

4-H SCIENCE YOU UNIVERSITY

IMPROVING THE LIVES, COMMUNITIES, AND ECONOMY IN MARICOPA COUNTY



IN THIS ISSUE

4-H Science YOUiversity Connects Youth to 4-H, Science, and the U of A!

Eighty-four 5th grade students from Madison Park Middle School, in Phoenix, became “Dr. for the Day” while they learned about science and medical careers as a part of 4-H Science YOUiversity on May 16 & 17. The program was created by Kim Christman, 4-H Youth Development Associate Area Agent, Robin Etnyre, 4-H Program Coordinator, Jerry Lopez, 4-H State STEM Specialist, Ted Hansen from Madison Park Middle School, Donna Jagielski, Madison Highland Prep, and Patty Hamilton from the U of A College of Medicine – Phoenix (COM-P).

4-H Science YOUiversity was developed as a way to engage youth in science and medical careers as well as connect them to the University of Arizona and Maricopa County 4-H. Youth participated in six hands-on sessions at their school prior to attending the actual program at COM-P. The school pre-sessions included learning about science-related careers from Cooperative Extension and Health Department staff members including: Monica Pastor, Ag in the Classroom; Pam Justice, Project WET; Allison Parisi-Giles, School Gardening; and Andrea Zechmann, SNAP-Ed.

While at the U of A COM-P, students talked with a panel of COM-P research professors and participated in “Dr. for the Day” sessions with COM-P students learning how to intubate a patient, read vital signs, determine eye damage, and “gown-up and glove-up” for surgery. They ended the day with captivating keynotes, COM-P Emergency Medical Doctor, Dr. Teresa Wu, and COM-P Cardiovascular Researcher, Dr. Rayna Gonzales, who talked to them about how they could become COM-P students or reach any goal they set their mind to.

Thirty high school students from Madison Highland prep were trained by 4-H Youth Development Agent, Kim Christman, to serve as counselors for the program. These teens gave of their time to assist and guide students through the program while also engaging in the activities themselves.

Overall, 4-H Science YOUiversity was a great success and a “first-time” connection for inner-city, at-risk youth to have the opportunity to meet real-life scientists, see what life would be like if they were to become a medical student or some other science-related career, and realize that they are capable of reaching their goals, no matter what they are!

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TOP: Serving the Community One Bag at a Time



Bringing 4-H to a Neighborhood Near You



Program Spotlight: EFNEP

TOP: Serving the Community One Bag at a Time

By Dori Guest

On March 21, youth from La Mesita Apartments and the Homeless Shelter in Mesa, AZ joined over 100 volunteers to pack food bags at Feed My Starving Children. This organization is a Christian-based, non-profit that packs and delivers food to impoverished communities worldwide. Upon arriving, the youth learned about the goals of the organization, the nutritional value of the food they would be packing, and about the children who had been helped by the food packs in the past. Finally, everyone donned hairnets, were briefed in food safety guidelines, and got to work.

The participating youth, ages 10-14, are a part of the U of A Teen Outreach Program® (TOP®). TOP® is a 4-H Youth Development program that encourages teens to avoid risky behaviors and empowers them to become leaders in their communities by teaching decision-making and goal setting through experiential learning and community service learning projects.

Youth enrolled in each TOP® club play an integral role in deciding what community service projects to plan and carry out. Since August 2015, members of the TOP® club at La Mesita have made fleece-tie blankets and donated them to a local animal shelter. They also helped served food to



La Mesita residents at the Annual Thanksgiving Dinner. And finally, with the help of Master Gardener, Kate Giovacchini, started a community garden in the apartment complex.

The service learning opportunities provided in TOP® allow youth in Maricopa County to not only see how important it is to give back to their local community, but that they can change the world around them for the better.

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Bringing 4-H to a Neighborhood Near You

By Josie Slade

4-H has long been viewed as an opportunity for young people to showcase their cows, sows, and cookies, however, 4-H is so much more than that. With over 250 project areas, 4-H offers an opportunity for all. This summer, 4-H staff have extended a hand where youth don't have access to a local community 4-H club.



The 4-H Youth Development program at Maricopa County Cooperative Extension has been sending summer staff members, Josie Slade and Rachael Clifford, and 4-H Youth Program Coordinator, Jennifer Admundsen, to the Roosevelt Early Childhood Family Resource Center located at Martin Luther King, Jr. School. They visit the school every Tuesday, Wednesday, and Thursday between the free breakfast and free lunch times the FRC provides to children and work with kids ages 7 and older. They engage the youth in various lesson plans and activities, introducing them to project areas that cover life skills, science, and healthy living.

Jennifer Amundsen facilitates the Wednesday Program at the FRC for youth between the ages of 11-18. Their activities and lessons focus on broadening life skills applicable to teens. The youth are able to engage in topics and participate in fun filled activities while strengthening their communication skills, self-awareness, and team building skills.

On Tuesdays and Thursdays, the 4-H summer staff teach kids about a variety of topics ranging from fitness and healthy living to science and math using the Utah Discover 4-H curriculum. The kids participate in a lesson and then break off into groups and individual activities, as well as play games that are centered around the theme of each day, providing the youth a fun way to continue learning this summer.

Program Spotlight: EFNEP



Dietary Improvement

In the 2014-2015 program year, EFNEP had 90% of graduates displaying dietary improvement.



Nutritional Practices

In the same program year, 79% of graduates made an improvement in nutritional practices including planning meals and reading nutritional labels.

FAST FACTS

1,252 Hours

EFNEP had 120 community partners with 159 community liaisons giving 1,252 hours of service at an estimated value of \$28,884 during the 2014-2015 program year.

11,466 Contacts

In the 2014-2015 program year, EFNEP had 1,911 program families receiving 11,466 face-to-face contacts.

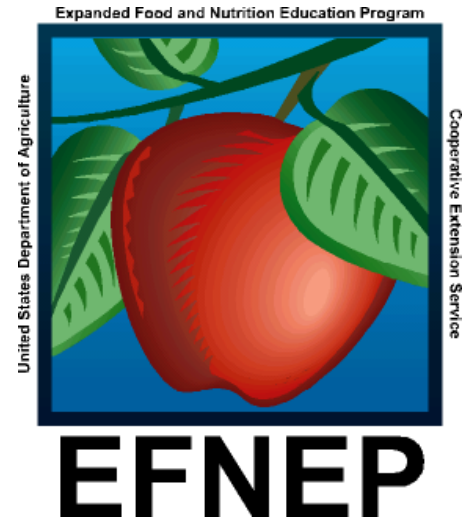
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Program Spotlight: EFNEP

What is EFNEP?

The Expanded Food and Nutrition Education Program is a federally-funded grant program funneled through Land-Grant Cooperative Extension systems. EFNEP has educated limited-income families in each state and the six US Territories since 1969 by teaching and empowering families to make healthier food and lifestyle choices. In Arizona, the EFNEP program serves five counties through the University of Arizona’s Cooperative Extension: Maricopa, Pinal, Pima, Cochise, and Santa Cruz.



Who does Maricopa County EFNEP serve?

Educators in Maricopa County serve limited-income families in need of resources and nutrition education. To achieve this, educators travel to teach classes in locations like Head Start and family literacy classrooms, food banks, community centers, rehabilitation centers, church groups, women and family shelters, and in-home groups.

What does EFNEP teach?

Classes are designed to be interactive and fun. They are taught in a series, allowing educators to have multiple opportunities to connect and educate participants. A typical EFNEP series includes the following:

- My Plate/Healthy Portion Sizes
- Key Nutrients Bodies Need
- Food Safety
- Meal Planning on a Budget
- What is a Calorie?
- Calcium and Vitamin D—Osteoporosis Prevention

Additionally, educators obtain pre and post surveys from participants to gauge the effectiveness of the program. This data is entered into the USDA’s national database which allows for tracking program-effectiveness and participant

knowledge/behavior change. Participants answer questions about food and exercise behaviors, including a 24-hour Food Recall. This information provides valuable insight for educators and program facilitators to ensure the topics and modes of teaching are helping to create positive change in EFNEP participants and their families.

Goals of EFNEP:

EFNEP educators are dedicated to helping participants feel empowered and motivated to make and sustain positive changes when it comes to planning healthy meals for their families on a budget, preparing and storing foods safely, and incorporating more physical activity into their lifestyles. Data obtained from the participants’ surveys and feedback demonstrates EFNEP is effective in helping our communities make these healthy changes! For example, participants have reported making changes such as drinking more water regularly instead of soda and coffee, being mindful of portion sizes, adding physical activity into their families’ lifestyles, and including more fruits and vegetables into their diets. Helping individuals and families make positive, healthy changes is what EFNEP is all about!

The Director's Cut

By Ed Martin



Summer is finally here and with a vengeance. We have had record heat in June – 118° was one of the highest temperatures on record – ever! I am reminded how fortunate we are that we can move into air conditioning when the weather dictates and I'm still amazed at the resiliency of desert plants at this time of year. Around the office, I see some flowers sending out their final blooms and other plants beginning to show signs of the heat. Yet other plants seem to continue along, conserving water when needed, still green

but perhaps not growing as much right now. This is a great time to take advantage of classes offered by MCCE and stay indoors and stay cool. Our Master Gardeners are offering a class on composting in July through our Desert Institute of Gardening (DIG) program. The Arizona Women in Agriculture conference is coming up in July. It is the 20th annual event and this year it's being held at the Wigwam Resort in Litchfield, AZ. Our Brain Builders for Life program has workshops coming up in August. This 16-hour, interactive training focuses on integrating early brain development and typical child development for children prenatal to age three. There are some "Tent Talks" scheduled for July involving cotton, alfalfa, and a pathogen common here in Arizona, known as Texas Root Rot.

Check our website for times and locations for all these events and more at <https://extension.arizona.edu/maricopa>.


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ABOUT TOWN

- Alfalfa "Tent Talks"**
When: July 7 7:30am - 9:30am
Where: Jason Rovey's Farm
More Information:
<https://extension.arizona.edu/alfalfa-tent-talks-buckeye-az>
- Arizona Farmers & Gardeners**
When: July 12 5:00pm - 7:00pm
Where: Maricopa County Cooperative Extension
More Information:
<https://extension.arizona.edu/arizona-farmers-and-gardeners>
- Cotton "Tent Talks"**
When: July 14 7:30am - 9:30am
Where: A Tumbling T Ranches
More Information:
<http://extension.arizona.edu/cotton-tent-talks>
- AZ Women in Ag Conference - Day1**
When: July 14 5:00pm - 7:00pm
Where: Danzeisen's Dairy Tour
More Information:
<http://extension.arizona.edu/az-women-agriculture-conference-day-1>
- AZ Women in Ag Conference - Day2**
When: July 15 7:30pm - 4:30pm
Where: Wigwam Resort
More Information:
<http://extension.arizona.edu/az-women-agriculture-conference-day-2>
- Texas Root Rot & Cotton "Tent Talks"**
When: July 15 7:30am - 9:30am
Where: Pacheco's Farms
More Information:
<http://extension.arizona.edu/texas-root-rot-and-cotton-tent-talks>
- DIG: Crazy for Compost**
When: July 21 6:30pm - 8:30pm
Where: Maricopa County Cooperative Extension
More Information:
<http://extension.arizona.edu/desert-institute-gardening-class-presents-crazy-compost>
- Smartscape 101**
When: Mondays & Wednesdays
Aug. 8 - Aug. 31 3:30pm - 6:00pm
Where: Maricopa County Cooperative Extension
More Information:
<http://extension.arizona.edu/maricopa-county-smartscape-training-summer-2016>
- Brain Builders for Life**
When: Aug. 20 & Aug. 27 8:00am - 5:00pm
Where: Maricopa County Cooperative Extension
More Information and Registration:
<http://extension.arizona.edu/brain-builders-life-maricopa-county-august-20-2016>

Maricopa County Cooperative Extension Monthly Event Calendar
[https://extension.arizona.edu/calendar/month/2016-07?ctid\[0\]=16](https://extension.arizona.edu/calendar/month/2016-07?ctid[0]=16)

 **Check us out at:**
<https://www.facebook.com/MaricopaCountyCooperativeExtension>

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