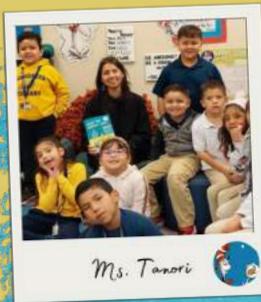


# BORDER eco 10 Years



**5** Echoes from the Hilltop Gallery  
Alejandro Jiménez Valdez

## CONNECTING SOUTHERN ARIZONA



Ms. Tanori



Mr. Adrian Chamberlain

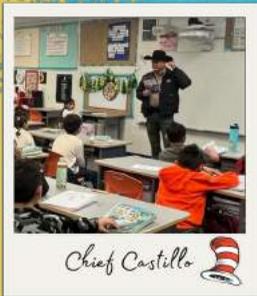


Ms. Barraza-Preciado

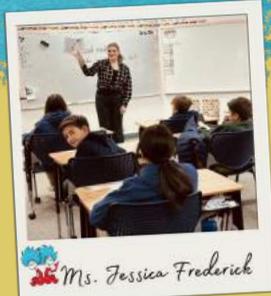


Ms. Anna Doan

Who Reads?  
We Read!



Chief Castillo



Ms. Jessica Frederick



Ms. Maya Donnelly



Ms. Kerri Munoz



**6** 2024 Read Across America/  
Read on Santa Cruz County Week

## Child Abuse Prevention Month Awareness



**10** Let's Talk Health  
Stress, Eating, and Your  
Well-being



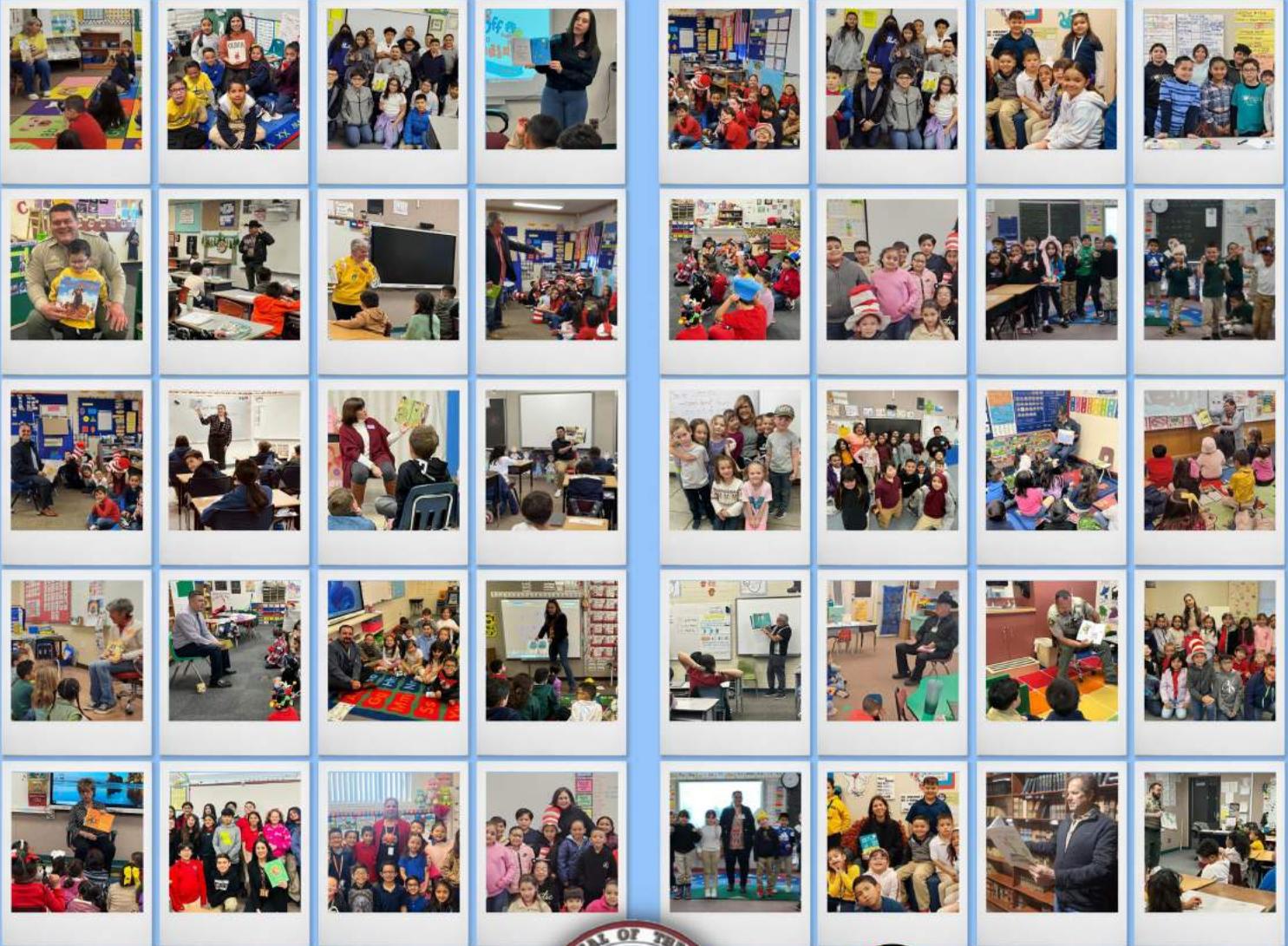
**13** RRHS HawX Dance Team  
Soars to Victory at State  
Championships



**15** Sheriff's Round-Up



# Read Across Santa Cruz County



*Thank you!*



**Alfredo I. Velásquez**  
**Santa Cruz County**  
**School Superintendent**  
**&**  
**Staff**

**2150 N. Congress Dr. #107**

**Nogales, AZ 85621**

**Phone: 520.375.7940**



# Border Eco Updates

The month of April is dedicated to celebrating the children and youth of Santa Cruz County. We pay tribute to the individuals, organizations, and events that tirelessly work year-round to educate, protect, and empower our young people. We are deeply appreciative of the efforts put forth by these dedicated individuals and groups, as they contribute to making Santa Cruz County an exceptional environment for the growth and development of our children and youth. As we honor the children and youth of Santa Cruz County this April, let us also recognize the importance of investing in their future. By supporting education, providing resources, and fostering a safe and nurturing environment, we can ensure that our young people have the tools they need to thrive. Together, we can continue to build a community that values and prioritizes the well-being of our children and youth. It is crucial that we come together as a community to empower our children and youth to reach their full potential. By offering mentorship, guidance, and opportunities for growth, we can help them develop the skills and confidence needed to succeed in life. Let us commit to investing in the next generation, creating a brighter future for all.

*Don't forget to follow us on Facebook for the latest events, people, and organizations who make a difference in Santa Cruz County.*

*We are always looking for new talent. If you have an interest in sales, journalism, and photography send us your resume at [contact@bordereco.com](mailto:contact@bordereco.com)*

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# Echoes From the Hilltop

Echoes from the Hilltop Gallery presents Nogales native Alejandro Jiménez Valdez, a singer and musician. With roots deeply embedded in the rich musical traditions of Mexico, Valdez brings a unique blend of traditional melodies and contemporary influences to his music. He is a solo artist. His brother and sister occasionally accompany him. Alejandro has been playing guitar for 14 years, and he has been singing in public since he was 12 years old.

His first experience singing was at 15 when he sang in a local church for about eight years. He later joined a local band for two years. He played with Grupo Ilusión y Formales del Norte. After graduating from Nogales High School in 2015, he was offered a position as an air freight agent at DHL Global.

At the age of four, his earliest musical memory dates to when he was a child. It was his father who brought home a cassette tape made by his uncle's band at that time. Since he couldn't reach the big cassette player/stereo, he would ask his mother to rewind the cassette repeatedly. His memory is clearly flooded by the great singing and particularly the reverby snare drum found on many 90s and early 2000s recordings.

Growing up, he was inspired by the ability and talent of these musicians. As a result, he believes it has affected the way he approaches his current work by setting a standard for the quality and level of performance he wishes to maintain, as well as a bit of their style and method of resolving musical conflicts.

Alejandro's exposure to his uncle's band playing seventies music had a profound impact on his musical taste and style. Spanish ballad singers from that era left a lasting impression on him, influencing his songwriting and performance.

However, as he continued to explore different genres and styles of music, Alejandro's sound evolved and expanded to incorporate a wide range of influences. From rock to pop to folk, he has drawn inspiration from various sources to create a distinct and eclectic sound that is all his own. Despite his roots in past music, Alejandro continues to push boundaries and experiment with various sounds. This ensures that his music remains fresh and exciting for listeners today.

Among my songs or music, Alejandro Jiménez Valdez said, "I would pick a song called "Preso". The song is my most recent recording, and it is inspiring to sing. It is well suited to my voice. The song has all the elements I am drawn to musically. I like strings because they convey emotion and beauty to me."

"I find performing the most challenging aspect of my musical journey. Sometimes it can be overwhelming to stand in front of strangers and sing. The strange thing about it is that you can overcome it by performing it repeatedly," he said.

Over the years, my singing has evolved into a more dynamic style. With age, I've realized that singing at different intensities can convey more emotion than singing at the top of my ability. Hopefully, my music and singing will leave my audience feeling nostalgic, surrendered, and with a sense of deeper purpose and meaning.

His powerful vocals and emotive storytelling captivate audiences, transporting them to another world with each song. Valdez's passion for his craft shines through in every performance, as he artfully weaves together elements of love, longing, and cultural identity through his music. With an impressive repertoire that spans genres, Valdez is a true artist whose talent deserves recognition on the local stage.

About a year ago, he started recording at home and singing solo. "I am excited about improving my musical skills and making better music. I am currently composing an original song and it is being recorded. I am excited by the level of musicality and production we are investing in it. Alejandro said, it will be completed soon."



*Alejandro Jiménez Valdez*





# 2024 Read Across America Read on Santa Cruz County Week



The Santa Cruz County School Superintendent's Office and School Superintendent Alfredo I. Velásquez, celebrated, along with 30 Private Schools, Charter Schools and Public Elementary Schools within our county, National Read across America/Read on Santa Cruz County Week from March 4, 2024 through March 08, 2024.

With the coordination of Mrs. Patricia Barraza-Preciado (Santa Cruz County School Superintendent's Office,) they had over 90 volunteers from across Santa Cruz County, read to every classroom in our educational community. The main goal of this event is to encourage our children to read and to love reading at an early age. It's one of the most important things we can do as parents and as a community. It sets the foundation for a lifetime of success.

The Santa Cruz County School Superintendent's Office, would like to thank everyone who volunteered a couple of hours of their busy day to participate in this wonderful event. The children of Santa Cruz County, THANK YOU as well.



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- Mr. George Silva (SCC Attorney)
- Mr. Jesus Valdez (SCC Manager)
- Mrs. Anita Moreno (SCC Recorder)
- Mr. Juan Pablo Guzman (SCC Clerk of Courts)
- Mr. Manuel Ruiz (SCC Supervisor Dist. 01)
- Mr. Rudy Molera (SCC Supervisor Dist. 02)
- Judge Miguel Lopez (SCC Justice of the Peace)
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- Chief Deputy Gerry Castillo
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- Sergeant Chris De la Riva
- Sergeant Martinez
- Detective Mario Barba
- Commander Santiago Gonzales
- Commander Agustin Huerta
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- Ms. Berenice Arellano (SCC Probation)
- Mr. Luis Preciado (SCC Probation)
- Ms. Lizbeth Tolano Huerta (SCC Health)



### A VERY SPECIAL THANKS TO THE FOLLOWING VOLUNTEERS

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- Mr. Luis Aguirre
- Mr. Francisco Ballesteros (SCC School Superintendent)
- Mrs. Maya Donnelly (SCC School Superintendent)
- Ms. Terri Sprigg (SCC School Superintendent)
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- Mr. John Fanning (SCVUSD Outreach Coordinator)

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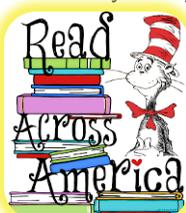
- Mrs. Georgina Tavera (CFO & Nogales Rotary)
- Ms. Alma Ruiz
- Mrs. Lourdes Rivera (Nogales Rotary)
- Ms. Jessica Frederick
- Mr. Gabriel Orozco

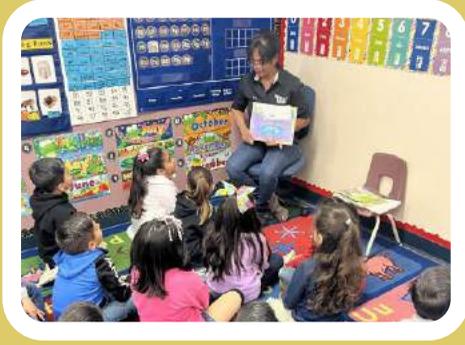
### Members of the Community

- Mr. Francisco Padilla (First Things First)
- Mrs. Barbara Mendoza
- Mrs. Adriana Romero (Border Eco)
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# Let's Talk Health

How Stress sabotages healthy eating and healthy lifestyle?

Stress is part of life. We all experience stress to some degree daily. The way we deal with the stress makes a big difference to our overall well-being. MedlinePlus.gov defines stress as a feeling of emotional or physical tension. It can come from any thought that makes you feel frustrated, angry or nervous.

What are the types of stress?

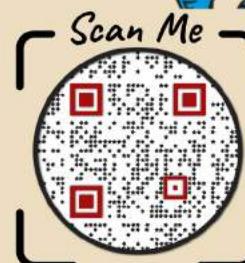
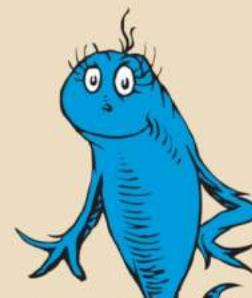
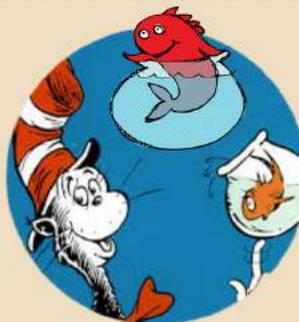
- Acute stress: Is a brief event such as a heated argument or getting stuck in a traffic jam etc.
- Episodic acute stress: Is a frequent acute event such as work deadlines etc.
- Chronic stress: Is a persistent events like unemployment due to a job loss, physical or mental abuse, substance abuse, or family conflict etc.

Here we will focus on Chronic stress because it can:

1. Affect the body's use of calories and nutrients in various ways.
2. Raise the body's metabolic needs and increase the use and excretion of many nutrients. If one does not eat a nutritious diet, a deficiency may occur.
3. Create a chain reaction of behaviors that can negatively affect eating habits, leading to other health problems down the road.
4. Cause people to crave comforting foods such as highly processed snacks or sweets, which are high in fat and calories but low in nutrients.
5. Contribute to the lack of motivation to prepare nutritious, balanced meals, or skipping or forgetting to eat meals.
6. Disrupt sleep by causing lighter sleep or more frequent awakenings, which leads to fatigue during the day. In order to cope with daytime fatigue, people may use stimulants to increase energy such as with caffeine or high-calorie snack foods.
7. Elevate the levels of cortisol that may cause cravings, particularly for foods high in sugar, fat, and calories, which may then lead to weight gain. Cortisol favors the accumulation of fat in the belly area.



Supporter of the  
*Read Across Santa Cruz County*



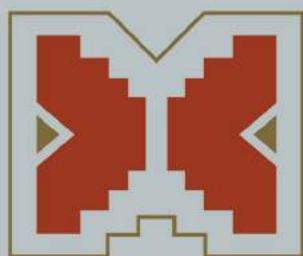
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**County Recorder**

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[recorder@santacruzcountyaz.gov](mailto:recorder@santacruzcountyaz.gov)  
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[www.servicearizona.com](http://www.servicearizona.com)

**The new date for the Primary Election is July 30, 2024. Visit our website for updated information**  
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# RRHS HawX Dance Team Soars to Victory at State Championships

The Rio Rico HawX Dance Team's victory at the State Dance Championships is a testament to their hard work, passion for dance, and strong sense of teamwork. As a result, they have earned the reputation of being one of the state's top dance teams by pushing boundaries, challenging themselves, and striving for perfection. HawX Dance Team members will be filled with pride and satisfaction as they reflect on their well-deserved win, knowing that they have reached the pinnacle of competitive dance due to their talent and determination. In the future, the team will be able to make waves in the competitive dance scene by winning this state title and inspiring others to do the same. Achieving greatness requires hard work, dedication, and teamwork, as demonstrated by the Rio Rico HawX Dance Team's victory. Their talent and passion for dance will undoubtedly be showcased as they move forward into future competitions and challenges, leaving a lasting impression on those who have the honor of watching them perform in the future. A flawless performance that featured intricate choreography, synchronized movements, and dynamic formations left spectators in awe and the judges praised them highly.

The team's unwavering commitment to excellence and tireless hours of practice leading up to the competition truly paid off as they delivered a show-stopping performance that set them apart from their competitors. HawX Dance Team's performance was absolutely outstanding, and it left an unforgettable impression on all who were present. The team members couldn't help but feel proud and accomplished as they stood on stage, basking in the glow of their well-deserved victory. They had overcome obstacles, pushed themselves to their limits, and ultimately emerged victorious as a result. HawX Dance Team's focus wasn't just on winning competitions or achieving accolades. It was about building a family, supporting one another, and pushing each other to be the best dancers they could be.

When the HawX Dance Team celebrated their success that day, they knew the journey had just begun. The team, led by Coach Carlos Quihuiz and Assistant Coach Kathya Quihuiz, was ready to face any challenges they might face. They were determined to keep improving individually and collectively as a team. They had formed an unbreakable bond through countless hours of practice and dedication, and they knew they could always rely on each other. They were ready to conquer the dance world together with even bigger dreams and goals. The team's success highlights the significance of dedication and perseverance in achieving objectives. It demonstrates the benefits of participating in extracurricular activities, such as improving collaboration, fostering innovation, and increasing confidence. The accomplishments of these students provide an opportunity for the school community to recognize the positive impact of arts education in shaping individuals who can succeed in different areas of life. This win is not just a victory for the team, but a celebration for the entire school, showcasing how dedication and passion can lead to achieving goals.



## Rio Rico Insights



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Group Management Director,  
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This project and the Pima County Community Prevention Coalition are funded in part by the Arizona Governor's Office of Youth, Faith and Family, Parents Commission Grant, The US Dept. of Health and Human Services Substance Abuse Mental Health Services Administration Drug Free Communities Support Program, and the US Substance Abuse Mental Health Services Administration (SAMHSA) Partnership for Success Grant through Portable Practical Educational Preparation (PPEP), Inc.



# Sheriff's Round-Up



Sheriff Hathaway and his Command staff along with other Sheriff's Office and county employees participated as volunteers in "Read across America" which is a program in the county public schools designed to foster a love of reading by allowing members of the community to read to students in local schools. Statistics have shown that a development of a joy of reading at an early age will promote success in all of life's endeavors as students enter adulthood.

This last month was also an active month with many actions involving recognition of the accomplishments of current and former employees.

Commander Marquez and Corporal Garcia attended the graduation ceremony to celebrate the certification of our new Detention Officers at the Correctional Officer Training Academy. Congratulations to Officers Ezequiel Verdugo and Cesar Rivera!

This past month, Sheriff Hathaway proudly presented retired Office Manager Aida Rodriguez her retirement badge and credentials after 30 years of service with our office and he also presented former Captain Ruben Fuentes with his retirement badge and credentials after 29 years of service with our office. Sheriff Hathaway also presented former Lieutenant Raul Rodriguez with his retirement badge and credentials after 20 years of service with our office.

Sheriff Hathaway promoted volunteer Richard Cardillo to the rank of Corporal within our Law Enforcement Assist Team

Sheriff Hathaway, United States Representative Ruben Gallego, and Arizona Attorney General Kris Mayes spoke to the media in a press conference at the Sheriff's Office urging congress to pass Border Reforms. Also in attendance were Mayor Jorge Maldonado and County Supervisor Manuel Ruiz.

As a guest college instructor, Detective Barba shared his knowledge with Pima Community College Students regarding the foundations of criminal investigation. Some of the areas he covered were: identifying crime scene basics, forensic photography, evidence collection, entry logs, measurements, report writing, and chain-of-custody.

The Santa Cruz Sheriff's Office continues to be supportive of our students and community in multiple unique ways like this including specialty instruction to schools and community groups.

Sheriff's Office personnel participated in an annual "Meet and Greet" sponsored by the County School Superintendent's Office making this the 7th year of bringing agencies and school personnel together to facilitate cooperation between agencies!

We would like to thank all of our current and former employees for their service to our office and community and we would like to thank the members of the public for the assistance they give us every day in the completion of our mission to keep the community safe!

Your Sheriff, David Hathaway



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A Message from the  
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