



Supplemental Nutrition Assistance Program and Education Blender Bike making healthy smoothies at the 2017 Connect2STEM Event.

IMPROVING THE LIVES, COMMUNITIES, AND ECONOMY IN MARICOPA COUNTY

2017 Connect2STEM

By Ed Martin

The 2017 Connect2STEM event was held on January 21st on the University of Arizona College of Medicine, Phoenix campus. Connect2STEM celebrates Science, Technology, Engineering, and Math (STEM). The event was family oriented with plenty of activities for kids to help peak their interest in STEM activities and careers. Faculty and staff from Maricopa County Cooperative Extension and the Maricopa Agricultural Center were among those helping to educate and demonstrate the wonders of science. The Wildcat Water Lab was present, teaching kids about the importance of water quality. We also had some insects on hand for those that were interested in learning what an important role they play in our ecosystem. Arizona Project Wet was there with their Incredible Journey, where kids learned about the water cycle and got to make their own bracelet to take home to remind them how important water is to all of us. Our 4-H youth development team was on-hand teaching youth how fossils form and participants even made their own dinosaur footprint fossil to take home. Our Master Gardener volunteers and staff

were there to answer questions and show off a relatively new plant gaining prominence in the southwest – guayule (pronounced why-you-lee). This plant is being grown for rubber production and produces a high quality, hypoallergenic rubber used to make a variety of products such as rubber gloves for people with skin sensitivity to latex. We also had our Early Childhood Development program represented with staff from the Roosevelt Early Childhood Family Resource Center. The activities they had included the cotton ball catapult, using principles of engineering and kinetic energy; making maracas and using them as a home hearing test; and the water bead touch table for toddlers to help them with sensory exploration. Finally, the Supplemental Nutrition Assistance Program and Education (SNAP-Ed) team brought the ever-popular Blender Bike, where kids of all ages were able to sit on a stationary bike and power a blender. Using fruit juice, bananas, frozen fruit, and in some cases skim milk, the riders created a never-ending stream of healthy and tasty smoothies while learning about the science of nutrition. We served over 1500 smoothies! Thanks to everyone who participated and helped to make this a successful event.



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

Maricopa County Cooperative Extension

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1st Annual Spring Fiesta

By Traci Armstrong Florian

The University of Arizona Maricopa County Cooperative Extension office is holding its first annual, *Spring Fiesta*. Our goal is to bring awareness to the community surrounding our office to let them know that the University of Arizona is right here in their neighborhood and showcase what we have to offer them. We will have booths displaying our programs, as well as other fun activities such as Food Trucks, Hickman's Eggs, a small petting zoo, games, free door prize drawings, and the Rovey Dairy's Watusi cow!

Important details for the Spring Fiesta are as follows:

When: Saturday, March 25th from 9 am-1 pm

Where: Cooperative Extension parking lot-
4341 East Broadway Road, Phoenix 85040

*Parking for the event will be across the street at the *River of Life* church (look for the signs and please use the crosswalk).

Everyone is welcome - from neighborhood schools with students and teachers, to families, children, adults, and seniors. See you there!



Volunteers Needed for Arizona Project WET

By Pam Justice

Arizona Water Festivals

Volunteer with us at our Water Festivals, educational field day events for 4th grade students that instill a deeper understanding of water in the earth system and Arizona's water resources! To register, follow the link after each date to see the flyer for that festival.

Gilbert Water Festival - March 8th – 9th

<https://extension.arizona.edu/arizona-project-wet-volunteers-gilbert>

Littleton Water Festival - March 14th

<https://extension.arizona.edu/arizona-project-wet-volunteers-littleton>

Aqua STEM Field Days

Hassayampa Riparian Preserve March 22nd – 24th

Serve as a “mentor scientist” helping students to complete experiments of their own designs and assist them with making connections between urban water use and natural systems. You can mentor students about plants, animals, water chemistry, hydrology, soils, or macroinvertebrates. Training is provided the morning of. Visit <http://www.signupgenius.com/go/904054aa8ae22a75-field1> to sign up to volunteer for a field day!



Contact Sara Krznarich,

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for more information or to sign up to volunteer!

Program Spotlight: 4-H Youth Development

Partnerships

Maricopa County 4-H Youth Development staff have made new partnerships with several Phoenix city schools, the UA College of Medicine – Phoenix, Jobs for Arizona Grads, Luke Air Force Base, Arizona Science Center, and more!



Diversity

Since 2015, Maricopa County 4-H has increased our program diversity by 91% through new 4-H Delivery Modes reaching youth all over Maricopa County.



4-H Congress

Eight of the nine Arizona National 4-H Congress delegates came from Maricopa County.



Program Expansion

The Maricopa County 4-H Team has nearly quadrupled in the last year through the creative use of AmeriCorps stipend volunteers, the Intel Fellow program, and grant funding.

Program Spotlight: 4-H Youth Development



From the time 4-H was one of the only youth programs available, to today where youth can choose from an exuberant amount of programs, 4-H has always been capable of staying relevant in today’s ever-changing society.

Through our diverse programming, 4-H can always find a place; though the delivery may change, the core philosophy of positive youth development is the heart of the program. By focusing on the Essential Elements of Positive Youth Development, we are expanding the Maricopa 4-H Program.

The challenge that our program faces is to stay relevant with our current members while shaping the program to meet the needs of potential participants who stem from different backgrounds than we normally reach. As our team excitedly accepts this challenge, we couldn’t have taken it on without the assistance of our four amazing AmeriCorps and Intel interns! As a team, we are challenging youth from inner city Phoenix schools to master the basics of robotics in six sessions through the 4-H SPIN Club delivery model. We are challenging youth to find a sense of independence as they learn about staying protected physically, mentally, and emotionally through the Teen Pregnancy Prevention Program. Youth

are developing an identity and a sense of belonging as they connect science with career opportunities through participation in 4-H Science YOUiversity. Finally, we continue to develop youth’s desire to show generosity by involving our participants in other delivery models and demonstrating that there are a multitude of ways to give back to others!

The 4-H program continues to be one of the greatest impacting youth programs across the nation, with a majority of our participants furthering their education through a secondary degree or trade school, and choosing not to participate in risky behaviors. Our program would not have as vast an impact if it weren’t for our amazing volunteers and dedicated staff. Our program continues to prove that youth are more successful with positive role models in their lives! As long as there are caring adults and youths in our county, there will be a place for the Maricopa County 4-H Program!

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Intern Spotlight: AmeriCorp & Intel Fellow



L-R: Kim Christman, Dori Guest, Rabbia Jama, Brittany Alger, Josie Slade, Jennifer Amundsen, Robin Etnyre.

To some, the four H's – Head, Heart, Hands, and Health – that represent the 4-H program are just words, but to others, it's a way of life. These words accurately describe the four incredible interns that are working side-by-side with the Maricopa 4-H Team to reach beyond the horizons of the tradition 4-H program.

Through the support of the AmeriCorps program and the Experience Matters Intel Intern program, the 4-H Team has been working closely with individuals who are trained to volunteer in programs such as ours. When we started the process, the idea of taking on four interns at once was slightly intimidating, but we have thoroughly enjoyed seeing the amazing capability of all our interns. Through their energy and dedication to the expansion of our program, we have been able to reach new audiences and start new programs! We are proud to introduce all of you to our amazing 4-H AmeriCorps Interns and Intel Fellow!

AmeriCorps Interns

Brittany Alger, Rabia Jama, and Josie Slade are not afraid to do what is necessary to get the job done. These three ladies are positively shaping the Maricopa 4-H program and making it look like a piece of cake! Working with the Military 4-H Program, 4-H SPIN Club Program, and the Community Club Program, these ladies are writing grants, planning, marketing, and evaluating the 4-H program in style.

Intel Fellow

Our 4-H Team wouldn't be complete without our fabulous Intel Fellow, Tim Lonchar, also known throughout our program as Timmy Neutron! Tim has entered into new territory with not one, but two 4-H Robotics SPIN Clubs or Special Interest Clubs.

These four wonderful individuals have embraced the fun and enthusiasm that is the Maricopa County 4-H program and have become an important part of our 4-H Team!

The Director's Cut

By Ed Martin



Two months into the new year and our staff and faculty have been working hard delivering quality programs to the people of Maricopa County. In January, we had our annual Desert Turf School, a week of education and demonstration for turf managers throughout the state. We also had another successful Citrus Clinic out at Greenfield Nursery. A big thanks to all our Master Gardener volunteers and staff, our presenters, and of course to our gracious hosts John Babiarz and Debbie Hodson. On February 13th, we started our spring Smartscape class. Smartscape is a comprehensive, research-based professional training program specifically designed to assist landscape professionals in the design,

installation, and maintenance of attractive, water-efficient landscapes that offer a unique sense of place and value to communities. We also started a new Master Gardener intern class. The class consists of 17, three-hour courses covering everything from plant selection, planting, harvesting, and everything in-between. This past week's class was the "Soil Lab" where the interns learned about soil properties such as texture. I did not get a chance to visit, but there were a lot of dirty hands and smiling faces at the end of the class. The Summer Ag. Institute (SAI) is now accepting applications for its 2017 program. SAI is a five-day, traveling tour designed to teach K-12 teachers about food and fiber production and help them incorporate that knowledge in their classroom curriculum. SAI combines hands-on learning about agriculture with practical curriculum development. Finally, many of you may have noticed our new yucca sculptures as you turn into our parking lot. Jeff Oesterle (<http://oestmetalworks.com/OESTmetalworks/Home.html>) donated these sculptures, which have white Plexiglas flowers that glow at night. I want to thank him for his beautiful contribution to our landscape renovation project. We have many new and exciting programs and projects on the horizon. Don't forget to visit us at <https://extension.arizona.edu/maricopa> and like us on Facebook at <https://www.facebook.com/MaricopaCountyCooperativeExtension/>!

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ABOUT TOWN

Family Resource Center - Parent-Child Interaction Classes

When: Visit website for class details
Where: Roosevelt Early Childhood Family Resource Center
More Information: <http://extension.arizona.edu/roosevelt-early-childhood-family-resource-center>

Picnic with Dr. Seuss

When: March 2 4:00pm - 6:00pm
Where: Roosevelt Family Resource Center
More Information: <https://extension.arizona.edu/picnic-dr-seuss>

DIG: Pruning Trees & Shrubs

When: March 19 2:00pm - 4:00pm
Where: Maricopa County Cooperative Extension
More Information: <https://extension.arizona.edu/desert-institute-gardening-pruning-trees-and-shrubs>

1st Annual Spring Fiesta

When: March 25 9:00am - 1:00pm
Where: Maricopa County Cooperative Extension
More Information: <https://extension.arizona.edu/1st-annual-spring-fiesta>

3rd Annual Arizona Alfalfa & Forage Crops Workshop

When: March 29 8:00am - 2:00pm
Where: Maricopa Agricultural Center (MAC)
More Information: <https://extension.arizona.edu/3rd-annual-arizona-alfalfa-and-forage-crops-workshop>

Well Owner's Workshop

When: April 15 (See Event Link for Time)
Where: Maricopa County Cooperative Extension
More Information: <https://extension.arizona.edu/maricopa-county-well-owners-workshop>

DIG: The ABC's of Landscape Watering

When: April 23 2:00pm - 4:00pm
Where: Maricopa County Cooperative Extension
More Information: <https://extension.arizona.edu/desert-institute-gardening-abcs-landscape-watering>

Advanced Smartscape

When: April 27, May 4, May 11 1:00pm - 6:00pm
Where: Maricopa County Cooperative Extension
More Information: <https://extension.arizona.edu/maricopa-county-advanced-smartscape-irrigation-training-2017>

Maricopa County Cooperative Extension Monthly Event Calendar

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



Check us out at:

<https://www.facebook.com/MaricopaCountyCooperativeExtension>

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