Welcome to this, our November edition of the Pinal County Cooperative Extension newsletter. We hope that the articles here will give you a peek into the wide variety of educational programs available from our faculty and staff. With school starting and people coming back from summer vacations, our stakeholders are gearing up for a new program year. From 4-H registration, to garden and landscape seasons, to family and personal enrichment, there is much happening. If something looks interesting to you, why not come and let us share with you.

Sincerely,

Rick Gibson

County Extension Director
A safe sleep environment for your baby can help reduce the risk of SIDS (sudden infant death syndrome). Here are a few tips to promote safe sleep.

1) Use a firm mattress, in a safety approved crib, cover by a fitted sheet.

2) Do not use pillows, blankets or crib bumpers anywhere in your baby’s sleep area.

3) Keep soft objects, toys and loose bedding out of your baby’s sleep area.

4) Always place your baby on his or her back to sleep, for naps and at night.

5) Dress your baby in light sleep clothing, such as a one-piece sleeper, and do not use a blanket.

6) Baby should not sleep in an adult bed, on a couch or on a chair alone, with you, or with anyone else.

7) Make sure nothing covers your baby’s head.

8) Do not smoke or let anyone else smoke around you baby. Keep your baby cozy without the clutter. REMEMBER……………Bare is Best.
Water awareness, education, and water savings continue to be the focus of our Pinal County Water Programs for the 2015/2016 school year. Along with our long-time Fourth Grade Water Festival and Restaurant Spray Valve programs, there are new initiatives taking shape. First, an update about the School Water Festivals for this year...

Final dates have been selected for three of our four Pinal County Water Festivals. The Casa Grande Festival will be on February 18 at Mesquite Elementary School. April will be very busy, with the Florence Festival held at the Anthem Parkside Community Center on Thursday, April 7 and the Apache Junction event currently scheduled for April 21 at Prospector Park. The last of our four Pinal County Water Festivals is the Maricopa event, and it is likely to happen in the first week of May, 2016. Volunteers 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.

The very successful Spray Valve Program continues to generate water savings in local area restaurants. With new installations in 8 businesses, Pinal County is on track to generate 10 million gallons of water savings since the program was put in place. The low-flow/high-pressure spray heads help in the kitchen where dishes and utensils are sprayed first before going into a dishwasher. The new heads are available FREE from Arizona Project WET and made available through a grant from our founding partner Abbott. If you have a business or kitchen that would like to start saving water and money call 520-836-5221, ext#210.

New programs scheduled for Pinal County this year include a School Garden at Casa Grande Middle School that will donate its crops to local community food programs. This garden is being developed now! A fifth grade program to measure water flow and install water savings aerators in the home is planned. The pilot program will be offered at one of our local elementary schools and expand to others next year. Water Education Programs will now be presented at The Museum of Casa Grande! Our successful Water Festival presentations will focus on 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 14th!
Now that the weather is cooling down, we naturally start to think about outdoor activities and Fall Festivals around Arizona. Arizona’s fall and winter weather is perfect for young children, and those who are “young at heart”, to get out and get some exercise. There are many activities for families to enjoy together, even with small children. A child’s health and development are especially important in their early years, so providing lots of opportunities for new adventures, both indoors and out, will have lasting benefits. Keep in mind that 90 percent of a child’s brain is developed by age five. Young children can have plenty of opportunities to work on their gross and fine motor skills and have lots of sensory adventures while your whole family is having fun. Many activities are free, while others may have a fee. Here are some ideas:

- Take a hike.
- Play at the park. Slides and climbing structures are great practice for those gross motor skills.
- Go on a scavenger/treasure hunt outdoors (or indoors).
- Do a fall or winter craft using items you find outside (leaves, pinecones, etc.).
- Make a bird feeder using pinecones, peanut butter, and birdseed. Tie it up with yarn, string, or ribbon and place it outside - well away from windows. Then look up the different birds you see in a bird book.
- Set up an obstacle course with items you already have (ropes, beams, tubes, jump rope, etc.). Provide opportunities to jump, crawl, throw, run, and have fun.
- As a family, plan a picnic to a park, state park, or even your backyard. Have the kids help plan the menu and destination. Don’t forget to have them help get all the ingredients ready.
- Go for a walk or bike ride. Don’t forget your helmets!
- Go on a photo safari. Make a list of things you may see around your neighborhood (fire hydrant, red door, tree, etc.). Then have the children snap photos. Be creative.
- Most important... get out and Have Fun!
Cooking together at home not only brings the family together for a great meal, but it can also improve your family’s health. For families that do a lot of cooking at home, a well-stocked pantry is a must! Keeping certain items in your pantry, cupboard or refrigerator is essential for any home cook that wants to whip up a healthy meal with little to no planning. Here are some basic tips on how to stock your kitchen with the essentials, and the shelf life of some of the items.

**DRY AND CANNED GOODS:** Dry goods are usually the most versatile ingredients in your kitchen and often times the least expensive. If you like to bake, these items are nice to have on hand. Store your dry goods in their original package, an air-tight container, or a heavy duty zip top food storage bag.

- Flour: all-purpose, whole wheat  
- Sugar, white, brown, confectioners (powdered)
- Rolled Oats  
- Rice, white, brown  
- Cornmeal  
- Baking Powder  
- Baking Soda
- Cornstarch
- Dry or Canned Beans: black, white (cannellini, navy), kidney  
- Pasta
- Canned tomatoes  
- Canned milk: evaporated, condensed  
- Canned tuna

**OILS, VINEGARS AND SAUCES:** These items are essential for a well-stocked kitchen and can be used to add flavor to dressings, sauces and your favorite dishes. Unopened, these items can sit on your pantry shelf for several months.

- Oils: vegetable or canola, extra virgin olive oil  
- Vinegar: white, apple cider, red wine, rice, balsamic
- Soy Sauce  
- Worcestershire Sauce  
- Honey  
- Mustard: yellow, whole grain
- Mayonnaise  
- Pasta Sauce  
- Maple Syrup  
- Jarred pesto

**DRIED HERBS AND SPICES:** You don’t have to shop around at expensive specialty shops to purchase your dried herbs and spices. The expensive brands may have a slightly better quality than less expensive spices, but you can still make an amazing dish with spices purchased from your local supermarket. Ground spices can last up to one year, and whole spices and seeds for up to two years in your pantry.

- Sea salt  
- Black peppercorns  
- Ground cinnamon  
- Chili powder  
- Dried oregano
- Ground cumin  
- Curry powder  
- Paprika  
- Italian seasoning  
- Cocoa powder
- Garlic powder  
- Vanilla extract  
- Bouillon: chicken, beef, and vegetable
REFRIGERATED ITEMS: These ingredients don’t have as long of a shelf life as your pantry items, but it’s good to keep them on hand to add to everyday recipes. The shelf life for refrigerated items tend to vary, so be sure to check the packaging for expiration date on each product.

- Milk
- Eggs
- Butter
- Plain yogurt (good substitute for sour cream)
- Grated Parmesan cheese
- Mayonnaise, Mustard (also listed under sauces)

FROZEN FOODS: When fresh fruits and vegetables are not in season, the frozen variety can take their place in many recipes. Frozen meats, fish and poultry are also great to have in your freezer for the base of a great meal. If frozen properly, meats, fish and poultry can be kept in the freezer for up to 8 – 12 months.

- Peas
- Green beans
- Sweet corn
- Fruit: strawberries, blueberries
Check out the great dressing recipe that is easy to make, tastes delicious, and uses some of the essential kitchen items you learned about!

**Asian Dressing**

![Asian Dressing Image]

**Ingredients:**
- 4 Garlic cloves, minced
- 2 pieces fresh ginger (about the size of a garlic clove), minced
- 6 tablespoons low-sodium Soy sauce
- 3 tablespoons red wine vinegar
- 3 tablespoons honey
- 4-6 drops Sesame oil
- 2 tablespoons water

**Directions:**
1. Wash hands with warm water and soap.
2. Place all ingredients into a blender and mix until well-blended.
3. Serve as a dressing for Cole Slaw or over a mixed greens and veggie salad.

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Stop, Look, Listen, Learn!

The University of Arizona, Cooperative Extension, Pinal County
Cathy L. Martinez, PhD • Esther Turner • Robyn Powers • Jennie Treadway

Objectives
The Sensory Program’s purpose is to screen children, birth to five and a half years of age, for sensory impairments and developmental delays that could affect their developmental growth and diminish their quality of life and success in school. The screenings are not to be mistaken with a diagnosis. It is simply a way to help identify potential developmental delays that may need further evaluation.

Rationale
Through screenings, early detection of vision and hearing impairments leads to referrals for further evaluations. Recent statistics indicate that as many as 25% of children, birth to age five, are at moderate or high risk for developmental, behavioral, or social delays (National Survey of Children’s Health, 2011-2012).

Why Is Early Childhood Screening Important For Your Child?
Everyday in the United States, approximately 1 in 1,000 newborns are born profoundly deaf with another 2 to 3 out of 1,000 babies born with partial hearing loss, making hearing loss the number one birth defect in America. According to the American Public Health Association, about 10% of preschoolers have vision problems. Treatment is most successful if sensory loss is identified early. Developmental, social, and behavioral delays may affect school readiness, it is important to identify children who may have a developmental delay early.

Results
Four thousand two hundred thirty-one (4231) vision screenings were conducted with 670 children being referred for further evaluation. This demonstrates an average of 15.8% of the group. Four thousand four hundred forty-eight (4448) hearing screenings were conducted with 953 referred for further evaluation. This is 21.4% of the screened population. In Arizona, 28% of children age 4 months to 5 years are determined to be at moderate or high risk for delay compared to 26% nationally. One hundred ninety (190) of the 464 children were referred for further evaluation using Ages and Stages Questionnaire 3rd edition (ASQ-3) and Ages and Stages Questionnaire/Social Emotional 2nd edition (ASQ:SE-2) developmental tools. This shows that 23.5% of the population screened was referred to AZeIP or local school districts.

Children are better equipped for early school success when early childhood screenings identify potential areas of concern and can direct parents to medical care.
Training Opportunity!

Learn the Signs/Act Early: Understanding Developmental Milestones and Developmental Risk in Young Children

The Learn the Signs/Act Early (LTSAE) was developed at the Centers for Disease Control and Prevention (CDC) to promote awareness of developmental milestones in early childhood, the importance of tracking each child’s development, and the importance of acting early if there are concerns. The CDC estimates that 1 in 68 children has been identified with an autism spectrum disorder, and developmental screening and early identification are paramount for promoting positive developmental outcomes for young children with developmental risk and autism spectrum disorders.

This training will focus on the following objectives for the participants:

- Describe typical developmental milestones and the importance of tracking milestones
- Define and identify early autism risk behaviors in young children
- Understand the importance of developmental screening, developmental surveillance and early identification of autism risk
- Promote evidence-based early interventions for young children with autism and autism risk as well as developmental risk behaviors

In addition to the objectives described above, this training will use video-exemplars, case examples and will present CDC resources and materials available to parents, providers and health professionals. Trainings will be scheduled soon for 2016. For more information, please contact Sally Peoples at 520-836-5221 ext. 224 or speoples@ag.arizona.edu.
PROJECT CENTRL LEADERSHIP LUNCHEON ESPECIALLY FOR WOMEN

Please Plan to Attend

Wednesday, December 2, 2015

11:30 am - 1:30 pm

$25 per person

Double Tree by Hilton, 2100 South Priest Drive, Tempe

Sponsored by

Keynote Speaker: Eileen I. Klein

Board President, Arizona Board of Regents

With more than 20 years of strategic fiscal and executive management experience in the public and private sector, including leading reform efforts on pivotal statewide issues such as education and health care, Eileen Klein is uniquely positioned in her role as president of the Arizona Board of Regents to help Arizona’s public universities achieve critical goals to transform Arizona’s economy.

Ms. Klein oversees the $4 billion Arizona public university enterprise – Arizona State University, Northern Arizona University and the University of Arizona – as well as guides and advises the regents to help inform effective governance.

Previous to joining the Board, Ms. Klein served as chief of staff for Gov. Brewer.

Please join us to hear more about Eileen Klein and her leadership journey.

Reserve your seat today by emailing vanderk@email.arizona.edu

or calling 520-560-2112

Payment can be made...

By Credit Card - Go to www.centrl.org and click on the donation button at bottom of home page.
Teen Pregnancy Prevention Strategies That Really Work!

Did you know?

- 3 in 10 teen American girls will get pregnant at least once before age 20. That’s nearly 750,000 teen pregnancies every year.
- At least 82% of teen pregnancies are unintended.
- About 25% of teen moms have a 2nd child within 24 months of their first baby.
- Less than 2% of teen moms earn a college degree by age 30.
- The United States has one of the highest teen pregnancy rates in the western industrialized world.

What can we do to help drastically improve those numbers?

Comprehensive studies by the World Health Organization have demonstrated that sex education programs that teach young people about both abstinence and contraception do not increase sexual activity nor lead youth to engage in sex at an earlier age. In fact, rigorous evaluations of comprehensive sexuality education programs have shown that these programs can help young people to delay sexual initiation.

For more information about Teen Pregnancy Prevention strategies please visit:

www.dosomething.org
www.advocatesforyouth.org
Let's Talk Turkey – Food Safety

With the holidays right around the corner, many people will be preparing and cooking turkeys for their Thanksgiving dinner. Following the four steps of CLEAN, SEPARATE, COOK, CHILL will ensure that your family and friends will be eating a delicious and safe meal:

Always CLEAN (wash) your hands for 20 seconds with soap and warm water before, between and after any meal preparation

**Before** cooking a turkey:

If you do not have a food thermometer, make sure to purchase one before you begin preparations. You should also have a refrigerator thermometer to ensure your turkey is stored at 40 degrees F and below.

Thawing your turkey can be done in the refrigerator or by using the cold water method.
- **Refrigerator**: Place turkey in a pan that will hold any liquids during the thawing time. Allow 24 hours for every 5 lbs of turkey.
- **Cold Water**: Submerge the turkey in cold water and change water every 30 minutes. Cook immediately after thawing. USDA recommends the refrigerator method.

**When** cooking a turkey:

Keep raw turkey SEPARATED from all other foods at all times. To avoid cross-contamination, use separate cutting boards, utensils and plates when handling raw turkey.

**DO NOT** wash the turkey. This will only spread bacteria onto your kitchen surfaces. Fully cooking the turkey to 165 degrees F is the only way to kill any bacteria that may be present.

**165 degrees F** is the COOKING temperature your turkey should reach before it is safe to eat. There are 3 locations to check temperature:
- Innermost part of breast, wing and thigh.
After eating a turkey:

CHILL (refrigerate) any leftovers within two hours to prevent any bacteria growth. Store leftovers in a shallow pan or containers to prevent food from staying in the danger zone (40 degrees–140 degrees F) too long.

Remove any stuffing from the turkey and refrigerate the two separately. If you will not be consuming your leftover turkey within 2-3 days, use the freezer.

Using these food safety steps will help you have a...
MAC FARM FAMILY FIELD DAY
Mark Saturday, November 21, 2017 (10:00 a.m. - 2:00 p.m. as a great time to take your family and friends to the University of Arizona's MAC Farm located at 37860 W. Smith-Enke Road, in Maricopa. There will be a wide variety of booths and activities going on to please everyone. Some of the activities will include tractor rides, and old fashioned tractor show, face painting, Conner the Clown, the Wildcat Water Lab, Cricket Spitting Contest, Master Gardener demonstrations, seeing a cotton gin in operation, a 4-H petting zoo, Insect collection displays, U. of A. give away prizes, and one free ticket for each person in attendance giving them access to a free lunch. It will be a lot of fun, so come and enjoy yourself at the Pinal County MAC Farm Experience.

MAC FARM AG-VENTURES
Great Ag-Literacy presentations on nutrition and water science are taught by our MAC Farm Ag-Venture team based at the Maricopa Agriculture Center. Please let teachers (grades K - 6) in your area know about these opportunities and contact Victor Jimenez (520-374-6216) to set up an opportunity for the Ag-Venture team to visit your school. Our young people will learn, and have fun learning how our food comes from the farm!!

CENTRL Recruiting for Class XXV
Application deadline is March 1st 2016. Go to www.centrl.org and click on Applications Process. Download an application, complete it and email to Karen@centrl.org. If you have any questions, please call Karen Vanderheyden (520-560-2112)
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 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. 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

Ms Hijos, My Kids Childcare Recruitment is designed to assist applicants in becoming DES certified to provide childcare in their home. Ms Hijos Contact: Sally Peoples at (520) 836-5221, x.224 or speoples@cals.arizona.edu

Project CENTRL prepares highly motivated leaders to be more effective in meeting the growing challenges facing agriculture in rural Arizona. Project CENTRL Contact: Karen Vanderheyden at (520) 316-0909 or kvander@ag.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 cid1@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: Ashley Tapia at (520) 836-5221 x217 or ashleytapia@email.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: Jennifer Staples at (520) 836-5221, x.207 or jstaples@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.

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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.