

PINAL COUNTY QUARTERLY NEWSLETTER

APRIL — JUNE 2024

Volume 11, Issue 2

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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.

We need your help!

The University of Arizona Cooperative Extension is seeking public input to help guide our future work throughout the state. We are holding a listening session at the UA Tech Park Event Center in Tucson on Wednesday, April 10 at 5:30 p.m. with food provided. There will also be a session in Maricopa County. You are welcome to attend either one. Please hold the date of Monday, April 29 for the session in Maricopa County. Food will be provided. Specifics still to come on location and time. Please see the flyer in this newsletter with more details.

This is a regional event, and we hope that you will attend to share your thoughts and to hear the perspectives of others. You will have an opportunity to share your ideas about our current work, but also about challenges, opportunities, and aspirations for the future. This forum will be highly interactive and fun, culminating with facilitators synthesizing responses, so that you can immediately learn how your ideas compare and combine with those of your fellow participants. Your input will be instrumental in informing our future and ensuring that our efforts align with the needs and expectations of our statewide community members.

We hope you will attend and also help us to spread the word by sharing this message with your community and contacts. Thank you for your help and we look forward to seeing you at the Listening Session on either Wednesday, April 10 or Monday, April 29.

Enjoy reading this edition of our quarterly newsletter! UArizona Cooperative Extension is your local partner bringing you evidence- and research-based programming that can help answer questions and improve lives here in Pinal County.

Greeta Mills, RDH MEd, Oral Health Professional

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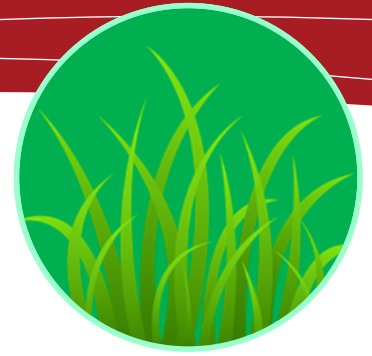
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Persons with a disability may request a reasonable accommodation, such as a sign language interpreter, by contacting (Cooperative Extension, Pinal County, 820 East Cottonwood Lane, #C, Casa Grande, AZ 85122, 520.836.5221). Requests should be made as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



THE UNIVERSITY
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HORTICULTURE



BEAUTIFUL SPRING IN THE ARIZONA DESERT!

Submitted by Anne LeSenne, Assistant Agent, Horticulture

PLANTING:

- **April:** Take advantage of the cooler temperatures to plant warm-season vegetables like tomatoes, peppers, eggplant, cucumber, summer squash, and okra.
- **May:** Continue planting warm-season vegetables. Herbs like basil and oregano thrive in May's warmth. Don't forget to transplant your cool-season crops like lettuce and spinach to a shady spot or provide 30-50% shade when it starts getting hot.
- **June:** Focus on heat-tolerant plants like okra, peppers, and certain varieties of squash.

BEATING THE HEAT:

- **Shade:** Provide afternoon shade for your plants, especially heat-sensitive vegetables and newly planted seedlings. Shade cloth of 30-50% can offer protection.
- **Container Gardening:** Plants in containers have a smaller volume of soil to draw moisture from so they tend to dry out faster. As the weather gets hotter you may want to move containers from full sun into areas of shade to help them survive better.

Blooms and Beyond:

- Enjoy the vibrant blooms of desert wildflowers like cacti, desert marigolds, and evening primrose.
- Attract pollinators like butterflies and hummingbirds to your garden by planting flowering herbs and native wildflowers.
- Harvest any vegetables or herbs that are ready and share the bounty with friends and family!



CARE:

- **Watering:** With increasing temperatures, adjust your watering schedule. Water deeply and infrequently, allowing the soil to dry slightly between waterings. Early mornings or evenings are best for watering to minimize evaporation. Don't forget to water your trees and shrubs deeply. Most of the feeder roots are within the top 18" of soil for trees, and 12" for shrubs, so be sure to water the entire root zone to that depth every time. Then allow the soil to dry slightly before watering again. This will promote a large healthy root system to help your plants survive the heat of July and August.
- **Mulching:** Apply a layer of organic mulch around your plants to retain moisture, regulate soil temperature, and suppress weeds. April is a great time to add fresh mulch to thin spots from the winter months. Try to keep 4" of mulch over the entire root zone.
- **Pests and Diseases:** Monitor your plants for signs of pests and diseases. Use natural methods like neem oil or insecticidal soap whenever possible. Hand pull weeds as they sprout and don't allow any to bloom or set seed.

BONUS TIPS: Celebrate National Garden Week in April (April 14th-20th) by starting a new gardening project, attending a local plant sale, or simply spending time appreciating the beauty of your garden.

Celebrate National Pollinator week in June (17th – 23rd) by learning how you can attract pollinators to your garden and provide habitat for them to thrive with native and desert adapted plants. Find a Farmers Market nearby and support your local farmers.

Remember, gardening in the low desert requires adaptation and resourcefulness. With proper planning and care, you can enjoy a thriving and vibrant garden throughout the hot season.

FIRST SMILES ORAL HEALTH



MINIMIZING RISK

Submitted by Greeta Mills, RDH MEd, Oral Health Professional

One question that comes up frequently around the topic of early childhood tooth decay is, “How do you determine the risks for cavities, and what can we do about it?”

The tool we use here at First Smiles is the American Academy of Pediatrics Oral Health Risk Assessment Tool. It is a part of our consent form to collect information from parents or caregivers about home care and habits that both protect and increase the risk of young children developing cavities. The information provided by the parent or caregiver along with what we actually see in the child’s mouth help us determine the risk and what the next steps need to be.

Here are the risk factors considered:

- Mother or primary caregiver had active decay in the past 12 months
- Does not have an established dental home
- Continual bottle/sippy cup use with beverage other than water
- Does not drink fluoridated water or take fluoride supplements
- Frequent snacking on sugary and/or sticky snacks
- Has not received fluoride varnish in the last 6 months
- Does not have teeth brushed twice daily
- Does not use fluoride toothpaste
- Special health care needs

Along with the physical findings (what we actually see in the mouth):

- Obvious decay
- Restored decay (fillings or Silver Diamine Fluoride treatment)
- White spots on teeth
- Swollen or bleeding gums
- Visible plaque on teeth

If the answer is “YES” to any of the things listed above, the child is considered at HIGH risk for dental disease.

These are all protective factors, things that we can do at home to minimize the risks and help us and our children to develop healthy behaviors and habits

- Brush twice a day with fluoride toothpaste
- Regular dental visits for both the child and parent
- Use only water in the sippy cup, and wean off the bottle at appropriate age
- Less/no juice. No soda
- Drink fluoridated water
- Less/no junk food or candy. Replace crackers, chips, and cereal bars with snacks that are high in water like fresh fruit or veggies, or popcorn, or cheese



POSITIVE DISCIPLINE



WHAT'S IN A HUG?

Submitted by Muriel Gutierrez, Instructional Specialist

Recently, it's been more real to me than ever before how much our children need to feel the love of their parents and caregivers. With so many things going on around us, can you imagine how their little world is affected? The story below is one we share with parents in our 6-week Positive Discipline Parenting class which comes from Lynn Lott & Jane Nelsen's book *"Teaching Parenting the Positive Discipline Way"*.

A father attending Dr. Bob Bradbury's Sanity Circus, an Adlerian Open Forum Counseling in Seattle, WA, asked what to do when his four-year-old son had a temper tantrum. Dr. Bradbury suggested asking for a hug.

- The father was surprised and asked, "Wouldn't that reward the misbehavior?"
- Dr. Bradbury asked, "Would you be willing to try & see what happens?"
- The father agreed, and the next week he reported the following scene:
- His little son, Timothy started a tantrum because he couldn't have something he wanted. Dad got down on one knee & said, "I need a hug."
- Timothy stopped sobbing long enough to ask, "What?"
- The father said again, "I need a hug."
- Timothy again stopped sobbing & asked incredulously, "Now?!?"
- Dad said, "Yes, now."
- Timothy begrudgingly said, "Okay," and stiffly gave his father a hug. Soon the stiffness disappeared, and they melted into each other's arms.
- After a few moments Dad said, "Thanks, I needed that."
- Timothy said with a small tremor on his lips, "So did I."



A lot of times overwhelming feelings of uncertainty, confusion, sadness, and so many other emotions can come out as bad behavior. This can be a trigger to parents, if it is out of the norm. However, we rarely think to use comfort to stop the behavior. If we, as adults, need a hug when we are the most triggered, can you imagine what your child is craving?

I do want to touch on a concern most parents have and was mentioned in the above story and that is the worry of rewarding misbehavior. We as parents love our children and when we are upset with them it's their behavior we are upset about. Our love isn't dependent on how they behave. So think of a hug as a reset for the behavior. This will not only not benefit them, but parents as well.

HUGGABLE SOURCES

- <https://www.shebaonline.org/why-hugging-is-important-for-your-health>
- <https://www.exchangefamilycenter.org/exchange-family-center-blog/2020/4/2/the-science-behind-hugging-your-kids5-benefits-for-you-and-your-child>
- Fun Book: Hugs and Kisses for the Grouchy Ladybug. By: Eric Carle
- Fun Book: Hug Me. By: Daniela Dogliani
- Fun Book: The Very Best Hugs. By: Smriti Prasad-Halls

According to Berkeley's Greater Good Magazine, when we are hugged the stimulation sends signals to our brains emotional processing network, which in turn creates neurochemicals of oxytocin and endorphins, which slows down the heart rate, reduces stress and anxiety levels and creates feelings of wellbeing. Hugging has such a relaxing and calming effect on the body that it literally can help other parts of our system long term. (McGlone & Walker, 2021) It may take some getting used to, and it may take time for the child to respond to the hug, and teens even longer, however in the end everyone wins by not only receiving what we are craving, but strengthen our ability to sit down and talk about the situation at hand while creating a stronger bond between the parent and child.

McGlone, F. F., & Walker, S. S. (2021, June 22). *Four ways hugs are good for your health*. Greater Good. https://greatergood.berkeley.edu/article/item/four_ways_hugs_are_good_for_your_health

FINANCIAL LITERACY



FRUGAL FUN IN THE SUN

Submitted by Carissa Diaz, Community Outreach Assistant



Work Cited:

[themakermum, nature's treasure box, 06/10/2019]

Spring has sprung, but it is never too early to plan for some summer fun! It can be quite challenging keeping the little ones entertained during the summer months, not to mention how COSTLY outings can be! If you are looking for some budget-friendly family activities, look no further! Here are a few activities that will be sure to bring some joy to your days, without the worry of breaking the bank!

GARDENING

Gardening is a great way to get the kids out in nature and do what they love most, getting dirty! Not only will they be enjoying all the sensory planting has to offer, but once the fruits or veggies grow, it may encourage them to try or eat healthier foods that THEY grew! Local 99 Cent stores have a variety of gardening essentials to help turn a boring summer day into a productive and fun-filled time.

PAINT NIGHT

Enjoy a cozy night-in listening to music and tapping into your creative side by gathering around with your favorite snacks and painting. Let your imaginations run wild as you paint on canvases from your local Dollar Tree, or— if you want to be really frugal, painting some rocks! Paint supplies of all sorts can be found at the dollar stores.

HIKING

Get a breath of fresh air and go out to your favorite mountain for a hike. Entertain the kids by bringing an old egg carton and filling the carton with cool treasures they find in nature! This is a great way to get out of the house and have the kids burn off some energy!

Check out some of our upcoming FREE Financial Literacy Classes: <https://extension.arizona.edu/financial-literacy-classes>

More Ideas:

- [Nature Niños Events](#)
- Casa Grande Farmers Market:
⇒ Every Saturday, 2024 E. Florence Blvd., Casa Grande, AZ 10:00am-2:00pm
- [Casa Grande Museum \(Donation-Based\)](#)





CRANE FLIES, NOT GIANT MOSQUITOES

Written by Shujuan Li & W. Eugene Hall, Department of Entomology, University of Arizona

As the weather warms up, residents in Arizona start to notice giant insects landing or flying around our homes or offices (Figures 1 & 2). People call them giant mosquitoes, but these gentle giants are not mosquitoes at all. They are actually crane flies and are harmless. Crane fly, a member of the fly family Tipulidae (order Diptera, meaning two-winged insects), looks like a mosquito, but is not a mosquito. Crane flies have a slender mosquito-like body and extremely long legs. Adult crane flies can range from tiny to almost 1.2 inches long. These slow-flying insects are harmless and usually found around water or among abundant vegetation.

Crane fly adult females generally deposit their eggs in damp areas or in grass. Lawns near wooded areas or open fields often have a population of crane flies. Dampness and heavy rainfall can increase their numbers. Each egg hatches into a long slender larva, called a leather jacket due to its tough brown skin. Only in their larval stage do crane flies cause any potential damage. The larvae usually feed on decaying plant tissue, and damage the roots of cereal and grass crops, sometimes leaving large brown patches on lawns, but generally are beneficial soil dwellers feeding on organic matter. The larvae feed all winter, followed by a resting stage in the spring. The adults generally show up in late winter or early spring, occasionally in large numbers. Adult crane flies generally do not feed, though some species may take nectar from flowers.



Figure 1. An adult crane fly resting on the ground at Maricopa Agricultural Center, Maricopa AZ.
Photo: Shujuan Li.



Figure 2. An adult crane fly resting on a plant.
Photo: Shutterstock.

Adult crane flies are attracted to lights and often annoy residents when they fly into homes and bump against walls or ceilings. Although they look like giant mosquitoes, they do not bite people or feed on blood because they don't have the sucking mouth parts that mosquitoes have. Mature crane flies only live up to two weeks, long enough to complete their reproductive cycle. Residents may see or observe dead adult crane flies on grounds around homes and buildings shortly after their lifecycle has completed.

This information is also available as an article on our Extension page <https://extension.arizona.edu/crane-flies>.



LET'S PLAY

Submitted by Kyle Lucas, Community Outreach Professional I

The USDA Physical Activity Guidelines recommend the following:

- Kids and teens need at least 60 minutes of activity daily.
- Adults and older adults need at least 150 minutes of moderate-intensity physical activity weekly and 2 days of muscle-strengthening activity weekly.
- Physical activity is anything that gets your body moving.

Our next Nature's Niños Event is happening:

- Check out the [Pinal County Cooperative Extension](#) Facebook page, flyer will be posted soon. Join other families taking advantage of the beautiful trails in our own backyard, being active, learning, and having fun!



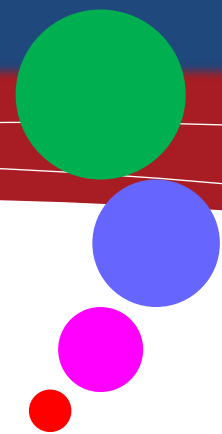
Our next Play Time at Florence Farmer's Market is happening:

- April 13th @ MacFarland State Park, Florence, AZ 8-12p
University of Arizona Cooperative Extension has partnered with the Florence Farmer's Market to promote physical activity and nutrition at our Play Time at Florence Farmer's Market where kids and adults can come play and learn.



Being physically active can look very different to all different types of people. Some things to remember are the differences in moderate to vigorous activity can be seen in heavy breathing and the production of sweat. And, to always be aware of what types of physical activity you can do if you have a chronic condition.

DEVELOPMENTAL & SENSORY



LET'S EXPLORE!

Submitted by Stephen McCarville, Community Outreach Specialist II



Springtime is here once again! Although the season is a brisk one here in Arizona, there are still ample opportunities to teach your children about the season in fun and interesting ways. Outlined in this article are enjoyable activity themes for your child to partake in during this spring season.

Children are naturally curious and love learning new things. With the advent of spring, many exciting activities and themes can keep your children busy and entertained.

PLANT THEME

Introduce children to different kinds of plants, their life cycles, and how they grow. Plant seeds with your classroom and watch them grow throughout the season. Have the children observe the changes in plants over time as new leaves and flowers emerge. Discuss how different plant parts are used for food, medicine, clothing, and decorations.

WEATHER THEME

Spring allows children to explore the weather and how it changes over time. Have children observe weather patterns like rain, wind, and sunshine. You can also discuss where rain comes from and why we need it for plants to grow. Create a chart to track the weather changes and discuss why it is essential to know what weather you will experience each day. Also, encourage children to dress appropriately according to the weather and talk about how they can be safe when outdoors in different types of weather.

SPRING ANIMALS THEME

Introduce your kiddos to animals that come out during spring, such as birds, bees, butterflies, and frogs. Explain how each animal plays a different role in nature and why they are essential to our environment.

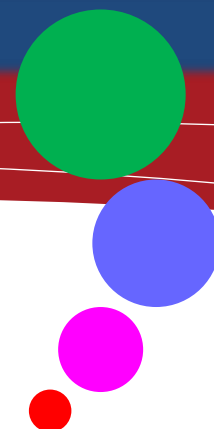
Give children the opportunity to observe these animals up close by taking them on outdoor nature walks or setting up bird feeders. Once the children are more familiar with the different animals, encourage them to create animal habitats using materials such as construction paper, popsicle sticks, straws, and clay.

SHAPES AND COLORS THEME

Incorporate shapes and colors into your spring activities to boost children's cognitive development. Have them look for natural shapes in clouds or leaves and talk about the different colors they see in trees, the sky, and flowers. Grab some construction paper for a craft activity where your preschoolers can create collages of shapes and colors.



Allow children to practice their fine motor skills by having them cut out shapes or use glue sticks to put art projects together. Encourage children to draw and color with chalk on the sidewalk to stimulate creativity, allowing them to explore different shapes and colors while having fun.



...CONTINUED FROM PAGE 8

GARDENING THEME

Introducing children to plants and how they grow, different types of flowers, and the importance of watering will excite them about gardening. Explain how plants help us in our everyday lives, from providing food and oxygen to helping conserve energy.

You can discuss all the different colors associated with gardening and show them some creative ideas for decorating pots or creating flower arrangements. This theme also lends itself to many simple and age-appropriate gardening activities.

BUGS THEME

Get children interested in bugs by going on a bug hunt and exploring the different insects that come out during springtime. Let them observe butterflies, ladybugs, or worms up close and discuss their various characteristics. Explain why bugs are essential to our environment and how we can help protect them.



ARTS AND CRAFTS THEME

Preschoolers love to express their creativity through arts and crafts. During springtime, encourage children to create various art projects related to the season, such as:

- [Making flower prints with potatoes](#)
- [Creating rainbow wind chimes using sticks and yarn](#)
- [Crafting paper butterflies or caterpillars](#)

While doing arts and crafts, encourage children to explore the concepts of texture, shape, color, and size.



COMMUNITY LISTENING SESSION



WHAT'S IMPORTANT TO YOU?

Cooperative Extension is planning for the future. We want to hear what's important to you and your community.

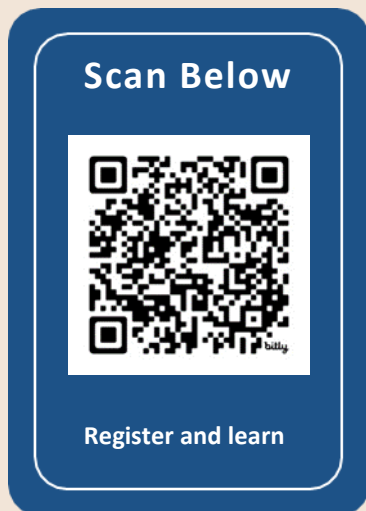
Join us for a public listening session. Register and learn more by scanning the QR code or visiting extension.arizona.edu/ace-strategic-positioning.

IMPORTANT INFORMATION

- April 10, 2024 from 5:30pm-7:30pm
- UA Tech Park
9070 South Rita Road, Bldg. 3000
Tucson, AZ 85747
- Food will be provided
- Listening session lasts 2 hours
- Session is open to everyone

CONTACT FOR PIMA COUNTY SESSION

University of Arizona, Cooperative Extension, Pima
Claire Zucker, Extension Director
(520) 621-2186 / clzucker@email.arizona.edu



SAVE THE DATE FOR MARICOPA COUNTY

- April 29, 2024
- Time TBD
- Maricopa County
Location TBD



THE UNIVERSITY OF ARIZONA

Cooperative Extension

ENTER TODAY!

Park Hop CHALLENGE



GET READY, GET SET, GO!

The weather is perfect right now for being outside and exploring! And, you could be rewarded with a swag bag just for getting off the couch. It's super easy:

Get out there and have some fun!
—[ENTER THE PARK HOP CHALLENGE HERE](#)—



FIRST STEP

Using the app, find a local park or hiking trail to visit.

SECOND STEP

Once you arrive, snap three (3) photos:

FINAL STEP

Submit your photos using the Pinal Healthy & Active App.

PHOTO 1

One of the park sign or trailhead.



PHOTO 2

Another of you being active (biking, walking, hiking, or playing).



PHOTO 3

Last one of your favorite area of the park or hiking trail.



This will enter you into a monthly drawing for a chance to win a swag bag of cool stuff. Submit an entry every time you visit a park or hiking trail - go to a park three times, get three chances to win.



THE UNIVERSITY OF ARIZONA
Cooperative Extension
Pinal County

For more information, please contact
Sybil Peters, Program Coordinator, Sr.
820 West Cottonwood Lane, #10, Casa Grande, AZ 85122
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This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP through the AZ Health Zone. This institution is an equal opportunity provider.

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- [Maricopa Master Gardeners](#)
- [Pinal County 4-H](#)
- [Sensory & Developmental Screening](#)



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Esther Turner, Associate Agent—4-H Youth Development

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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: Esther Turner at (520) 836-5221, x211 or eturner@cals.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: Sybil Peters at (520) 836-5221, x216 or sybilpeters@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: Cathy Martinez at (520) 836-5221 or clmartin@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

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: Jennie Treadway at (520) 836-5221, x236 or treadway@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

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: Randy Norton at (928) 985-8844 or rnorton@cals.arizona.edu

Financial Literacy & Positive Discipline Parenting 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 controlling their financial health. This program will help with daily stressors such as: worrying about electric bills, putting food on the table and wondering if they have somewhere to sleep tomorrow night, which all influences the way individuals interact with their child(ren), their families and their communities.

Contact: Muriel Gutierrez at (520) 836-5221 or mgutierrez5@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 fluoride varnishing for children with emergent teeth up to age five.

Contact: Greeta Mills at (520) 836-5221, x235 or gmills@arizona.edu

Horticulture Program develops and delivers educational information, structured programming, and technical support to the consumer and commercial horticulture sectors, as well as urban agriculture and food systems in Pinal County.

Contact: Anne LeSenne at (520) 836-5221, x227 annelesenne@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: Esther Turner at (520) 836-5221, x211 or eturner@cals.arizona.edu

Sensory Screening Program provides free screenings of children, ages 0-5, for vision and hearing impairments that could affect developmental growth.

Contact: Jennie Treadway at (520) 836-5221, x236 or treadway@cals.arizona.edu