

OCTOBER — DECEMBER 2021

Volume 8, Issue 4

INSIDE THIS ISSUE: Pg.

Cooperative Extension Day	2
Introductions	3-4
Build a Stronger Family	5
I Spy Book	6-7
Root Canal on a Baby	8
Hunting the Green Menace	9
4-H STEM Projects	10-12
What's in Season	13-14
Walking Club	15
America Saves Week	16
Ag Apprenticeship Prog	17
Hone Canning	18
Diabetes Prevention	19-20
Connect with us	21



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.

The Pinal County Board of Supervisors signed a proclamation declaring the first full week of October as National 4-H Week and another declaring October 9th (the 2nd Saturday in October) as Cooperative Extension Day in Pinal County! We hope you'll join us for our 3rd Annual event held at the Pinal County Government Facilities located at 820 E Cottonwood Lane, Casa Grande, AZ on October 9th from 9AM to noon. There will be booths and activities for all our various programs, giveaways, and fun! Our event flyer is on page 2. I hope you'll bring your family and invite your friends!

I'm pleased to announce that we have hired a new Horticulture Agent, Anne LeSenne. Anne started last week, and you can learn more about her in the article on page 3. I also want to thank all of those from across Pinal County who took the time to serve on the search committee as well as those who participated in the process by attending the candidate presentations on zoom and providing feedback. I think we were able to make an excellent choice thanks to everyone's feedback.

From time to time, we get questions in our office about chickens because people would like to keep chickens to have fresh eggs. If you're considering keeping a few chickens, be sure to check with your HOA as well as the ordinances in your locale. Any time we are growing our own food, be it in a garden or via a small flock of hens, we need to be aware of biosecurity measures that are needed to ensure the food we're producing is safe to eat. In the case of chickens, the USDA has a *Defend the Flock* education program that offers free tools and resources to everyone who works with or handles poultry so we can follow proper biosecurity practices. You can find more information about the Defend the Flock program at: <https://www.aphis.usda.gov/aphis/ourfocus/animalhealth/animal-disease-information/avian/defend-the-flock-program/>

Our team have expertise in a wide array of topics, so if you have questions, please ask us. If we don't know, we probably know who does. Have a great fall and happy holiday season – we'll get another issue of our newsletter out in January!


Cathy L. Martinez
County Extension Director



Main Office
820 E. Cottonwood Lane, Bldg. C
Casa Grande, AZ 85122
Phone: (520) 836-5221
Fax: (520) 836-1750

Satellite Office
121 West Florence Blvd., Ste. J
Casa Grande, AZ 85122
Phone: (520) 836-5221
Fax: (520) 836-1750

Maricopa Ag Center
37860 W. Smith-Enke Road
Maricopa, AZ 85139
Phone: (520) 374-6263

Pinal County Extension Website
<https://extension.arizona.edu/pinal>

The University of Arizona is an equal opportunity, affirmative action institution. The University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status, sexual orientation, gender identity, or genetic information in its programs and activities.

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 9, 2021

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!

The University of Arizona is an equal opportunity, affirmative action institution. The University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status, or sexual orientation in its programs and activities.

Persons with a disability may request a reasonable accommodation, such as a sign language interpreter, by contacting UA, Cooperative Extension, Pinal County at 866.836.5221.

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



INTRODUCTIONS



NEW HORTICULTURE AGENT

Submitted by Anne LeSenne, Assistant Agent, Horticulture



I have been involved with Horticulture my whole life, and LOVE what I do! Not only did I grow up on a farm, but we had a large garden, and I've continued to have a large garden my whole life.

I have both my Bachelors (BYU Idaho) and Masters (Texas Tech) Degrees in Horticulture. Professionally, I've been a Landscape/Irrigation Designer, Wholesale nursery Salesperson, Arborist, Landscape Maintenance manager, and most recently a teacher at a college in Oregon, teaching Horticulture to others. I'm also a Board Certified Master Arborist with the International Society of Arboriculture and a Beekeeper. My husband and I moved to San Tan Valley in June, and I've already started my garden and orchard.

I've had a meeting with the leads for all the Master Gardener groups, and will get out to each of them in the next few weeks to see where they garden/educate/work. My calendar is also filling up with meetings out in the county to meet Nursery owners, Growers, Beekeepers, Home Owner Associations, Tree Care professionals, and Turf care professionals.

A DECADE IN PERSPECTIVE

Created by Joel Badzinski, Coordinator External Communications

Communications & Cyber Technologies/Landmark posted a video on the UArizona ALVSCE You Tube channel titled "A Decade in Perspective" on Vice President Shane Burgess' first 10 years at The University of Arizona, 2011-2021.

Shane C. Burgess, MRCVS, FLS a native of New Zealand, Dr. Burgess has worked around the world as a practicing veterinarian and scientist. His areas of research expertise include cancer biology, virology, proteomics, immunology, bioinformatics and computational biology.

Dr. Burgess is honored to lead the University of Arizona Division of Agriculture, Life and Veterinary Sciences, and Cooperative Extension as they advance their mission as a land-grant university by preparing students to be leaders and job creators, researching solutions to society's biggest challenges, and bringing the science of the university to the families and communities of Arizona.



Check out the link for the posted video <https://www.youtube.com/watch?v=ulqUeJnpIII>

INTRODUCTIONS



NEW PROJECT WET COORDINATOR

Submitted by Shevonda Joyner, Program Coordinator



Shevonda Joyner also known as Shevy is the new Project WET Program Coordinator, senior for Pinal County. She resides in Casa Grande with her great-grandmother and her fish Michael. Her education was acquired at the University of Arizona earning a bachelor's in Literacy, Learning, and Leadership with a community education emphasis. She is now currently obtaining a master's in Public Administration. She enjoys karaoke and dancing.

Shevy began her Extension journey under the Developmental Sensory Screening program. She was inspired to join the Project WET team due to the recent water cuts in Pinal County and her time in Project CENTRL, another Extension program. She's excited to spread the mission of water stewardship to Pinal County residents.

NEW 4-H AMERICORPS MEMBER

Submitted by Sarah Turner, AmeriCorps Member



Hi, my name is Sarah Turner and I'll be joining the Pinal County 4-H team as an AmeriCorps Member.

I grew up with 4-H, whether it being in different clubs and activities, or volunteering with programs for the Cooperative Extension office regarding 4-H. I am very excited to help out with 4-H and the community and hope to help it flourish.

"We want to welcome Sarah to the 4-H Team! We are delighted to have her among us, she's going to be a valuable asset to the Pinal County 4-H Program. Welcome aboard Sarah!" - Maria

STRENGTHENING FAMILIES



HOW TO BUILD A STRONGER FAMILY

Submitted by Esther Turner, Program Coordinator, Sr.

Start your new year off right by taking steps to strengthen your family. In a time when there is a battle to keep families together and raise strong children, this class can provide knowledge and actions for you to take.

The Strengthening Families Program (SFP) is a 14-week evidence-based parent education program for high-risk and general population families with children ages 3-5. SFP is found to significantly improve parenting skills and family relationships, reduce problem behaviors, delinquency and alcohol and drug abuse in children and to improve social competencies and school performance. Child maltreatment also decreases as parents strengthen bonds with their children and learn more effective parenting skills.

After a family style meal, parents attend a class while the 3-5 year olds have their own lesson covering the same topic as the parent class. At the end of the evening, parents and children come together to practice the new skills they have learned.

Classes will be held Mondays from 5:30-7:30pm in Eloy and Tuesdays from 5:30-7:30pm in Coolidge beginning mid-January.

For more information, please contact Esther Turner at 520-836-5221 or eturner@cals.arizona.edu.



DEVELOPMENTAL & SENSORY

MAKE YOUR OWN I SPY BOOK

Submitted by Jennie Treadway, Program Coordinator

To make your own I Spy book, you'll need these materials:

- A camera
- Items from around your house
- A computer with a printer
- Sheet protectors and a binder/folder

Directions:

Gather objects from around your home that fit your theme (we chose yellow items). Then, arrange the objects close together on a solid background (we used an apron).

Take photos close-up, trying to get all or most of the items in the shot. Feel free to rearrange items, if needed. Next, upload the photos to your computer and choose the photos you want to print.

If you want to include a list of items to look for, insert your photo into a word document and type a list of items, you need to “spy” at the bottom of the page (example: find a Christmas light, a minion with one eye, a button, a Lego, and a doll). If you would like to play the game again and again, or for younger children who cannot read, you can leave off the list and just name the items for your child to find.

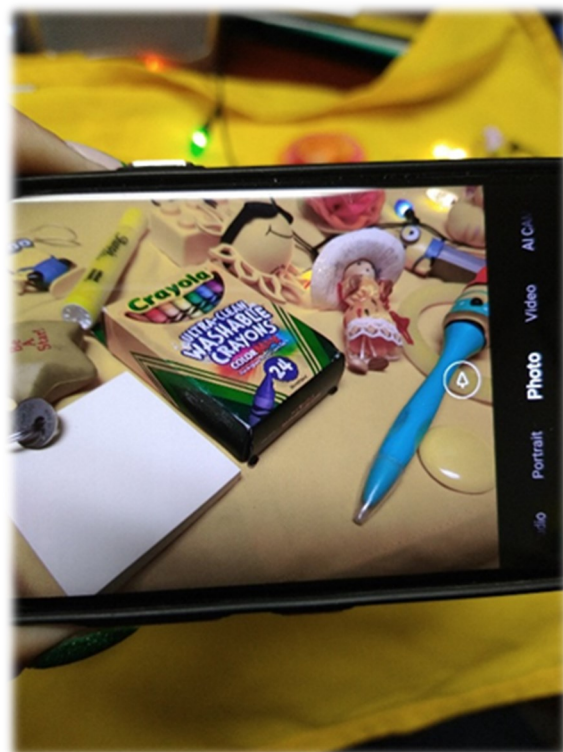
Once you are happy with your page you are ready to print it and place it in a sheet protector. Repeat with different themes and photos for your very own I Spy book.

I Spy books are great ways to work on problem-solving, visual discrimination, working memory, building vocabulary, and persistence. See the next page for an additional I Spy activity that allows your child to count and color the items found at the circus, working on fine motor skills and one-to-one number correspondence.

Both I Spy activities are brought to you by the Developmental and Sensory Screening Team. The program’s focus is early screening and detection for children across Pinal County.

The Vision & Hearing Screening Technicians screen young children, ages 1 - 5, to help identify any potential hearing or vision problems that may impact a child's development.

The Developmental Screening Program identifies if a child is on track with their developmental milestones, based on ASQ-3 (Ages and Stages Questionnaire 3) standards for children 0 – 5. Call today for more information or to schedule a screening (Jennie Treadway 520 836-5221, x236).

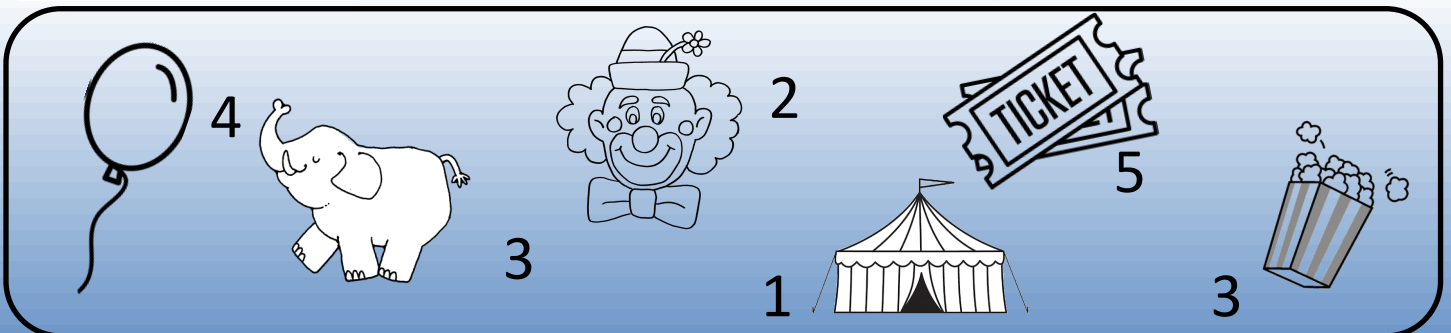
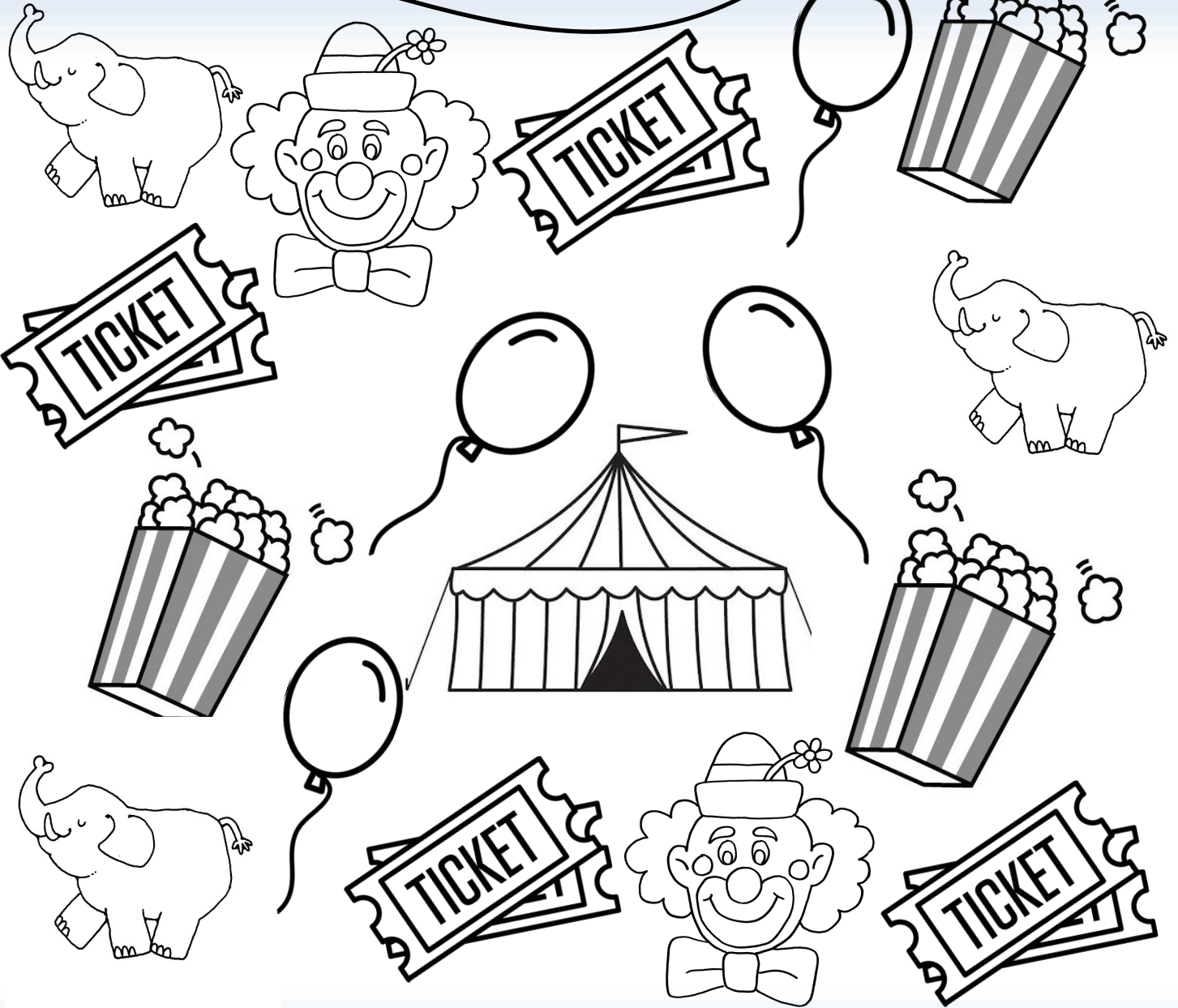


Circus Fun

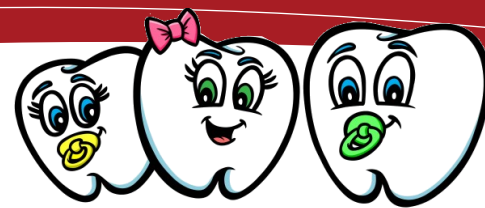
I Spy

Color each item as you count
with your child.

One-to-one number correspondence is
an important early learning skill.



FIRST SMILES



ROOT CANAL ON A BABY TOOTH?

Submitted by Greeta Mills, RDH MEd, Oral Health Professional

Tooth decay is a preventable bacterial infection. The very best thing if possible is to prevent it by brushing twice a day with a fluoride toothpaste, choosing snacks that are high in water content like fresh fruit or veggies, limiting juice and drinks other than water to mealtimes, and starting healthy well-child dental visits at age one.

However, we know that more than 50% of our kindergartners have had cavities. Sometimes they are very deep cavities that damage the pulp of the tooth. The pulp is the inside part of the tooth where the nerves and blood vessels are. This is the part of the tooth that is sensitive to heat and cold and can get infected with the bacteria of a cavity, then swell and cause a toothache.

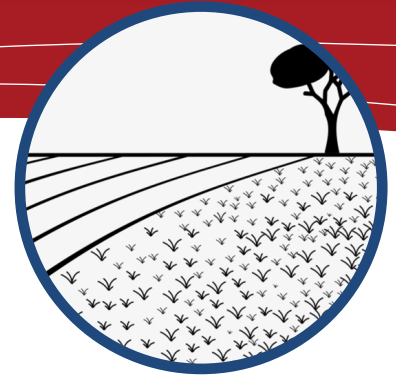
Sometimes when the pulp of the tooth is infected and damaged, the dentist will recommend treating the pulp. There are a couple of different kinds of treatment. One is called a pulpotomy. During a pulpotomy the part of the pulp that is infected or damaged is removed, which will make the rest of the pulp feel better. After the sick part of the pulp is taken out the dentist will put a special type of a medicated filling into the tooth, and then put a crown or cap on the tooth to protect it from further damage.



Another kind of treatment of the pulp is called a pulpectomy. When a cavity is into the pulp, or the tooth has had other trauma, the living part of the tooth, the pulp, may need to be removed completely. This is sometimes called a “baby tooth root canal”. The dentist takes out all the pulp, cleans the inside of the tooth, and puts a special filling material in the space. The dentist will then put a crown or cap on the tooth to protect it from any more damage.

Your child’s dentist may recommend these treatments instead of extracting a baby tooth. Baby teeth are important for chewing, talking, and holding the right amount of space in the right place until the permanent tooth is ready to come in. Baby molars, for example, may not be lost until a child is ten to twelve years old! Treating a baby molar with a pulpotomy or pulpectomy will stop the infection and allow the tooth to stay in place until it naturally falls out.

FIELD CROPS SYSTEMS



HUNTING THE GREEN MENACE

Submitted by JT Best, Ag Worker II

(Mapping Palmer Amaranth)

My journey began with the sweltering heat bearing down on my back, peering across the sea of cotton for my elusive prey. The wind shifted to the northeast and there it was, The Green Beast of Arizona staring straight into my soul. The menacing weed known as Palmer Amaranth, careless weed, pigweed and many other unmentionable names, is plaguing field crop producers all over the state.. The herbicide resistant populations, we now have in Arizona, threaten producers' entire crop for not just a year, but for several after the initial infestation, if it is not properly managed.

Hunting and observing this pest is only the first step of many, to combat and control Palmer Amaranth. Everyone, at every stage of the growing season, needs to do their part to control the existing populations in order to alleviate the pressure this plant puts on crops. At present, infested fields can be easily identified in cotton, alfalfa, and nut orchards throughout the state, with populations seemingly growing at an exponential rate in recent years.

While these resistant weed populations can be seen across the agricultural landscape, there hasn't been an effort to map and monitor this pest until now. The Pinal County Cooperative Extension and the Arizona Cotton Research and Protection Council (ACRPC) are leading the charge on mapping the current populations of resistant Palmer Amaranth across Arizona. With the help of Pest Control Advisors and farmers, we can make a huge impact on stopping the spread of the infestation, and mapping the whereabouts of these populations, which is the first step towards that goal.



COKE CAN BASE



MID-STALK 2-3 INCH DIAMETER



TALLER THAN CORN



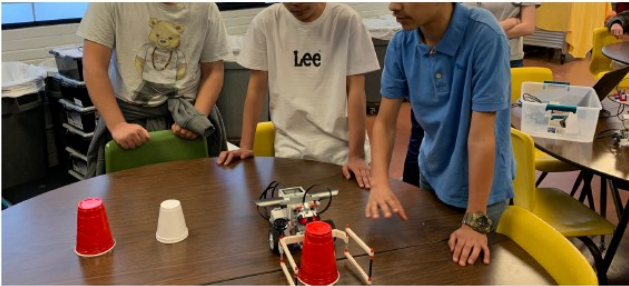
WIDER THAN THE TRUCK BED



2021-2022 STEM Projects

4-H Member projects (6th Grade-12th Grade)

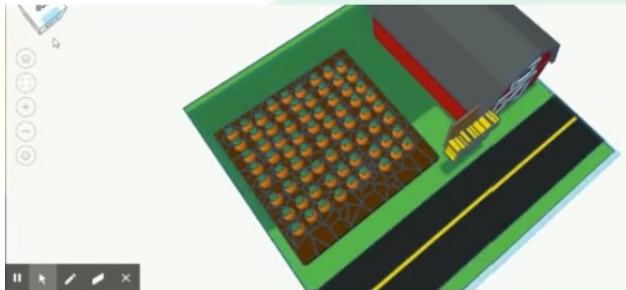
Teachers and adult family members are welcome to participate to become certified 4-H volunteers
To register and for more info scan the barcode on each project



Robotics

The Robotics project introduces youth and adults to engineering and computer programming to design, build, and program small-scale Lego robots. Youth and adults collaborate in small teams and engage in learning to code a LEGO EV3 MINDSTORMS robot and develop engineering, technology and problem-solving skills. Teams compete in a state-wide competition.

DATE Jan 3 - Mar 4 , 2022



Augmented Reality (AR)/ Virtual Reality (VR) Floating Farm

The AR/VR Floating Farm project introduces youth and adults to augmented reality (AR) and virtual reality (VR) by creating a virtual Floating Farm. Youth and adults collaborate in small teams and engage in designing and creating their own farms in AR and VR to present their work at a student showcase to family and friends.

DATE Oct 18- Dec 17 2021



Underwater Robotics Remotely Operated Vehicles (ROVs)

The Underwater Robotics project introduces youth and adults to an innovative ROV program that engages learners in the engineering design process focused on real-world challenges. Youth and adults collaborate in small teams and engage in circuitry, soldering, and how to build an ROV. Teams compete in a Marine Advanced Technology Education (MATE) regional competition.

DATE Feb 14 - May 27, 2022



Greenhouse Sustainable Energy Engineering Design (SEED) Camp

The Greenhouse SEED project introduces youth and adults to building their model scale greenhouse that engages learners in the engineering design process, applied math, scale perspectives, and the concepts of sustainable energy such as solar and wind. Youth and adults collaborate in small teams and engage in circuitry, soldering, and model construction.

DATE Aug 2 - Oct 15, 2021 (postponed)





STEM Ambassadors

Become a County-level STEM ambassador and share your STEM skills and enthusiasm with others. 4-H STEM Ambassadors will learn new STEM engagement activities and become a catalyst of knowledge to their community. Each ambassador will receive a toolkit of materials for promoting STEM programs in 4-H.

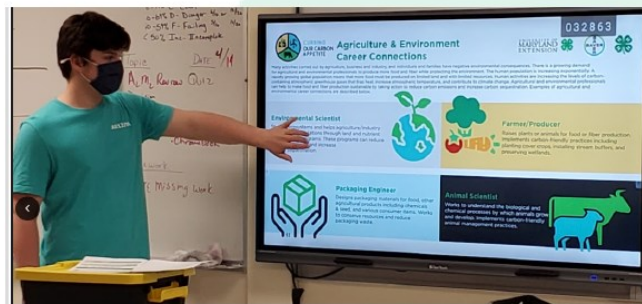
DATE Oct 22, 2021 - May 27, 2022



Tech Changemakers

National 4-H Console addresses the digital gap with the tech change makers program, empowering teens to lead digital skills training for adults in their community. The tech change maker program empowers teens and adults to take control of digital literacy and economic prosperity in their communities.

DATE Aug 1, 2021 - Mar 20, 2022



Ag Innovators Experience (AIE)

This year's Ag Innovator's Experience will have a challenge that youth leaders will be trained on and share with the community through activities and presentations. Last year's theme was "Curbing Our Carbon Appetite".

DATE Feb 1 - July 15, 2022



4-H STEM Challenge 2021: Galactic Quest

This year's 4-H STEM Challenge "Galactic Quest", kids engage in the following activities: Astro Adventure, Stellar Optics, Cosmic Claw, and Cyber Satellite. Open to teachers, youth and community clubs.

DATE Oct 1, 2021 - May 20, 2022



Contact your local 4-H agent if you are interested in participating in any of these projects!

COUNTIES

Apache County

Mike Hauser
mhauser@cals.arizona.edu

Cochise County

Peter Hooper (Sierra Vista)
hooperp@email.arizona.edu

Tricia Dunham (Willcox)
triciadunham@email.arizona.edu

Coconino County

Joshua Farella
farella1@email.arizona.edu

Gila County

Renee Carstens (Globe)
rcarstens@email.arizona.edu

Jon Hatch (Payson)
jhatch1@email.arizona.edu

Graham County

Lori Knight
lknight@cals.arizona.edu

Cindy Pearson
cpearson@cals.arizona.edu

Greenlee County

Ashley Jeffers-Sample
ajefferssample@email.arizona.edu

Kimberly Johnson
krobjohnson8@email.arizona.edu

La Paz County/Colorado River Indian Tribe

Debbie Pettigrew
dpettigrew@email.arizona.edu

Maricopa County

Caroline Werkhoven
cwerkhoven@arizona.edu

Esther Ceel
esthergeel@email.arizona.edu

Mohave County

Jamie Campbell
jamcamp@email.arizona.edu

Navajo County

Beverly Goodnight
BeGood@ag.arizona.edu

Pima County

Kalee Hunter
kchunter@arizona.edu

Pinal County

Esther Turner
eturner@cals.arizona.edu

Maria Melendez
mmelende@cals.arizona.edu

Santa Cruz County

Norma Elisa Ruiz (Nogales)
normaelisarui@arizona.edu

Yavapai County

Stacy DeVeau
sdeveau@email.arizona.edu

Yuma County

Amy Parrott
aparrott@cals.arizona.edu

Marlena Parrott
marlenap@cals.arizona.edu

FEDERALLY RECOGNIZED TRIBAL EXTENSION PROGRAMS (FRTEP)

Gila River

Bailey Bates
bbates@griidd.com

Hopi Tribe

Susan Sekaquaptewa
sks2@email.arizona.edu

Yvonne Kaye
ykaye@email.arizona.edu

Hualapai Nation

Elisabeth Alden
aldene@cals.arizona.edu

Navajo Nation - Window Rock

Navajo Nation - Shiprock

Alexandra Carlisle
acarlisle@email.arizona.edu

Navajo Nation - Tuba City

Grey Farrell
gfarrell@cals.arizona.edu

San Carlos Apache Tribe

Juan Arias
juanarias@email.arizona.edu

Visit us at <https://extension.arizona.edu/4-h-stem>



4-H STEM
YOUiversity



WHAT'S IN SEASON?

Submitted By Esmeralda Castillo, Program Coordinator

With the Holidays right around the corner EFNEP is here to help you with Food Safety education and tips to avoid any possible food poisoning and cross contamination. It is important to follow proper Food Safety practices every day and especially with COVID-19 still present in our communities. The holiday season keeps everyone busy more than usual and sometimes may affect the proper food safety practices that we should follow. It is important to separate foods not just in your refrigerator but also in your shopping cart to avoid cross-contamination. Below are some helpful tips from the CDC:

- [Cook food thoroughly.](#) Meat, chicken, turkey, seafood, and eggs can carry germs that cause food poisoning. Use a food thermometer to ensure these foods have been cooked to a safe internal temperature. Roasts, chops, steaks, and fresh ham should rest for 3 minutes after you remove them from the oven or grill.
- [Keep food out of the “danger zone”.](#) Bacteria can grow rapidly in the danger zone between 40°F and 140°F. After food is cooked, keep hot food hot and cold food cold. Refrigerate or freeze any perishable food within 2 hours. The temperature in your refrigerator should be set at or below 40°F and the freezer at or below 0°F.
- [Do not eat raw dough or batter.](#) Dough and batter made with flour or eggs can contain harmful germs, such as E-coli and salmonella. Do not taste or eat raw dough or batter that is meant to be baked or cooked. This includes dough or batter for cookies, cakes, pies, biscuits, pancakes, tortillas, pizza, or crafts. Do not let children taste raw dough or batter or play with dough at home or in restaurants. Some companies and stores offer edible cookie dough that uses heat-treated flour and pasteurized eggs or no eggs. Read the label carefully to make sure the dough is meant to be eaten without baking or cooking.
- [Thaw your turkey safely.](#) Thaw turkey in the refrigerator, in a sink of cold water (change the water every 30 minutes), or in the microwave. Avoid thawing foods on the counter. A turkey must thaw at a safe temperature to prevent harmful germs from growing rapidly.

Turkey Thawing Time

To thaw in a refrigerator, allow about **24 hours for every 4 to 5 pounds.**

For cold water thawing, allow about **30 minutes per pound.**

A turkey thawed in cold water should be cooked right after thawing.

Turkey Size	Thaw in Refrigerator (set to 40 °F or below)	Thaw in Cold Water (change water every 30 minutes)
4 to 12 lbs.	1 to 3 days	2 to 6 hours
12 to 16 lbs.	3 to 4 days	6 to 8 hours
16 to 20 lbs.	4 to 5 days	8 to 10 hours
20 to 24 lbs.	5 to 6 days	10 to 12 hours

Date Last Reviewed December 18, 2020

EXPANDED FOOD NUTRITION EDUCATION PROGRAM



...continued from page 13

Wash your hands—Wash your hands with soap and water during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food
- Before eating food
- After handling pet food or pet treats or touching pets
- After using the toilet
- After changing diapers
- After touching garbage
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After blowing your nose, coughing, or sneezing

<https://www.cdc.gov/foodsafety/communication/holidays.html>

If you would like to learn more about our EFNEP program and our FREE nutrition education program on eating healthy, being more physically active and more on food safety please contact:

Esmeralda Castillo, Program Coordinator at ecastill@cals.arizona.edu or call (520) 836-5221 Ex. 244.



ACTIVE LIVING WALKING CLUB IN CASA GRANDE

Submitted By Mary Gonzales, Community Outreach Assistant II

The Walking Club has been meeting once a week for thirty minutes since July and will continue through the year. The Walking Club is open to all community members regardless of membership to the CG Recreation Center.

Walking Club members have enjoyed receiving the reminder emails in which AZ Health Zone recipes are shared. One grandmother reported, she needed new recipes for her grandchildren who live with her, she has tried many of the recipes and shared and some have become regular requests in her household.

Seniors have also stated they enjoy meeting and walking with new people. and many have enjoyed the facility so much they have become members and are now attending their Senior fitness classes and walking the indoor track on their own. One woman who had recently lost her husband and was dealing with depression, said when she read about the Walking Club in the newspaper, she knew this would be beneficial to her. She and her husband were regular “walkers” and she needed that support, from walking with others, to get her back in the habit.

Not only has the Walking Club been a great physical activity resource for the community, it’s also promoted and fostered a relationship with our community partners, Pinal County Public Health Services District and Casa Grande Parks and Recreation Department. Discussions are in the works for future collaborations.

Testimonials from participants are included below:

- ***MY HUSBAND AND I ARE IN OUR 70'S AND WE ENJOY THE WALKING PROGRAM FOR SENIORS AT THE RECREATION CENTER TRACK. IT IS WONDERFUL TO HAVE A PLACE INSIDE AND AIR-CONDITIONED TO WALK REGULARLY. WE JUST WERE ABLE TO START IN AUGUST AND WE INTEND TO KEEP ATTENDING AS LONG AS POSSIBLE. WE THANK YOU MARY FOR YOUR FRIENDLY NATURE AND HELPFULNESS. WE HAVE ALSO APPRECIATED YOUR EMAIL REMINDERS AND LETTING US KNOW WHERE TO MEET WHEN WE GET TO THE SITE. THANK YOU SO MUCH FOR OFFERING THIS PROGRAM FREE FOR SENIORS. I WOULD DEFINITELY LOVE TO SHARE WITH OTHERS.***
-PRISCILLA & JON
- ***I HAVE PARTICIPATED IN THE WALKING GROUP FOR THE LAST TWO MONTHS. IT IS NICE TO WALK WITH A GROUP AND NOT BE PRESSURED TO WALK AT A CERTAIN SPEED. I AM ABLE TO WALK AT MY OWN PACE. MARY HAS GIVEN US SOME WONDERFUL RECIPES AND VIDEOS.***
-VIRGINIA
- ***I AM VERY GRATEFUL FOR THE WALKING CLUB AT THE CASA GRANDE REC CENTER. THE INDOOR TRACK IS GREAT, ESPECIALLY DURING HOT WEATHER. THE INFORMATION PROVIDED AT AND PRIOR TO EACH SESSION HAS BEEN BENEFICIAL TO ME. I HAVE ALREADY SIGN UP FOR THE SEPTEMBER SESSIONS. I HOPE THIS PROGRAM CONTINUES.***
-HELEN

*The Walking Club starts every other month & goes for 4weeks, email: marygonzales@arizona.edu to find out when the next session starts!

FINANCIAL LITERACY & POSITIVE DISCIPLINE



NATIONWIDE AMERICA SAVES WEEK

Submitted By Sybil Peters, Instructional Specialist

Financial Literacy

Building Financial Security for Self, Family, & Community



My Financial Goal Is:

S

(Specific as possible!)

M

(How is my success Measurable?)

A

(Action steps needed!)

R

(How is it Relevant to my needs?)

T

(Timeframe for completion!)

\$\$\$ Where Does Your Money Go? \$\$\$

(Materials from Purdue Cooperative Extension Service)

WHAT DOES THE "SMART" IN SMART GOALS MEAN?

S = THE DEGREE TO WHICH A GOAL IS **SPECIFIC**; LESS SPECIFIC GOALS ARE MERELY DREAMS WE HAVE.

M = HOW WILL YOU **MEASURE** IF YOU HAVE SUCCESSFULLY MET YOUR GOAL?

A = HOW WILL YOU ATTEMPT TO MAKE YOUR GOAL **ACTIONABLE**? HOW CLEAR ARE THE ACTIONS YOU NEED TO TAKE TO ACHIEVE THE GOAL?

R = IS YOUR GOAL **RELEVANT** TO YOUR CURRENT NEEDS AND SITUATION?

T = SIMPLY BY INCLUDING AN ELEMENT OF **TIME** WE CAN DETERMINE HOW MUCH TO DO WITHIN THE TIMEFRAME

GOALS ARE **DYNAMIC** BECAUSE LIFE IS; WE CONTINUALLY NEED TO **EVALUATE** AND **REVISE** OUR GOALS OVER TIME.

While this activity & tool is taken from the Financial Literacy class series, it can also be used to make Parenting Goals as well!

Positive Discipline

(Materials from Positive Discipline Parenting Curriculum by Jane Nelson, Ed.D.)

“Parents create the environments and experiences in which learning happens, which makes them the first teachers their children will ever have.”

Both programs have classes happening Online & In-Person!

For more information, please contact:

Sybil Peters, Instructional Specialist

820 East Cottonwood Lane, #C, Casa Grande, AZ 85122

Phone: (520) 836-5221 / E-mail: sybilpeters@email.arizona.edu

To find out when/where the next series of classes is happening. See You There!

NETWORKING NEWS



AGRICULTURE APPRENTICESHIP PROGRAM

Submitted by Cathy Martinez, County Extension Director



The Arizona Legislature provided additional funding to Cooperative Extension to create an agriculture apprenticeship program. The goal is to help prepare and train workers for the agriculture industry. We will be conducting two listening sessions to hear from you about the types of jobs, training locations and workers that we need to meet future workforce needs. Sessions are an opportunity to hear the needs and ideas from a diverse group of farmers, ranchers, growers, organizations, non-profits and education systems with all levels of expertise – from new and beginning to seasoned and experienced and everything in between.

Sessions will be September 30th from 3-4 pm or October 14th from 3-4pm.

Who should attend?

- New and beginning farmers and ranchers looking to participate in an apprenticeship program
- Farmers and ranchers interested in hosting an apprentice
- Organizations, non-profits, educational programs working with growers, ranchers, farmers or those interested in producing food
- Stakeholders and practitioners that provide support and technical assistance to farmers and ranchers
- Individuals interested in food systems or economic development

Please click on the link to register for either event.

<https://extension.arizona.edu/events/2021-09-30/listening-session-agriculture-apprenticeship-program>

Do I need to attend all three listening sessions?

No, please choose the listening session that fits your schedule.

I can't attend a listening session, can I still provide my input?

Yes! Please use the link below to share your thoughts and ideas. <https://bit.ly/AZAgWorkforceSurvey>



USDA'S COMPLETE GUIDE TO HOME CANNING

National Institute of Food and Agriculture Staff

As summer gardening season winds down, most of us are enjoying this year's harvest – for some a surplus harvest. Don't know what to do with all your tomatoes, cucumbers, peppers, apples, pears, plums and grapes from your garden and fruit trees? Have you considered preserving them?

Everything you need to know about canning and food preservation is available in USDA's Complete Guide to Home Canning. This resource is for people canning for the first time or for experienced canners wanting to improve their canning practices. The information is based on research conducted by the National Center for Home Food Preservation in cooperation with USDA's National Institute of Food and Agriculture (NIFA).

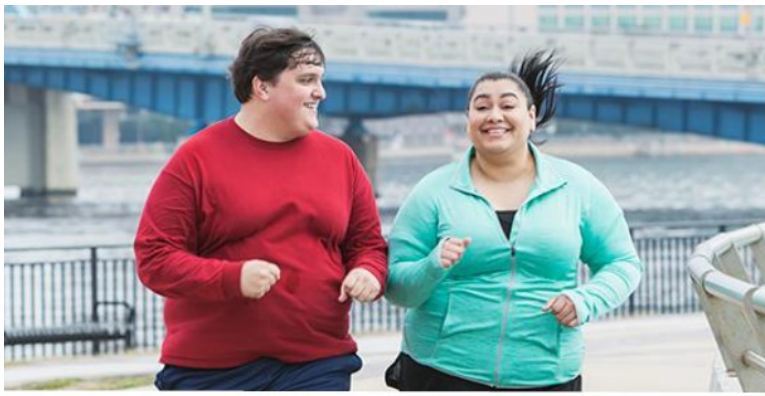
The two-part guide contains many research-based recommendations for canning safer and better-quality food at home. The first section explains the scientific principles on which canning techniques are based, discusses canning equipment, and describes the proper use of jars and lids. It describes basic canning ingredients and procedures and how to use them to achieve safe, high-quality canned products. The second section is a series of canning guides for specific foods, including recipes.

The free, 196-page publication can be downloaded from the [National Center for Home Food Preservation](#) (link is external) The publication is also available in a spiral, bound book format from [Purdue University's Education Store](#). (link is external) Single copies are available for \$18 per copy, and bulk discounted prices are available.

This project was partially funded through a grant from NIFA's [National Integrated Food Safety Initiative](#).

Through federal funding and leadership for research, education and extension programs, USDA's National Institute of Food and Agriculture focuses on investing in science and solving critical issues impacting people's daily lives and the nation's future. Canning excess food, whether from the grocery store or the garden, is an excellent way to reduce food waste and improve nutrition security by ensuring you always have healthy, tasty food whenever you need it.





STARTING SOON! Class Details



WHEN:

First Class **Tuesday December 14th** At **6:00 PM**.

The program lasts 12 months.



ELIGIBILITY:

Must be over 18 *and* have diagnosis of pre-diabetes or be eligible by a simple questionnaire.



WHERE:

Online over Zoom



CONTACT: Mary Gonzales

Email: marygonzales@arizona.edu
tel: 520-836-5221

University of Arizona Diabetes Prevention Program

The University of Arizona Cooperative Extension offers the Diabetes Prevention Program (DPP) across the state. The program is designed for those who are at high risk of developing type two diabetes or who have been diagnosed with prediabetes.

- Proven lifestyle change program
- Cut your risk of developing diabetes in half!
- Learn how to develop healthy behaviors to prevent diabetes
- **FREE OF CHARGE!**
- For more info, visit www.preventdiabetesaz.org



THE UNIVERSITY OF ARIZONA
Cooperative Extension

The University of Arizona Diabetes Prevention Program will be hosting a free year long virtual Diabetes Prevention Program beginning December 14th, 2021. For more information or to register contact Mary Gonzales, Certified Lifestyle Coach at marygonzales@arizona.edu. The University of Arizona Cooperative Extension is part of the National Diabetes Prevention Program, established by the Centers for Disease Control and Prevention (CDC). This lifestyle change program is proven to help people with prediabetes prevent or delay development of type 2 diabetes.

You will learn to: Eat healthy, Add physical activity to your life, Manage stress, Stay motivated, etc.

Our program uses the Prevent T2 curriculum, developed by the CDC. There are 26 lessons over the course of a year, meeting weekly at first, then every other week, then once a month.

The U of A Cooperative Extension has achieved **full recognition status from the CDC**, the highest level of recognition for the DPP. This means that we have shown we can effectively deliver a high quality program.

Class Schedule

Our program is currently being offered free of charge due to funding from the University of Arizona Cooperative Extension, from the Arizona Department of Health Services, and from the Centers for Disease Prevention and Control

For more info visit www.preventdiabetesaz.org

Class Title	Date & Time	Class Title	Date & Time
Introduction to the program	12/14/21 6:00 PM	Get support	4/26/22 6:00 PM
Get active to prevent T2	12/21/21 6:00 PM	Eat well away from home	5/10/22 6:00 PM
Track your activity	12/28/21 6:00 PM	When weight loss stalls	5/24/22 6:00 PM
Eat well to prevent T2	1/4/22 6:00 PM	Stay motivated to prevent T2	6/7/22 6:00 PM
Track your food	1/11/22 6:00 PM	Take a fitness break	6/21/22 6:00 PM
Get more active	1/18/22 6:00 PM	Stay active to prevent T2	7/5/22 6:00 PM
Burn more calories than you take in	1/25/22 6:00 PM	Stay active away from home	7/19/22 6:00 PM
Shop and cook to prevent T2	2/1/22 6:00 PM	More about T2	8/2/22 6:00 PM
Manage stress	2/15/22 6:00 PM	More about carbs	8/16/22 6:00 PM
Find time for fitness	3/1/22 6:00 PM	Have healthy food you enjoy	8/30/22 6:00 PM
Cope with triggers	3/15/22 6:00 PM	Get enough sleep	9/27/22 6:00 PM
Keep your heart healthy	3/29/22 6:00 PM	Get back on track	10/25/22 6:00 PM
Take charge of your thoughts	4/12/22 6:00 PM	Prevent T2 for life	11/22/22 6:00 PM

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

clmartin@cals.arizona.edu
bee1@cals.arizona.edu
vicjimenez@yahoo.com
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, 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: Kevin Bawden at (520) 836-5221, x216 or kbawden@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

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 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) 836-4651, x235 or g Mills@email.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 vicjimenez@yahoo.com

Master Gardener Program provides practical information to those desiring to improve the quality and effectiveness of desert gardens and landscapes.

Contact: Master Gardener Volunteers at macmastergardener@gmail.com

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: Miriam Aleman at (520) 836-5221, x or mia1@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