Summer is usually one of the busier times of the year and many people take advantage of the break from school to get in vacations, catch up on long-delayed projects, and prepare for the upcoming fall and winter. Here at the Pinal County Cooperative Extension office, we are no different. Programs in Family, Consumer, and Health Sciences; 4-H Youth Development, and Agriculture and Natural Resources are in full swing, and other programs and projects are just around the corner.

In this issue of the Pinal County Cooperative Extension Newsletter you will find articles from each of our program areas. Gardening, family health, good nutrition, and other good sources of practical, locally-based information are here for your learning and enjoyment.

Coming up soon will be 4-H signup for youth 9 to 19 for the 2016-17 program year, and culminating with the 2017 County Fair. Our famous Strengthening Families course is due to start up soon, and of course the fall gardening season starts in August and September with vegetables like broccoli and cauliflower recommended for planting in mid-August, and the root and leafy green crops like carrots, beets, turnips, lettuce, and spinach planted in the last half of September. Please check our website or with us in person for other programs.

We have a dedicated and experienced faculty and staff in our offices and we are excited to help you in any way we can within the boundaries of our expertise. If you have any questions for us, or would like to get to know us better, please do not hesitate to contact us. We hope that you enjoy our newsletter and the rest of your summer.
Did you know that starting in the 2014-2015 school year; all foods and beverages sold at school during the school day are required to meet nutrition standards? This USDA mandate came about through *The Healthy, Hunger-Free Kids Act of 2010*, and is known as “Smart SNACKS in School”.

The *Smart SNACKS in School* regulation promotes healthier eating on school campus and applies to foods sold a la carte, in the school store, and vending machines. This standard allows schools to offer healthier snack foods to children, while limiting junk food.

In an effort to improve the health of our children’s school environment, students are being served meals that contain more fruits and vegetables, whole grains and low-fat dairy products through the National School Lunch and Breakfast Programs. The USDA *Smart SNACKS in School* Program helps to build upon those standards by focusing on healthier snacks sold to students during the school day.
Nutrition Standards for Foods

Any food sold in schools must:
- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least \( \frac{1}{4} \) cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*

Foods must also meet several nutrient requirements:
- **Calorie limits:**
  - Snack items: \( \leq 200 \) calories
  - Entrée items: \( \leq 350 \) calories
- **Sodium limits:**
  - Snack items: \( \leq 230 \) mg**
  - Entrée items: \( \leq 480 \) mg
- **Fat limits:**
  - Total fat: \( \leq 35\% \) of calories
  - Saturated fat: < 10% of calories
  - Trans fat: zero grams
- **Sugar limit:**
  - \( \leq 35\% \) of weight from total sugars in foods

*On July 1, 2016, foods may not qualify using the 10% DV criteria.

Nutrition Standards for Beverages

All schools may sell:
- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by National School Lunch and Breakfast Programs
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.
Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.

- No more than 20-ounce portions of
- Calorie-free, flavored water (with or without carbonation); and
- Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
- No more than 12-ounce portions of
- Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

Other Requirements

Fundraisers
- The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
- The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.

Accompaniments
- Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
- This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.

As a resource to schools, the Alliance for a Healthier Generation developed the Smart SNACKS Product Calculator, to help determine whether a beverage, snack, side or entrée item meets the new USDA school guidelines. This site takes the guesswork out of new products or recipes served in schools throughout Arizona.
What does this mean for the University of Arizona Nutrition Network Program in Schools?

The Arizona Nutrition Network (AzNN) must comply with the Smart SNACKS in School USDA regulations when providing nutrition education in the classroom and at school-wide events. Through our local University of Arizona Nutrition Network (UANN) program, we provide healthy recipes, food demonstrations, and nutrition education materials that students can share with their families to help them snack smarter at home.

All of the snacks that we prepare with students in schools must meet the new Smart SNACKS standards. An example of this is shown below with students from Toltec Elementary School. Using fresh fruits and vegetables, students were given permission to “play with their food”, and create their own superhero. Students were then able to eat their creation.
Toltec Elementary School Kindergarten teachers, Denise Francis-Thomas and Tyler Papierniak, followed up our lesson with an activity where the students were asked to draw their own superhero using their favorite vegetables. Check out some of their “Veggie Superheroes” below!

To learn more about the Arizona Nutrition Network Program, log on to: [http://www.eatwellbewell.org/](http://www.eatwellbewell.org/)
This time of year is great for harvesting and preserving fresh tomatoes from your garden. There are a few things that need to be discussed before you begin your tomato preservation project. We need to talk about the acid levels in food and how that impacts what preservation method you use. As discussed in the last newsletter, there are two types of canners – water bath and pressure canners. The type of food you are canning and the acidity level of that food dictates which canner you should use.
Acidity

**Low acid foods** have pH values higher than 4.6. This typically includes red meats, seafood, poultry, milk and most fresh vegetables.

**Acid foods** have a pH of 4.6 or lower. This category includes fruits, pickles, sauerkraut, jams, jellies, marmalades and fruit butters.

**Tomatoes and Figs** – Tomatoes are usually considered an acid food, but some have pH values slightly above pH 4.6. Figs also have pH values slightly above 4.6. When canning tomatoes or figs they must have acid added to reach pH of 4.6 or lower. This can be accomplished with lemon juice or citric acid.

When choosing tomatoes for your canning project you should choose fruit that is disease-free, uniform in color, firm but not hard and heavy for their size. Vine ripened fruit produces the most flavorful results. Tomatoes should also be free of bruises, cracks and discoloration. Globe and oblong tomato varieties are both suitable for home canning. Plum or *Roma* tomatoes typically contain higher levels of sugar, acid and pectin which makes them preferable for home canning.

When your recipe calls for whole or chopped tomatoes, the quickest way to remove the skins is by blanching. You will need to cut an X on the end opposite the stem on each tomato. You will then place them in small batches in boiling water contained in a stainless steel saucepan.
You will leave them in the boiling water 30 – 60 seconds, just until the skins loosen or curl. Immediately plunge the tomatoes into ice cold water. You should be able to easily “slip” the skins from the tomatoes.

Many recipes call for “hot pack” of the tomatoes and the reason for this is that the heating process inactivates an enzyme that is naturally occurring in tomatoes. This enzyme causes a breakdown of pectin which leads to the separation of liquids and solids when exposed to air. This could lead to watery sauces and also causes solids to separate from liquids in jars of processed tomato products.

You can use either a water bath canner or pressure canner when processing tomatoes but as a general rule, it is recommended that tomato products with added vegetables be processed in a pressure canner due to the lower acid level. Also, any tomato product that includes meat or fish *must* be processed in a pressure canner. Acidification is required for all jars of home-canned tomatoes – regardless of whether they are processed in a boiling water canner or pressure canner.

More information will be forthcoming on this popular topic in future newsletters. Additional resources can be found at the National Center for Home Food Preservation website: [http://nchfp.uga.edu/index.html](http://nchfp.uga.edu/index.html) and by contacting the Pinal County Cooperative Extension, Lori Lieder, Program Coordinator, Sr. (520-836-5221, x 216)


Next Topic: Getting ready to preserve your harvest- pickles!
Tomatoes – Packed in Water

Whole, Halved, or Quartered

Yield: about 6 pint or 3 quart jars

7 ½ to 10 ½ pounds tomatoes (about 23 to 32 medium) Ball Citric Acid or bottled lemon juice
1 to 1 ½ quarts water Salt (optional)

PREP: Wash tomatoes under cold running water, drain. To peel tomatoes, blanch 30-60 seconds in boiling water. Immediately transfer to ice cold water. Cut off peel. Core tomatoes. Leave tomatoes whole, cut in half or quarter.

COOK:
RAW Pack – Bring water to boil; reduce heat to a simmer (180 °F). Keep water hot.
HOT Pack – Place tomatoes in a large saucepan. Add just enough water to cover tomatoes. Bring mixture to a boil over medium-high heat. Boil gently 5 minutes, stirring to prevent sticking.

FILL: Add ¼ teaspoon citric acid or 1 tablespoon bottled lemon juice to a hot pint jar; 1/2 teaspoon citric acid or 2 tablespoons bottled lemon juice to a hot quart jar. Add ½ teaspoon salt to pint jar; 1 teaspoon salt to quart jar, if desired.

RAW Pack – Pack raw tomatoes into jar, leaving 1/2-inch headspace. Ladle hot water over tomatoes, leaving 1/2-inch headspace.

HOT Pack – Pack cooked tomatoes into jar, leaving 1/2-inch headspace. Ladle hot cooking liquid over tomatoes, leaving 1/2-inch headspace.

Remove air bubbles. Clean jar rim. Center lid on jar and adjust band to fingertip-tight. Place jar on the rack elevated over simmering water (180 °F) in boiling water canner. Repeat until all jars are filled.

PROCESS: Lower the rack into the simmering water. Water must cover the jars by 1 inch. Adjust heat to medium-high, cover canner and bring water to a rolling boil. Process pint jars 40 minutes or quart jars 45 minutes. Turn off heat and remove cover. Let jars cool 5 minutes. Remove jars from canner; do not retighten bands if loose. Cool 12 hours. Test seals. Label and store jars.

Look, Listen, Smile!

Hearing and vision screening is important in the early years of life. Brain development is the most significant from birth to age 3 and 80% of what a child learns is visual. Children should be regularly checked for vision and hearing problems. We know that even mild problems with these senses can have major impact on learning. For a free vision and hearing screening please call TODAY! Children are our most precious gifts.
Local Participants enjoy the 20th Women in Agriculture Dairy Tour

July 14-15, 2016, marked the 20th year that the Women in Agriculture conference was held in the Phoenix valley. The conference is open to all women who are involved in agriculture in Arizona. One of the many sponsors of this event is the University of Arizona Cooperative Extension.

One of the highlights of the conference was a tour of Danzeisen Dairy in Laveen, Arizona. The event included a guided tour of the bottling facility, a history of the Danzeisen Dairy, product sampling and product sales and community relations.

Danzeisen Dairy is a local family-run farm with over 50 years of producing quality dairy products. The dairy is the first, local Phoenix dairy to offer its milk in glass bottles. Their philosophy is “We take care of the cows, the cows take care of us.” Their products include regular milk, flavored milk (chocolate, mocha, strawberry, orange, rootbeer), half and half, heavy cream, butters and cheeses.

Participants from Pinal County included: Kim Gressley, Claudia Dutil, Nancy Caywood, Loralee Wuertz and Greg Wuertz.
As always, water awareness, education, and water savings are big goals for the Pinal County Water Programs for the 2016/2017 academic school year. Last year, we hosted more than 70 teachers and nearly 2300 students! Schedules for the upcoming School Water Festivals have been set, and it’s time to start recruiting volunteers.

A new year of Pinal County Water Festivals is starting soon! The Casa Grande Festival isn’t until February 16, 2017 at Mesquite Elementary School, but the first event of the school year is the Maricopa Water Festival scheduled for September 22, 2016 at the Maricopa Agricultural Center. Next up it’s the Florence event on December 8, 2016, and the last one of the school year will be the Apache Junction Water Festival in April 2017. Volunteers are always needed, and they can get the latest Water Festival news by calling Chuck Dugan at the UA Cooperative Extension Offices at 520-836-5221, or email him at cld1@email.arizona.edu. This year, Water Festivals will be bigger than ever!

As a follow-up to the very successful fourth grade Water Festivals, the UA Extension office is working with Casa Grande Elementary Schools to implement a new Fifth Grade Water Savings Program. The School Water Audit Program or SWAP, will coordinate fifth graders with changing out the aerators in their school bathroom sinks. The pilot program began at the end of the last semester, and two new schools will take part in the next phase of implementation. This program is designed to capture measureable water savings, while developing the students’ sense of community involvement and STEM education. During the first phase pilot, more than 2000 gallons of water was saved in a single three-month period...and that was in ONE BATHROOM!

The new program of water presentation has been set for the Museum of Casa Grande. There will be four presentations highlighting our regional and local water issues. Want to find out more about Pinal County’s precious water resources? The first program is scheduled for Saturday, November 12th, and other events are scheduled throughout the Museum’s public schedule on December 10, 2016, on January 14, 2017, and on February 11, 2017. Check the museum’s website for more info at “http://tmocg.org/”
4-H Citizenship Washington Focus

Citizenship Washington Focus (CWF) is a week-long, 4-H citizenship and leadership program for youth ages 14-19. Thousands of young people from across America stay at the National 4-H Youth Conference Center, near Washington, D.C., every summer to participate in the program, which provides opportunities for young people to:

- Strengthen their communication, leadership, and citizenship skills on a national level.
- Understand the importance of civic and social responsibilities as they relate to the development of better citizens and leaders.
- Exchange ideas, practice respect, and form friendships with other 4-Hers from across the country with diverse backgrounds.
- Experience hands-on learning using the historical classroom of our nation’s Capital city, Washington, D.C.

Recently, Alex Odell, from the Maricopa Trailblazers 4-H club in Pinal County, joined the Arizona delegation and traveled to the National 4-H Center and Washington, DC. He was able to join other 4-Her’s from across the nation to enjoy a once in a lifetime experience that allowed young people to see the world from a new perspective. Alex will present his trip experiences during the 2017 Pinal County Fair. Come into the 4-H building and see his display. We will all learn more from him very soon!
Time to Prepare For the Fall Growing Season

The fall gardening season is upon us and if we blink, the important windows might pass us by.

Cauliflower and broccoli are usually planted by seed in the late summer, August 15, for a fall and winter harvest. If you choose to transplant sets, you can put them in mid September. Other vegetables that can be planted in September include the leafy vegetables like leaf and head lettuce, spinach, collards, radishes and turnips. Hold off on planting potatoes until November and early December. They need the moderate temperatures of spring to mature.

Fall flowers, including petunias, sweet peas, geraniums, sweet alyssum, and a whole host of other colorful annuals go into the ground in September, but sometimes, depending on a favorable weather forecast, we can sneak them in a little earlier. Make sure to get rid of any Bermudagrass from the flower bed before planting because warm weather pushes its growth and makes this weed a tough problem.

Soil preparation is critical to enjoying success in the garden. Before planting, the soil should first be well tilled by spading or with a mechanical tiller. Make sure that all of the clods are broken up and that the soil is leveled to allow irrigation water to flow evenly to the plants. Now would be an excellent time to add organic matter to the soil so that the micro organisms that break it down could do their work.

A heavy application of compost or decomposed steer manure during soil preparation will improve water penetration, soften the soil and reduce the number of clods that have to be dealt with later on. It is also a good idea to add one half pound of ammonium phosphate (16-20-0) fertilizer per 100 square feet before tilling the soil to ensure plenty of nutrients for the tender young plants once they begin to grow. If you prefer an organic nitrogen source consider chicken manure, fish emulsion, or blood meal.

Do not stress germinating seeds and young seedlings for water during their early stages of growth. Regular light irrigations with a misting hose attachment, a sprinkler or drip system will apply water uniformly to the garden without washing out the seeds.

All plants should be placed into the soil according to the instructions on the seed packets. The many different vegetable and flower plants each have specific planting depth requirements. Placing seed at the correct depth is critical to the success of all garden and flower plants.

When preparing your soil for planting, do not forget to plan when and how you will continue to add compost to your garden. The small one-celled micro organisms that live in the soil do their best work breaking down the organic matter when the temperatures are warm. The hotter it is, the faster they work. Because of this, the compost added at the beginning of the season may be gone long before the longer growing plants are harvested, especially if the thermometer readings stay up above the century mark well into October.
To maintain a good soil organic matter content in my vegetable and flower gardens I like to top dress my seed beds with compost after the plants have germinated, emerged from the soil and have gained at least two or three inches in height, depending upon the type of plant. If I have time, I may also add another layer mid season. Then, when I terminate the crop or flower bed in transition to the next planting, I till in the remaining compost plus the crop residues into the soil. This practice helps me to help maintain top quality soil conditions.

The fall is also a great time to plant trees and shrubs. The high temperatures of summer can cause a young plant to give off more water through the leaves than the young roots can provide. This effect often throws the plant out of balance and leads to a condition known as ‘transplant shock.’ Once the summer heat starts to give way to the up and down temperatures of September and October, trees and shrubs in containers can usually be planted into the ground with full expectation that they will take off and do well.

A major benefit of planting trees and shrubs during the fall growing season is the additional time they have to establish a good root system before the hot, dry temperatures of the following June. Yes, they typically will go dormant in the winter, but they will quickly resume growth the next spring and have plenty of time to become well established before the onset of the rough growing conditions of early summer. If a plant is to survive the difficult climatic challenges of June, it will be because there is a root system with sufficient strength to provide the water and nutrients needed during that stressful time.

There are other late summer gardening tasks. One critical assignment is to make sure that irrigations occur as necessary. Keep a careful eye on the developing citrus crop and do not let the tree miss an irrigation during this period. Infrequent irrigations can lead to slowing of fruit growth at a critical stage of development.

Interruption of growth of citrus fruit can cause the rind of the new fruit to become inflexible. Then, during an irrigation event, the arrival of the next flush of water from the roots can increase pressures, with devastating effects, inside the fruit. The rinds often cannot withstand the pressure and splitting occurs.

With proper care and good timing, anyone can grow a productive vegetable and flower garden.
The ladies from Hope Women’s Center in Coolidge are looking forward to planting their second fall garden. But, to recap, I would like to get you up to speed on what has led them to where they are today.

The Center is bustling every Tuesday and Wednesday with a plethora of activities for them to be engaged in. The gardening section of their activities has been particularly well received.

In the beginning, the Center had only three above ground, or raised bed planters. That is where many of the participants received their first introduction to gardening. Some of the ladies are tried and true seasoned gardeners who are great help during the demonstration classes and then the actual soil building and planting of the garden boxes. Their efforts were successful and the first harvest resulted in a substantial haul of cool season root vegetables consisting of beets, carrots and radishes.

While tending to their garden boxes, the ladies were also busy digging in the soil to create three new in ground garden beds. It was here two newsletters ago that I promised an update.

The land behind the Center was were the participants chose to create their garden. Wow, it was hard as a rock, but with water, muscle, and determination, we were able to make a break through. Before it got hot, there were around twelve to fifteen ladies off and on who were out there working the ground. As a recap, we once again created the garden beds by doing the ‘double dig method’. That is where you till the soil down to about eight to ten inches or so, remove the soil and till down another eight or ten inches. Then the soil is returned into the planting bed in layers with gypsum, sulfur, manure, granular fertilizer and more soil. As stated before, sort of in a lasagna style before tilling everything together prior to planting. After the beds were formed, the ladies and I then extended the irrigation system from the raised gardens. Each bed is equipped with two regulated drip lines with drip emitters alternating every twelve inches with a water delivery of .4 gallon per hour. With the proper soil tilth and adequate water delivery time, there was no problem with substantial water penetration.
As the days got warmer and the cool season crops were harvested, the ladies began to prepare the soil in the raised beds for warm season planting. They decided to fill the planters with tomatoes, pepper, and one eggplant with cucumbers planted at the end to cascade down the side of the planter and out onto the soil. At the same time they also planted their newly created garden beds. The rows run north and south. At the south end of each row were planted stripped Armenian cucumbers so they could grow away from the other crops with the south half of all three rows were planted with sweet corn. The north half of the rows were planted with various types and colors of summer squash, and the north ends were planted in sunflowers. Not only did they have a nice selection of warm season vegetables, but they also incorporated a bit of color into their garden to attract pollinators to aid in their gardening efforts.

Typical for the season, yuck, the days got hotter. With the heat many of the garden participants opted to attend many of the other indoor activities to stay cool. Thanks to all who worked the garden, but I have to give huge kudos to four ladies who have emerged triumphant and worked the garden through these hot summer months. I have grown very fond of Frances, Maria, Carmen and Marilyn who have worked like champs to keep the garden alive and producing through the hot weather.

Through the trials, tribulations and hard work of these four ladies, they have made a substantial haul during the summer harvest of their garden. The crop break down is peppers 10lbs, tomatoes 44lbs, squash 106lbs, cucumber 115lbs, eggplant 2lbs, corn 16lbs and okra 2lbs. During four horribly hot days when the garden was not being tended to, the Center encountered a water system failure which hugely impacted the health of many of the vegetables plants. We lost some, some were stunted and some the water shortage had little impact. Despite the hardship, the ladies have made grand total of 295lbs of edible produce from three 3 x 5 raised garden boxes and three 20 foot in ground seed beds. Not a bad harvest for these folks who have a limited amount of time and resources for their garden.

I am going on a hunch, but being this is the first week of August and I will go to the Hope Women’s Center Community Learning Garden soon, I just bet that because of back to back successes the ladies are going to be all fired up. Our last meeting, they all wanted to discuss potential crops for the fall garden. I will be armed with all sorts of information and options, but I bet the first question on the list will be, “can we make our garden bigger”. Yep, will be my answer, and I know ladies will be off and running trying to figure out just what we need to do to expand the garden and how to go about getting it accomplished. With all that in mind, I’m sure that the Hope Women’s Center Community Learning Garden will be growing larger.
Finding Your Purpose Around the Community

Cooperative Extensions mission is to engage with people through applied research and education to improve lives, families, communities, environment, and economies in Arizona and beyond. One way we do that is through our partnership with AmeriCorps. AmeriCorps is a national volunteer organization focused on delivering community service projects. AmeriCorps programs do more than move communities forward; they serve their members by creating jobs and providing pathways to opportunity for young people entering the workforce. AmeriCorps places thousands of young adults into intensive service positions where they learn valuable work skills, earn money for education, and develop an appreciation for citizenship. (Corporation for National & Community Services)

Here are a few words from one of our current AmeriCorps members:

My name is Victoria Iniguez. I am 19-years-old and attend Central Arizona College. As a young adult, often times I find it hard to find my purpose within the community, and as a millennial, I find it very important to become involved in the communities around me. So, I made it my goal to become involved, as much as possible, and grow within myself after graduating high school.

My generation is known to be lazy and too caught up in technology, I’d like to change that trend. I began my first year as a Vista AmeriCorps member back in September of 2015, at The University of Arizona Cooperative Extension office in Casa Grande. I was given the opportunity to assist with different programs that Cooperative Extension offers. Throughout my term, I was heavily involved with the Developmental/Sensory Screening program, the Strengthening Families Program, and many others. I was required to branch out of my shyness and learn to network with both the staff and community.

Working with the Cooperative Extension made me see their mission of program awareness to the people of Pinal County – showing the opportunities and resources that are out there for everyone to take advantage of. This helped me regain my passion for helping others by volunteering my time and getting a clearer image of how I can make a difference. It is truly amazing to see how the programs I have been involved with have made an impact to clientele. By being around the faculty and staff in the Casa Grande office, I saw how passionate they were about connecting with people throughout all of Pinal County’s communities and networks. I am pleased to have had the opportunity to have worked with such a hardworking and dedicated team in the University of Arizona, Cooperative Extension, Pinal County office. I would like to thank them for allowing me to grow and gain experience that will definitely benefit me in the future. I hope to serve again next year!
The zika virus is a mosquito-bourne disease spread by carriers of the *Aedes genus*. The infection can also be spread through sexual intercourse and from mother to unborn fetus (causing microcephaly).

Symptoms include low grade fever, persistent headache, joint pain, muscle pain, skin rash, conjunctivitis and generalized feelings of weakness & tiredness.

There currently is no vaccine for the zika virus. Treatment includes acetaminophen for fever and body aches, nutrient rich fluids to avoid dehydration, a healthy diet, rest, eye drops and supportive gear for muscle weakness.

Avoid taking aspirin or non-steroidal, anti-inflammatory drugs. Do not drink tea or coffee for fluid replacement. Do not share food or towels. Stay away from sexual activity.

Take preventative measures **NOW**. Decrease incidences of standing water.
4-H in Launch into Life Program in Pinal County High Schools

Objectives:

- To give community volunteers the opportunity to support and share their knowledge with students during the overall Launch into Life simulation program.
- To identify youth career interests and personality types.
- To increase knowledge while understanding the importance of writing a resume and cover letter to potential employers.
- To gain new skills to help students make good interview impressions.
- To learn how to record income and expenses and create a workable monthly budget.

Target Audience:

- Youth who are freshman high school students are the core target audience.
- For this program, we recruit community and business professionals interested in giving of their time and expertise to the Launch into Life program. Without volunteers, the morning educational classroom sessions and the simulation program could not happen.
- Each program requires four morning classroom teachers and approximately 15 – 20 afternoon volunteers.

For more information on the Pinal County 4-H Launch into Life Program for 9th grade students, please call the Cooperative Extension Office and ask for Kim. It is a great program that teaches youth how to prepare themselves for adulthood.
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. 4-H Contact: Kimberly Gressley at (520) 836-5221, x.213 or gressley@cals.arizona.edu

Agronomic Field Crops 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: Rick Gibson at (520) 836-5221, x.227 or gibsonrd@cals.arizona.edu

Brain Builders is a 16 hour training for child care providers and parents focusing on early brain and child development for children, ages 0-3. Brain Builders Contact: Sally Peoples at (520) 836-5221, x.224 or speoples@cals.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. CCHC Contact: Janet Jepsen at (520) 836-4651 or janeti@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. CHAT Contact: Esmeralda Castillo at (520) 836-5221 or ecastill@cals.arizona.edu

Developmental 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. Developmental Contact: Esther Turner at (520) 836-5221, x.211 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. EFNEP Contact: Esmeralda Castillo at (520) 836-5221 or ecastill@cals.arizona.edu

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. Master Gardener Contact: Rick Gibson at (520) 836-5221, x.227 or 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. Project WET Contact: Chuck Dugan at (520) 836-5221, x.210 or cld1@email.arizona.edu

Sensory Program provides free screenings of children, ages 0-5, for vision and hearing impairments that could affect their developmental growth. Sensory Contact: Esther Turner at (520) 836-5221, x.211 or 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, x.227 or 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. SFP Contact: Esther Turner at (520) 836-5221, x.211 or eturner@cals.arizona.edu

Teen Outreach Program (TOP) is an evidence-based youth development program that is designed for youth ages 12-17 and focuses on reducing rates of school failure, school suspension, and teen pregnancy. TOP Contact: Sally Peoples at (520) 836-5221 x224 or speoples@cals.arizona.edu

University of Arizona Nutrition Network (UANN) 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. UANN Contact: Lori Lieder at (520) 836-5221, x.216 or llieder@cals.arizona.edu

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Jeffrey C. Silvertooth, Associate Dean & Director, Economic Development & Extension, College of Agriculture and Life Sciences, The University of Arizona.

The University of Arizona is an equal opportunity, affirmative action institution. The University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status, or sexual orientation in its programs and activities.

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.

Main Office
820 E. Cottonwood Lane, Bldg. C
Casa Grande AZ 85122
Phone: (520) 836-5221
Fax: (520) 836-1750

Satellite Office
615 W Cottonwood Lane, Suite 8,
Casa Grande AZ 85122
Phone: (520) 836-4651
Fax: (520) 836-4233

University of Arizona Pinal County Cooperative Extension