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**A Message from the
Santa Cruz County Superintendent**

"Christmas is best experienced through the eyes of a child"



Happy Holidays

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

**&
Staff**

**2150 N. Congress Dr. #107
Nogales, AZ 85621
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Border Eco Updates

Greetings, and happy holidays! We appreciate the continued support of our readers and customers. With your support, we can report on the great people, events, and organizations that make a difference in our community.

The goal of our organization is to help connect Santa Cruz County. The Santa Cruz County area is a unique bordertown rich with culture and traditions. It is our mission to support the community. If you know of any upcoming community events, meetings, or conferences, please let us know.

Follow us on Facebook, YouTube, and Twitter to keep up with the latest Santa Cruz County events, people, and organizations.

We are always looking for new talent. If you have an interest in sales, journalism, or photography send us your resume at contact@bordereco.com



SPECIAL ANNOUNCEMENT

Border Eco Magazine now offers TV advertisement. Contact us for rates and channels to help promote your business in Santa Cruz County.

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Please send us information on any upcoming events, meetings, or programs to share with our readers.

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Social Emotional Learning Program Expansions

This summer, the Santa Cruz County School Superintendent's Office received funding from ESSER III through the Arizona Department of Education. The invest In Our Youth Program has been extremely beneficial to all of the current grants in our office. Promoting Healthy Students, in particular, has been able to expand its efforts to further support county schools with their social emotional learning needs.

Expansions are being provided directly to schools with additional personnel, curriculum and materials. Three new Wellness Counselors were hired for the elementary schools in need of additional counseling services. They have been working at the schools since October.

PHSI is proud to welcome Valeria Arballo, Charise Mongé and Lorena Tanori to the Wellness Team! Edmentum BASE program was purchased and is available to all county schools. Training was completed in November and counselors are currently using the program with students. BASE is available to all county students from 1st through 12th grades.

Participating elementary schools will also be receiving Social Emotional Learning libraries. The package includes 30 key books with relevant social emotional learning issues. The books will be used by teachers, counselors and students. All schools are also currently ordering supplies for the creation of their own Mindfulness Corner. Every site will have a calming area somewhere on campus for students.



EMOTIONAL INTELLIGENCE

EMOTIONS



Santa Cruz County
School Superintendent
Alfredo L. Velásquez



"Books Save Lives"

County School Superintendent Alfredo Velasquez' office is offering "Books Save Lives" training by Daphne Russell of bookssavelives.org and author of "Read or Die". During the first round of training (4 sessions) sixty people throughout the County signed up.

Participants are directors, teachers, paraprofessionals, librarians, library aides, middle school Gear Up career/college coaches, In-School Suspension staff, parent educators for children from birth to four year olds, preschool teachers, those working in behavioral sciences and many are parents who are taking these ideas home and motivating their own children to become better readers.

The focus of the training is to connect young people to books that will motivate them to continue reading, increase their vocabulary, make connections and expand their perspective of the world around them, near and far. Hundreds of books have been purchased for the training as examples of what Ms. Russell considers 'good books' for young people at any age.



She suggests we introduce resistant readers to books they can relate to with a sense of place (in this case Santa Cruz County) and known experiences (the International border, rural life, multiculturalism) books written by authors with young people in mind and written by authors who share their personal experiences.

One of the participants brought her 7th grade daughter that has average grades and has NEVER finished a book on her own. She loves to read but has had difficulty keeping her focus to finish books when starting them and her 9th grade son who only remembers ever reading "The Cat in the Hat" independently. He was a tougher customer because he broke his leg and had to attend online schooling.

He understands that, if he could become a better reader, his options would increase. By the end of Daphne working with the daughter, she completed her first book ...it was powerful. Her son's attitude towards himself and reading shifted to a bit more productive level.

Later, I received a communication from the mother saying her daughter is now completing other books and her son read has read two books and has convinced his friends to read them. The goal of the BSL training is to become a literacy coach, in this case this young man is becoming a literacy coach.

According to Ms. Russell, if we use her techniques for supporting resistant readers and help them choose books they know the words to and can connect to, once they have read three or more books independently, they become readers themselves.

The first training session was held at the Nogales Public Library since the City of Nogales Public Library Director Danitza Lopez is an important part of the program. Our crowd was so large that we had to move onto a bigger venue.

Next semester the training will be held on Saturdays January 21 and 28, and February 4 and 11 from 8 am to 12 noon. After attending the four sessions of the training, participants will get \$200 in books for their classrooms, school library or agency.

If you have any questions, please contact Anne Doan at adoan@santacruzcountyaz.gov



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New Open! *La Castellana Café & Bakery*

La Castellana Café & Bakery recently remodeled their facility and added new menu items. Founded in 2008, they have been in business for a decade. SCTP was asked by the State to find jobs for its members and integrate them into their communities. A combination of border issues and high unemployment has complicated the economy in Nogales. As a result, we had difficulty finding jobs for our members in the community. So was born the dream of owning a coffee shop. Additionally, we would be able to teach socialization to our members, increasing their self-esteem.

"As a result, our members have the opportunity to train and practice cooking, baking, and waitressing skills. Furthermore, we would be able to teach socialization to our members, increasing their self-esteem in the process," said Malena Rodriguez/Employment Services Coordinator.

"Reviews of our little café have been very encouraging, stating that it is cozy, unique, has excellent service, and is filled with delicious authentic Mexican dishes."

Nogales residents and those visiting from out of town are able to enjoy a delicious meal prepared by our members with disabilities. We currently serve about 160 orders a week. Mexican food is their specialty, particularly tacos dorados, chilaquiles, and chiles rellenos. The restaurant employs 7 staff members and 13 members.

In my role as the Employment Services Coordinator, I supervise the staff and ensure that they are reaching their maximum potential in developing the skills needed for work in this environment. As a cafe that serves the community, Rodriguez says, we are achieving our mission of being integrated into the community.

Special thanks to the great staff and members who have made this dream come true, said Marina Galhouse Program Director for the Santa Cruz Training Programs.

Ma Magdalena Rodriguez – Employment Services Coordinator

Bakery Supervisors: Ana Livier Garcia, Denisse Suarez & Ma Antonieta Yepiz

Bakery Members: Ariana Lizarraga, Angela Hernandez, Diana Beltran, Irma Robles, Marla Leal, Ruth Rivera, Nohemí Lira Yamille Romero

Kitchen Supervisors: Carolina Jimenez, Lucy Martinez, Sylvia Canez,

Kitchen Members: Jesus Duarte, Jon Marc Dibene, Lupita Rios, Meyva Vega

Café supervisor: Alizda Garma

Café Members: Theresa Rivera & Krystal Garcia





La Castellana Cafe

Santa Cruz Training Program



Taking special orders for the holidays
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Happy Holidays

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(520) 216-5058

Email us at: sccommunitycoalition.org

Walk for Down syndrome

In Santa Cruz County, the Down syndrome community celebrated Down syndrome awareness month on Sunday, October 23, 2022, after three years absent due to the Covid-19 pandemic. In the 1980s, October was first designated as Down syndrome awareness month, and since then groups and organizations have gathered in October to celebrate the abilities and accomplishments of people with Down syndrome. A Walk for Down Syndrome is organized by parents, relatives, and friends of people with Down syndrome living in our community.

"As an organization, we are very fortunate to have the support of many members of our community, including incredible volunteers, said Mrs. Scholnick

During our program, groups had the opportunity to exercise, including yoga, kickboxing, and other fitness activities. The basketball court was set up with mats so everyone could participate. A panel of parents of children with Down syndrome then spoke about their experiences raising children with the condition. In addition to the Division of Developmental Disabilities, several community organizations also participated in our event.

The Raising Special Kids website offers valuable information about the road to special education, and provides information regarding support while children with disabilities are in school. Another community exhibitor, Nogales Public Library, offered the children attending the walk a wonderful selection of children's books. Another exhibitor at the walk was Mariposa Community Health Care System's WIC program.

We also had Kat Yoga as an exhibitor. It was a big hit with kids and adults alike. Kat Yoga conducted an inclusive yoga and fitness session for 45 minutes that involved everyone present. This amazing yoga and fitness team was truly enjoyed by all.

There was also a Cake Walk, children's games, and a Brinca Brinca castle, where Mickey and Minnie Mouse characters posed for pictures and entertained the guests. Zazuatacos food truck provided delicious tacos and tortas for our lunch. The walk around City Hall started at 2 p.m. and ended at 3 p.m. We walked from the park along Calle Martinez to Grand Ave, then back around City Hall.

Santa Cruz Parent Love Connection would like to thank everyone who attended the walk, all the exhibitors and volunteers.

Please contact Maria Scholnick at (520) 470-5833 or mariascholnick@yahoo.com for more information.



Follow us on YouTube @ Border Eco

We want to wish the residents of Nogales, city staff & their families a joyous and peaceful holiday. May the season bring tranquility, joy, and thankfulness for the blessings we have received, and bring hopefulness and promise for our days ahead.



*Merry Christmas, &
Happy New Year
Mayor Arturo Garino and
Nogales City Council*



Happy Holidays



Angel Aguilar -Recorder/Voter Clerk
Monica Gutierrez-Recorder/Voter Clerk
Alejandro Martinez-Recorder/Voter Clerk

SUZANNE "Suzie" SAINZ
County Recorder

Margaret Felix Chief Deputy Recorder

Saihet Gastelum-Senior Recorder/Voter Clerk
Luis Fierro as Recorder/Voter Clerk
Victoria Padilla-Recorder/Voter Clerk

2150 N Congress Dr. 101
Nogales, AZ 85621
Phone: (520) 375-7990

"Christmas is a time when children, family, and love are all celebrated. As long as we spend the holidays with loved ones, it doesn't matter what we eat or what presents we receive."

Let's Talk Health

The Holiday season is upon us!

It is the time to celebrate with family and friends. It is the time we share, eat, and spend fun times together. During this time temptations are everywhere, and parties and travel disrupt daily routines. What's more, it all goes on for days!

Therefore, it may be challenging for many of us to eat wisely with balance & moderation.

Here are a few tips to consider:

- We don't need to deprive ourselves of our favorite treats but rather pay attention to the serving sizes.
- Be a mindful eater, watch what you serve yourself and what's on your plate before digging in.
- Consider filling ½ of your plate with the veggies of your choice.
- Choose water as your beverage.
- Add fruits as part of your dessert.
- Limit the alcohol.
- Take a walk after your meals, it is a great way to connect and reflect!
- Try to eat like the Plate:



If you are interested in making any lifestyle changes, consider joining Mariposa Community Health Center's lifestyle change program by contacting Lifestyle Coaches Tatiana Enriquez or Liliana Mendivil at 520 375-6050 in the Community Health Services Department. It is completely free.



HEALTHY HOLIDAY TIPS



Simple tips to stay healthy this holiday season



EAT NUTRITIOUS FOOD

A balanced nutritional intake means food whose nutritional content is in accordance with one's needs. Sources of nutrients are found in various types of food.



INCREASE CONSUMPTION OF VITAMIN C

Vitamin C has an important function in increasing the body's resistance. Entering the change of seasons, make sure you eat more foods that have a high vitamin C content.



GET ENOUGH REST

Good and quality sleep can stimulate the immune system in top condition; so that it is ready to fight disease-causing pathogens that enter the body.



DO EXERCISE

This activity has a myriad of health benefits, such as preventing obesity, protecting yourself from the risk of cardiovascular disease, and reducing the risk of osteoporosis.



Senator Gabaldón Visits RRHS

Senator Rosanna Gabaldón recently visited Rio Rico High School as part of the Arizona Educational Foundation's, Take Your Legislator to School (TYLTS). The program provides an opportunity for legislators to spend the day in the public school classroom. Rio Rico High School teacher Bhavana Gupta coordinated the student-led event.

During the breakfast meet and greet, Senator Gabaldón shared some of her personal life experiences, followed by a student led campus tour.

Students, parents and teachers had an opportunity to ask questions during a Q & A luncheon. Topics addressed during the luncheon included public school funding, post-secondary education costs, abortion rights, and mental health programs in schools.

"My faith in the leadership qualities of my students and the big picture to take learning beyond the walls of a classroom, prompted me to invite the Senator to my classroom. The dazzle on their faces and shine in the eyes of my students at the end of the day made this whole endeavor a success." said Ms. Gupta.

Students were engaged in meaningful conversations with the Senator asking her questions about current issues that are important and relevant to not only to this generation but the generations to come."-by Shannon Enciso Communications Specialist





Mayor's Corner



The mayor and some members of the council participated in a press conference highlighting one of our Nogales' youth. Juan Pablo Lopez, a junior, has been selected as one of 33 top Special Olympics players in the United States to compete at the Xperience Tournament in Virginia in January 2023. He is the first athlete from Arizona to participate in this event in its 14-year history!

This is a great opportunity for Juan Pablo, and congratulations to his parents for their advocacy efforts and how positive Nogales is being represented on a national level. Our hats are off to you, you are truly an inspiration for your dedication and passion for your sport.

I would like to thank Miguel, Jessica, and Juan Pablo Lopez for being present. Jose Alonso Mezquita, Special Olympics Arizona representatives Lisa Ball and Nick Dinsmore, and Michelle Jacquez, president of the Southern Arizona Autism Association, have all supported Juan Pablo and his family. Nogales Parks and Recreation Director Renee Travers has worked with BYTE Charlie Cutler over the years to revitalize our tennis courts in order to provide healthier lifestyles for our youth. You're doing a great job!

Thanks to Vice Mayor Esther Melendez Lopez, Councilmen Saulo Bonilla and Joe Diaz for attending today's press conference.

**As a final note, I would like to thank Telemundo's Jesus Hiriam Gonzales and Nogales International's Angela Gervasi for covering this inspiring story. Please donate to help the family get Juan Pablo to the tournament in Virginia:
<https://www.facebook.com/ustasouthwest>**

Thank you everyone for a great conference.

The SEAGO executive board held its monthly meeting in Nogales on Friday, November 18th. Santa Cruz County, Cochise County, Graham County, Greenlee County, and Pinal County are represented on the SEAGO executive board, which works for the elderly, youth, and families with disabilities.





Sheriff's Round-Up



Happy Holidays

The Arizona Governor's Office recently awarded the Santa Cruz County Sheriff's Office a total of nineteen thousand two hundred dollars to enhance traffic safety programs in fiscal year 2023. In addition to funding DWI enforcement, this will also aid in funding other operational costs associated with traffic enforcement.

We are proud to announce that Detention Officer Jimenez and Detention Officer Martinez recently graduated from Correctional Officer Training Academy. In addition to Commander Marquez, Corporal De La Riva and Chief Morales, the guest speaker, friends and family attended the graduation ceremony for COTA Class 1263! Congratulations again on completing the academy!

We would like to remind you to stay safe during the holidays and to keep others safe as well. Do not drink and drive this holiday season, even one empty seat at the table is too many. Remember that buzzed driving is drunk driving.

The holidays are a time when many people leave town. If you see anything or anyone suspicious, call the Sheriff's Office immediately. We are always available to assist you through our Communications Division. The Sheriff's Office offers courtesy house checks if you are taking a vacation. Contact them at (520) 761-7869 for more information or dial 911 if you have an emergency.

HAPPY & SAFE HOLIDAYS!

*Your Sheriff,
David Hathaway*



Follow us on Facebook at:
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A message from the Santa Cruz County Attorney

"The more we express thanks, the more gratitude we feel.

*The more gratitude we feel,
the more we express thanks. It's circular, and it leads to a happier
life."*

- Steve Goodier

Happy Holidays

"Celebrate Responsibly"



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