perfect for that and you save on making an entire expensive meal as well as cleanup. No worries you football fanatics, plan your meal around the games so you can still watch them while stuffed. Also keep in mind the soup kitchens are always looking for volunteer servers.

For those that celebrate in December look for free events in your area, plan a day trip up to Mount Lemmon for a snow day, volunteer as a family for those less fortunate, plan a neighborhood holiday parade, bake cookies and go take a tour of the lights in your town. For those who celebrate with gifts, change it up, instead of buying gifts, have everyone make home made gifts, and do a family white elephant exchange. This works well in big and small families and it's a fun game!

Now how do you propose this to your family? Include them in on the planning, this will help get everyone excited for some new traditions. Discuss the changes during your family meeting and present the events available for the specific holiday you are planning for. If volunteering is on your list, get input on where your family would like to volunteer.

If you are doing a potluck or picnic have the kids help plan location and make decorations. Don't disregard all your family traditions, but maybe just change up the most expensive ones and create new traditions. The excitement of new experiences and adventures will be fun and keep your family and your pocketbook happy with minimal stress going into the new year when we can start our savings instead for 2023 holidays!

### Events Links:

This is Tucson: <https://thisistucson.com/>  
Eventbrite: [www.eventbrite.com](http://www.eventbrite.com)  
Vacation idea: [www.vacationidea.com](http://www.vacationidea.com)  
Visit Phoenix: [www.visitphoenix.com](http://www.visitphoenix.com)  
Kids out and about : Also an app  
<https://phoenix.kidsoutandabout.com>

### DIY gifts links:

<https://happyhooligans.ca>  
<https://kidsactivitiesblog.com>  
<https://rhythmofplay.com>

### Volunteer Links:

[www.volunteermatch.org](http://www.volunteermatch.org)  
<https://www.justserve.org>  
<https://www.dosomething.org>

## GIVING BACK TO LOCAL PARKS & RECREATIONS

*Submitted by Victoria Iniguez, Community Outreach Assistant*



**FLORENCE**



**CASA GRANDE**



**COOLIDGE**

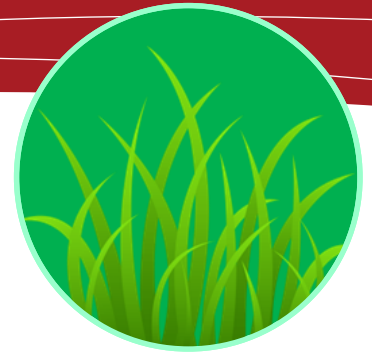


**ELOY**

The University Of Arizona Pinal County Cooperative Extensions AZ Health Zone Program has developed a partnership with local Parks and Recreations by supporting ongoing efforts to increase physical activity opportunities and resources in Casa Grande, Eloy, Florence, and Coolidge. The equipment purchased will assist the participants of these programs in getting the recommended one hour of physical activity.

Providing physical activity equipment to the Parks and Recreation departments will help engage youth in upcoming events, programming, and special interest classes. Az Health Zone will continue to support local parks and recreation in future events and programs, as the need arises.

# GARDEN & LANDSCAPE



## HORTICULTURE IN PINAL COUNTY

*Submitted by Anne LeSenne, Assistant Agent, Horticulture*

In July we offered 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 gave us eight (8) graduates. Once you complete the course, you will have the opportunity to be listed as a Smartscape trained professional on the website. If you would like to have this training in your community or at your business, please email [anne.lesenne@arizona.edu](mailto:anne.lesenne@arizona.edu).

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 six (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>.



San Tan Valley Master Gardener's will have a **plant sale** at the Farmers' Market on October 8<sup>th</sup>, 7am to 10am (or until sold out), on the corner of Ironwood and Ocotillo in San Tan Valley.

Saddlebrooke Master Gardener **plant sale** will be on October 13<sup>th</sup>, 9am to 11am at the Mountain View Clubhouse at 38759 S. Mountainview Blvd., outside the ballroom on the patio. Among the many different plants for sale, there will be Agaves of various types, Blue Elf Aloes, Firesticks, Slipper plants, Blue Euphorbia (gopher

plants), Pinecone cacti, Mangaves, Bulbine, many Irises, and herbs. Plants will be in 4" to 5 gallons in size. Payment can be made by cash or check. There will be a limited number of wagons available for transporting plants. Questions: [juliepeek@gmail.com](mailto:juliepeek@gmail.com).

**Monthly Gardening Classes** are offered in San Manuel at the Library. Check with the Library for the class schedule and to sign up to attend. Space is limited. For more information email [Kathy.Smith@pinal.gov](mailto:Kathy.Smith@pinal.gov).



# 4-H YD PROGRAM



## LOOKING FOR VOLUNTEERS!

*Submitted by Amy Goncalves, Extension Professional II*

Do you have a hobby or something you are passionate about? What better way of enjoying the day then by sharing your passion? Teach others about what you love!

4-H is looking for volunteers that have something to share. Do you love gardening? Teach kids how to start a garden. Love taking pictures? Show kids what to look for in a fabulous picture. Like building model airplanes? What kid wouldn't want to watch airplanes fly and know how to build them? 4-H is more than livestock. There are projects in robotics, art, electricity, gardening, cooking, computer coding, and almost anything a child wants to learn about.

There are so many ways for you to share and volunteer. You can become a project leader and teach kids over a year about something exciting. A project leader meets with their group 1-2 times a month (on a day of their choosing) and they do several small projects, or one big project. A big one could be to plant a raised bed garden and learn about soil, water, and different plants. Several small projects could be to repot plants, learn how to identify plants by their leaves, or go on a nature walk to see how different plants are used. A project is anything the leader and students make it.

You could volunteer by being a guest speaker at a project meeting, community club meeting, or special class. Volunteer as a judge, they are always needed for fair and special events. Becoming a volunteer is easy, just talk to Samantha Dominguez at (520) 836-5221 or [sam030801@arizona.edu](mailto:sam030801@arizona.edu). Volunteers are needed throughout the entire county, so check out a 4-H club near you.



# AZ PROJECT WET



## PINAL COUNTY WATER FESTIVALS

*Submitted by Shevonda Joyner, Program Coordinator, Sr.*

The Arizona Water Festival season has arrived for the 2022-23 school year. The Arizona Water Festivals instill a deeper understanding of water in the earth systems and Arizona's water resources through a 4th-grade curriculum unit driven by exploration and inquiry. The program includes teacher professional development, 10 lesson plans that activate learning, and a festival event with water professionals and community volunteers engaging students in activities on groundwater, watersheds, the water cycle, and water conservation technology.

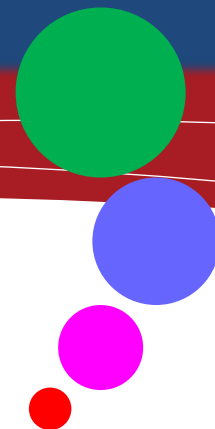
The success of the water festivals relies heavily on volunteer participation. For Arizona Project WET, the festivals scheduled for the 2022-23 school year are listed below:

- Florence Water Festival, November 10, 2022
- Coolidge Water Festival, November 17, 2022
- Maricopa Water Festival, February 21, 2023
- Apache Junction Water Festival, March 2, 2023
- Casa Grande Water Festival, March 28, 2023
- Southern Gila Water Festival, April 20, 2023

To volunteer for any of the water festival contact Shevy Joyner, Program Coordinator, Sr. at [shevondajoyner@arizona.edu](mailto:shevondajoyner@arizona.edu) / (520) 340-4290, phone.



**[CLICK HERE TO REGISTER!](#)**



## FALL EXPERIMENTS WITH YOUR KIDS

*Submitted by Jennie Treadway, Program Coordinator*

When children and preschoolers participate in science activities, it nurtures and builds their curiosity and creativity. Introducing young children to science helps to build their brain development and by using materials that children like to play with and are familiar with helps them interact with the world around them. It can also help by building their communication skills by talking about what they may be seeing, feeling, tasting, hearing, and smelling.

Preschoolers learn best by doing, so choose preschool science activities that emphasize hands-on experiences and require minimal explanation from you. So go out there and have some fun and remember the University of Arizona, Cooperative Extension in Pinal County can help you check in with your child's developmental milestones as well as provide you with fun activities to do with you child at any age from 0-5 years old. Call the sensory and developmental screening team today for a FREE appointment 520-836-5221, ext. 236. Below are a few Fall Experiments for you to try and have fun with your children:

### **Sink or Float?**

Start by asking your child whether they think the pumpkins will sink or float. If they are older ask them why? Gather both big and small pumpkins and a large container of water. Experiment and discuss. Are there other fruits or vegetables that you can experiment with? Do other fruits and veggies float? Talk about why they float...the pumpkin (and a watermelon) will float because its mass is less than the mass of water it displaces.

### **Guess the Pumpkin's Weight**

Using the pumpkins from the sink or float activity and a bathroom/kitchen scale, have your child guess how much it will weigh. Which one will weigh more? Is the pumpkin heavier or lighter than them? Does it weigh more than a common object around the house (their backpack, a favorite toy)? Do other fruits and veggies weigh the same? Were their predictions close?

### **Pumpkin Slime...In a real Pumpkin!**

#### SUPPLIES:

- Small Pumpkin
- 1/4 Cup Liquid Starch
- 1/2 Cup Clear School Glue
- 1/2 Cup Water
- Measuring cup
- Spoon/pumpkin scoop
- Knife (adults only to cut the pumpkin)



Cut open the pumpkin and loosen up/remove some of the inner parts of the pumpkin to make room for the slime (make sure to leave seeds and some guts for the fun). Mix the water and glue together in separate bowl. Mixing well. Pour the liquid starch directly into the pumpkin and then add the starch/glue mixture. Then let the children get their hands in there and mix...well. To help handle the slime put a little starch on their hands.

# Kindergarten Readiness

Watch your child grow

Scan QR for  
fun activities

## What is Kindergarten Readiness?

Entering kindergarten is a big change for you and your child. It is an exciting time, and it also might be a little scary for you both. You can help by preparing yourself and your child for this big step well ahead of time. Kindergarten readiness refers to the developmental domains that contribute to a child's ability to adapt to the kindergarten classroom, which is often a new and unfamiliar environment. While there is no single agreed upon definition of Kindergarten readiness, we have prepared a few activities that can help get your child ready to succeed in school and life and become great learners, thinkers, and doers.

Ages  
Birth-2 Years



Ages  
2-3 Years



Ages  
3-4 Years



Ages  
4-5 Years





# Back-to-School Immunization Appointments



Pinal County Public Health Clinics are scheduling immunization appointments for back-to-school. Clinics are open from **8:00 a.m. to 6:00 p.m.** Call our Central Appointment Desk at **1-866-960-0633** to secure an appointment in any of the following Public Health Clinics below:

- **Apache Junction Clinic** - 575 N. Idaho Rd. Suite 301, Apache Junction, AZ 85119 (Tuesday-Friday)
- **Casa Grande Clinic** - 1729 E. Trezell Rd. Suite 120. Casa Grande, AZ 85122 (Monday-Friday)
- **San Tan Valley Clinic** - 36236 N. Gantzel Rd., San Tan Valley, AZ 85140 (Monday-Thursday)
- **Coolidge Clinic** - 119 W Central Coolidge, AZ 85128 (Wednesday & Thursday)

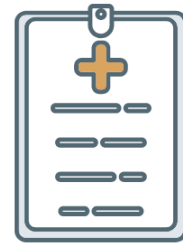
## Follow these steps to make sure your child is ready for school:

**1. Schedule** your child's visit before school starts at 1-866-960-0633. Avoid long wait times by scheduling an appointment today!

**2. Talk** to your child's health care provider and school about what vaccines your child needs. We recognize every child is different.

### Before your appointment:

**3. Bring** your child/children's Immunization (shot) Records.



**4. Fill out and bring** the immunization registration form (1 per each child) if possible. Having the form filled out ahead of time will decrease the amount of time you are in our clinics. The form can be found on our website at <https://www.pinalcountyaz.gov/publichealth/Documents/Immunization%20Forms.pdf>

**5. Provide a letter granting permission** if someone other than a parent/legal guardian will be bringing your child/children in place of you. The letter should include: child's name, date of birth, your name, signature, phone number and date.

**We look forward to helping you and your family with all your Immunization needs.  
Call 1-866-960-0633 to schedule your appointment today!  
Visit [pinal.gov/publichealth](https://www.pinal.gov/publichealth) for additional information**

# 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

Webpage: [CALS, Pinal County](http://CALS.Pinal.County)

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

Blog: [ricksgardenspot.blogspot.com](http://ricksgardenspot.blogspot.com)



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

[clmartin@cals.arizona.edu](mailto:clmartin@cals.arizona.edu)  
[vjimenez@cals.arizona.edu](mailto:vjimenez@cals.arizona.edu)  
[annelesenne@arizona.edu](mailto:annelesenne@arizona.edu)

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

Contact: Amy Goncalves at (520) 836-5221, x243 or [amygoncalves@arizona.edu](mailto: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](mailto: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@email.arizona.edu](mailto:shevondajoyner@email.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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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@email.arizona.edu](mailto: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](mailto: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](mailto: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](mailto: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](mailto:eturner@cals.arizona.edu)