

OCTOBER — DECEMBER 2023

Volume 10, Issue 4

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Pinal County Extension Website
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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.

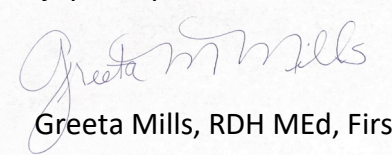
Cooperative Extension is committed to delivering high-quality, relevant educational programs and information to Pinal County citizens and communities.

This is the time of the year that many of us look forward to. Even if you’re not a fan of Pumpkin Spice everything, our cooler weather is something to be enjoyed! Pinal Cooperative Extension professionals are here to provide evidence—and research-based solutions to the everyday questions you may have about landscaping, gardening, children’s development and health, safe holiday meal planning, and why your old house feels so hot inside.

Do you have a child ages 5-18? Take a look at the variety of topics available within our 4-H Youth Development program. Don’t see something that you’d like to see offered? Consider becoming a 4-H Leader to share your area of expertise!

Take a look at the last page of our newsletter for a listing of our many programs and the contact info for each. If you’d like more information about any of these topics, please call or stop by the office.

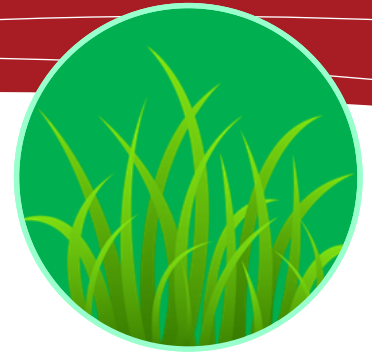
Enjoy Fall, y’all!



Greeta Mills, RDH MEd, First Smiles Oral Health



HORTICULTURE



BECOME A MASTER GARDENER

Submitted by Anne LeSenne, Assistant Agent, Horticulture

If you've ever wanted to become a Master Gardener, here's your chance! Anyone with an interest in environmentally responsible landscaping and gardening in Pinal County and a desire to teach others those principles/skills are invited. The Master Gardener course will be held at the Maricopa Agricultural Center conference room located at 37860 W. Smith Enke Road in Maricopa, starting October 11th at 6pm – 9pm. The course is 14 weeks long and will cover the fundamentals of selecting, installing, and maintaining healthy landscapes and gardens in the low desert. Registration is required. The cost is \$200 per person plus the purchase of the Arizona Master Gardener manual from the University of Arizona online bookstore. Hope to see you there!

Fall is the best time to plant trees and shrubs. Even though we may not see them growing leaves or branches during the winter, they are growing a strong root system that will help them survive our extreme summers. This is also the time to clean up plant debris and turn it into compost. This compost can then be spread over the root zone of your trees and shrubs to help provide nutrients the soil needs to support plant health. Small pieces compost faster than large pieces, so chopping the leaves and branches into smaller pieces helps speed the process. A lawn mower or leaf vacuum can help with this task.

Usually, our temperatures have started to cool by October, so you should adjust your irrigation clocks to less frequent waterings. Don't shut off irrigation all together, but reduce the frequency of irrigation events. Even native trees will benefit from a monthly deep watering.

If you would like to learn more about smart landscaping maintenance and techniques, you can attend one of our Smartscape for Homeowners classes held at a public library near you. November 1st, 8th, and 15th at 3pm we will be at the Casa Grande Public Library at 449 N. Drylake Street, Casa Grande and on November 2nd at 6pm we will be at the San Tan Valley Library at 31505 N. Schnepf Road in San Tan Valley. No registration necessary. This is a very informative class for those who serve on HOA boards as well.





THE UNIVERSITY OF ARIZONA

Cooperative Extension

Pinal County



MASTER GARDENER COURSE

Master Gardener classes are taught by The University of Arizona Cooperative Extension faculty, industry professionals and other horticulture experts.

Participants will learn the **fundamentals of selecting, installing, and maintaining healthy, appropriate landscapes and gardens for Pinal County.**

WHO SHOULD JOIN:

Anyone with an interest in environmentally responsible landscaping and gardening in Pinal County AND a desire to teach those principles/skills from research-based materials to others.



The University of Arizona Cooperative Extension trains gardening enthusiasts of Pinal County as **Master Gardener volunteers** who help their fellow citizens grow better gardens and more sustainable landscapes.

This Master Gardener course will be offered on Wednesday nights starting October 11, 2023 from 6pm to 9pm at the conference room at the Maricopa Agriculture Center, 37860 W. Smith Enke Road in Maricopa AZ.

Registration is required. The course will be completed over 14 weeks of instruction. The cost of the course is \$200 plus the purchase of the Arizona Master Gardener Manual.

CONTACT US!

Theresa Ellsworth, Administrative Assistant
820 East Cottonwood Lane, #C, Casa Grande, AZ 85122
(520) 836-5221, x202

tellswor@cals.arizona.edu

FALL COURSE SCHEDULE:

- Oct. 11 Botany
- Oct. 18 Soils, Fertilizers, Composting
- Nov. 1 Entomology
- Nov. 8 Plant Pathology
- Nov. 15 Integrated Pest Management
- Dec. 7(Thursday) Plant Propagation
- Dec. 13 Tree and Shrub Pruning
- Dec. 20 Herbaceous Ornamentals
- Jan. 3 Landscape Design
- Jan. 10 Irrigation Design & Efficiency
- Jan. 17 Citrus
- Jan. 24 Cactus and Succulents
- Jan. 31 Desert Plants and Xeriscape
- Feb. 7 Vegetables and Herbs

JOIN US TODAY!

Smartscape for Homeowners

November 1, 8, 15, 2023
Wednesdays 3:00 to 4:30 pm

Held at:
Casa Grande Library
449 N Dry Lake St,
Casa Grande AZ 85122



SMARTSCAPE



Ready to learn how to properly prune, maintain, and irrigate your landscape and be more water efficient?

Sponsored by:



City of Casa Grande

Smartscape educates Homeowners on the fundamentals of designing, installing, irrigating, and maintaining beautiful, water-efficient landscapes.

Learn from industry expert Anne LeSenne in this course created for Homeowners and HOA committee members.

Smartscape Course Schedule:

Plants, Soil, and Water Landscape Design & Renovation Plant Selection & Installation	November 1
--	------------

Landscape Water Management & Irrigation Controllers Drip Irrigation Design & Installation	November 8
---	------------

Maintaining Desert Adapted Plants Plant Disorders Desert Adapted Plants	November 15
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Spaces fill quickly – register today!



Casa Grande Public Library
449 N Dry Lake St
Casa Grande AZ, 85122
Phone 520-421-8710
Website- cglibrary.org

For more information, please contact:
Anne LeSenne, Assistant Horticulture Extension Agent
annelesenne@arizona.edu
820 East Cottonwood Lane, #C, Casa Grande, AZ 85122
(520) 836-5221, phone



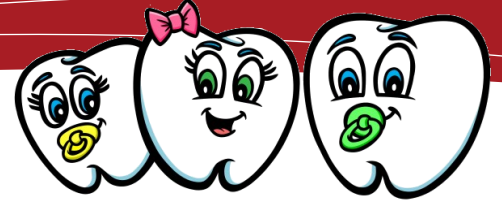
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Cooperative Extension

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FIRST SMILES ORAL HEALTH



TRICK OR TREAT

Submitted by Greeta Mills, RDH MEd, First Smiles Oral Health

Our cooler weather is arriving soon here in Pinal County, and that means that Halloween is right around the corner! And Halloween means that we and our kids may be eating more candy. The average American eats around 8 pounds of candy a year, and children eat even more! Most of it happens around Halloween, Christmas, Valentine's Day and Easter.

So, with those treat bags filling up, what is the worst candy for our kid's teeth? (Or ours, if they share with us.)

Treats that are sticky, chewy, or gummy stay on the teeth much longer than, say, chocolate. The stickier it is, the longer it hangs around in the chewing surfaces of the back teeth. Even after brushing.

Sticky treats like raisins hang around in the teeth giving the cavity-causing bacteria plenty of time to eat and produce acid as well. As the cavity-causing bacteria eat the sugar, they make acid, and it is the acid produced by the bacteria that starts to break down the enamel on the teeth.

Sour candy naturally has more acid already. Add that to the acid that the bacteria produce, and your child's teeth are under an acid attack! Hard candy, like Jolly Ranchers or lollipops last for a long time, which means that the sugar and acid is in the mouth for a long time as well.

Chocolate is less likely to stay in the mouth as long, which makes it a better alternative to the sticky, chewy, gummy, sour, or hard candies.

The best time for us to enjoy sweet treats is at mealtime. When we eat a meal, we make more saliva which helps protect our teeth from the acids and sugars in anything other than water. As the saliva increases as we eat, it helps move the sugars off of the teeth and helps neutralize the acid.



Continue to brush and floss twice a day, and especially before bedtime. Give special attention to the front of the top teeth and the chewing surfaces of the back teeth. Help those younger than six years old with their brushing. When we sleep our saliva slows down, so going to bed with well-brushed teeth helps reduce the risk of cavities. Particularly when we and our kids are eating a little more sugar during this time of year.



5 TIPS TO SUPPORT CHILD'S HEALTH & EMOTIONAL WELL-BEING

Submitted by Kyle Lucas, Community Outreach Assistant II

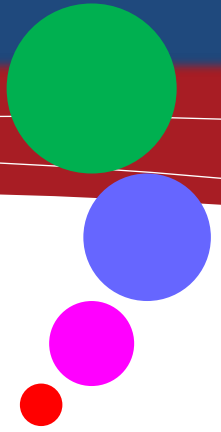
When families are engaged with their child's schools, it opens a door to being directly involved in the support of our children's nutritional health and emotional well-being. This summer, I did just that, talking to parents while demonstrating food recipes at Summer Food Program Sites across Pinal County, as well as at the Parent Teacher



Associations Site Conference about engagement and success in school's supporting children's nutritional health and emotional well-being. Here in Pinal County, we have schools with growing PTA's or PTO's and that is wonderful news to the AZ Health Zone team. This means more engagement and support to improve healthy living policies and standards for our youth's school systems. Here are some tips that will help you get started today!

5 Things to Know and Do to Support Child's Health & Emotional Well-Being

1. **KNOW:** Student's Parents/Guardians engagement is an important part of the Whole School, Whole Community, Whole Child (WSCC) model, the CDC's framework for school health.
2. **KNOW:** Strategies school's use to promote health and wellbeing:
 - Building strong relationships
 - Education and opportunities to help families become actively involved
 - Effective management and teaching methods for a positive learning environment
 - Providing access to counseling, psychological and social services
3. **DO:** Parent Teacher Association (PTA) or Parent Teacher Organization (PTO) involvement helps to improve the health and emotional well-being of children and adolescents.
4. **DO:** Communication is a two-way street. Read school newsletters and attend parent-teacher-student conferences to learn what is going on at school. Ask the school to provide educational opportunities for parents. Ask how the school is supporting health and emotional well-being and what you can do to support their efforts.
5. **DO:** Strategies you can use at home to promote health and well-being:
 - Talk to your child and be an active listener
 - Acknowledge and ask your child's feelings to model empathy
 - Focus on your child's strengths before talking about things to improve confidence
 - Children learn what they see. Model positive coping skills to identify and manage stressful situations such as taking a walk, deep breathing, or journaling



WHAT YOU NEED TO KNOW ABOUT THE UPCOMING ANNULAR SOLAR ECLIPSE

Submitted by Jennie Treadway, Program Coordinator

Witness one of the rarest astronomical events, taking place on October 14th: as the Moon will begin to pass in front of the Sun and a partial (or annular) solar eclipse will occur. Since the Moon is a bit farther away from Earth on this one, a "ring of fire" is visible surrounding the dark Moon.

To view this event safely, please be sure to use appropriate eclipse glasses for proper eye protection. It is **never** safe to look directly at the sun without **eclipse-rated** eye protection at any time during an annular eclipse. As an annular eclipse does not fully block out the sun, the light emitting off of the sun will still be intense enough to cause permanent eye damage after only a few seconds of unprotected viewing. Eclipse glasses are NOT regular sunglasses; regular sunglasses, no matter how dark, are not safe for viewing the Sun.

Where & When

Saturday, Oct. 14, 2023, **annular solar eclipse** will cross North, Central, and South America. It will be visible in parts of the United States, Mexico, and many countries in South and Central America. In the U.S., the annular solar eclipse begins in Oregon at 9:13 a.m. PDT and ends in Texas at 12:03 p.m. CDT.

Phoenix will receive 80% coverage.

8:11 a.m. | Eclipse Begins

9:32 a.m. | Eclipse Peaks (This will be the best viewing time)

11:02 a.m. | Eclipse Ends

Remember to protect your skin. During an annular eclipse, or during the partial phases, the Sun will be very bright. If you are watching an entire eclipse, you may be in direct sunlight for hours. Remember to wear sunscreen, a hat, and protective clothing to prevent skin damage.

A great book for young learners to learn more about the Solar Eclipse is: *Solar Eclipse 2023/2024: The Complete Kids' Guide to Great American Solar Eclipse Viewing* by Science for a Young Audience (Author), K. J. Honda (Author)



Image courtesy of: <https://www.adlerplanetarium.org/blog/everything-you-need-to-know-about-the-october-2023-partial-solar-eclipse/>



THE HOLIDAY SEASON IS ALMOST HERE! ARE YOU READY?

Submitted by Esmeralda Castillo, Program Coordinator, Sr.

How can that be? It seems like just yesterday, we were eating popsicles and watermelon on the 4th of July.

As we all know, with the holidays comes all of the delicious foods—turkey, mashed potatoes, and pumpkin pie at Thanksgiving and tamales, ham, cookies, cake at Christmas.

EFNEP can help you prepare for the holidays with food safety tips preparing your holiday recipes, new healthy recipes and helpful tips to stay active during the holiday season. EFNEP classes are full of educational incentives and physical activities.

If you would like more information on our FREE EFNEP Healthy for Life Program, please call (520) 836-5221, x244 or email Esmeralda Castillo at ecastill@cals.arizona.edu or Frank Ruelas at franciscoruelas@arizona.edu.

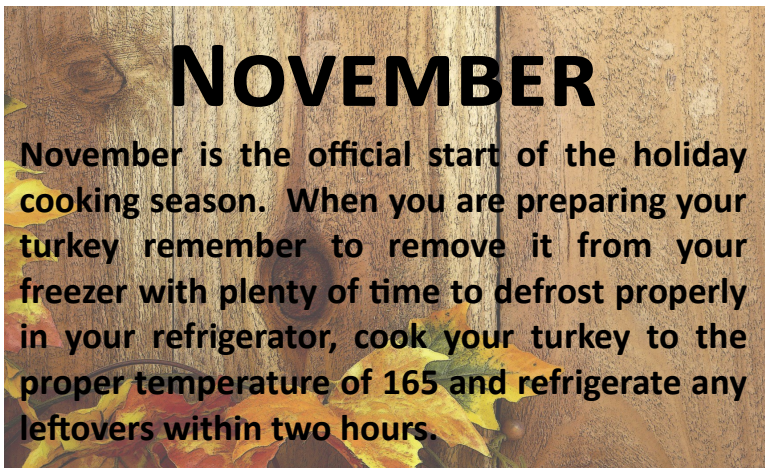
OCTOBER

October is a time for pumpkins and Fall festivals. Pumpkins are loaded with Vitamin A. Vitamin A is beneficial to help you have normal vision and help strengthen your immune system, especially this time of year when the weather starts to change.



NOVEMBER

November is the official start of the holiday cooking season. When you are preparing your turkey remember to remove it from your freezer with plenty of time to defrost properly in your refrigerator, cook your turkey to the proper temperature of 165 and refrigerate any leftovers within two hours.



DECEMBER

December is finally here and whether you are planning a holiday party or plan to do some holiday baking, make some time for yourself stay active, stay hydrated and celebrate the season.



COOKING MEASUREMENT CHART

WEIGHT		MEASUREMENT				TEMPERATURE	
IMPERIAL	METRIC	CUP	OUNCES	MILLILITERS	TABLESPOONS	FARENHEIT	CELSIUS
1/2 oz	15 g	8 cup	64 oz	1895 ml	128	100 °F	37 °C
1 oz	29 g	6 cup	48 oz	1420 ml	96	150 °F	65 °C
2 oz	57 g	5 cup	40 oz	1180 ml	80	200 °F	93 °C
3 oz	85 g	4 cup	32 oz	960 ml	64	250 °F	121 °C
4 oz	113 g	2 cup	16 oz	480 ml	32	300 °F	150 °C
5 oz	141 g	1 cup	8 oz	240 ml	16	325 °F	160 °C
6 oz	170 g	3/4 cup	6 oz	177 ml	12	350 °F	180 °C
8 oz	227 g	2/3 cup	5 oz	158 ml	11	375 °F	190 °C
10 oz	283 g	1/2 cup	4 oz	118 ml	8	400 °F	200 °C
12 oz	340 g	3/8 cup	3 oz	90 ml	6	425 °F	220 °C
13 oz	369 g	1/3 cup	2.5 oz	79 ml	5.5	450 °F	230 °C
14 oz	397 g	1/4 cup	2 oz	59 ml	4	500 °F	260 °C
15 oz	425 g	1/8 cup	1 oz	30 ml	3	525 °F	274 °C
1 lb	453 g	1/16 cup	1/2 oz	15 ml	1	550 °F	288 °C



Diabetes Prevention Program

Hispanics are at higher risk for prediabetes.

Prediabetes means your blood glucose level is higher than normal, but not high enough to be diagnosed as diabetes.

Having prediabetes puts you at higher risk for developing type 2 diabetes, a disease that comes with serious health problems.

That's why it's important to know the risk factors.



**AGE 45
OR OLDER**



OVERWEIGHT



**FAMILY HISTORY
OF TYPE 2
DIABETES**



**DIABETES
WHILE
PREGNANT**



**1 IN 3
ADULTS IN THE
UNITED STATES
HAS PREDIABETES.**

**90% OF THEM
AREN'T AWARE
THAT THEY DO.**



READY TO MAKE HEALTHY CHOICES?

1 **LEARN** more
about prediabetes

2 **GET**
screened

3 **ENROLL** in the lifestyle change
program if you have prediabetes

NATIONAL
DIABETES
PREVENTION
PROGRAM

If you would like to register or for more information on the next upcoming session, please contact :

Esmeralda Castillo
(520) 836-5221, ext. 244
ecastill@cals.arizona.edu

4-H YOUTH DEVELOPMENT



COME BE PART OF OUR 4-H FAMILY

Submitted by Crystal Marquez, Extension Assistant I

What is 4-H: Whether you live in the city, the suburbs, or on a farm/ranch, you can belong to the 4-H Program. 4-H helps youth develop through the mentoring and involvement of parents, teens, and other volunteers. They involve youth in organizing and conducting learning experiences in a community setting.

How Can You Get Involved?: Become a Volunteer Club Leader - 4-H Youth Development volunteers are valued partners in working with youth and Extension agents, in supporting youth as they learn by doing by providing guidance and opportunities for meaningful leadership roles in their 4-H club and community.

A 4-H Club is an organized group of at least five youth from three different families who meet regularly with adult volunteers or staff for a long-term, progressive series of educational experiences. Project clubs concentrate on one project at a time, such as gardening, woodworking, photography, shooting sports, robotics, foods and more. It just takes a caring adult who is willing to share time and talents with interested youth.

How Will You Inspire the Next Generation?: 4-H volunteers are essential to helping youth make the most of a wide variety of learning experiences. As a volunteer, you can share your personal interests and expertise in a variety of subjects mentioned above.

Volunteers are needed and welcome in many other areas as well, such as judging exhibits and helping with activities and special events. In 4-H, you can leverage your experiences and skills to help a young person find their own passions and interests.

Interested in Becoming a Potential Leader/Volunteer?: Are you a parent or adult who is interested in leading/volunteering and becoming a positive role model for the youth of Pinal County? You can choose from different types of leaders to become – an organizational leader, a project leader, an activity leader, or a resource leader.

Contact Crystal Marquez to get the ball rolling. She will guide you through the various steps of our application process and answer any questions you may have along the way. She can be reached at marquez8@arizona.edu or (520) 836-5221, x238.

How Does 4-H Differ from Other Youth Organizations?: 4-H is for everyone from 5 to 18 years of age—no matter where they live or what their interests might be. This program focuses on agriculture, science, engineering, and technology, healthy, living, and citizenship through projects like raising animals, clothing, foods and nutrition, photography, and international exchange programs.



AG—VENTURES



MAC FARM AG—VENTURES ARE 4-U!

Written by Victor Jimenez, 4-H YD Program Agent

EXPERIENCE



MAC Farm Ag-Ventures

 **Farm Field Trips**

 **School Site Presentations**

Another exciting school year is under way. The Maricopa Agricultural Center (MAC) Farm Ag-Venture program offers great interactive, hands-on field trip opportunities for schools in Pinal County to come to the MAC Farm located in Maricopa, or to your local school, to learn how our food comes from a farm.

Please let the teachers in your area know about these fun-filled Ag-Ventures where young people can learn, and have fun learning about Arizona agriculture.

To learn how your children can experience this great educational program opportunity, contact:

Victor Jimenez, 4-H YD Program Agent

(480) 620-8633, cellphone / (520) 374-6216, office

It's All Happening at the Farm !

WE LOVE THE FARM !!!

"Very educational; hands-on activities were great."

- Teacher, Phoenix

"The presentations were visual and held everyone's attention. Staff was friendly too."

- Parent, Mesa

"Absolutely wonderful! You have one of the best educational field trips available."

- Adult Volunteer, Tucson

"I don't want to leave, but I hope I can come back again."

- Student, Chandler

"A great way for urban youth to learn about Arizona agriculture."

- Teacher, Casa Grande



VOLUNTEER SPOTLIGHT

“Volunteers do not necessarily have the time; they just have the heart.” -Elizabeth Andrew



Michelle Weese has been a 4-H volunteer since 2013, as a Swine Leader and Community Club Leader for the County Kickers 4-H Club in Apache Junction. She has also served on the Pinal County Horse Advisory Committee, as well as currently on the board for P&M Arena in Apache Junction. She is a very organized leader that is always open to new and fun activities. What others say about Michelle:

- “Michelle is a committed leader whose dedication to 4-H children is unparalleled. She always takes the kids needs and wants into consideration when planning activities. “
- “We love Michelle! She is always there to cheer the kids and help families have successful experiences. She builds relationships by making each kid feel important and that their opinion matters. Nobody is more on top of communication and she is always available to answer questions. Her passion might be pigs but she is always ready to learn something new or find resources to help any project.”
- “Michelle is one outstanding lady. If you need something done she is your gal, she will not only get it done but it will be done right and ahead of time. She puts her whole heart into everything she does. She is always thinking of others before herself. She is a leader and a friend to everyone that she comes into contact with.”

Michelle Weese
Thank You - You Make a Difference





UNIVERSITY OF ARIZONA, COOPERATIVE EXTENSION

SHOE US THE LOVE

PINAL COUNTY 4-H YOUTH DEVELOPMENT PROGRAM

DROP YOUR GENTLY WORN, USED AND NEW SHOES



Help us raise funds for Pinal County 4-H by donating your gently worn, used and new shoes! And don't forget to ask friends, family, neighbors and co-workers to donate too!

Collected shoes not only help support us, but they will be reused and given a second life by those in need through #microenterprise. It's a WIN-WIN!



Drop Off Location: Pinal County 4-H Office
820 East Cottonwood Lane, #C
Casa Grande, AZ 85122

Drop Off Dates: Monday—Friday, 8am-5pm
October 2, 2023 thru November 21, 2023

Contact Person: Amy Goncalves, Extension Professional II
(520) 836-5221, ext. 243 / amygoncalves@arizona.edu



The University of Arizona is an equal opportunity provider. Learn more: extension.arizona.edu/legal-disclaimer.

Collected shoes are used to support micro-enterprise vendors. Micro-enterprises are small businesses in developing nations. They are typically operated by one person or family and friends, depending on size.

FINANCIAL LITERACY & POSITIVE DISCIPLINE

HAPPY FAMILY, HAPPY WALLET, HAPPY HOLIDAYS IN 2023

Submitted by Muriel Gutierrez, Instructional Specialist



According to the LendingTree holiday survey, 36% of consumers incurred an average of \$1,249 in holiday debt in 2022, with 62% using credit cards as their payment of choice. 82% of those with holiday debt knowing they won't pay it off within a month. Holidays as a norm can be financially stressful on a family which can make it difficult to enjoy them, add the stress of knowing you will still be paying it all off into the new year can turn anyone into a grinch.

So what are some ways to make this year festive while saving some money and not pulling out that credit card? Here are some ideas for any holiday you may celebrate from October thru December. Many kids and adults love Halloween and if that is a day you revel in, instead of buying expensive costumes, challenge the kids to make an outfit from what they have in the closet. Make it a contest or a game. Instead of buying expensive candy, find festivals in your area that are free.

For Thanksgiving, with food prices on the rise, create a new tradition. Plan a picnic or potluck with family or friends. Arizona weather in November is perfect for that, and you save on making an entire expensive meal as well as cleanup. No worries you football fanatics, plan your meal around the games so you can still watch them while stuffed. Also keep in mind the soup kitchens are always looking for volunteer servers.

For those that celebrate in December look for free events in your area, plan a day trip up to Mount Lemmon for a snow day, volunteer as a family for those less fortunate, plan a neighborhood holiday parade, bake cookies and go take a tour of the lights in your town. For those who celebrate with gifts, change it up, instead of buying gifts, have everyone make home made gifts, and do a family white elephant exchange. This works well in big and small families and it's a fun game!

Now how do you propose this to your family? Include them in on the planning, this will help get everyone excited for some new traditions. Discuss the changes during your family meeting and present the events available for the specific holiday you are planning for. If volunteering is on your list, get input on where your family would like to volunteer.

If you are doing a potluck or picnic have the kids help plan the location and make decorations. Don't disregard all your family traditions, but maybe just change up the most expensive ones and create new traditions. The excitement of new experiences and adventures will be fun and keep your family and your pocketbook happy with minimal stress going into the new year when we can start our savings instead for 2024 holidays!

Events Links:

This is Tucson: <https://thisistucson.com/>

Eventbrite: www.eventbrite.com

Vacation idea: www.vacationidea.com

Visit Phoenix: www.visitphoenix.com

Kids out and about, also an app:

<https://phoenix.kidsoutandabout.com>

Volunteer Links:

www.volunteermatch.org

www.volunteerpinal.org

<https://www.justserve.org>

<https://www.dosomething.org/us>

DIY gifts links:

<https://happyhooligans.ca>

<https://kidsactivitiesblog.com>

<https://rhythmofplay.com>





WHY OLDER HOMES FEEL WARMER THAN THE THERMOSTAT SUGGEST

UA@Work by Jonathan Bean

Picture two homes on the same street: one constructed in the 1950s and the other in the 1990s. There are no trees or other shade. The air conditioning units are identical, recently replaced, and operating perfectly. Identical thermostats are set at 82 degrees Fahrenheit (27.8 Celsius).



When it's 110 F (43.3 C) outside, the 1950s house will likely feel at least 10 F (5.6 C) warmer inside, even with the same air temperature.

Why? The answer has to do with radiant heat. Radiant heat is what keeps you toasty warm at a campfire on a cold winter night. The fire doesn't warm the air much; rather, like the sun, most of the fire's heat moves through invisible waves directly from the campfire to your body.

In the radiant heat of the Arizona sun, the surface temperature of the uninsulated post-and-beam ceilings in my house, one of [41,000 built](#) in Tucson during the post-World War II era, can reach over 100 F (37.8 C). The single-glazed steel windows register 122 F (50 C), and the uninsulated concrete block walls aren't much cooler.

Inside my house on triple-digit days, it can feel like I'm standing near a campfire, even with the air conditioner roaring to maintain 75 F (23.9 C). And when the system breaks – as it did during the [long-running 2023 heat wave](#), when Phoenix hit 110 F (43.3 C) every day for weeks – temperatures rise dangerously fast. Without the AC, the hot surfaces plus the swirl of air from the ceiling fan make the house [feel like an air fryer](#).

Air temperature: An incomplete indicator of comfort

While people are used to thinking about how clothing, air movement, temperature and [humidity](#) affect comfort, two lesser-known measures help explain how they experience comfort indoors:

1. **Mean radiant temperature.** This is the average temperature of all the surfaces that surround us: ceiling, windows, walls, floor. For radiant heat to move between an object and the human body, it needs an uninterrupted line of sight, so ceilings and unobstructed windows have an outsized influence on the radiant temperature experienced in a specific place in a house.
2. **Operative temperature.** This can be approximated by averaging the mean radiant temperature and the average air temperature in a room. Other calculations of operative temperature take into account effects of air movement, humidity and additional variables. Roughly [half of how you experience comfort](#) is determined by [the radiant environment](#).

Read the rest of the article at [UA@Work](#)



COOPERATIVE EXTENSION DAY!!

FREE—FAMILY FUN DAY!
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FUN-FILLED FAMILY EVENT,
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INFORMATION INCLUDES:

- Improving your Financial Health
- Learning about Resources for Food & Fiber
- Learning how to Prevent Diabetes
- How to make a Healthy Snack
- Gardening at Home
- Learning about Oral Health
- Adding Physical Activity to your day
- Learning about Water Conservation Technology
- Getting Vision & Hearing Screening
- And much, much more!

SATURDAY, OCTOBER 7, 2023

9:00 AM—12:00 PM

820 EAST COTTONWOOD LANE PARKING LOT

PROGRAMS FEATURED:

- 4-H Youth Development
- Ag-Ventures
- AmeriCorps
- AZ Health Zone
- Child Care Health Consultation
- Developmental & Sensory Screening
- Expanded Food Nutrition Education
- Field Crops Systems
- Financial Literacy & Positive Parenting
- Master Gardening
- Pinal First Smiles
- Prevent Type 2 Diabetes
- Project Water Education for Teachers
- And many others!



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



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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 mquierrez5@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: Victor Jimenez at (520) 374-6216 or vjimenez@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