




MCCE faculty & staff members Dr. Ayman Mostafa and Kyle Harrington with their summer interns from Project Puento.



THE UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE & LIFE SCIENCES
Cooperative Extension
Maricopa County

Maricopa County Cooperative Extension

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IMPROVING THE LIVES, COMMUNITIES, AND ECONOMY IN MARICOPA COUNTY

IN THIS ISSUE

Summer Interns

By Ed Martin

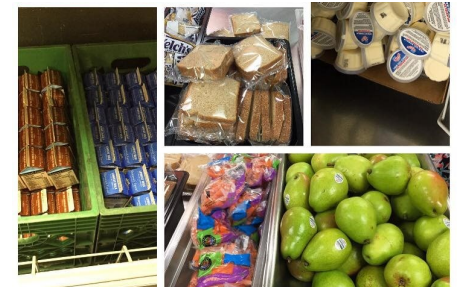
The summer intern program has come and gone and we had another successful year working with some outstanding young adults. This year, the program was run out of Central Arizona Community College. The main campus is in Florence, but they have a satellite office in the town of Maricopa where this program took place. The program is called Project Puento, offering college credit and a small stipend for young adults wanting to learn more about agriculture and Extension programs through the University of Arizona and other participating groups. In our office, we had interns working on agricultural field projects (Raymond Lenz), turf projects (Kelly Baker), agricultural literacy (Alison Fahey), horticulture (Courtney D'Angelico –



mentor), and at the Roosevelt Early Childhood Family Resource Center (Jennifer Gutierrez). Each intern needed to complete 240 hours of internship, keep a journal, submits reports, and give a poster presentation of their project at the end of the internship. Many interns discover new areas of science that they never knew existed. Others get insights to the challenges that scientists and faculty researchers face. Still others learn how to communicate with people through Extension program delivery. A big thank you to all involved, including the MCCE faculty (Patty Merk, Ayman Mostafa, Monica Pastor, Kai Umeda, and Kelly Young) and all the staff who worked with these interns and shared their knowledge and experiences with some of the best and brightest in Central Arizona.



Survival of the Knowledgeable



Summer Food & Fun Fest with SNAP-Ed



Program Spotlight: TOP

Survival of the Knowledgeable

Zombies, Mutants, and Yetis! Oh My!

By Robin Etnyre

Whether you're battling the walking dead or have superhero abilities, your personal survival is probably high on your priority list. For the fifteen local youth who attended 4-H YOUniversity Survival Camp, survival was the name of the game. With our expert summer interns, Josie Slade and Rachael Clifford, leading the way, our youth developed the basic survival skills useful for navigating this realm we call life. Our fearless leaders trained and prepared youth from the Roosevelt Early Childhood Family Resource Center, in all facets of life including wilderness survival, kitchen safety, and community service.

The Maricopa County Cooperative Extension Office temporarily became the base camp for these adventurous youth. With the assistance of several teen helpers, our summer interns filled our summer day camp with engaging activities for youth ages 7-13. Topics ranged from natural disaster preparedness, fire starting, cooking skills, and health and nutrition. This interactive course took the youth into nature for a 1 ½ mile hike, they delivered the food they personally donated to a local donation center, and taught them how to prepare and cook their own meals. These participants may not be fighting off a zombie apocalypse, but their training has given them a quick peek at the skills and knowledge required in a survival situation.



The goal of this summer day camp was not to produce masters in survival, but to expand 4-H's engagement with local at-risk youth. They were introduced to fourteen different project areas in 5 days! The power of 4-H is its breadth of curricula available, it's network of adults dedicated to providing a positive exploratory environment, and its ability to bring together a diverse group of youth working toward common goals. These participants may forget the exact measurement of rubbing alcohol and lemon juice to make homemade hand sanitizer, or the exact knot to use to make a survival bracelet, but they won't forget how the 4-H program made them feel and how much fun they had! If they left 4-H YOUniversity Survival Camp with a heightened sense of curiosity and the belief that 4-H is a welcoming and inclusive program, we have reached our goal.

Summer Food & Fun Fest with SNAP-Ed

By Nicole Capone

On Tuesday, June 7, 2016, The University of Arizona Nutrition Network-Maricopa County overseen by Traci Armstrong Florian, Extension Agent, and the Chandler Unified School district hosted a Summer Food & Fun Fest organized by Sally Cassidy, SNAP-Ed Health Educator, Senior. At this event, children ages 18 and under ate for free and participated in various activities. The reason for the Summer Food & Fun Fest



was to promote the kickoff of Arizona's Summer Food Service Program. The Summer Food Service Program is a free USDA Child Nutrition Program established to ensure that low-income children, ages 18 and younger, continue to receive nutritious meals when school is not in session.

From 11AM to 1PM members of the community participated in a nutrition decathlon at Shumway Elementary School in Chandler. Decathlon activities included a pepper toss, melon weight lifting, carrot hop, berry relay, a water slide, cucumber javelin throw, calcium bowling, apple toss, grapefruit shot put, and MyPlate relay. The activities incorporated nutrition education and physical activity.

Upon entering the festival, children received a passport. Once a child completed all 10 activities, they submitted their passport and received a water bottle as a prize. The passports were also put into a raffle; various raffle prizes included nutrition books, games, and gift cards.

The event served 195 children and 47 adults, and the children enjoyed lunch provided by the Chandler Unified School District Nutrition department. Lunch included BBQ chicken, peanut butter and jelly sandwiches, turkey sandwiches, along with carrots, pears, ice-cream, and milk. The event was a success thanks to all involved, especially the Maricopa County Cooperative Extension's SNAP-Ed staff.

Program Spotlight: TOP



Achievements

Participants celebrated the end of the TOP[®] year at Focus Climbing Center, where they reflected on their summer of CSL and learned how to rock climb.



Community Service

Participants invite the younger kids from the apartment complex to help paint wooden letters for their community garden.

FAST FACTS

Over 975 Hours

In the 2014-2015 program year, over 975 CSL hours were tracked across the 12 TOP[®] Clubs that were held.

Lower Risk

Teens that complete Wyman's TOP[®] experience:

- 52% lower risk of school suspension
- 60% lower risk of course failure
- 53% lower risk of pregnancy

Contact Information:

Dori Guest
dguest@email.arizona.edu
 (602) 827-8260

Jennifer Amundsen
jenniferamundsen@email.arizona.edu
 (602) 827-8247

Program Spotlight: TOP



What is TOP[®]?

Teen Outreach Program (TOP[®]) is a result-proven youth development program designed to reduce risky behaviors in teens by promoting confidence and life skills needed for a successful future. Funded by the Arizona Department of Health Services (ADHS), University of Arizona's 4-H Youth Development Program Coordinators deliver the TOP[®] program to youth across Maricopa County.

Who does TOP[®] serve?

The TOP[®] facilitators serve youth 12-18 years old who live in foster care group homes or receive services from limited-income service organizations here in Maricopa County. TOP[®] educators travel to these sites year-round, developing a lasting rapport with youth.

What does TOP[®] teach?

TOP[®] uses Wyman's Changing Scenes[®] curriculum to impart in youth life skills, healthy behaviors, and a sense of purpose. To achieve this, the curriculum utilizes age-appropriate experiential learning practices. The program also allows for youth to explore personal values, develop empathy, practice communicating feelings, and share commonalities and differences with one another. Whether TOP[®] is implemented for 9-months or adapted for a shorter amount of time, the program covers the following:

- Healthy Relationships
- Communication
- Goal Setting
- Decision-Making
- Sexuality
- STD's/Contraception * *Included in federally-funded PREP programming only*

In addition to these topics, TOP[®] participants engage in Community Service Learning (CSL). CSL engages youth in their communities by encouraging them to think about community issues and ways in which they can help solve these issues. A service project is selected and then participants are guided by the facilitator through the CSL process. CSL projects in the past have included painting nails at a nearby nursing home, beginning a community garden, fundraising for an animal shelter, and volunteering at a local homeless shelter. These CSL experiences increase self-efficacy in youth, enabling them to continue to make positive changes in the world around them.

Goals of TOP[®]:

The goals of the TOP[®] program are to promote life skills, healthy behaviors, and a sense of purpose. These goals are made possible through the following four components: providing peer group experiences for the youth, delivering relevant and engaging curriculum, promoting community involvement through service learning opportunities, and assuring teens have positive adult support. Through these four components, TOP[®] is proven to decrease school suspension, course failure, school dropout, and pregnancy in teens.

TOP[®] strives to implant leadership qualities in our youth, preparing them to be valuable leaders in their communities.

The Director's Cut

By Ed Martin



As I write this article, tropical storm Javier is just starting to impact Arizona. Tucson has been inundated with rainfall, enough to keep and send folks home from work. In Phoenix, our skies turned dark and then the rain hit... very intense, very hard, and very short. This year's monsoon seems to have been a fairly good one, although the water shortage is still an issue and a concern for all Arizonans. This summer, 4-H agent, Kim Christman, joined forces with Early Childhood Development Agent, Patty Merk, and the Family Resource Center (FRC) to deliver a 4-H youth program to kids participating at the FRC. Kim followed up with a week-long day camp here at the office. Based on the

laughter and requests for another camp, I would say it was all a success. Congratulations to Monica Pastor who was awarded the Distinguished Service Award for Arizona at the recent National Association of Agricultural Agents national conference in Little Rock, Arkansas. Monica was also instrumental in helping with this year's successful Women in Ag. conference held at the Wigwam in July. Our Smartscape program started up a new class in August and we have a new group of Master Gardener interns attending their classes here at the office too. Our office neighbors to the west have replaced the border fence with a brick wall and we are working with them to make sure we still have access to our back parking lot. A big thank you to our neighbor for letting us share their new cement driveway. Area Ag. Agent Ayman Mostafa had a series of tent talks, meeting with growers in the field to discuss the latest research. We had Brain Builders workshops in August and we have an autism workshop coming up in September. You might think summer is a slow time for us because it's so hot outside, but we still have a lot going on. We just get up a little earlier, hold workshops indoors, or meet in the evening after it has cooled down a bit.

CONTACT INFORMATION

- Traci Armstrong Florian Nutrition/SNAP-Ed/EFNEP
(602) 827-8237 tarmstro@cals.arizona.edu
- Bryan Chadd..... 4-H Youth Development
(602) 827-8250 bchadd@cals.arizona.edu
- Kim Christman..... 4-H Youth Development
(602) 827-8291 kchristman@email.arizona.edu
- Ed Martin County Director/ANR/Water Resources
(602) 827-8200 ecmartin@email.arizona.edu
- Patty Merk Family and Youth
(602) 827-8257 pmerk@cals.arizona.edu
- Ayman Mostafa Agriculture
(602) 827-8213 ayman@cals.arizona.edu
- Monica Pastor Agricultural Literacy/Project CENTRL
(602) 827-8217 mpastor@cals.arizona.edu
- Rebecca Senior Horticulture
(602) 827-8276 rsenior@cals.arizona.edu
- Kai Umeda Turfgrass Science
(602) 827-8214 kumeda@cals.arizona.edu
- Kelly Young Horticulture/Agroecology
(602) 827-8219 kyoung@cals.arizona.edu

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ABOUT TOWN

Story Time for Families

When: September 7 5:00pm - 6:30pm
(Event is held every Wednesday)

Where: Roosevelt Early Childhood Family Resource Center

More Information:
<http://extension.arizona.edu/story-time-families>

Women's Support Group

When: September 8 8:30am - 10:00am
(Event is held every Thursday)

Where: Roosevelt Resource Center Family Resource Center

More Information:
<http://extension.arizona.edu/womens-support-group>

STEAM: Science, Technology, Engineering, Art, and Math

When: September 12 5:00pm - 6:30pm
(Event is held every Monday)

Where: Roosevelt Early Childhood Family Resource Center

More Information:
<http://extension.arizona.edu/steam-science-technology-engineering-art-and-math>

22nd Annual Maricopa County Short Course

When: September 13 12:30pm - 5:00pm

Where: Maricopa County Cooperative Extension

More Information:
<http://extension.arizona.edu/22nd-annual-maricopa-county-short-course>

Maricopa Home & Garden Show

When: September 23-25

Where: Arizona State Fairgrounds

* See link for hours and directions

More Information:
<http://maricopacountyhomeshows.com/attend/>

Teen Empowerment Summit & Resource Fair

When: September 24 10:00am - 2:00pm

Where: Roosevelt Wellness Center

More Information:
<http://extension.arizona.edu/teen-empowerment-summit>

AZ Agriculture Literacy Day

When: October 17 through Dec. 16

Coordinated between volunteer & teacher

Where: At an elementary school near you

Contact: bmoak@cals.arizona.edu

More Information:
<http://extension.arizona.edu/az-agricultural-literacy-days>

Fall Festival and Plant Sale

When: October 29 8:00am - 1:00pm

Where: Metro Tech High School

More Information:
<http://extension.arizona.edu/fall-festival-and-plant-sale>

Maricopa County Cooperative Extension Monthly Event Calendar

<http://extension.arizona.edu/maricopa>



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Edited By:

Edward Martin

Amber Jones

Kaitlin Poe-Orsburn