

JANUARY — MARCH 2021

Volume 8, Issue 1

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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.

I recently came across a note, from March 2020, which I had sent to staff that said, 'hopefully we'll be able to meet again in person in another month or two.' I don't know about you, but I never imagined that nine months later we would still be coping with a pandemic of the scope we face today and primarily working remotely. On December 15<sup>th</sup> our Extension Administration made the difficult decision, based on the data we have from the AZ Department of Health Services, to move our organization back to Phase One – which means no face-to-face meetings and to continue remote work between now and at least mid-January. We will re-examine the data at that time to determine whether we can start to re-open again. If you're interested in our four-phase re-opening process and guidelines, you can find them here:

<https://extension.arizona.edu/phased-operational-plan>

I tend to be an optimist and look for the silver lining in a situation. For Pinal County Cooperative Extension, I think our silver lining is the creativity and problem-solving that remote work has sparked for our incredibly talented and hardworking team. As you have seen from these quarterly newsletters, programs have adapted and found ways to continue even when we have not been able to meet in person. Before the pandemic we were having discussions about distance learning, but since March our entire team has been actively engaged in learning about and using new technologies – some which they had never heard of until these last few months.

While our office is currently closed to the public – for your safety, as well as ours – we are still available to answer your questions and respond to your needs. Our programs are all actively engaging with their respective clientele, and if you need to connect with any of our team, as always, you will find their contact information at the end of this newsletter.

Until we can connect in person, stay healthy and safe.

  
Cathy L. Martinez  
County Extension Director



# FINANCIAL LITERACY & POSITIVE DISCIPLINE



## FINANCIAL LITERACY REACHING OUT!

*Submitted By Sybil Peters, Instructional Specialist*

As we start the New Year of 2021, I'd like to take some time to reflect on the continued growth of our Financial Literacy program, over the past year and a half. In September of 2019, I started teaching the Financial Literacy Single Session-Where Does Your \$ Go? classes, which is a curriculum that had been put together by the Purdue Cooperative Extension and is an interactive overview of the basics of personal money management. I was also teaching a Four-Week Personal Finance class series that was adapted by the University of Arizona from a curriculum put together by the Rutgers Cooperative Extension.

These programs had been greatly anticipated by the Cooperative Extension Staff, as well as our community members, and were met with many open doors and enthusiasm throughout Pinal County. Over the course of those four months, I was able to teach in four different cities (some multiple times) and had a total of 74 participants in attendance, over the span of the various classes. I continued to offer and teach classes in January thru early March of 2020, with another 14 participants completing in-person classes. Mid-March of 2020, when we were required to start staying home, due to COVID-19, and I could no longer teach Financial Literacy classes in-person, I felt that it was time to look at some new opportunities for reaching out.

After venturing online and watching others teach virtual classes, I decided that I could do it as well and set to switching the content to engaging PowerPoint presentations. Over the past year, I have been able to offer the Single Session-Where Does Your \$ Go? classes online, with many participants saying that if there hadn't been an online format, they wouldn't have been able to ever attend a class like this. While I look forward to being able to get back to teaching these classes in-person, I'm thankful that as we moved forward with the help of technology, and we are also able to keep another avenue of teaching open.

Please check out the Upcoming Online Classes Flyer for scheduled Financial Literacy classes that will be offered online starting in January. If you would like to set up a class, please don't hesitate to contact me at [sybilpeters@email.arizona.edu](mailto:sybilpeters@email.arizona.edu) and I look forward to seeing you via Zoom soon!



# FINANCIAL LITERACY & POSITIVE DISCIPLINE



## POSITIVE DISCIPLINE REACHING OUT!

*Submitted By Sybil Peters, Instructional Specialist*

We teach a 5 Week Positive Discipline Parenting Curriculum, where we talk with parents of children 3-18+ years, about creating a mutually respectful relationship with their children. We work on fostering a sense of belonging and significance, while teaching valuable social and life skills that are effective in the long term. We invite parents to discover how capable their children are and learn tools to share their power in constructive and healthy ways.

### Positive Discipline Parenting: Exercise 1-Dealing with Guilt

Along with special time, there are several parenting skills that can prevent & eliminate negative cycles such as guilt-caving-pampering and guilt-anger-remorse; these can help you build a stronger connection with your child. Let's look at them in turn:

- Work on Your Guilt Buttons: Awareness is the first step; then behavioral change can follow.
- Decide What You Will Do & Follow Through: Deciding what you are willing to do is a demonstration of self-respect.
- Limit Choices: Makes them feel engaged and also enables you to stay in control of the situation.
- Plan Ahead: Engage in planning for the future, and if you decide to make a change it is respectful to let your child know and to work on a new plan together.

### Plan Special Time with Your Child

Brainstorm a list of things you would like to do together during your special time. When first brainstorming your list, don't evaluate or eliminate any activities. Later you can look at your list together and categorize them.

If some things cost too much money, put them on a list of things to save up for. If the list contains things that take longer than the ten to thirty minutes you have scheduled, create another list of family fun time that you can turn to when you do have more time. Write down what you and each of your children have decided to do for your special time this week. Make sure to include the exact day and time this will happen and commit to it.



Special Time: \_\_\_\_\_ Day: \_\_\_\_\_ How Long: \_\_\_\_\_ (min.)

\*Activity was copied from page 44-46 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

## PRESCHOOLERS MOVING & EATING HEALTHY

*Submitted By Connie Lorenz, Program Coordinator*



The overall goals for the AZ Health Zone program, with the University of Arizona Cooperative Extension Pinal County Unit are *to improve nutrition, feeding practices, and reduce hunger also to increase physical activity, all while decreasing sedentary behaviors.* Before the COVID pandemic, meeting these goals were accomplished with direct education and offering hands-on education and training opportunities. In the early months of the pandemic, early childhood centers and schools began to shut down. As social distancing became, the new "normal" those who were able to work from home were packing up their offices and setting up to work from home.

I was at a loss about how we would provide programs to the early childhood centers in our area. COVID unquestionably challenged our program, where direct contact and social interactions are part of a child's everyday life. Due to most childcare centers' shutdown, kids could no longer interact with each other and be social. We have all recognized that this is very concerning as we know that it is crucial to child development to socialize with their peers. Preschoolers are hands-on, and the need for them to touch, feel, taste, and smell as they are learning is crucial. With adults and older children, we utilized live virtual lessons and recorded videos. However, with our Early Childhood groups, programming needs movement, action, and excitement. For adults and older children, live recorded videos were created using slides with lessons narrated by a facilitator.

Partnering with the First Things First coalition "The Week of The Young Child" AZ Health Zone program provided a lesson and food demonstration for "Tasty Tuesday" hosting the first Facebook live event for the AZ Health Zone, Pinal. The event was a huge success, and we had a lot of positive feedback. However, after watching the lesson later, I did not feel that the age group we are targeting these lessons for would be interested in having yet another adult talk to them through a screen. This made me think, "How can I do this in a way that is fun, interactive, and maybe add some animation."

The Pinal County Cooperative Extension team has focused on learning many new skills in virtual programming and marketing. I was no exception and had to learn quickly how to record and edit videos. I began recording videos that focused on Color Me Healthy, a research-based curriculum used in childcare centers during "Circle Time." Through this curriculum, preschoolers learn to explore their senses and new foods through color, texture, and taste. They listen to music to get their little bodies moving to encourage physical activity and just have a little fun.

continued from page 4

Online resources were used to assist in the creation and animation of the "Circle Time" portion of each lesson to keep the children interested. I wanted these lessons to be bright and colorful. Each video length needed to be less than 15 minutes and include music with words so that the kids could sing along. After the animation, we provided a short recording of the facilitator, me, reviewing the lesson's information. These videos have been posted to our YouTube channel ([https://www.youtube.com/channel/UC01oc3IMlgd\\_hNN7H8ddSzw/](https://www.youtube.com/channel/UC01oc3IMlgd_hNN7H8ddSzw/)) and Facebook page ([https://www.facebook.com/PinalCountyCooperativeExtension/?ref=page\\_internal](https://www.facebook.com/PinalCountyCooperativeExtension/?ref=page_internal)), so that families and early childcare sites can watch each video with ease.

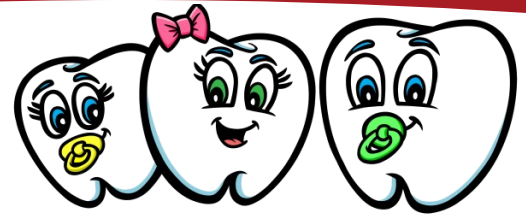


Building on this effort, the Arizona Health Zone Early Childhood staff then utilized the recordings to provide a live virtual lesson every week in September for pre-school children and their parents via Zoom. We utilized the animated Color Me Healthy videos to enhance the lesson and to keep kids engaged. Our new Instructional Specialist, Sybil, "Co-Hosted" each of these lessons with her 4-year-old daughter. She later shared that watching her daughter and other children dance and participate in each activity was a great way to increase engagement in a virtual platform and was

just a lot of fun. She provided supplemental information to each parent to go over again during the following week to re-enforce the lesson's concepts and allowed a period in each lesson for the kids to share what they had done for "homework." One by one, each child was able to show their coloring handouts that each family had received before the lesson. One of the most significant accomplishments of this effort has been keeping the kids engaged for a full 30 minutes, to the point that they don't want the lessons to end. By hosting these virtual lessons and using a platform to teach that drew kids in and kept them wanting to learn more, we couldn't be happier with the success of this effort.



# FIRST SMILES



## FIRST DENTAL VISIT AT AGE ONE? WHY?

*Submitted By Greeta Mills, RDH Med, Oral Health Professional*

My baby barely has teeth, and they say that it is time for a dental visit? Why, and what are they looking for?

Yes, the recommendation is for the first dental visit to be around the first birthday, or when the first tooth comes in. It may seem very early, and there are several good reasons to take your child to a dentist.

Early dental visits with children help the child to become accustomed to someone looking in their mouth. It gives you, the parent or caregiver an opportunity to ask questions. Consider taking advantage of the time to ask about tooth brushing tips, ways to prevent injury to teeth, best snacks for cavity-free kids, and find out whether or not extra fluoride is necessary.

Studies have shown that when children have their first dental visit by age one, they are 20 times less likely to have cavities at five years old than a child who has their first dental visit at age five. Children that have cavities on their baby teeth are more likely to have cavities in their permanent teeth. And for every delay past age one for the first dental visit, it is more likely that cavities cannot be prevented or stopped, and it will be more expensive to take care of the dental infection.

The first dental visit will be like a well-child check-up. Often the dentist or dental hygienist will have you hold your child on your lap while they are doing the exam. They will be looking to see how and where the teeth are coming in, looking for any sign of early disease on the teeth, check the health of the tongue and look for normal development of the mouth. They may recommend fluoride varnish to help strengthen the teeth.

When it comes to dental health, prevention is key. Early preventive dental visits reduce suffering and save dollars. The healthier your child's mouth is, the healthier their body will be!



# ARIZONA PROJECT WET



## NEW YEAR, NEW PROGRAM, NEW POSSIBILITIES...

*Submitted By Miriam Aleman, Program Coordinator*


It's the beginning of a new year and we at Arizona Project WET (APW) want to thank you for your continuous support! Like many outreach programs, we faced unprecedented challenges this past few months and we had to find new ways to reach and expand our audience. We started the school year by releasing a new water conservation program called the "Home Water Audit" (<https://wsi.projectwet.arizona.edu/community-action>), that offered **FREE water efficient aerators to households in Pinal County**. We then developed tools and resources to deliver the entire Arizona Water Festival Program online, which includes a new Celebration of Learning, at the conclusion of festival unit instruction. This celebration brings Master of Ceremonies and Magician, Richard Steele, into the students' classroom or home! Casa Grande 4<sup>th</sup> graders will have the opportunity to join the Casa Grande Celebration of Learning in the Spring 2021.

Lastly, thanks to a groundwater conservation project grant provided by the Arizona Department of Water Resources as part of the Arizona's Drought Contingency Plan, we will be able to offer the **New Groundwater Conservation Education program** to all middle and high schools in Pinal County, starting in Casa Grande. **Teachers can register now to participate in the program. The program will be delivered fully online starting on January 4<sup>th</sup>, 2021.** See below for full program details.

**Teacher Registration Link: [REGISTER NOW!](#)**

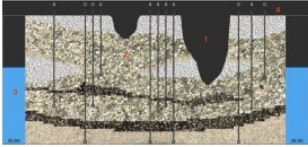
[https://uarizona.co1.qualtrics.com/jfe/form/SV\\_6ipD5kds71FORVz](https://uarizona.co1.qualtrics.com/jfe/form/SV_6ipD5kds71FORVz)

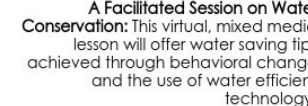
Thank you again and please share our article with any teachers that might be interested in bringing water education to their classroom.




**Presenting:**  
**New! Groundwater Conservation Education Program in Pinal County for 6-12 Grade Students**

This 3 part program consists of:

- 

**A Facilitated Session on the Groundwater System:** Using an interactive online model students will discover how the groundwater system works and how water it is being managed in Pinal County.
- 

**A Facilitated Session on Water Conservation:** This virtual, mixed media lesson will offer water saving tips achieved through behavioral change and the use of water efficient technology!
- 



**Hands-on Project Based Learning:** Students evaluate their water usage, record data by measuring water flow from their bathroom faucet and install a new water efficient aerators. They save water through their own actions and add their savings to the Pinal County savings on APW's Water Scene Investigation website.

**Sign Up Today!**




[HERE](#)

Questions? Contact Program Coordinator Miriam Aleman [mia1@arizona.edu](mailto:mia1@arizona.edu)

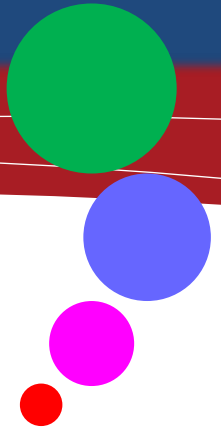
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# DEVELOPMENTAL & SENSORY



## POSITIVE AFFIRMATIONS

*Submitted By Jennie Treadway, Program Coordinator*

As parents, and your child's first teacher, you know that it is important for your child to eat right, get plenty of exercise and a good night's sleep. But, did you know that it is also just as important for your child to have positive mental and emotional health? Complimenting your child and acknowledging their effort is a big confidence booster. A child with confidence feels as though they can take on anything, even the world! When the adults in their life are speaking powerful words to them, it helps them feel more capable and are more willing to take on new challenges.

Finding something positive to comment on and celebrate each day is the simplest way to practice being grateful and finding things to be thankful for. Using positive affirmations with your child will help both of you to start recognizing the positives and start focusing on the things they can do, rather than the things they can't.

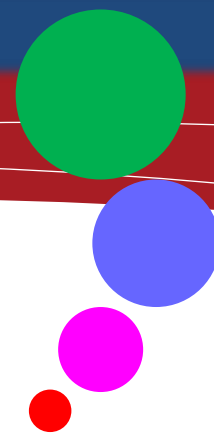
Did you know there are MANY ways of saying the same thing, but sometimes in a more precise or more positive way? Rather than automatically saying "GOOD JOB," try one of the alternative responses below instead. By adjusting your responses, you will help your children start to build a foundation of positive self-esteem, right from the start.

1. You should feel proud of yourself, I do.
2. You tried something new.
3. You did it! (Or tell them specifically what they did, "You put your shirt on over your head!")
4. How did that make you feel?
5. You took a risk!
6. I love that idea!
7. You made a plan.
8. You made a good decision.
9. That is interesting, tell me more.
10. I love your creativity!
11. You are learning to do \_\_\_\_\_ on your own.
12. You used so much (color) in your picture.
13. I like the way you are thinking.
14. You showed kindness.
15. You helped someone do \_\_\_\_\_.
16. That was brave.
17. You are an...artist, painter, builder, climber, etc.
18. You learned a lesson from your mistake.
19. You worked really hard on that.
20. I can't wait to see what you do next.
21. You made a good choice.
22. That was hard, but you did it!
23. Show me what you learned (or what you did).
24. You solved your problem.
25. You learned how to do something new.
26. You helped yourself.
27. You have great ideas.
28. You made (me, or someone) happy (or other emotion)!
29. You asked for help when you needed it!
30. That was challenging but you overcame it!

Children need to hear over and over again what makes them unique and how thankful you are that they are part of your family. Try some of these affirmations with your children and help them shine with confidence. However small, positively affirming their achievements each day will make a difference. Creating an inner confidence in your children can shape their whole life.



# DEVELOPMENTAL & SENSORY



## STAYING HEALTHY

*Submitted By Tammy McCarville, Community Outreach Assistant II*

Nutrition, exercise, sleep, and socialization play a key role in staying healthy, according to Peter Chiarchiaro, Director of Wellness at Next Jump in his series on "Nutrition to Boost Immunity." Eating healthy, getting at least 6-8 hours of sleep, doing some type of movement throughout the day, and maintaining connections with others is key to one's energy, balance, and health in life.\*

A natural way to boost your immune system and fight off infection is through the food we eat; meat, salmon, seafood, spinach, kale, sweet potatoes, broccoli, cashews, lentils, avocados, and berries are a few of those foods. Check out Cleveland Clinics article, "8 Vitamins & Minerals You Need for a healthy Immune System."  
<https://health.clevelandclinic.org/eat-these-foods-to-boost-your-immune-system/>

Exercise not only releases dopamine, which makes us feel good, it contributes to our overall health. Mayo Clinic says it combats health conditions and disease, improves mood, boosts energy, promotes better sleep, and controls weight. <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048389>



Sleep also plays a key role in maintaining health. It is just as important as exercising and eating healthy. Poor sleep has been linked to higher body weight, depression, type 2 diabetes, heart disease and stroke; good sleep is associated with improved concentration, productivity, and immune function, according to healthline.com.

<https://www.healthline.com/nutrition/10-reasons-why-good-sleep-is-important>

Lastly, our relationships with others can also affect our health. Socialization and healthy relationships are detrimental to our well-being. "Social connections not only give us pleasure, they also influence our long-term health in ways every bit as powerful as adequate sleep, a good diet, and not smoking. Dozens of studies have shown that people who have social support from family, friends, and their community are happier, have fewer health problems, and live longer."

[https://www.health.harvard.edu/newsletter\\_article/the-health-benefits-of-strong-relationships](https://www.health.harvard.edu/newsletter_article/the-health-benefits-of-strong-relationships)

During these trying times it's important to take care of yourself, by caring for your body!

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<sup>1</sup>[https://www.health.harvard.edu/newsletter\\_article/the-health-benefits-of-strong-relationships](https://www.health.harvard.edu/newsletter_article/the-health-benefits-of-strong-relationships)

\*Nutrition to Boost Immunity is one of the many classes available through the Community Online Academy offered by Perks at Work, with experts teaching free courses, every Thursday. If you are a UofA employee, please go to <https://edu.perksatwork.com> to sign up.

# The Strengthening Families Program



## Family, Fun and Free!



THE UNIVERSITY OF ARIZONA

Cooperative Extension

Pinal County

### ABOUT THE **STRENGTHENING FAMILIES PROGRAM**

The **Strengthening Families Program (SFP)** consist of three skills courses: Parenting, Children's Life Skills, and Family Skills. Skills Building Program for children ages 3-5 and their parents (16 sessions). Parents and children have fun while learning valuable bonding techniques. All parents or primary caregivers must register and attend online classes.

### LOCATIONS & TIMES OF THE NEXT **SF PROGRAM**

Classes will be held Mondays—Starting February 1, 2021 at 5:30pm through mid-May 2021

Classes will be held online via Zoom, link will be sent Friday, before the following course.

### FOR MORE INFORMATION ABOUT THE **SF PROGRAM**

University of Arizona, Cooperative Extension, Pinal County  
820 East Cottonwood Lane, #C, Casa Grande, AZ 85122  
(520) 836-5221, x211 / [eturner@cals.arizona.edu](mailto:eturner@cals.arizona.edu)

# Online Course

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 **FIRST THINGS FIRST**

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

# AZ 4-H YD PROGRAM



## 4-H YOUTH DEVELOPMENT SCHOLARSHIPS

*Submitted By Victor Jimenez, 4-H YD Agent*



Yes, it's coming up on 4-H Scholarship Season! We have some plans in the works that should make it easier for members and past scholarship recipients to apply for the 2020-21 Arizona 4-H Youth Foundation Scholarship Program. We wanted to digitalize the application, so it will be completely done on ZingBooks, our new online club management and record book software. **The timeline has changed, so the application will be available on January 4, 2021, and will be due April 1, 2021 to the Foundation.**

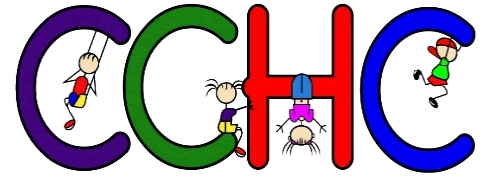
Everything will be digital, no paper involved. Extension Offices will be involved and must review the application before forwarding it to the Foundation, no later than April 1<sup>st</sup>. We're still working out some of the details about how the applications get to the Foundation, but the application information is the same as it was in previous years. Applicants will need to upload a transcript, have a 4-H reference, as well as a non 4-H reference.

For those applicants who are applying for the first time or reapplying but are not registered 4-H members for the current year, a process for how to use ZingBooks for the scholarship application will be made available. I am contacting last year's scholarship recipients by email to alert them to the changes and how to apply for this year.

It is our hope that after this year 4-H members will be able to migrate information from their ZingBooks 4-H Record Book to the Scholarship application directly. More information will be forthcoming later in January about the process and your involvement at the County Extension Office level. A big shoutout to Peter Hooper for pushing this forward into the digital age!



# CHILD CARE HEALTH CONSULTANT



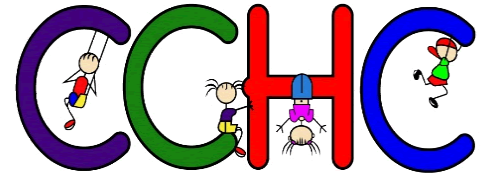
## OLD WIVES' TALES

*Submitted By Janet Jepsen, Program Coordinator*

I'm sure everyone has heard many "old wives' tales" and wondered if they were true or not. I did a little research and found ten more common ones that would apply to our work as child care providers. So here we go...

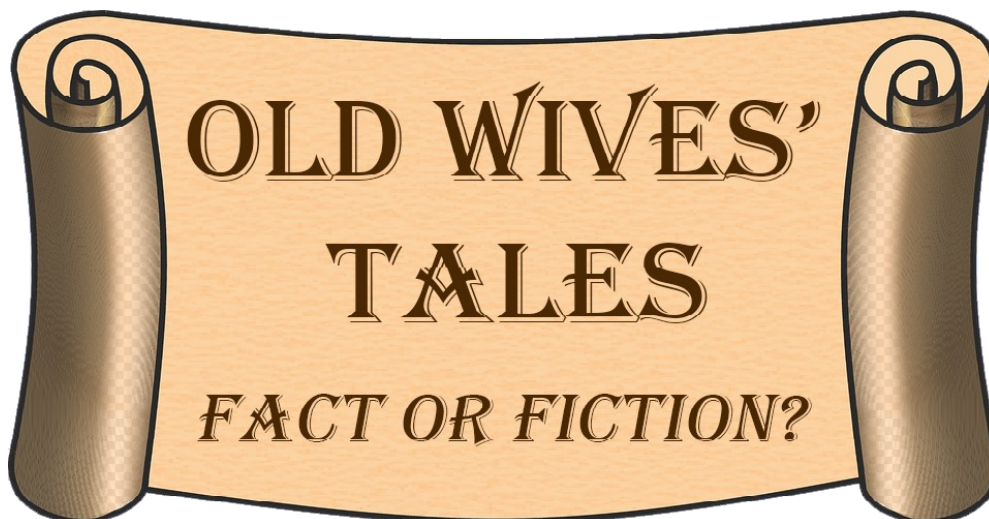
1. Put some brandy on your baby's gums: This is a risky remedy. Most new parents have heard the "old wives' tales" that dabbing brandy or whiskey on a baby's gums will help alleviate teething pain. On one hand, it may seem harmless to dab such a small quantity of alcohol on your baby's gums, however, even a very small amount of alcohol can be toxic to a baby and is strongly discouraged by medical professionals. Instead of this alcoholic antidote, try using natural remedies, such as massaging a warm washcloth on your baby's gums.
2. Don't go outside with wet hair. You'll catch a cold: Just having wet hair and going outside doesn't cause a cold. Colds are caused by viruses, not cold weather. But you may want to dry your hair anyway. Some research suggests that when it's cold outside the cold virus can reproduce more efficiently in your body. That might be part of the reason we get more colds in winter. It also may have to do with the fact that people tend to gather more in large groups indoors, spreading their germs, when it's cold outside.
3. Feed a cold, starve a fever: Forget the old saying about "starving a fever" to make it go away. (Actually, the original saying was "feed a cold, stave a fever," stave meaning "to prevent") Fasting actually weakens your body just as you should be preserving its' strength. Even if you don't feel like eating, you should consider trying bland foods, such as chicken soup, toast or other soothing foods. The key is to feed your body healthy foods in order to strengthen your immune system so you can fight infections. Also, drink plenty of fluids to prevent dehydration.
4. Follow the "five-second rule": If you've ever let a snack slip from your fingers, you've probably thought about following the five-second rule. This well-known "old wives' tales" implies that food can lie on the ground for five long seconds before becoming contaminated by bacteria. Unfortunately, there is no scientific evidence of a golden window in which food can be dropped and safely recovered. Eating food that's fallen to the ground does come with a risk of taking in bacteria known to cause food poisoning. Research shows food will instantaneously pick up bacteria from the surface it lands on. One 2016 study, published in the Applied and Environmental Microbiology journal, tested a variety of foods on various floor surfaces. It found that no food completely avoided contamination. Watermelon picked up the most germs, while gummy candy picked up the fewest.
5. Chocolate gives you acne: You may have heard this when you were growing up and were worried about what was going on with your teenage skin. Chocolate lovers are in luck, however, because this "old wives' tales" is not necessarily true. However, what you eat can impact what happens in your body, including your skin. Eating a diet high in sugar and processed foods but low in fruits and vegetables can cause inflammation. Inflammation throughout your body can trigger acne flare-ups.
6. Swallowed gum will take years to digest: Chewing gum is not meant to be swallowed, however, if you happen to accidentally gulp it down you have no need to worry. Though your parents might have warned you, as a child, that a swallowed piece of gum will take a long time to digest and may even "plug you up" this chewing confection actually begins digesting immediately, with any undigested particles excreted in your stools.

*continued from page 12*

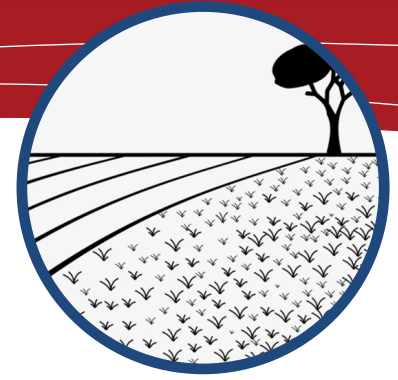


7. An apple a day keeps the doctor away: Rhyming words together doesn't make them true. Yes, apples are nutritious and have been shown to help with everything from weight loss to nausea but eating just one a day won't ward off any illnesses. If you really want to keep the doctor away, eat right, drink plenty of fluids, exercise and get plenty of sleep.
8. Cracking your knuckles will give you arthritis: People who crack their knuckles constantly get unsolicited advice from strangers, family members and friends about how doing so will cause arthritis. However, scientists have never actually found a link between knuckle cracking and arthritis. That makes this medical advice little more than another crazy "old wives' tales".
9. If you cross your eyes for too long, they will get stuck that way: This "old wives' tales" happens the same way for everyone. One minute you're a little kid, experimenting with this new eye-trick that you've discovered; when suddenly your mom drops the bomb: "If you cross your eyes for too long, they will get stuck that way! Immediately you panic, as you scramble to correct your eyes to make sure that it's not too late for them to be saved. According to Stephen Kronwith, MD PhD, chief of pediatric ophthalmology at NYU Winthrop Hospital on Long Island, "Children cross their eyes for fun, but they can't hold the position for long, and it's not dangerous. They may see double, but it won't leave any permanent issues." His advice, "Just ignore it, and they'll stop doing it."
10. Sitting too close to the television screen will make you go blind: Though today this "old wives' tales" is entirely erroneous, there actually was once a time when sitting too close to your television set could harm your eyes as well as your health. Evidently, General Electric produced color TVs back in the 1960s that emitted up to 100,000 times more radiation than federal health officials considered to be safe. And while the television sets were recalled almost immediately, the superstition remains.

I hope you enjoyed reading about these "old wives' tales" as much as I did researching them. The Child Care Health Consultants (CCHC's) would like to wish you all a safe and healthy Holiday Season.



# FIELD CROPS SYSTEMS



## GLYPHOSATE RESISTANT PALMER AMARANTH CONTROL

*Submitted By Blase Evancho, Assistant in Extension*

Palmer amaranth, careless weed, pigweed, or simply Palmer are all the names this pest commonly goes by. We have all seen it growing on roadsides, ditches, and near agricultural fields. Its tall and lanky form is easily distinguishable and a single female plant can disperse up to 1 million seeds. The spiny bracts on the flowering stems form impressive structures that are painful to the touch and make for a terrible time if you try to manually remove them from a field or landscape. The most impressive attribute of this miserable pest is its ability to develop herbicide resistance, doing so several times to several different herbicide mechanisms of action across the country. We are unfortunate to have these resistant pests multiplying across Pinal County where they are increasing the cost of production for our field crop producers and threatening to make glyphosate and possibly other herbicides obsolete crop protection options for our growers.

To slow down the spread of this pest, Pinal County Ag Extension has developed a multifaceted plan with government entities, ag industry companies, and field crop producers to make a push to use our proven practices to reduce the population of Palmer and kill the entire population before it has the chance to reproduce. We plan on doing this through several educational events and assistance from industry to promote the Best Management Practices for controlling these pests. We also plan on mapping the resistant population to track where the problem is worst so we can focus our efforts in those areas.

We are hopeful that we can make an impact for our growers and decrease the risk of this pest becoming an even larger problem than it already is.



Cotton field in Coolidge infested with resistant Palmer amaranth.

# EXPANDED FOOD NUTRITION EDUCATION PROGRAM



## 2021 HEALTHY CHANGES

*Submitted By Candy Ramos, Extension Program Assistant*

### Hearty Breakfasts

Breakfast is the first meal of the day. A great way to start that day is by eating foods high in protein!

#### **KELP – BABY KALE**

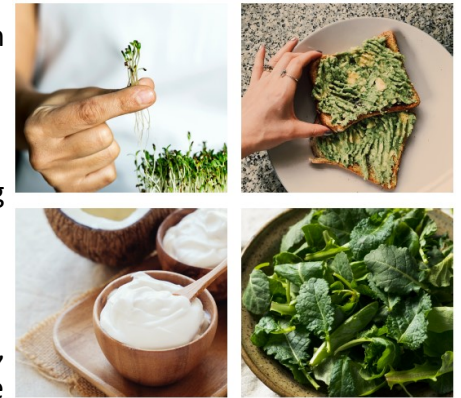
Kale is high in protein, and spreads well over toast. Or, you can also roughly chop it and add baby kale to a Mediterranean salad.

#### **YOGURT**

Yogurt is rich in protein, calcium, and contains potassium too. Adding yogurt to your diet may also enhance healthy gut bacteria.

#### **SPICES**

Most of us don't over think it when it comes to spices. Using cinnamon, turmeric, coriander, garlic and oregano will help pave the way to some new tastes.



### Goal Getter

In addition to changes at the plate, regular activity is good for your physical and mental health. Here are some ways to get your move on while social distancing:



#### **TRY PICKLEBALL**

This sport was invented in 1965 and combines many basics of tennis, badminton and ping-pong; it's played indoors and outdoors with a paddle and plastic ball w/holes; it can be played as singles or doubles and is enjoyed by all ages.



#### **DUST OFF YOUR BIKE**

Take advantage of the cooler weather this winter and go for a spin.

#### **USE WEIGHTS DURING YOUR FAVORITE SHOW**

While you're relaxing watching television, pull out your weights and do a few curls. You will have burned a few calories as well as enjoyed your favorite episodes of newest series that are out there.

If you have question/concerns, or would like online recipes and tips, contact Candy Ramos, Extension Program Assistant at [crodriguez1@arizona.edu](mailto:crodriguez1@arizona.edu) or at (520) 836-5221.



# NETWORKING NEWS



## **SURGEON GENERAL'S CALL TO ACTION!**

*Submitted By Cathy L. Martinez, County Extension Director*

In October, the US Surgeon General, Jerome M. Adams, MD, MPH released his [Call to Action to Control Hypertension](#). The data reveal that one in two adults have hypertension and only about one in four people with hypertension have it under control. This places millions of American at higher risk for heart disease and stroke, which are the first and fifth leading causes of death in the United States.

While more prominent among older adults, hypertension is not simply a condition of the elders. ALL ages are impacted, and early identification and long-term control can preserve cardiovascular health now and into the future. So, what can we do about hypertension?

1. Help increase awareness of the challenges associated with hypertension. It has been called a “silent killer” because it generally has no noticeable signs or symptoms. Uncontrolled and undiagnosed, it can damage many body systems and organs, including the heart, brain, kidneys, and eyes, and it can lead to a wide range of complications including:
  - Heart attack, stroke, or heart failure
  - Vision loss
  - Cognitive decline
  - Kidney disease/failure
  - Sexual dysfunction
  - Peripheral artery disease
  - Pregnancy-related complications
2. Be physically active. Despite the benefits, only about half of US adults meet the recommended 150 minutes of moderate-intensity physical activity each week (only 30 minutes 5 days a week). Physical activity can occur in many ways:
  - Engage in recreational sports – they provide both social and cardiovascular benefits.
  - Walking – it’s an easy way to begin and maintain an active lifestyle throughout your life, and you can break up the 30 minutes into smaller segments throughout the day.
  - Participate in gardening or household chores that keep you moving and increase your heart rate.
3. Make healthy food choices.
  - Choose fresh over processed and packaged foods – often we choose those foods because of convenience, what’s easier than an apple or banana? Keeping healthy snacks at home and taking them with you when you head to school or work makes it easier to choose them when hunger hits.
  - Make meals at home vs. eating out – cooking at home allows us to have a lot more control over the amount of salt and fat in the food we eat and lets us choose healthier cooking methods (braising over frying, for example).
  - Take a nutrition or cooking class – it can be challenging to try new recipes and methods, but taking a class provides the opportunity to try out and find new things you and your family will enjoy.

There are many individuals and programs here, at Pinal Cooperative Extension, that we can support you in your lifestyle change journey!



# NETWORKING NEWS



## UPCOMING ONLINE CLASSES

*Submitted By Sybil Peters, Instructional Specialist*

### Financial Literacy Single Sessions: Where Does Your Money Go?

Is a curriculum put together by Purdue Cooperative Ext. & Is a single session class that highlights activities that go over a Spending-Savings Plan; Occasional Expenses Worksheet; Adding up the Extras Worksheet to give a quick overview of where our money goes!

\*Classes are being scheduled for Mondays starting 1/25: 5:30pm-7pm via Zoom\*  
-Email [sybilpeters@email.arizona.edu](mailto:sybilpeters@email.arizona.edu) to Register, get Zoom Link & PDF Workbook-

### Learn Positive Discipline Parenting Tools

\*Classes are being scheduled for Thursdays starting 1/14: 5:30pm-7pm via Zoom\*  
-Email [sybilpeters@email.arizona.edu](mailto:sybilpeters@email.arizona.edu) to Register, get Zoom Link & PDF Workbook-

## Parent & Pre-schooler Online Classes!!!



We will be meeting on  
Fridays @ 2:30pm

Starting 1/8/2021  
via  
Zoom

**Week 1- Singing & Dancing**

**Week 2-Eat a Rainbow**

**Week 3-Being Physical**

**Week 4- Try New Foods**

For more information please contact: Sybil Peters, Instructional Specialist  
University of Arizona, Cooperative Extension, Pinal  
(520) 836-5221, phone / (520) 836-1750, fax  
[sybilpeters@email.arizona.edu](mailto:sybilpeters@email.arizona.edu) / <http://extension.arizona.edu/pinal>

# NETWORKING NEWS



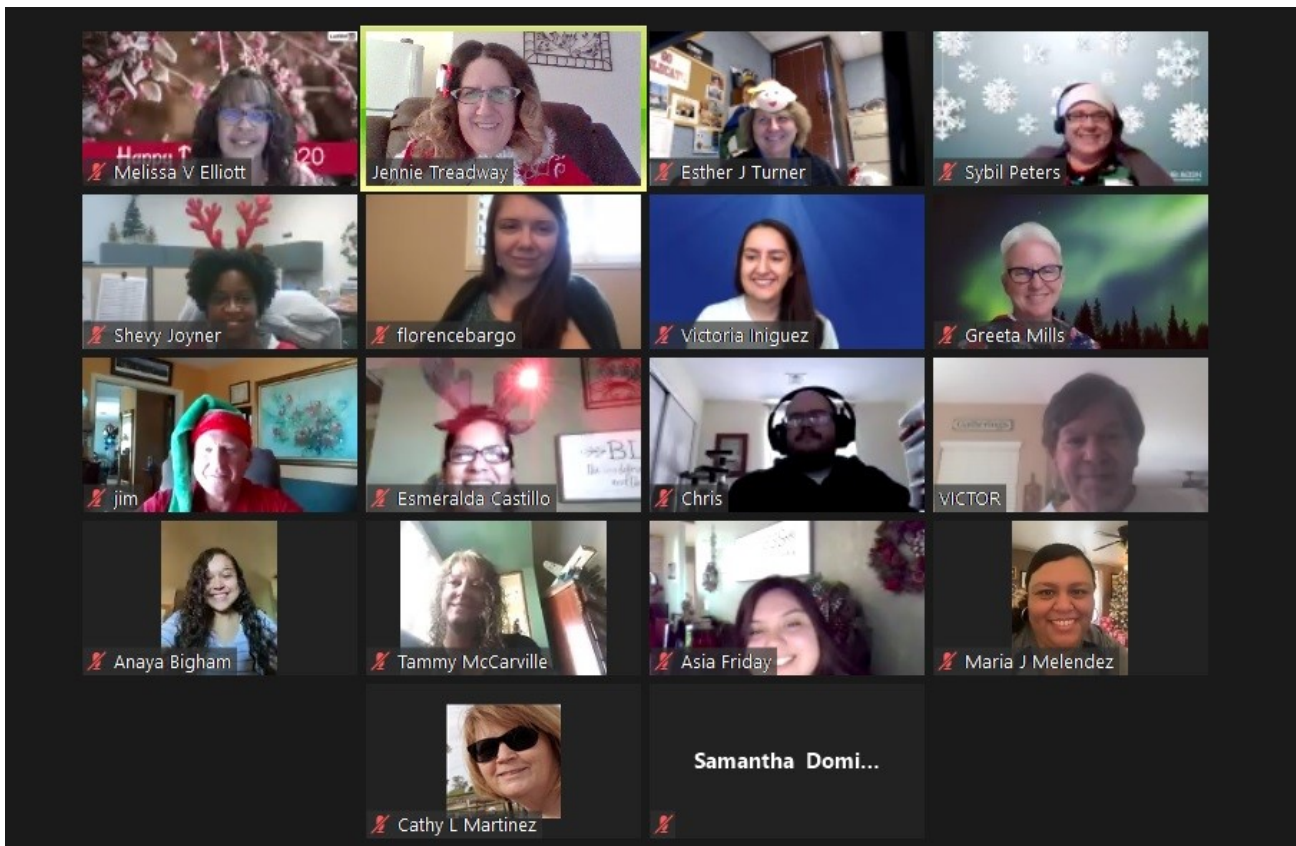
## PINAL COUNTY OFFICE RETREAT

*Submitted By Esther Turner, Program Coordinator, Sr.*



Pinal County Cooperative Extension Staff were able to celebrate the holidays on a safe Zoom staff retreat on December 18, 2020. The Staff Retreat Committee, presented Pinal County CE employees with a desktop agave with the message, Working, Growing, Succeeding Together. This year has been challenging to say the least, but staff has worked together to grow our programs and provide exposure to succeed in making Cooperative Extension more famous. In addition to the inspirational words, we were able to play games to learn more about our fellow team members and test our holiday trivia knowledge.

Jennie Treadway did not disappoint as she was dressed in full Christmas themed wear sharing some holiday spirit with all. The time went fast, and fun was had by all. Hopefully, the message was clear in thanking each and every one of you for your creativity, loyalty, and willingness to continue to meet and serve our community in ways that keep us connected and able to meet the needs of people in communities and our county.



# 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](http://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

[clmartin@cals.arizona.edu](mailto:clmartin@cals.arizona.edu)  
[bee1@cals.arizona.edu](mailto:bee1@cals.arizona.edu)  
[vicjimenez@yahoo.com](mailto:vicjimenez@yahoo.com)

**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](mailto: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](mailto: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: Janet Jepsen at (520) 836-4651, x234 or [janetj@cals.arizona.edu](mailto:janetj@cals.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](mailto: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, x238 or [eturner@cals.arizona.edu](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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 [macmastergardener@gmail.com](mailto: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: Chuck Dugan at (520) 836-5221, x210 or [cd1@email.arizona.edu](mailto:cd1@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, x238 or [eturner@cals.arizona.edu](mailto:eturner@cals.arizona.edu)

**Soil Fertility Research and Education** is a program that focuses on the development of research and education on soil testing, nutrient management, and fertilizer and animal waste best management practices.

Contact: Rick Gibson at (520) 836-5221, x227 or [gibsonrd@cals.arizona.edu](mailto:gibsonrd@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](mailto:eturner@cals.arizona.edu)