Due to Covid-19, the family is preparing for memorial services later in 2021. We are saddened to announce the passing of Terry Mikel, retired Horticulture Agent at Maricopa County Cooperative Extension. Terry was a very quiet, unassuming man who gave much of his life to developing the Horticulture Program at Maricopa County Cooperative Extension. Due to the great changes this past year, some early programs were offered online, such as Project WET and DIG. Project WET is the Water Education Festival for Children and DIG is Discovery 4-H Garden, featuring small garden plots in urban settings.

Over the past 20 months, Project WET programming has been very successful, using the new online streaming program. Thousands of schools across Arizona have participated in Project WET programming, and the festival staff is very excited to have Project WET in-person programming back in place in 2021. However, for many programs, I Resource Center went to an online format and still found time to have a food drive for the Arizona Project WET Water Festival team took the program virtual. "Oo's and ah's" could be heard as Magician Richard Steel, Master of Ceremonies, performed for the kids. The DIY Gardening project was a big hit with kids as they got to grow their own food. The 2019 festival featured demonstrations, competitions, and a plant sale. In 2020, due to COVID, DIG was held online and the new reduced ticket price. Another new feature for DIG has been Zoom breakout-rooms with smaller group sizes to make the virtual experience more interactive. In 2021, DIG will be back in person, and the programming will be expanded to include new programming tracks. DIG plans to offer more programming in 2021.

Replacing turfgrasses, nativegrasses can be seeded and use less water and fertilizers and cold tolerant new groundcover that has potential to fit in desert landscapes (photo). Nonconventional means of controlling weeds. To that end, several herbicides of natural origin, including those from plants, have been developed and are under study.

Long-chain fatty acids) were compared in multiple experiments last winter/spring. These fatty acids are thought to have health benefits due to their anti-inflammatory properties. The results of these experiments are expected to be published in the near future. Of course, this is just the beginning of a new era in weed control. The future of weed control is likely to be based on natural products, with a focus on developing new herbicides and understanding the mechanisms of action of these compounds.

The Diabetes Prevention Program (DPP) is an evidence-based intervention for adults at high risk for type 2 diabetes (T2D). The program is designed to help individuals lose weight and improve their lifestyle habits, with the goal of reducing their risk of developing diabetes. The Diabetes Prevention Program is a year-long program with 26 lessons spread over the year. The program is led by a team of educators and dietitians who work closely with participants to help them achieve their goals. There are many different ways to implement the DPP, and the program can be adapted to fit the needs of different communities. In the US, the program is implemented by a variety of organizations, including state and local health departments, hospitals, and universities. The program is funded by the Centers for Disease Control and Prevention (CDC) and is delivered through a network of certified diabetes educators. The program is designed to be effective across a wide range of settings, including community health centers, primary care practices, and worksites.

The program has been shown to reduce the risk of type 2 diabetes by 58%, through education, behavior change, and weight loss. The program is based on the principles of the National Institute of Diabetes and Digestive and Kidney Diseases' (NIDDK) Diabetes Prevention Program (DPP) trial, which was funded by the National Institutes of Health (NIH). The DPP trial showed that a lifestyle intervention program could reduce the incidence of diabetes by 58% in individuals at high risk for the disease. The program is designed to help people make healthy lifestyle changes, such as eating a healthy diet, getting regular physical activity, and losing weight. The program is led by a team of educators and dietitians who work closely with participants to help them achieve their goals. The program is funded by the Centers for Disease Control and Prevention (CDC) and is delivered through a network of certified diabetes educators. The program is designed to be effective across a wide range of settings, including community health centers, primary care practices, and worksites.

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The Diabetes Prevention Program at the Maricopa County Extension office, like in many counties in the US, has strong partnerships with local organizations. These partnerships allow the program to reach a wide audience and provide participants with additional resources and support. The program is also supported by a variety of funding sources, including grants from the Centers for Disease Control and Prevention (CDC) and other organizations.

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