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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.

On March 11, 2020, Governor Doug Ducey issued a stay-at-home order, to limit the transmission of COVID-19. That began, what is now, over one year of limited personal interaction, restricted Extension programming and constant modifications to all our operations. While it has been an interesting year, Pinal County Extension never stopped serving our clientele. Each program developed appropriate operating protocols, many of which involved virtual interactions and additional safety measures, to continue to meet the needs of our stakeholders. The incredible flexibility of every member of our team has allowed for many accomplishments during this unprecedented time.

Now, there appears to be a light at the end of the tunnel. Infection numbers are falling, and restrictions are beginning to be lifted, and many are hoping that we will be back to 'normal', sooner than later. With everyone being optimistic that all in-person programming will be back underway soon, we should also recognize that our outreach efforts will forever be altered in a positive way. Nearly everyone is now familiar with at least one virtual meeting platform, which has allowed us to increase our reach and access to previously underserved individuals. That being said, we will all be happy to see everyone in person again, soon!

Please read on to see the exciting projects everyone at Pinal County Cooperative Extension has been working on. Please feel free to reach out to any of our programs if you would like more information.

Stay safe,

Blase Evancho
Assistant in Extension

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WHAT'S IN SEASON?

Submitted By Nubia Lara, EFNEP Educator



What does it mean to eat seasonally? What are the benefits? Eating seasonally means that you are eating fruits and vegetables that are grown during the season that you buy them. Seasonal produce in your area will vary by growing conditions and weather. For example, in the spring you will want to eat more leafy greens. In the summer, you will want to eat more refreshing foods like strawberries, watermelon, broccoli, and corn. Once fall arrives, you can focus on eating root vegetables like carrots, potatoes, and onions. During winter, you can expect to find beets, cabbage, citrus, and winter squash in your produce section. There are many benefits to eating

foods seasonally. Here are some of the benefits:

- Eating foods that are in season is a great way to get the most out of the nutritional value found in that specific produce. Produce harvested at its peak and/or purchased fresh, will contain a much higher nutrient density. Even though we wished that strawberries were grown year-round in Arizona, the best time to eat them is when they are in season and when they are full of flavor. Another benefit to purchasing produce in season is that the cost will be much lower. However, when your favorite fruits or vegetables are not in season, try the frozen or canned. Buying frozen or canned allows you to still get the important nutritional benefits that fruits and vegetables have.
- When we are looking at the nutritional benefits to buying in season, just think of all the vitamins, nutrients, and minerals you will get year-round. Summer is soon to be in the air, and we can think of eating more blueberries, cherries, watermelon, asparagus, broccoli, summer squash, and peas. Blueberries are rich in antioxidants, Vitamin C, and fiber. Fiber is important for the digestive system. Cherries are loaded with potassium they are, a natural blood-pressure reducer. Watermelon is an excellent source of Vitamin C and other antioxidants that can help prevent cell damage. Asparagus are a good source of Vitamins A and C and an excellent source of folate. Folate is important for the cell function in the body. Broccoli is rich in folate, Vitamins C and K and fiber. Summer squash is high in Vitamin C and beta carotene. Peas are an excellent source of many nutrients including fiber, Vitamin K, folate, B6 and B2.

Next time you are at the grocery store, check out the produce section and see “What’s in Season?”

If you would like more information or to enroll in the EFNEP (Expanded Food and Nutrition Education Program) program, please contact Esmeralda Castillo, Program Coordinator, at (520) 836-5221, ext. 244 or email her at ecastill@cals.arizona.edu

References

- <https://www.nutrition.gov/topics/shopping-cooking-and-meal-planning/farmers-markets>
- <https://snaped.fns.usda.gov/seasonal-produce-guide>
- <https://www.usda.gov/media/blog/2020/05/29/how-save-more-fruits-and-vegetables>
- <https://www.usda.gov/topics/food-and-nutrition>



ARIZONA CITY PARK PROJECT

Submitted By Kevin Bawden, Community Outreach Manager I



It is spring in the low country of Arizona, and it is the time of year that we all live here for. The temperatures are perfect, the sun is out, and it is a great time to be outside. As families around the county are starting to spend more time outside, the Arizona Health Zone team has been working to increase awareness and use of community resources. One of the projects that we have been working on, that we are very excited to talk about, is the Collaboration with Arizona City Park.

The Arizona City Park is part of the First Baptist Church. It dates back to 1963 when the State Land Commission deeded five acres of land to Southern Baptist Pastor Morris Mulkey. From the beginning, the church

had a vision to be a part of the community. The original layout included plans for a volleyball court, tennis court, shuffleboard, and a playground area. The church has raised thousands of dollars and has installed several pieces to the park for the community. To date, the church and its congregation have worked hard to provide a safe space for the community. It is such an honor for the Arizona Health Zone team to be a part of this process.



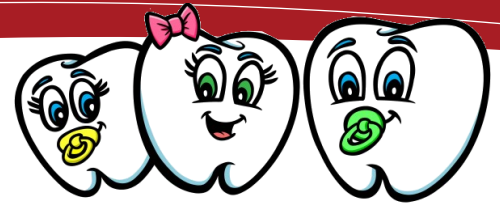
Recently, the First Baptist Church allowed an Eagle Scout to complete a project of installing a walking path. The church purchased crushed granite and the scout came out and laid the gravel into a beautiful walking path. The path is roughly 0.25 miles long and is open to community use, at any time during the day. However, nothing was marking

the path, and it was hard to distinguish where the path was from the ordinary dirt of the playground. So, the idea came to us to install signs and reflectors to help people see the park to mark the location of the path.



The Arizona Health Zone team collaborated with the First Baptist Church to design signs and selected road marking reflectors. The team met with the pastor, local volunteers, Supervisor McClure, and Jacques Watson from the State Health Departments, at the Arizona Health Zone office, on March 8th for a workday. Together, several hours were spent installing signs and reflectors onto the path. Pastor Richard Downing, shared with the group that this project had been a dream of his since the path was installed. So, it was amazing that our team could come in and add a little spice to the project that they had already started.

FIRST SMILES



BABY TEETH LOST EARLY?

Submitted By Greeta Mills, RDH Med, Oral Health Professional



A few months ago, a mother asked me why her daughter's permanent teeth were so slow to come in. The daughter had had cavities in some of her front baby teeth. Because of the severity of the cavities on this little girl's front teeth, several of the teeth could not be fixed and had to be removed when she was about 4 years old. Now she is in the 2nd grade, and her permanent grown-up front teeth still have not come in.

Cavities in baby teeth are called Early Childhood Caries or ECE for short. ECE is a bacterial disease that can spread from one tooth to another, and those bacteria can travel from one person to another. Injuries to teeth are another common reason for a baby tooth to be lost early.

When teeth are lost early, the normal tooth-loss process is interrupted. When a baby tooth is lost naturally, the grown-up tooth is guided into position by the baby tooth. When the baby tooth is lost early, the tough thick gum tissue will heal and may be too tough for the permanent tooth to move through. If that happens, it might be necessary for your dentist to make a little window in the top of the gums so the permanent grown-up tooth can come into the mouth.

Another thing that happens when a tooth is lost early is that the baby teeth on each side of the space drift into the space, which then blocks the permanent teeth from coming in properly. Because our grown-up teeth are so much larger than our baby teeth, this is like trying to park a dually Dodge Ram truck in a space that a VW Bug pulled out of! When this happens, your dentist may recommend your child see an Orthodontist. Depending on which baby tooth is lost early, your dentist may also recommend a spacer or a space maintainer to help preserve the space for the permanent tooth.

Prevention of cavities is the best way to take care of baby teeth. Choosing tooth-healthy snacks like fresh fruit, vegetables, popcorn, or cheese instead of snacks that feed the bacteria like crackers, juice, cereal or chips can reduce the risk of getting cavities. Brushing twice a day with a soft brush and fluoride toothpaste will help remove bacteria that cause cavities.

Teach your children not to walk or run around while holding something in their mouth. Help them stand still while drinking from a cup or glass. Teach them not to chew or suck on hard, sharp, or pointed objects like plastic toys. If your kids are old enough to play sports, have them wear a mouth guard, which helps protect the baby teeth they may still have, as well as their permanent teeth. All these strategies will reduce the chances of a baby tooth being lost too early.

FINANCIAL LITERACY & POSITIVE DISCIPLINE



NATIONWIDE AMERICA SAVES WEEK

Submitted By Sybil Peters, Instructional Specialist

During the week of February 22nd, we participated in the Nationwide America Saves Online Campaign. Each day we hosted 30-minute drop-in webinars that centered around saving for various things in our lives. We shared out info graphs, as well as links to America Saves Webinars. If you are interested, you can still take the America Saves Pledge to receive additional resources and reminders for your personal Savings Goals!

Take the pledge here: <https://americasaves.org/for-savers/pledge>

Another tool you can use, as you get yourself ready to track your spending, build a spending-savings plan, check your credit report, etc. is creating some Financial Conversation Ground Rules:

- Setting Aside Time: (you will want to do this weekly, monthly, quarterly, yearly - make this a part of your planner/calendar)
- Getting Out of the House: (find somewhere quiet, away from your everyday distractions - even your backyard will work)
- Letting Go of the Past, Moving On: (don't dwell on your past mistakes, if there is something to learn, take note and then move on, using your new knowledge and tools)
- Adopting a No Shame, No Blame Attitude which allows us to reframe mistakes as valuable lessons: (this applies to your inner monologue, as well as the conversations you have with your partner)
- Skipping Over Goals, for now: (this is important when you are first starting something, so that you can focus on developing the habit)
- Giving Space to Talk about Money without Judgement: (it's important to have conversations about money with your family, children, and trusted friends - when it's discussed regularly, it becomes less of a taboo subject for everyone)

It is also important that if you are in a relationship with another individual, that you establish these ground rules together!



FINANCIAL LITERACY & POSITIVE DISCIPLINE



POSITIVE DISCIPLINE REACHING OUT!

Submitted By Sybil Peters, Instructional Specialist

Positive Discipline Parenting: Exercise 2- Work/Life Integration*

Take a closer look at how to integrate your work and home life by setting healthy boundaries and redefining what success means. Remember, balance doesn't happen overnight, and it doesn't happen all the time. There is an ebb and flow to life that is helpful to accept. Certain things have a "best before" date - your children will be children only once and for a very short time. Career opportunities come and go, but if ever there is a once-in-a-lifetime opportunity, by having a healthy partnership with your mate, well-functioning problem-solving strategies at home and great communication with your children, you shouldn't have to pass it up because you're a parent. It is possible to do both!

A Personal Vision Statement Helps Redefine Success

1. What is your vision for your life? Write it down. Write several versions if you need to, and then try to pick the one that feels the most truthful. Try not to let your ego take over; really listen to your deeper, inner voice.
2. How would you like to be remembered and by whom? After you've answered the question, go back to your vision in point number 1 and ask yourself if you want to redefine it.
3. What specific actions, activities, and relationships are helping you achieve this vision? Divide a page in half and write them down on one side of the page.
4. What specific actions, activities, and relationships are blocking you from achieving this vision? Write them down on the other half of the page.
5. Pledge right now to take action to increase what you wrote under point number 3 and decrease point number 4. Write down specific, measurable targets and how you will achieve them.
6. Pat yourself on the back! You've just done a great thing for yourself and your family.

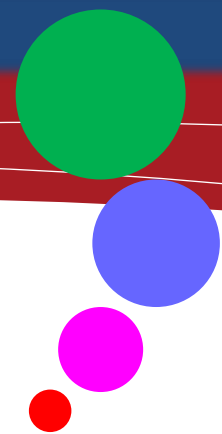
Then, as part of your routine and to check progress, ask yourself every week:

1. How well did I take care of myself?
2. What did I do to connect with my mate?
3. What did I do to connect with my kids?
4. How did I do at work?

Let the answers guide you so you don't lose sight of that long-term inner balance.

*Activity was copied from page 66 in The Positive Discipline for Today's Busy (& Overwhelmed) Parent-How to Balance Work, Parenting & Self for Lasting Well-Being
by Jane Nelsen, EdD; Kristina Bill & Joy Marchese

DEVELOPMENTAL & SENSORY




PUT THEIR FEELINGS INTO WORDS

Submitted By Jennie Treadway, Program Coordinator

Put their FEELINGS into Words

Help your child learn additional words to express how they are feeling. Young children can point to a picture and you can help them learn a new word for that feeling.



HAPPY


Glad
Pleased
Proud
Content
Cheerful
Terrific
Wonderful

Bubbly
Friendly
Excited
Calm
Silly



Sad


Unhappy	Left Out
Disappointed	Gloomy
Lonely	Upset
Blue	Crushed
Awful	Powerless
Sorry	
Ashamed	



Mad

Frustrated
Annoyed
Fed-Up
Angry
Impatient
Furious
Crabby

Grouchy
Grumpy
Outraged
Irritated
Agitated



Unsure

Worried	Anxious
Surprised	Afraid
Nervous	Insecure
Shy	Uneasy
Scared	Mixed-up
Suspicious	
Confused	

Emotions are hard to navigate when you're an adult. As a child trying to explore the world, there are a lot of emotions that they just won't know. Guiding your children through their emotional development is important for their overall development. Having strong emotional skills gives children a way to deal with emotions, an easier time developing relationships, and a foundation to be able to explore and learn ("Tips for Promoting Social-Emotional Development • ZERO TO THREE", 2010). Teaching your children, from a young age, about their emotions is one way to help them.

This activity is a great tool to use to help your children learn about emotions. By using the faces to represent four different categories of emotions—happy, sad, mad, and unsure—the activity gives them tons of words to choose from, to be able to understand what they're feeling. As adults, we tend to forget our children do feel a wide range of emotions and are often not aware of what their feeling (KidsHelpline, 2018). This activity can support them in understanding their emotions. This ability can benefit your child by providing them with a guide to what they are feeling. Navigating emotions allows children to be able to handle conflict and strengthen their problem-solving skills—a development milestone.

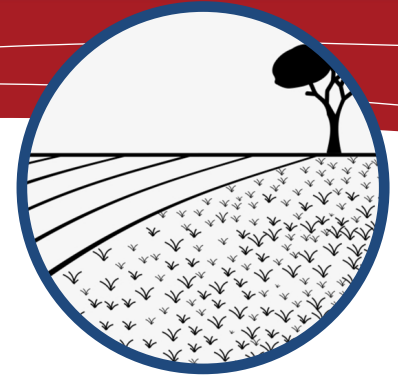
Happy, sad, angry, frustrated, and worried are all emotions your child may be feeling, but it can be difficult for your child to handle these emotions if they do not know what they are. Aiding them to name their emotions is the best method in their emotional development. At the University of Arizona Cooperative Extension, we care about your child's emotional developmental. We provide free developmental screenings for children 2 months to five years old. If you have concerns about emotional development, please feel free to reach out to us at (520) 836-4651, ext 236.

References

KidsHelpline. (2018, January 6). Helping kids identify and express feelings | Kids Helpline. Retrieved January 26, 2021, from <https://kidshelpline.com.au/parents/issues/helping-kids-identify-and-express-feelings>

Tips for Promoting Social-Emotional Development • ZERO TO THREE. (2010, February 21). Retrieved January 26, 2021, from <https://www.zerotothree.org/resources/225-tips-for-promoting-social-emotional-development>

FIELD CROPS SYSTEMS



PINAL COUNTY FIELD CROPS

Submitted By Blase Evancho, Assistant in Extension

Agricultural technology is continuously growing. What was once an activity that was done with simple hand tools has evolved into a technology-bound field with the adoption of new innovations for nearly every task on the farm. There are drones that can scout crops for problems, molecular plant breeding to increase yield and quality of the crops we grow, and GPS-guided tractors that ensure every tractor pass is completed with precision. Another technology that has been added to the agricultural “toolbox” is the use of bio-stimulants. These are biological products that aim to decrease environmental stresses on the crop. Some are comprised of endophytes - microscopic bacteria and fungi that live inside the plant and increase water and/or nutrient relations. Others are soil-applied enzymes that improve plant-soil interactions. While it can be very hard to understand how these products work, they can be easy to test in the field and see if their benefits can be proven. This is exactly the aim of a new program to work with companies that develop new bio-stimulant technologies and test them in our desert cropping systems.

Currently we have a field trial at Maricopa Agriculture Center testing 3 biological products on alfalfa (photo 1).



Photo 1 Replicated field trial of biostimulants in alfalfa field at Maricopa Ag Center

Here we apply the products to the alfalfa crop several times across the field and collect data on yield and forage quality compared to untreated areas of the field. While you can't see any differences in the photo above, we hope to see some impacts as the season progresses. We will also be testing six products on cotton this summer, to see if we can reduce the impacts of heat stress on the formation of cotton flowers. The goal of these tests is to identify products that can improve our crop while being economically feasible for use in our desert production system.

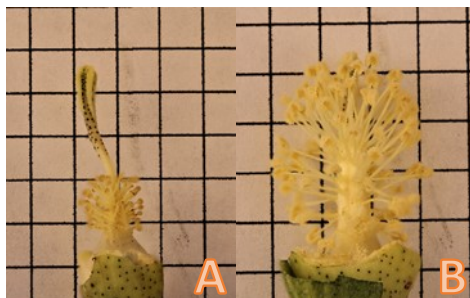


Photo 2 Cotton flower A shows extreme impacts from cotton heat stress, flower B is perfectly formed

4-H YD PROGRAM



CREATE OPPORTUNITY4ALL KIDS

Submitted By Maria Melendez, Administrative Assistant

What's the difference between kids who reach their potential and those who don't? OPPORTUNITY. And it's our mission to make sure all youth have equal access to it.

Support the FOURWARD Fund and you can give kids the resources they need to make a difference in the world. Your gift will open doors, remove barriers and clear a path to a better future for millions of young people across the country.

This is too much for kids to handle on their own. They need you. And they need 4-H more than ever. Your support makes it possible for 4-H to continue investing in the people, programs, and resources that will make a meaningful difference. We've made progress – but there's a long way to go.

When you donate to the FOURWARD Fund, you connect youth with the social-emotional support and learning resources they desperately need.

Help us provide opportunity for all youth so they can move FOURWARD with hope. Donate today and help us eliminate the opportunity gap – for all, forever.

[DONATE TODAY!](#)

Their Mental Health is Suffering

7 out of 10 teens struggle with mental health: 55% experience anxiety, 45% stress, and 43% depression. 81% of teens say mental health is a significant issue for young people in the U.S.

The Opportunity Gap is Growing

12 million youth don't have access to internet at home and are missing out on virtual learning and connections. Kids who live in underserved communities with limited resources are most at risk.

The Consequences are Long-Lasting

64% of teens believe the trauma of COVID-19 will have a lasting impact on their generation's mental health. Summer learning loss is expected to be significant following COVID-19 spring school closings.

Congratulations on getting vaccinated

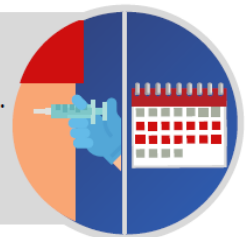
and moving our community one step closer to healthy, but we aren't quite there yet. Vaccines take time to provide their maximum protection. Here is what you can do now to continue to protect yourself, your loved ones, and your community.

Even after getting vaccinated, it is essential that you:

- ✓ Keep wearing a good fitting mask
- ✓ Keep physical distancing
- ✓ Keep washing your hands frequently
- ✓ Get tested! If you feel sick with COVID-like symptoms including cough, shortness-of-breath, runny nose, sore throat, and loss of taste or smell, get tested! Yes, even if you had the vaccine. These are not likely to be vaccine side effects.
- ✓ Quarantine If you have had a significant COVID-19 exposure
- ✓ Report any side effects through the CDC V-safe project - <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html>

About the vaccines

1. Vaccines take time to provide protection. A few weeks after the first shot the current vaccines are about 50% effective at preventing symptomatic COVID-19 disease. Two weeks after the second dose of the vaccine, the effectiveness rate can be as high as 95%. Being vaccinated greatly reduces the chance of serious COVID-19 disease.



2. Vaccines are good, but not perfect. Even after the second dose, individuals are not 100% protected. That is why it is critical to continue to protect yourself and others using the strategies you already know – wear a mask, stay distanced, and wash your hands.



3. We know the COVID-19 vaccines reduce symptomatic cases and save lives. What we do not know yet is how well the vaccines reduce disease transmission. Even after being vaccinated, you may still infect others. Continue to practice physical distancing and masking up.



Felicitaciones por vacunarse

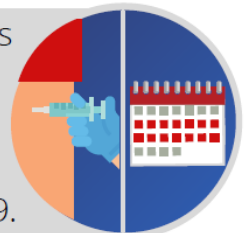
y hacer que nuestra comunidad esté un paso más cerca de la salud, pero aún no lo hemos logrado. Las vacunas necesitan tiempo para brindar su máxima protección. Esto es lo que puede hacer ahora para continuar protegiéndose a sí mismo, a sus seres queridos y a su comunidad.

Incluso después de vacunarse, es fundamental que:

- Siga usando una máscara que le quede bien
- Mantenga el distanciamiento físico
- Siga lavándose las manos con frecuencia
- ¡Hágase la prueba! Si se siente enfermo con síntomas similares a los de COVID, como tos, dificultad para respirar, secreción nasal, dolor de garganta y pérdida del gusto u olfato, ¡hágase la prueba! Sí, incluso si tuviera la vacuna. No es probable que tenga efectos secundarios a raíz de la vacuna.
- Póngase en cuarentena si ha tenido una exposición significativa al COVID-19
- Informe cualquier efecto secundario a través del proyecto CDC V-safe - <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html>

Sobre las vacunas

1. Las vacunas necesitan tiempo para brindar protección. Unas semanas después de la primera inyección, las vacunas tienen aproximadamente un 50% de efectividad para prevenir la enfermedad sintomática COVID-19. Dos semanas después de la segunda dosis de la vacuna, la tasa de efectividad puede llegar al 95%. Estar vacunado reduce en gran medida la posibilidad de contraer una enfermedad grave por COVID-19.



2. Las vacunas son buenas, pero no perfectas. Incluso después de la segunda dosis, las personas no están 100% protegidas. Por eso es fundamental seguir protegiéndose a sí mismo y a los demás utilizando las estrategias que ya conoce: ponerse una máscara, mantenerse alejado y lavarse las manos.



3. Sabemos que las vacunas COVID-19 reducen los casos sintomáticos y salvan vidas. Lo que aún no sabemos es qué tan bien las vacunas reducen la transmisión de enfermedades. Incluso después de vacunarse, puede infectar a otras personas. Continúe practicando el distanciamiento físico y usando su máscara.



NETWORKING NEWS



PINAL COUNTY RESOURCE RECAP

Submitted By Esther Turner, Program Coordinator Sr.



What do you do when your mission is to engage with people through applied research and education to improve lives, families, communities, the environment, and economies in Arizona and beyond, yet are faced with a worldwide pandemic? *You go Virtual!* Our vision to be a vital national leader in creating and applying knowledge remains the same, but our platform has just changed.

The emergence of the Coronavirus Disease (COVID-19) called for enhanced cooperation between public health authorities, homeless service systems, basic needs providers, and other partners at the local level. To support these efforts, partnerships, and the vulnerable households served, the University of Arizona Cooperative Extension and

Community Action Human Resources Agency (CAHRA) continue to prepare and conduct a series of presentations to inform the public of the services available in Pinal County.

Information sessions take place every two weeks via ZOOM, an easy-to-use communications technology tool. The material that is shared is up-to-date information from agencies and organizations offering important services, especially during this pandemic.

Past presentations have included Food Programs, how the county and municipalities used the COVID funding received, resources for seniors, mental health services, veteran's services, Cooperative Extension programs, domestic abuse prevention, CAHRA services and much more. Upcoming April meetings will present information on Child Abuse, Child Services, and summer programming.

If you have ideas for information you would like to see presented or have questions, please contact Esther Turner, University of Arizona, Cooperative Extension, Pinal County, Program Coordinator, Sr. at (520) 836-5221, x211 or via email at eturner@cals.arizona.edu.



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



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Victor Jimenez, 4-H Youth Development Agent

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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