

# PINAL COUNTY

## QUARTERLY NEWSLETTER

OCTOBER—DECEMBER 2019

Volume 6, Issue 4

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Persons with a disability may request a reasonable accommodation, such as a sign language interpreter, by contacting (Cooperative Extension, Pinal County, 820 East Cottonwood Lane, #C, Casa Grande, AZ 85122, 520.836.5221). Requests should be made as early as possible to allow time to arrange the accommodation.



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.

The Pinal County Board of Supervisors has signed a proclamation declaring October 12<sup>th</sup> to be Cooperative Extension Day in Pinal County! We hope you will join us as we celebrate with an event held at the Pinal County Government Facilities, located at 820 E. Cottonwood Lane, Casa Grande, AZ on Saturday, October 12<sup>th</sup> from 9AM to noon. There will be booths from our various programs, giveaways, and fun! Bring your family and invite your friends!



Left to Right: Connie Lorenz, Steve Miller, Mary Lou Rosales, Cathy Martinez, Esther Turner, Joel Belloc

A couple of months ago we were pleased to learn that Pinal County Cooperative Extension had been selected by Community Action Human Resources Agency to receive a Wildfire "Heart in Hand" award. This award reflected our many contributions to impact and improve the lives of limited-income families and our community at large. It was very nice to be selected and have the opportunity to thank those who nominated Cooperative Extension for this recognition. Our staff certainly have a heart for doing work that supports our community.

Lisa Elliott, our Business Manager, was also recognized this past month with Cooperative Extension's "Heart of Extension" award (which was received last year by another of our staff, Maria Melendez). We have a great team and I trust that when you have an opportunity to stop by the office or contact them by phone for assistance, that you are having a positive experience. I was also honored to receive the Extension Faculty of the Year Award 2019.

One of our newest programs in the Extension line-up is a year-long series to help keep those at risk of developing Type 2 Diabetes from becoming diabetic. If your doctor has already told you that you are pre-diabetic or if you have a family history of diabetes or are just overweight and fear that this may be a concern, you can contact our office to find out more about how to join a course. We do have a course starting at the end of September, and will have another series starting around the first of the new year. The Prevent T2 curriculum that we use was developed and tested by the Centers for Disease Control and has proven to be highly effective. We have a new publication available for more information titled [The Impact of Diabetes in Arizona](#).

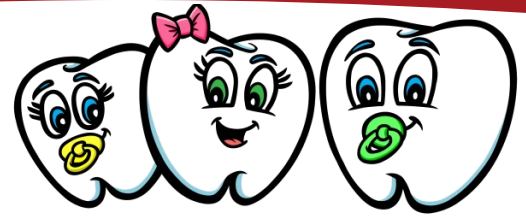
*Cathy Martinez*

Cathy Martinez, County Extension Director



THE UNIVERSITY  
OF ARIZONA

# FIRST SMILES



## HEALTHY MOM

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

There are so many exciting changes to a mom's body when she is pregnant. Some of the changes you may notice, especially in the mouth, may not be so exciting and may cause you to worry.

Normal hormonal changes during pregnancy can make your mouth more susceptible to the bacteria that are living in the mouth. The gums can be sore, puffy, and even red. This is called pregnancy gingivitis. Brushing with a soft toothbrush and flossing to remove bacteria and food particles between your teeth will help to reduce the tenderness and swelling. Don't avoid brushing because your gums are bleeding. Brush gently, and the bleeding should begin to get better. If gingivitis (gum inflammation) is not treated, it may lead to losing bone around the teeth (periodontal disease).

Inflammation and infection, like swollen gums or cavities in a pregnant woman's mouth, may lead to complications such as her baby being born early and/or small. This may result in developmental delays for the baby.

If you have morning sickness, rinse your mouth with water or a mouth rinse that has fluoride to remove the stomach acids. Wait about 30 minutes to brush your teeth. This gives time for the surface of your teeth to re-harden.



Choose healthy snacks like fruit, vegetables, cheese and crackers, nuts, and eggs. Limit foods and drinks with sugar in them to mealtimes. When you are eating, you make more saliva. The saliva helps keep teeth healthy. Drinking plenty of water throughout the day is good for your mouth as well.

It is safe and recommended to see your dentist for a check-up and cleaning while you are pregnant. What you are doing at home to take care of your teeth and what your dentist can do, will reduce the number of bacteria in your mouth, creating a healthier environment for both mom and unborn baby. Then, once your baby is born, you'll have fewer cavity and gum disease causing bacteria to pass along.

# FINANCIAL LITERACY



## CLASSES NOW BEING OFFERED

*Submitted By Sybil Peters, Instructional Specialist*

### Financial Literacy Classes

These classes 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 by controlling their financial health.

These classes will help participants deal with daily stressors such as worrying about their electric bills, putting food on the table and wondering if they have somewhere to sleep tonight, which influences the way individuals interact with their child (ren), their families and their communities.

#### Curriculums:

##### **-Where Does Your Money Go?**

(Materials from Purdue Cooperative Extension Service)  
Single Session Class-2 hours

##### **-Personal Finance Capability**

(Materials from Rutgers New Jersey, Cooperative Extension)

4 Week Series Classes-2 hours

- Week 1: Spending Plan
- Week 2: Planning for Emergency Events
- Week 3: Costs of Debt
- Week 4: Understanding Credit Score & Credit Reports

### Positive Discipline Parenting Classes

These classes are intended for parents of children ages 3-18 years old. Positive Discipline is an evidence-informed curriculum that teaches parents how to change the lens in which they view their relationship with their children.

These classes will help individuals experience a paradigm shift that allows mutually respectful consequences to child behavior, generating empathy and empowerment for both.

Participants will gain the ability to recognize their child's needs and have the skills necessary to adopt more positive and productive behaviors.

#### Curriculum:

##### **-Positive Discipline**

(Materials from Positive Discipline Parenting Curriculum by Jane Nelson, Ed.D.)

5 Week Series of Classes-1.5 hours  
BENEFITS for Parent & Child

- Bridge Communication Gaps
- Defuse Power Struggles
- Enforce Your Message of Love
- Build On Strengths, Not Weaknesses
- Win Cooperation at Home and at School



Classes are designed for Older Teen & Adult Learners; Interactive, with lots of group activities.

To get a schedule of classes in your area please email or call: Sybil Peters, Instructional Specialist

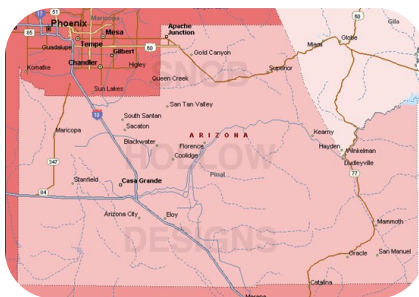
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You can also visit: <http://extension.arizona.edu/pinal-county-positive-parenting-financial-literacy-series-dates-times>



## **MOUNTAIN VISTA ELEMENTARY SCHOOL GARDEN, ORACLE, AZ:**

*Submitted By Jim Jepsen, Program Coordinator, Sr.*



The name “Oracle” comes from an early prospector named Albert Weldon. Mr. Weldon came to the area searching for gold and silver during the latter part of the nineteenth century. He and his mining companions named their first established mine after a ship that the group had traveled on over the years named The Oracle. The mining outpost was later named Oracle in the 1870’s and you can kind of say that the town was named after its first mine, but yet indirectly from a ship.

The Town of Oracle sits at an elevation of 4524 feet above sea level in the far southeast corner of Pinal county. The community is an artsy, mellow, laid back little place with some fun restaurants and seasonal shops. The town is nestled at the bottom of the Catalina Mountains and has the back road to Mt. Lemmon. Take the Mt. Lemmon highway all the way to the summit to the small community of Summerhaven. It’s a great ride up the mountain and once there, you can enjoy the restaurant and perhaps take a ride on the ski lift, to have some fun and get out of the summer heat. Four wheel drives are recommended, as the road is a bit primitive. Besides Mt. Lemmon, The Biosphere 2 is also located just outside of Oracle. It is run by the University of Arizona. If you have never been there, there are daily tours and the visit will be well worth your time. By the way: Do you know where Biosphere 1 is located? Hmm. You’re living on it .

Summers in Oracle are not quite as hot as the rest of the county, because it sits so high in elevation. The town is a neat place to go on the weekend. I have to admit that it is basically off the beaten path, but worth the visit. One way to get to Oracle is to take I-10 East to the Red Rock exit and then go back West about a mile to Park Link Road. If you have never been on Park Link Road before it is well worth the drive. The scenery is stunning the further east you go. Another route is to go south from the Town of Florence on the Pioneer Parkway. Again, the terrain beautifully transforms as you continue southeast to Oracle Junction. I think the best time to go is in the Spring when all of the wild flowers and cacti are in bloom. Better yet, take either road after a rainstorm. Beautiful. Just don’t drive through the washes, if they are running.

The Town of Oracle is home to the Mountain Vista Elementary School. It houses pre-K and K-8 students. This fall, the SNAP-ED Gardening program started its eleventh semester participating in this school garden. The school garden began in the fall of 2014 and so far 31 returning and new students planted their first crop of root vegetables on September 3rd of this year.

When the school garden began many, many years ago, it started with four raised beds (wooden planters) placed in an uneven, open space, covered with Bermuda grass on the school grounds, by the Oracle Eagle Scouts. Apparently the grass overran the boxes and that was the end of the initial garden project.



# AZ HEALTH ZONE

*Continued from page 4*

Those boxes remained unused and covered in grass for years until SNAP-ED stepped in. We were asked by the school administration, teachers, and volunteer Master Gardeners from the community of Saddlebrooke for help. At the time, retired Agriculture Agent, Everett Rhodes and I responded to the plea. We went to the school and saw their situation and realized the potential for learning. The school had a designated site where they wanted to place the gardening program, and it is perfect. We met the main volunteer, Laurie Bryant, who basically has spearheaded the garden from the get go. Everett and I returned to Oracle numerous times to design the garden and recruit help to get it growing. We ended up utilizing all four of the raised bed planters. They were all excavated and moved to the new garden location, where they were lined up and leveled. We then used hardware cloth, a metal mesh screen, under each planter to keep the critters from digging under. There is a bit of a gopher problem that we deal with on an annual basis. A landscape cloth barrier was then placed over the top of the hardware cloth to help keep the Bermuda grass from invading the garden space too quickly. It has helped, but the problem persists. The teachers want to garden organically, so there is no herbicide use. Bermuda grass is constantly being dug out and removed by hand. Once the raised beds were set and ready to go, we brought in a couple of bulk soil loads, formulated by a Casa Grande nursery, to fill them up. The mix is referred to as L3 and is a nice loamy soil that is chock full of organic matter.



As we transformed the garden space, we realized that there were a couple hundred flag stones that you can pick up at any brick yard or big box store. They had been used as a border and what appeared to be flower beds at some point. We decided to utilize this bounty and five and a half more raised bed planters were created.

The planters were made large enough to be useful, but small enough so little hands could work all the way to the center. The stone beds utilized the same methods as the four wooden raised bed planters. While building the garden, it became quite apparent that there was another kind of critter problem, besides

gophers. Yep, squirrels and rabbits. We decided to use the same hardware cloth that we had placed under each of the raised bed planters and ran it along the bottom of the chain link fence that surrounds the garden. Not an easy task, as we had to dig down a few inches into the soil, roll out the hardware cloth, and then wire it to the existing fence. What a pain, but it helped. There was also a small culvert or drainage pipe that opened up into the south end of the garden space. Wow, instant access! We ended up cutting a round piece of hardware cloth to plug the hole, let water flow through and yet keep the critters out.

Finally, after all of that hard work of building the garden, it was then time to install the irrigation system. You may say why was that not done first? As the



Laurie Bryant

# AZ HEALTH ZONE

*Continued from page 5*

garden was being built, nothing was cast in stone. We constantly came up with new thoughts and ideas as to how the garden beds were to be placed. When everything was finally completed, we decided where and how the below ground irrigation main frame was going to be placed and installed. We used schedule 40 pvc line along with black flex tubing to get water to each of the raised beds including a main line flush valve. We then extended risers with a shut off valve up the side of each bed. From there we fabricated various configurations of flexible tubing with in line emitters every twelve inches to uniquely water each bed with a .9 gallon per hour emitter. There was also a flush valve included in each of these irrigation systems, so every season we can not only flush out the main line of any built up debris, but we can also flush the garden beds systems to keep the emitters clear of sand or other small clogging particles.



Other than a few small tweaks, the garden at Oracle Mt. Vista Elementary has been consistently in use every semester since the fall of 2014. The garden is actually an after school activity in which there can be up to 50 students who rotate through the garden. With Laurie's expert organization, the students move from visual demonstration programs under a covered ramada, to learning in the classroom, and then on to hands-on experiences in the garden. Curricula used is the Junior Master Gardener that was formulated from the Texas A&M University and is used widely around the country.

As stated earlier, Oracle is 4,524 feet above sea level. That is very high for Pinal County, which lends itself to giving Mt. Vista two cool season gardens. As the various student groups move through the garden they are given the opportunity see, feel, and plant many of the cool season vegetable seeds and plant starts. They usually begin with planting carrot seeds, as they are quite small and take two weeks or so to germinate. After that, the students plant numerous varieties of radishes. Radish seeds are about the size of a small grain of sand. The great thing about planting radishes is that they are almost instant gratification. The students planted radishes one week, and lo and behold they popped out of the soil, by the next week. Radishes are my go to vegetable when it comes to grabbing and maintaining the attention of the students, for immediate results.



Lynn Eggleston and Laurie Bryant

Being that the students are growing cool season gardens, we also provide them with various types of lettuces and leafy greens. They are taught how to remove and handle the small plants from six packs. Then, using a small hand spade and/or a bulb planter, we help them plant their new crop into the garden spaces. One of the circular raised beds has been home to the school herb garden. There, the students consistently grow basil, oregano, thyme, parsley, rosemary, and other varieties. They also have a pollinator garden. Various types of native and domesticated flowering plants are growing to bring in bees, butterflies, moths, and hummingbirds. Few, if any, of the cool season crops have flowers. Therefore, we are able to use the pollinator garden as a talking point to help



# AZ HEALTH ZONE

educate the *Continued from page 6*



students about flower pollination and how that process ultimately forms a good share of warm season produce that they rarely have the opportunity to grow or see growing. The four wooden raised bed planters have been used to grow many varieties of cole crops. Examples of cole crops are broccoli, cabbage, brussel sprouts, kale, and cauliflower. These types of vegetables create yet another educational talking point because genetically they are all related. When we ask the students whether or not they have cousins, most of

them then get the point. All cole crops are cousins.

The Mt. Vista Elementary school garden started out 11 semesters ago and has consistently been successful and productive. This fall looks to be just as good, with a bunch of new students participating. There is now a new and added feature to the garden that includes even more educational growing space; located at the east end of Oracle is the Oracle Community Learning Garden. There, with the help of SNAP-ED and numerous local businesses and volunteers, the community garden is beginning to flourish. Within the community garden are designated raised bed planters and growing spaces that have been set aside for the students at Mt. Vista Elementary. The young gardeners are transported there by bus once month where they participate in more gardening activities. So, not only is there growing space at

the school, the students now have additional space to grow more crops, in hopes of eventually being able to utilize the produce in their own school cafeteria. Once that happens, the students can then be even more proud of their garden knowing that they have achieved such a monumental feat.

The Oracle Mt. Vista Elementary School Garden has been a huge success. There have been hundreds of young students who have had the seed planted within them by SNAP-ED, teachers, and Master Gardener volunteers, to spark a love of gardening. Congratulations to all for your hard work and successes. Thank you!





## GROWING HERBS IN CONTAINERS

*Submitted By Rick Gibson, Cooperative Extension Agent, Agriculture*

Garden fresh herbs can put life into a salad or entree, especially if you have grown them yourself. Many culinary herbs are well adapted to desert gardening conditions and are commonly grown outdoors during the summer months in gardens and planters. However, many of those same herbs will do just as well indoors in containers. Some have found good success growing potted herbs in protected indoor locations or other protected areas, such as an Arizona room or a passive solar greenhouse. Many of the tastiest herbs have delicate foliage and attractive growth habits which allow them to pass for decorative houseplants, with the added benefit that they are edible! Some varieties are even available in dwarf forms, which makes them ideal for indoor plants.

Most herbs will grow well in a porous, fairly rich, soil mix. Potting soil mixed with approximately one-third sand will provide an ideal environment for vigorous growth. Herbs require regular watering and a moderately humid environment. Many growers recommend keeping the plants on trays full of pebbles and water. This keeps the humidity up without risk of water logging the roots. Herbs should be watered from above when the top inch of soil is dry. They should be leached periodically, to keep salts from building up in the containers.

While some experts recommend continuous feeding, some have found that many herbs only need fertilizer twice a year. Fish emulsion, worm compost, or any houseplant food used at one half the recommended strength will provide good nutrition. The light requirements of herbs vary. Many prefer full sun for much of the day. Others will do well in partial shade or indirect lighting. All herbs grown indoors should be placed far enough away from cold window panes to not be affected by drafts. Nip back herbs grown indoors regularly. In many cases, the plants will not be receiving the amount of light that they prefer when grown outdoors. They may compensate by becoming leggy. Diligent pinching, removing a bit here and there for cooking, will encourage new growth and bushier growth habits.

Herbs may be grown effectively in many different types of containers. The longer rooted varieties should be grown in large, deep pots. Others will thrive in dish pots, strawberry pots or hanging baskets. Regardless of the type of container used, indoor herbs add a pleasant touch to any kitchen or window garden.

The following list includes some of the more common and easy to grow herbs for inside container planting:

- Basil requires rich, porous soil with plenty of sun. It is available in a compact form which grows to about six to ten inches tall. Frequent pinching of this annual will encourage a longer life, and a bushier growth form.
- Bay, a full-size tree in nature, reaches heights of three to six feet indoors. It is difficult to start from seeds or cuttings, but may be purchased from a nursery. The bay requires good drainage, and indirect light or shade. It will do well in a cool room in the winter.





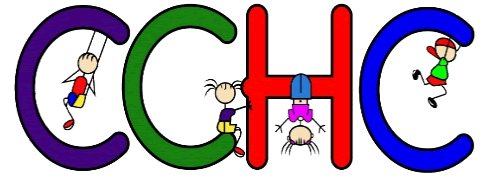
# GARDEN & LANDSCAPE



*Continued from page 8*

- Burnet is one of the prettiest perennial herbs. This delicate plant prefers dry, somewhat sandy soil. It also requires four or more hours of sun per day. As a low growing herb it looks especially well in a hanging basket.
- Chervil, a delicate annual, prefers a moderately rich soil, with plenty of water. It does well in indirect sun or shade for much of the day.
- Chives may grow to twelve inches tall indoors. They form an attractive dense clump that may need to be separated after a couple of years. Fertile soil and full sun all day will encourage vigorous growth.
- Coriander seeds and cilantro foliage are produced by the same plant. While seed production is often unsuccessful indoors, the cilantro foliage thrives in moderately fertile, well-drained soil. It prefers full sun and will tolerate a fairly arid environment.
- Marjoram reaches a height of eight to twelve inches when grown inside. Potting soil, sand, and plenty of sunshine and humidity will satisfy cultural requirements. Indoors, this herb assumes a trailing form that looks nice in a hanging basket. When flowering is complete, cut marjoram halfway back to the soil to encourage new growth.
- Oregano is a hardy perennial that prefers moderately rich, well drained soil. It will do well in full sun, and can be grown and harvested all year round.
- Parsley is easily propagated from seeds soaked overnight before planting. It likes full sun and fertile, well drained soil. Aged compost may be added periodically. Parsley will do well in a cool room.
- Sage is one of the more attractive herbs for inside container growth. It grows vigorously in a sandy, somewhat infertile soil, and will not tolerate over watering. It is hardy and sun loving, and could be grown in an entranceway or patio through the winter. Continual pinching will keep the plant from setting seed, and improve its general appearance.
- Tarragon likes a fertile, well drained soil. This herb will not tolerate heavy soils. Place it in moderate sun and give it plenty of humidity. It can be watered every other day.
- Thyme is a compact plant with tiny stems and leaves. It needs three to four hours of direct sunlight daily for vigorous growth. It responds well to high humidity, but needs watering only when the soil is dry. French thyme and other varieties look well in hanging baskets.

# CHILD CARE HEALTH CONSULTANTS



## AGE APPROPRIATE TOYS

*Submitted By Ashley Dixon, Family Consumer Health Science , Assistant Agent*

As the holiday season approaches, so does the time of deciding what to buy the kiddos in your life. Whether they are your own children, your nieces or nephews, friend's children or gifts for an organization like Toys for Tots, the issue of what to buy always seems to stump the list making process. While you may know that one child loves a comic book character or dogs for example, deciding exactly what to get can be challenging. There are so many factors to consider including price, availability, interest, as well as what toys are age appropriate. To determine what toys are safe and appropriate, the following are a few easy tips to follow:

1. Examine labels on the toys. Manufacturers are encouraged to print clear age guidelines and the Consumer Product Safety Commission (CPSC) requires these guidelines to be accurate. The CPSC also created Age Determination Guidelines for manufactures to identify the correct set of consumer product safety standards, applicable for each type of product. <https://www.cpsc.gov/> , [https://www.cpsc.gov/s3fs-public/pdfs/blk\\_media\\_adg.pdf](https://www.cpsc.gov/s3fs-public/pdfs/blk_media_adg.pdf)
2. Check for recalls. The CPSC has created a recall list of toys with choking hazards, toys to catch on fire and toys that pose additional risks. <https://www.cpsc.gov/Recalls>
3. Be careful with toys that move or can be ridden. Riding toys (especially non-motorized scooters) are categorized with the group of toys associated with the most injuries-minor, major and extremely serious. Remember, if riding toys are on your list, be sure all safety gear associated with safe riding is bought (e.g. helmet, elbow, knee pad, etc.). <https://www.consumerreports.org/bike-helmets/best-bike-helmets-of-the-year/>
4. Always examine ingredients associated with a toy, when available and when applicable. Be sure to avoid unsafe levels of lead in particular. Exposure to lead can have negative life-long developmental and learning effects
5. Watch out for high power magnets; they should be kept away from anyone younger than 14. High power magnets have been proven to be extremely dangerous if two or more of them are swallowed and come together in the intestines .

All-in-all, you can find the perfect gift for the little humans in your life, quite easily. By following these quick, easy steps, you can buy the perfect gift that will be safe for everyone important in your life. Happy research and happy shopping!

# NETWORKING NEWS

## COOPERATIVE EXTENSION DAY

*Submitted By Chris Crockett, Multimedia Assistant*

At the September 18<sup>th</sup> meeting of the Pinal County Board of Supervisors, a proclamation was read, recognizing October 12<sup>th</sup> as Cooperative Extension Day in Pinal County. Thank you to Pinal County Board of Supervisors for their recognition and to all of the Pinal County Cooperative Extension staff and volunteers for their tireless efforts and contributions.

In celebration, the Pinal County Cooperative Extension will be hosting a free family fun day on Saturday, October 12, 2019, from 9:00am to 12:00pm. See the flyer on page 14 for more details. We can't wait to see you there!



Left to Right:

Supervisor Anthony Smith, Supervisor Pete Rios, Supervisor Todd House, County Extension Director Cathy Martinez, Supervisor Stephen Miller and Supervisor Mike Goodman



# STRENGTHENING FAMILIES

## Is your family ready for **#DeviceFreeDinner?**

Don't worry — it's easy! You can do it at home, at a restaurant, on the go, or anywhere that adults and kids can share distraction-free time. Here's how:

- ✓ Plan a mealtime when kids and adults will be together. (It doesn't even have to be dinner — breakfast works, too!)
- ✓ Turn off the TV and put away all electronics (phones, tablets, laptops).
- ✓ Talk to each other (and have some fun!).

### Here's a fun activity for kids and adults to do together at mealtime:

**Kids:** Read the sentences below and ask your parent/caregiver to fill in the blanks.

#### **Grown-ups:**

Keep it going! Together with your kid, take turns coming up with questions for each other. They can be silly or serious. Just keep talking!

When I was a kid, I wanted to be a \_\_\_\_\_ when I grew up.

The most embarrassing thing that ever happened to me was \_\_\_\_\_.

If I could have a magical power, it would be \_\_\_\_\_.

I heard/saw something interesting on the news today about \_\_\_\_\_.

Something I'd like to know more about is \_\_\_\_\_.

The most important qualities of a leader are \_\_\_\_\_.

One day, I hope we can \_\_\_\_\_ together.

I feel proud of you when you \_\_\_\_\_.

# 4-H YOUTH DEVELOPMENT



## ABOUT 4-H

*Submitted by Misti Todd, Program Coordinator*

**WHAT IS 4-H?** 4-H is the largest youth-serving organization in the world. 4-H is an organization that serves youth--not just boys and not just girls. From 4-H clubs to special interest groups to school enrichment projects, 4-H includes both boys and girls in activities. 4-H is the youth education component of Cooperative Extension, which is conducted jointly by the U.S. Department of Agriculture, the state land grant university (The University of Arizona), and your county government. 4-H Youth Development has a unique link with a variety of resources from The University of Arizona.

While 4-H has its beginnings in rural America, 4-H now serves young people and volunteers from major urban centers and from suburban communities and rural non-farm settings as well.

**4-H AND THE COMMUNITY!** 4-H doesn't stop with its impact on young people and their families. An integral part of the popularity of 4-H is that it reaches into the communities in which these families live. As part of their 4-H experience, young people are encouraged to develop a better understanding of their communities and to contribute to community betterment.

**4-H IS A FAMILY AFFAIR!** 4-H encourages participation by the entire family. Youth enroll as 4-H members. Other family members help out as club leaders, project leaders, meeting helpers, transportation aides--you name it. Four-H is definitely a family affair.

Most importantly, 4-H families work together on projects and activities, attend meetings and events together and learn together through 4-H. In the process, family members learn more about each other through their involvement in 4-H. They may even become better families, appreciating each other's strengths and talents just a bit better.

**WHAT ARE THE 4 H'S?** The 4 H's stand for Head, Hands, Heart, and Health. The 4 H's represent the four-fold training and development that 4-H'ers receive. At first there were three "H's" with the fourth "H" of "Health" being added. Together the 4 H's symbolize: the development of HEAD, to think, plan and reason; the HEART, to be concerned with the welfare of others, accept the responsibilities of citizenship, and develop positive attitudes; the HANDS, to be useful, helpful, and skillful; and

HEALTH, to practice healthful living, enjoy life and use leisure time productively.

**WHAT'S THE 4-H EMBLEM?** A green four-leaf clover with a white "H" on each clover leaf. The design, attributed to L.H. Benson, An Iowa school superintendent, was adopted as the national emblem in 1911. Similar to a copyright, legislation has been passed so that the 4-H name and emblem may only be used as approved by 4-H.

### WHAT'S THE 4-H PLEDGE?

I pledge...

My **Head** to Clearer Thinking,

My **Heart** to Greater Loyalty,

My **Hands** to Larger Service,

and My **Health** to Better Living.

For my Club, my Community, my Country, and my World.

In repeating the pledge, a member raises the right hand to the side of the head when saying "head", points to their heart when saying "heart", extends hands, palms upward when saying "hands" and then stands straight when speaking rest of the pledge. The pledge was adopted in 1927 during the first National 4-H Club Camp in Washington, D.C. Otis Hall, state 4-H Leader in Kansas was responsible for the original wording, which remained unchanged until 1973 when the words "any my world" were added.

**WHAT'S THE 4-H MOTTO?** "To Make the Best Better" The motto was proposed by Carried Harrison, a botanist with the U.S. Bureau of Plant Industry and was officially adopted in 1927 when the 4-H Pledge was introduced.

**WHAT IS THE 4-H YEAR?** The Arizona 4-H Youth Development program year is October 1 through September 30.

### DO YOU WANT TO KNOW MORE ABOUT PINAL COUNTY 4-H?

Check us out at:

Website: <http://extension.arizona.edu/4h/pinal>

Instagram: [pinalcounty4h](#)

Twitter: [@Pinal\\_County\\_4H](#)

Facebook: [@pinalcounty4h](#)





**Free!!!**  
ELGG!!!

## FAMILY FUN DAY!!!

Join us for this fun, family event  
free to the community...

### WE WILL HAVE...

- A Bounce House
- Balloons
- Face Painting
- Food
- Fun Activities
- Games
- Music
- Prizes
- Raffles



# Cooperative Extension Day

Saturday, October 12, 2019—9:00 am to 12:00 pm  
820 East Cottonwood Lane, Casa Grande, Arizona 85122

### ACTIVITIES INCLUDE:

- Improving your Financial Health
- Learning about sources of food & fiber
- Learning how to prevent diabetes
- Make a water cycle bracelet
- Make your own healthy snack
- Master Gardening Demonstration
- Oral Health Screenings
- Physical Activity
- Vision & Hearing Screenings
- And much, much more!



### PROGRAMS FEATURING THE FUN

#### FAMILY ACTIVITIES:

- 4-H Youth Development
- Ag Ventures
- AmeriCorps
- AZ Health Zone
- Child Care Health Consultation
- Developmental & Sensory Screening
- EFNEP
- Field Crops Systems
- Financial Literacy & Parenting
- Master Gardening/Garden & Landscape
- Pinal First Smiles
- Prevent Type 2 Diabetes
- Project WET
- Strengthening Families
- And many others!

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Persons with a disability may request a reasonable accommodation, such as a sign language interpreter, by contacting

UA, Cooperative Extension, Pinal County at 866.836.5221.

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







THE UNIVERSITY OF ARIZONA

Cooperative Extension

Pinal County

University of Arizona, Cooperative Extension, Pinal  
820 East Cottonwood Lane, #C, Casa Grande, AZ 85122  
(520) 836-5221, phone / [extension.arizona.edu/pinal](http://extension.arizona.edu/pinal)

FREE EVENT

"The world breaks everyone and afterward  
many are strong at the broken places"

—Ernest Hemingway  
*A Farewell to Arms*

# Broken Places

a film by Roger Weisberg

Join us for a screening of Broken Places.

A break through documentary looking through the lens of Adverse Childhood Experience.

October 3, 2019 from 6:00pm-8:00pm

First Presbyterian Church

702 East Cottonwood Lane, Casa Grande, AZ

October 17, 2019 from 6:00pm-8:00pm

First Baptist Church

13955 South Sunland Gin Road, AZ City, AZ

Snacks and beverages will be served.

RSVP at (520) 836-5221 or email Maria Melendez at [mmelende@cals.arizona.edu](mailto:mmelende@cals.arizona.edu).

For more information, contact Esther Turner at (520) 836-5221, x238 / [eturner@cals.arizona.edu](mailto:eturner@cals.arizona.edu).

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# REGISTER NOW:

Space is limited! Register Now!

- Proven lifestyle change program
- Cut your risk of developing diabetes in half!
- Learn how to develop healthy behaviors to prevent diabetes
- THERE IS NO CHARGE FOR YOU TO PARTICIPATE!

## Diabetes Prevention Program

**When:** First meeting begins September 30, 2019 from 10:30-11:30 A.M.

*A year-long program with weekly meetings for the first 3 months, then twice a month for the next 3 months, then once a month for the last 6 months.*

**Eligibility:** Must be 18 years or older and have diagnosis of pre-diabetes or be eligible by a simple questionnaire.

**Where:** Mondo Anaya Community Center, 1487 North Crane Street, Casa Grande, AZ

**Register:** Esmeralda Castillo, Program Coordinator

[ecastill@cals.arizona.edu](mailto:ecastill@cals.arizona.edu) / (520) 836-5221, x244 office

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THE UNIVERSITY OF ARIZONA

Cooperative Extension

Pinal 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](#)

Webpage: [CALS, Pinal County](#)

Twitter: [@RickGibson4](#)

Blog: [ricksgardenspot.blogspot.com](#)



Cathy L. Martinez, Cooperative Extension County Director  
Richard D. Gibson, Regional Director  
Blase Evancho, Field Crops Systems Assistant in Extension  
Victor Jimenez, MAC Ag-Ventures Agent  
Misti Todd, 4-H Youth Development Program Coordinator

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

**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: Misti Todd at (520) 836-5221, x213 or [mltodd@email.arizona.edu](mailto:mltodd@email.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)

**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 [gmills@email.arizona.edu](mailto:gmills@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** trains volunteers to provide up-to-date, locally tested practical information to those desiring to improve the quality and effectiveness of desert gardens and landscapes.  
Contact: Rick Gibson at (520) 836-5221, x227 or [gibsonrd@cals.arizona.edu](mailto:gibsonrd@cals.arizona.edu)

**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 [cld1@email.arizona.edu](mailto:cld1@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)