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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.

After the last year and a half of virtual life and programming, we're all feeling a little bit giddy about getting back out into the communities across the county to see you all for some 'live' programs for a change. We will be continuing to do some things virtually because they did work well and meet people's need for being able to engage without having to drive someplace – and because those programs were successful! For example, our Diabetes Prevention Program for those who have concerns about the possibility of diabetes or have been told by their physician that they are pre-diabetic was very successful done virtually. One of our current groups has nearly completed the year-long program and every member has hit their physical activity goal and combined this group of eight has lost nearly 100 pounds! To learn more about the Diabetes Prevention Program you can visit the UACE website at <https://preventdiabetesaz.org/>.

Other programs, like our 4-H Youth Development programming, are more difficult to do virtually – though we do appreciate the efforts of all our 4-H volunteer leaders who stayed in touch with their club members and families and kept them engaged. With the new 4-H year starting October 1st, now is a great time to explore the 4-H clubs in your area or to start the process to become a certified 4-H volunteer. 4-H is open to enrollment for youth 8 to 18 (as of Jan. 1st). Through 4-H youth can learn a wide variety of skills in a diverse array of topics – sewing to scrapbooking, cooking to cattle, swine to STEM, computer science to electricity, photography to poultry, and many more. To learn more about the 4-H program you can check out our state 4-H website at <https://extension.arizona.edu/4h> and find a club in your area at <https://extension.arizona.edu/4h/pinal>

Summer 2021 is shaping up to be hot, so we hope you'll be able to stay cool and hydrated! Don't forget that by the time you feel thirsty your body is already dehydrated – so keep water on hand and sip it frequently!

Cathy L. Martinez
Cathy L. Martinez
County Extension Director

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THE UNIVERSITY
OF ARIZONA



CORRECT IRRIGATION OF LANDSCAPE & GARDEN PLANTS

Created by Richard Gibson, Horticulture Agent Emeritus

Unlike many parts of the country where home yard irrigation is simply a matter of waiting for the rain clouds to appear, irrigation in the desert Southwest is a definite must-do task in order to keep plants healthy and vigorous.

The annual hot, dry spell occurring from mid-May to the arrival of the higher humidity and less intense temperatures of the desert monsoon can cause true hardship on plants. The stresses experienced during this period often cause severe, long-term health problems, especially if the stresses are coupled with improper irrigation. Many of the dead limb and stunted growth problems that are currently being seen in area landscapes can be traced directly to improper irrigation techniques and habits. In order to avoid water stress problems in all types of plants, especially during times of drought, it is important to understand the proper principles and techniques of desert irrigation.

First, it is important to know soil conditions. The soil is a plant's moisture reservoir and the capacity of that reservoir is dependent upon the depth and the particle size of the soil. Soils underlaid with a hard pan or caliche layer, and soils of a sandy texture will hold less water than deep or fine-textured soils. The smaller the holding capacity, the more often plants must receive adequate irrigation.

It is also important to know the depth and location of the plant's root system. Root systems will differ widely depending upon the type of plant and the conditions of the soil. Turf grasses, for example, have an effective rooting depth of about twenty-four inches while tree roots, under good conditions, may descend down to sixty inches or more into the ground. The average rooting depth for other types of plants include eight inches for dichondra, fifteen inches for flowers, and thirty-six inches for shrubs and small trees.

Shallow soils or improper irrigation may prevent proper root development that could cause problems like wind throw, salt burn, stunting and root constriction later on. Plants with shallow root systems should be watered frequently and lightly while larger plants, like trees and shrubs, with deep roots may need more water each irrigation, but less frequently.

Next, it is important to know the water requirement for the plants that are located in the garden or landscape. Most, but not all, plants will show signs of drought when they need irrigation. Frequently, small areas of a lawn will show moisture stress early and these signs can be used as a warning. Wilting, change to a darker bluish-green or gray color, and slower growth are "need-water" signs.

Timing of irrigations is best decided by watching the soil moisture levels. If you have access to a soil probe, sample the soil at varying depths of the root zone. If not, a good approximation can be developed by digging down six inches into the soil with a hand trowel or shovel. Test the soil moisture level by feeling the soil sample with your hand and determining whether it feels wet or dry. Form a ball of soil by firmly squeezing a handful of the sample. Make a ribbon by pressing the soil between the thumb and forefinger. Irrigate when the soil moisture fits the following description.



...continued from page 2

For sandy or coarse soils, irrigate when the soil tends to stick together slightly but will not form a ball when it is squeezed in the hand. For silty soils, irrigate when a ball forms but its strength is weak and its appearance is crumbly. For clay soils, irrigate when the soil is pliable, will form a ball, but is too dry to form a ribbon easily.

Leaf temperature is also a helpful tool. The process that plants use to cool themselves is the process of transpiration and it works automatically as the plant extracts water from the soil, moves it up the plant, into the leaves, and out into the atmosphere. The leaves of trees and shrubs will feel cool to the touch when there is sufficient water available for the plant but will feel warm when the plant cannot pull enough water to meet plant needs.

There are exceptions. On windy days, the holes in the lower sides of leaves which allow water vapor out and air in, the stomata, will close to prevent drying winds from pulling too much water too quickly from the leaves. Because transpiration stops, the leaves will begin to feel warm to the touch even though there may be adequate water in the soil. If there is sufficient water in the soil, it is not necessary to irrigate under these conditions.

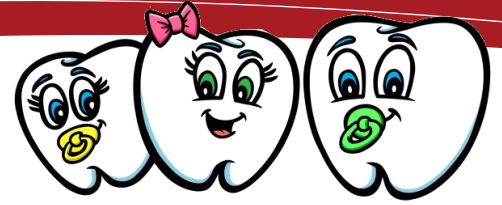
During hot weather, depending upon soil depths and textures, grass and shrubs will probably have to be flood irrigated with the hose every five to ten days, flowers every three to six days, trees every ten to fifteen days, and dichondra every two to three days. Mature citrus trees should be watered every seven to ten days depending upon fruit load and temperature. Again, do not overstress your plants for water because permanent damage could occur if the plant gets too dry for too long. To be safe, check the soil at a depth of six inches as previously described.

Just as it is essential not to under-water, it is also essential to not over-water. In addition to the danger of leaching valuable nitrogen fertilizers out of the root zone, certain soil conditions can create severe health hazards for plants when the soil is kept moist for too long.

Shallow soils with caliche underneath can cause harm to plants when they are not correctly irrigated. Under these conditions, plants tend to be extremely susceptible to iron chlorosis, especially when roots are kept too wet for too long. Root rot, the old nemesis of just about every plant, will thrive in this wet environment.

Correct irrigation of landscape plants requires a knowledge of soils and plant characteristics. A good knowledge of these basic principles, coupled with a little experience, will allow anyone to accurately walk the tightrope between over-irrigation and under-irrigation in our warm, desert climate.

FIRST SMILES



WHAT TO DO IF YOU HAVE A TOOTH KNOCKED OUT?

Submitted by Greeta Mills, RDH MEd, Oral Health Professional

Teeth can get knocked out in so many different ways and usually it is one of the front teeth. If you are playing sports, hopefully you are wearing a mouth guard to protect your smile. But, this can happen at recess too! Teeth are the one structure in the body that cannot repair itself. When there is trauma to the tooth, it can also break or move diagonally. See a dentist as soon as you can. Do not wait until you finish the game, or wait several weeks.

If it is knocked out, here are some steps to follow:

- If it is a baby tooth, do **NOT** put it back in the mouth. You can damage the permanent tooth that is underneath it.
- If it is an adult tooth in a child, it is really important to get the tooth back in place. Hopefully the dentist can help keep it in place as long as possible.

If it is an adult, permanent tooth in an adult or child:

- Find the tooth. If you can find it and put it back in, it may stay in place for awhile. Once you find the tooth, try not to touch the root. Hold it by the part you see when you smile. That part is called the crown.
- Very gently, rinse it off with water. Saline is better if you have it. You are going to try with your fingers to put it back in.
- Hold it by the crown and find the front of the tooth which usually flat. That goes toward the lip. The back of the tooth is more rounded. Try to put it back in. Slide it back into the place it came out of.
- Take a handkerchief, gauze, or washcloth, and gently close on it. This is just something to hold it in place. Get to the dentist as quickly as you can.

If you cannot put it back in, do **NOT** put it in plain water or let it dry out. Plain water or letting it dry will damage the fibers that help hold the tooth in the socket.

The first choice would be to put it in a “Save-a-Tooth” solution if you have it. It is a box with a little jar in it of a special solution. This is something you can buy online for about \$15. This would be a great thing to add to your first-aid kit or game-day bag, or even gift the coach of the team!

If you don't have a “Save-a-Tooth” kit, you can also put the tooth in milk, or saline. You can also just place it in your mouth, by your cheek. Don't swallow it! Get to the dentist as quickly as you can.

There is an app you can get for your phone called **Tooth SOS**, that will give you more information and walk you through the emergency steps of helping save a tooth and a smile!



FINANCIAL LITERACY



FAMILY FUND ACTIVITIES

Submitted by Sybil Peters, Instructional Specialist

DEVELOPMENT OF THIS BUILDING BLOCK

People typically begin to build money habits, norms, and values during middle childhood through a process called financial socialization. These habits and norms continue to develop through adolescence and influence many financial behaviors and habits in adulthood.

Early childhood (ages 3–5)

MILESTONES FOR FINANCIAL HABITS AND NORMS

Begins to develop basic values and attitudes around keeping (saving) and using (consuming) resources

WHAT IT MAY LOOK LIKE IN ADULTHOOD

Thinks twice before buying, saves money now for an item they want later.

<https://www.consumerfinance.gov/practitioner-resources/youth-financial-education/learn/financial-habits-norms/>

ACTIVITY FOR GUIDING CHILDREN AS THEY LEARN ABOUT EARNING, SPENDING, AND SAVING MONEY:



Let's Go Shopping—Set up a pretend grocery store where children can shop, with play food, empty food containers with prices, play money, and toy cash register. Children can shop for healthy breakfast or lunch items.

EVERYDAY OPPORTUNITIES:

- Take your children grocery shopping with you
- Talk about your families Needs vs. Wants.
- For smaller purchases having them hand money & get change back.
- Have them help make grocery list-look for sale amounts.



BOOKS TO READ WITH YOUR CHILD(REN):

Many can be found at your local library!

- The Berenstain Bears' Trouble with Money, by Stan and Jan Berenstain
- Money Hungry Monkey, by Paul Peters
- One Cent, TwoCent, Old Cent, New Cent: All About Money, by Bonnie Worth



STRENGTHENING FAMILIES



BRINGING PARENT & CHILD TOGETHER

Submitted by Esther Turner, Program Coordinator, Sr.

The Strengthening Families Program (SFP) is a 16-week evidence—based parent education program for high-risk and general population families with children ages 3 - 5. SFP is found to significantly improve parenting skills and family relationships, reduce problem behaviors, delinquency, alcohol, and drug abuse in children, and to improve social competencies and school performance. Child maltreatment also decreases as parents strengthen bonds with their children and learn more effective parenting skills. Here are a few quotes from past participants who have completed the course:

- *"I enjoy spending time playing with my kids rather than always yelling at them"*
- *"This class has honestly helped me and my family so much. It helps me understand my children a little more, and I feel it has helped me feel/be a better mother to them"*

A little more about the program...After a family style meal, parents attend a class while the 3 - 5 year olds have their own lesson, covering the same topic as the parent class. At the end of the evening, parents and children come together to practice the new skills they have learned. Let's hear a few more quotes from past participants, who have completed the course:

- *"The skills building lessons for the parents have helped me to realize there are techniques that work and I can successfully apply them. Applying the skills we are taught in class helps my family to run more smoothly, has brought us closer, and has given me more confidence as a parent."*

Our next Strengthening Families session will be held in Casa Grande on Tuesday's from 5:30 pm—7:30 pm. Classes begin Tuesday, August 10th and will continue through mid-November.

To register, go to https://uarizona.col.gualtrics.com/ife/form/SV_cCjuyYE8mygHmjI

To learn about an on-line class, please contact Esther Turner at (520) 836-5221, ext. 211.

For more information on the Strengthening Families Program, see pages 14 & 15 of this newsletter.



POSITIVE DISCIPLINE PARENTING



EXERCISE 3—THE AGONY & ECSTASY CHILDCARE

Submitted by Sybil Peters, Instructional Specialist

“It breaks my heart when my child cries & clings when I drop them off at the childcare center. It is enough to make me want to stop working.”

Ever had that thought? Even if you aren’t sharing your anxiety with your child, you might still feel it. Let’s look at some specific Positive Discipline Tools that can help.

SHOW FAITH: The process of coping with separation is part of every child’s normal developmental challenges. Children do survive (and thrive) in separation so long as they are provided with love and support, both at home and in the childcare environment. Encouraging dependence is counterproductive to the development of self-trust and leads to excessive dependence on others. The goal of parents and caregivers is to help children to develop a sense of trust in themselves—including the confidence that they can handle disappointment and anxiety. Remember research has shown that children can thrive when they receive love at home and love in a quality childcare situation. This can help with your own separation anxiety as well.

LETTING GO: Letting go does not mean abandoning your child. It means allowing your child to learn responsibility and to feel capable. It is difficult to watch your child suffer, even when you know the lessons learned will provide strength in the long-term. Often it is harder on you than on your child. Hang in there! Remember that letting go allows your child to gain strength by building their “disappointment muscles” and problem-solving skills.

TAKE TIME FOR HUGS: No matter how busy you are, there is always time for a three-second hug. A substantial hug can lift spirits and change attitudes, yours and your children’s. Sometimes a hug can be the most effective method to stop misbehavior. Try it the next time you are feeling frazzled and your child is whining and see for yourself how well it works. Don’t wait until you are angry or your child is misbehaving. Give hugs in the morning, right after work, several during the evening, and a longer one just before bed. When you offer that hug, you may also want to whisper a loving word to your child about how much you love them and how much they mean to you.

WRITE LOVE NOTES TO YOUR CHILDREN: It doesn’t take much time to write a note for your child’s lunch bag, pillow, or mirror. You can pre-write them when waiting for appointments or any other free few minutes that you have and then leave them for your child for a week, month, or even a year. Once it’s something your child is consistently expecting they will be in eager anticipation for today’s note and feel very loved!

*Activity was copied from page 83-85 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

NETWORKING NEWS



COOPERATIVE EXTENSION DAY

Submitted by Esther Turner, Program Coordinator, Sr.

The University of Arizona, Cooperative Extension, Pinal County will host its Annual Cooperative Extension Day event from 9 a.m. to noon on Saturday, October 9, 2021 at 820 E. Cottonwood Lane, Casa Grande, AZ 85122.

The family-style event is free to attend and open to everyone in the community. We will have a bounce house, hands-on activities, face painting, 4-H demonstrations, and a free hot dog lunch. Those who attend will receive information and resources about:

- improving financial health,
- learning about sources of food and fiber,
- learning how to prevent diabetes,
- water conservation technology,
- how to make a healthy snack,
- how to garden at home,
- oral health,
- physical activity,
- vision and hearing screenings

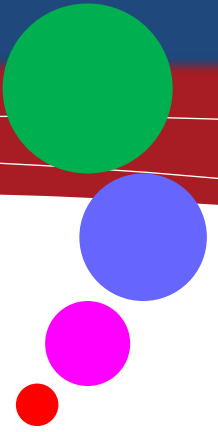


Information about the Cooperative Extension office's various programs will also be available. The office offers 4-H Youth Development, Ag Ventures, Master Gardening, Pinal First Smiles, Project WET, Strengthening Families, AmeriCorps, and AZ Health Zone programs as well as Child Care Health consultations, Developmental & Sensory screenings and information about Financial Literacy & Parenting, Field Crop Systems and Diabetes Prevention.

For more information, see the website at extension.arizona.edu/pinal or call 520-836-5221.



DEVELOPMENTAL & SENSORY



WORDLESS BOOKS

Submitted by Tammy McCarville, Community Outreach Assistant II & Shevonda Joyner, Community Outreach Assistant II

Books are an extremely important aspect of a child's life. With the immense options of books to read to children, wordless books, told entirely through illustration, may get overlooked. "Sharing wordless books with a child provides an opportunity for literacy-rich conversations. Each "reader" listens and speaks and creates their own story in their own words. Sharing wordless books also reinforces the idea that, in many books, the story and the pictures are connected (Rockets, 2017)."

These books have a multitude of benefits. They help develop language, vocabulary, comprehension, social emotional, and listening skills all enhancing your child's learning (Balcazar, 2019).

Since their language skills develop so early, it is important to expose them to as much as possible. Wordless books are a simple and fun way to do so.

Here's our recommendations for wordless books (2021).



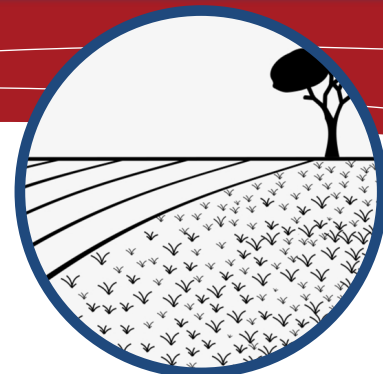
References

Balcazar, S. (2019, November 13). How picture books help kids develop literacy skills. Retrieved February 26, 2021, from <https://readingpartners.org/blog/picture-books-develop-literacy-skills/#:~:text=Picture%20books%20bring%20tremendous%20benefits,and%20other%20foundational%20literacy%20skills>.

L. (2021, March 02). Multcolib recommends: Wordless picture books with diverse characters. Retrieved March 04, 2021, from <https://sml.bibliocommons.com/list/share/181155813/635985250>

Rockets, R. (2017, August 24). Sharing wordless picture books. Retrieved March 05, 2021, from <https://www.readingrockets.org/article/sharing-wordless-picture-books>

FIELD CROPS SYSTEMS



Finger Weeder Cultivator

Submitted by Chris Crockett, Media Technician, Sr.

Herbicide-resistant weeds present an ever increasing challenge to today's growers. As these weeds become more common, it has become extremely important to find alternative solutions for weed control. In this video University of Arizona, Associate Specialist Mark Siemens shows us a Finger Weeder Cultivator, a camera-guided in-row cultivator that could prove to be an important tool in future.

<https://www.youtube.com/watch?v=YKVxUfer9fU&feature=youtu.be>



4-H YD PROGRAM



BECOME PART OF THE 4-H FAMILY!

Submitted by The 4-H Team

FRY'S DONATIONS TO PINAL COUNTY 4-H

A simple way to support the Pinal County 4-H Program is through the Fry's Community Rewards Program. Fry's Food and Drug Store will donate a small portion of what you spend every time you use your Fry's card. If you would like to support the 4-H program, please link your Fry's rewards card to the Pinal County 4-H Program.

Instruction to link Pinal County 4-H in the Fry's app (iPhone/Android):

- Open Fry's App
- Top Right—Hand **Menu** (hamburger button)
- Click **Rewards**
- Choose **Community Rewards**
- Choose **Search for Organization**
- Search for **Pinal County 4H** (no hyphen)
- Click **Enroll**



SUPPORT AZ 4-H YOUTH FOUNDATION



**Support
Arizona 4-H Youth
Foundation**

One simple way you can support AZ 4-H is by registering with and using <https://smile.arizona.com> or with AmazonSmile ON in the Amazon Shopping app. Once you set up an account, you can search the AmazonSmile charity list for Arizona 4-H Youth Foundation and select. It will become your charity of choice.

Once you've selected a charity and start using AmazonSmile for your purchases, each will generate a small donation. All those small donations add up to significant contributions to AZ 4-H! To learn more about AmazonSmile go to:

https://smile.amazon.com/gp/chpf/about/ref=smi_se_rspo_laas_aas.



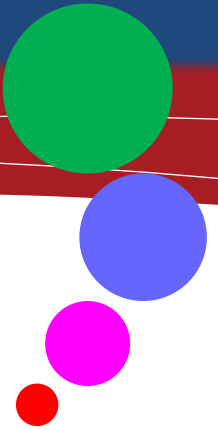
VOLUNTEERS NEEDED!

The Pinal County 4-H Program strongly believes in the value of volunteers. Volunteers willing to join our program are welcome and very much appreciated!

For more information or questions, please contact our office via email at sam030801@email.arizona.edu or (520) 836-5221, x238.



DEVELOPMENTAL & SENSORY



BACK TO SCHOOL EYE SPY

Submitted by Jennie Treadway, Program Coordinator

The earliest years of life are a period of incredible growth and opportunity to shape strong and positive development from the very start. Good health, secure attachments, and positive early learning environments are necessary to support children's physical, academic, and social-emotional development during this important stage in life.

The Developmental and Sensory Screening Program screens children 0-5 across Pinal County to provide early access to screenings for developmental milestones, social-emotional, hearing, and vision. The Vision & Hearing Screening Technicians screen young children, ages 1 - 5, to help identify any potential hearing or vision problems that may impact a child's development or success in learning.

The Developmental Screening Program identifies if a child is on track with their developmental milestones based on ASQ-3 (Ages and Stages Questionnaire 3) standards for children 0 - 5 across Pinal County. The purpose behind the screening is to help you celebrate your child's developmental milestones.

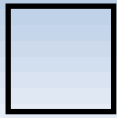
The developmental and sensory screening staff also work with families on educating about the importance of early screenings and promote awareness of early intervention. Call and schedule an appointment today with one of our screeners 520-836-5221, ext. 236.

See next page for a fun activity (page 13).

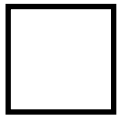
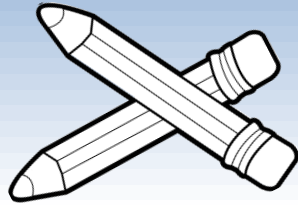


Back To School Eye Spy

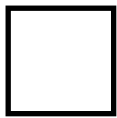
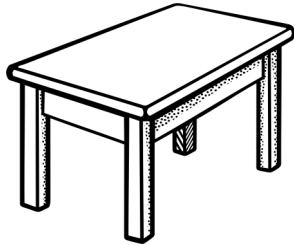
Check off the items that you spy around your classroom. Color the items for extra fun!



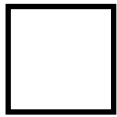
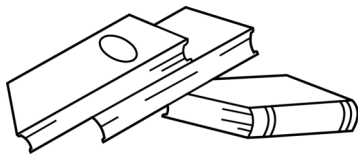
Pencils



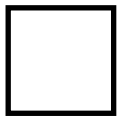
Desk



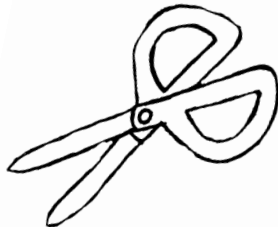
Books



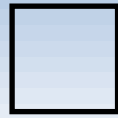
Backpack



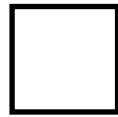
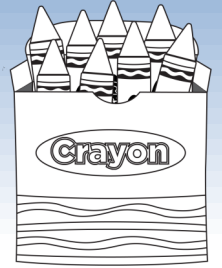
Scissors



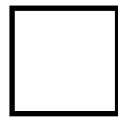
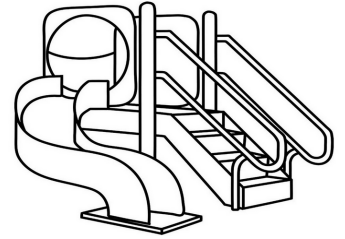
Paint Supplies



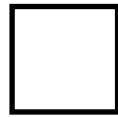
Crayons



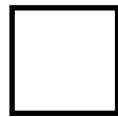
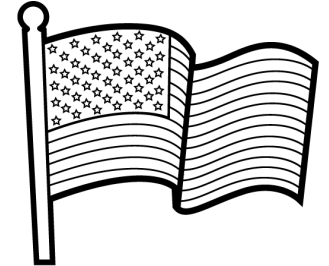
Playground



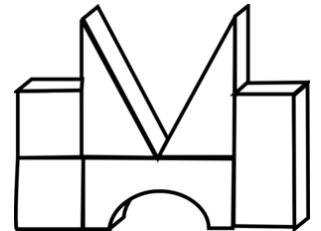
Glue



American Flag



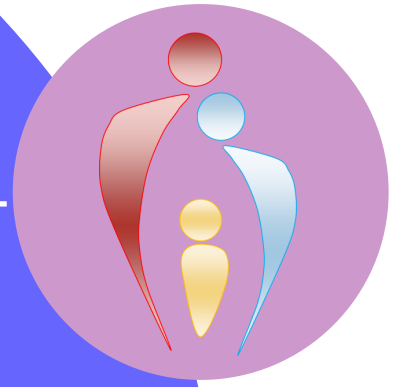
Blocks



Teacher



STRENGTHENING FAMILIES PROGRAM—VIA ZOOM



FAMILY, FUN, AND FREE!

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

Zoom classes will be held Mondays—Starting August 9, 2021
at 5:30pm through mid-November 2021

Register at https://uarizona.co1.qualtrics.com/jfe/form/SV_d6BDa20JHvqNUzQ

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



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



STRENGTHENING FAMILIES PROGRAM—IN PERSON

EDUCATIONAL PROGRAM THAT BRINGS PARENT & CHILD TOGETHER

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 classes.

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

In-Person classes will be held Tuesdays—Starting August 10, 2021 at 5:30pm through mid-November 2021 Casa Grande, AZ, location to be determined—Dinner will be served!

Register at https://uarizona.co1.qualtrics.com/jfe/form/SV_cCjuyYE8mygHmjI

FOR MORE INFORMATION ABOUT THE **SF PROGRAM**

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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



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
bee1@cals.arizona.edu
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

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