Our in-person programming will be back in place in 2021. However, for many programs, I opportunities for the people of Maricopa County and beyond. We are all hopeful that Thanksgiving and a gift drive for Christmas.

Resource Center went to an online format and still found time to have a food drive for professionals about the importance of water conservation in Arizona. Our Family format, as did our Turf Grass Science program. Smartscape and Arizona Project WET Extension and held a virtual class that highlighted an Arizona citrus farm and an Oregon

Our Agricultural Literacy and STEM program collaborated with Oregon State University addressing pressing issues within our agricultural community.

Our 4-H team was challenged to keep our youth engaged in 4-H in an online format. Workshops, and virtual field days.

amidst a pandemic and University requirements on social distancing. During much of 2020 will undoubtedly be remembered for many things. However, one bright spot for me was our office's ability to pivot and continue to deliver quality Extension programs

Despite the COVID-19 chaos humor, his love of plants, and his ability to turn a handful of weeds into a super salad! But Terry provide valuable support to teachers who find themselves teaching online. The 10- the Arizona Project WET Water Festival team took the program virtual.

Outreach education was all virtual and provided clientele opportunities to obtain product origins (eg. vinegar, citric acid + clove oil, eugenol + molasses, d-limonene, nonconventional means of controlling weeds. To that end, several herbicides of natural new control strategies including evaluating herbicide options.

golf courses, sports fields, management on essential

and very droughty 2020, Despite the COVID-19 chaos

By Kai Umeda

Turfgrass Science

new reduced ticket price. Another new feature for DIG has been Zoom breakout-rooms even after the standard ticket price had been halved, a measure to encourage an online format for DIG classes.

class series, offered by the Maricopa leaders from across rural Arizona were selected into Class 29; meet them at www.centrl.org/Class29

By Scott Koeing

Agricultural Literacy & STEM Education program to bring agriculture literacy via Zoom to citrus and Christmas trees are grown.

daily lives? Make lemonade! Well, not really, but we can teach students about how increased their weekly physical activity—no small feat for this busy person!

Another star participant has lost 18 pounds since August and has incrementally another thing, there has been a big increase in gardens since Covid-

And another thing, there has been a big increase in gardens since Covid-

(using our heads). The next time, we actually mixed the compost, (and found a lizard in very healthy). And another thing, there has been a big increase in gardens since Covid-

The family resource team includes Extension Agent, Patty Merk and staff: Ginamarie

faculty and staff organized and coordinated a way for this annual event to be held in

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Subscribe from being zoned out to Zoomed

Anything but dull, the new Arizona

The UA Maricopa County Cooperative Extension idUSKBN2220D3

By Traci Armstrong Florian, MS, RDN, Associate Agent, FCHS

The Diabetes Prevention Program is a year-long program with 26 lessons spread across the state with several running campaigns in the fall for local, county and state-wide offices. Congratulations to Joel Several of our over 650 alumni have been active across the state with several running

One of our stars is a person that has lost 29 pounds since August's start of the DPP and now averages 215 minutes of physical activity a week!

Another star participant has lost 18 pounds since August and has incrementally increased their weekly physical activity—no small feat for this busy person!

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Long-term financial sustainability of implementation.

The CDC's Diabetes Prevention Program (DPP) is an evidence-based intervention produce enough insulin or it resists the insulin it produces causing blood sugar to rise to

Lessons include nutrition and physical activity basics as well as thinking, and getting support from loved ones.

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