

BORDER

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

CONGRATULATIONS
Class of 2021



Alfredo I. Velásquez
Santa Cruz County School Superintendent
&
Staff

2150 N. Congress Dr. #107

Nogales, AZ 85621

Phone: 520.375.7940

Be bold, be courageous, be your best-Gabrielle Giffords

Border Eco Updates

Border Eco is celebrating the Class of 2021! We are inviting Santa Cruz County graduates to send their pictures and information (school, age, and class) to feature them on our upcoming issue! We will not only feature your loved one our upcoming issue but we will also feature them across our social media platforms. Please email those pictures to:

contact@bordereco.com

We also want to invite our readers, sponsors and community members to send us leads on individuals across our community they feel make a difference. We are here to support our community. Please send us any information on any upcoming community events, meetings, or conferences.

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**

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Chief Editor: Adriana Romero
Student Intern Reporter: Nadia Sandoval
Student Intern Reporter: Chris Alcaraz
Magazine Graphic Designer
Consultant: Adriana Romero
Sales Representative:
Tony Montanez
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Please send us information on any upcoming events, meetings, or programs to share with our readers.

Notes from Arizona House

My prediction for the end of the Arizona 2021 Fifty-fifth Legislature-First Regular Session is Friday, June 11th. The Arizona Constitution requires that the Legislature give the Budget to the Governor by June 30th. If we fail to do that, time stands still, and coverings are put over the clocks. Stay tuned!

Arizona, like so many other states, has many voter suppression Bills in the pipeline. Generally, they make it harder for people to vote or vote by mail. The Bills listed have passed in House and Senate Committees, as well as the Senate Floor, and await action on the House Floor. If they pass on the House with thirty-one votes, they then go to Governor Ducey for his approval or veto. It appears that the Republican Representatives are mostly in favor of these Bills. However, there is pressure from both inside and outside of Arizona with future scheduled Super Bowl and NCAA basketball finals, business, and civic concerns for Arizona's reputation with voting accessibility and fairness. These are Senate Bills that might be heard in COW Committee of the Whole where they might be amended. * SB 1003 early voting; signature required; notice * SB 1106 voting residency; intent to remain * SB 1241 voting equipment; ballots; receipt * SB 1485 early voting list; eligibility * SB 1530 early ballots; instructions; undeliverable * SB 1713 mailing; early ballots; identification. I will be voting NO on ALL.

The Arizona Budget is the BIG thing that Legislators are required to submit each year to the Governor by June 30th. Last year we did a "skinny" budget because of the COVID-19 pandemic. It is my contention that the Arizona has been doing a "skinny" budget for a decade or more and that now is not the time for TAX CUTS as proposed by Governor Ducey and others.

Let me set the stage. Directors of every Arizona agency in the state government serve at the pleasure of the Governor. He appoints them and they have no job security. They can be fired easily. In my nine years of being your Legislative District 2 Legislator, I have observed that many, if not most, agencies are underfunded, under resourced and understaffed.

The overarching lack of investment that impacts nearly every AZ state agency and all the people is information technology systems in an age of global cybersecurity threats and vulnerabilities. It expensive to maintain old technology. It is difficult to find people with the knowledge to program these outdated technologies.

Arizona residents of every political party were hit with employment loss during the COVID-19 pandemic. Ask any of them how difficult and frustrating it was it was to maneuver the outdated computer systems for unemployment claims.

The tax cuts sound great but those being considered reduce taxes on high wage earners and raise taxes for the rest of us. Instead of a tax cut, I recommend *updating these outdated and ineffective information/computer systems, * hiring Veteran Benefits Counselors to assist our veterans in receiving every Federal benefit that they are entitled to, * we fund more Auditors in the Department of Revenue to guarantee that all pay their fair share, * we fund more inspectors for the Department of Agriculture in the various operations inspections that they are required to perform. I recently learned that there are delays in cattle and horse sales because there are not enough branding inspectors and, * we honor the Proposition 208 wishes of the voters, and support our students, teachers, and our PUBLIC schools. Instead of a tax cuts, let us invest in Arizona and its residents.

Please contact me at ADalessandro@AZLEG.gov or (602) 926-5342. Please direct political items to DalessandroForAZ@gmail.com. I encourage all in AZ to get familiar with <http://azleg.gov>.



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LD 2 Representative Andrea Dalessandro



NUSD Meeting the challenges

NUSD like the rest of the school districts across the nation were faced with many challenges during the pandemic. Schools were forced to be creative and implement new systems to continue to provide an education. NUSD had to secure and make available technology to all our students and adopt new instructional models.

NUSD has been able to provide support to our students and parents in our community, we have been able to continue to offer meals to our students, provide laptops as well as internet to our families in need. In addition, our students and families were also provided with the option to stay solely receiving online instruction or were provided the opportunity to transition to a hybrid model of instruction, if they choose to do so.

The Arizona Department of Education did not cancel Spring testing, therefore, NUSD has been testing their students. NUSD has gained a lot from this experience, being able to reach more parents by giving them the flexibility to join meetings through virtual participation, the ability to process registration matters online just to mention some. NUSD recognizes that the increase use of technology will be vital moving forward as it has opened the door for endless possibilities.

NUSD is very grateful for the support our community has demonstrated, we encourage our parents to reach out if they have any questions or concerns and to understand that we are here to support the educational journey of their child. The number one goal is to work diligently to maintain the safety of our students, teachers and staff.

Students who are attending hybrid instruction will be participating during their days of instruction. For students who are online only, they will be scheduled to come into campus to test. NUSD will continue to monitor the county infectious rate in order to determine transitions and graduations ceremonies.

NUSD is committed to ensure that every additional funding the district receives will be used to best meet the needs of our students, our academic programs and all our school communities.

"As the Student Service Director, the pandemic forced all of us to be creative and implement different ways to service our students with exceptionalities which require additional services and planning. The schools have been challenged with having virtual IEP's, parent conferences, as well as conducting virtual evaluations and screenings. In the area of registrations, all registration processes can be now completed online," said Judith Mendoza.

We are asking for a monetary donation to help the district purchase the school supplies.

Your donation will make a world of difference.

Drop your donation off at the Santa Cruz County Superintendent's Office at-

2150 N. Congress Dr. #107, Nogales, AZ 85621 or call (520) 375-7940
Contact Marisol Chiquete at: mchiquete@santacruzcountyaz.gov





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Mentorship Program



Freshmen Gear Up students at Nogales High School, Rio Rico High School, and Patagonia High School have thankfully had an extra support during the spring semester as they struggle to learn 9th grade math concepts virtually. The Santa Cruz County School Superintendent's Office C-CREO Gear Up Program launched the Math Mentorship Project in January, 2021, after freshmen and upperclassmen mentors who participated in the high school transition mentorship indicated they appreciated both the support, and the sense of helping others in their school community. With the help of math teachers, Mr. Ravi Dutt from NHS, Ms. Martinez Alvarez from RRHS, and Ms. Cynthia Quinonez from PUHS, along with Gear Up Success Coaches, freshmen math students who could benefit from after-school math tutoring and juniors and seniors who were confident in math, were grouped together in-person or in their Google classroom. The purpose of the program is to build a math identity in young students, learn resilience and the ability to overcome challenges in their math studies, and develop confidence and the motivation to succeed. The math mentorship looks a bit different on each campus as it was designed to fit the needs of each school and its students. One common factor between all projects is participants have found that asking for help when you're struggling and giving back to those who need support give a sense of belonging and gratitude. The C-CREO Gear Up Program will continue the mentorship programs in the upcoming school year as well.

Rio Rico High School- Rio Rico High School freshmen were given the opportunity to receive math tutoring through a Math Mentorship Program provided by Gear Up. Freshmen students needing math tutoring were paired up with an upperclassman mentor that provides the student with individualized help in areas they are struggling with. "The mentors and mentees meet for approximately an hour a week. I am able and ready to provide guidance and assistance with concept help. The freshmen students are really thriving, said, Mrs. Martinez Alvarez.

According to Mrs. Shukla an Algebra 1 teacher, stated she has seen a significant change in her students. She has noticed the students are more confident and more interested in the concepts they are learning. The upperclassmen are doing an amazing job of not only reviewing the concepts with their mentees but also making a personal connection with them. When the freshmen students come to tutoring without any reminders and want to continue coming, we know the program is being successful!

Nogales High School- "I would like to thank our first batch of Math mentors who came forward to help and guide our freshmen students in these unprecedented times. They have shown great determination and leadership qualities to help our struggling freshmen. However, it was tough for them to reach out to students in this situation, but they tried their best to support them," said Mr. Dutt. Regarding the Math Mentorship Program, I think it will provide an opportunity for our juniors and seniors to see things from a broader perspective. They will be able to sharpen their knowledge and leadership skills, and as well as they will be contributing to support the academic achievements of struggling freshmen. I want to thank our principal, Mr. Colgate, for supporting the program and providing all the necessary help to the gear-up coaches and our mentors to impart the program successfully.

Patagonia Union High School- Ms. Cynthia Quiñones is the sponsor for the math mentoring program at Patagonia Union High School. During this school year, she outlined the following positive outcomes of the program: Students have overcome their fear of asking questions. Students have realized that math is not as hard as they once thought it was. She also had one student successfully exit the program due to his improved math skills.



People that “echo”

SHANNON ENCISO

This month Border Eco is honored to feature Shannon Enciso. She is an individual who echoes across Santa Cruz County. Her dedication to our schools and community through her work in communications has made a difference in our community. She began as a communications specialist in July of 2019.

Shannon’s main responsibility is to provide communications to the community. In doing that, she helps to connect families, organizations, and community groups to information, services and opportunities. She manages the website, social media, live streaming, and printed communications. Shannon also serves as the contact point for the community, outside organizations and news media.

She has worked on several projects and committees over the past couple of years. She is part of the SCV35 Hall of Fame Committee, which honors athletes, staff and community members who have made lasting and memorable contributions to our schools. Shannon also worked with a great group of ladies from the City and County during the census on the SCC Complete Count Committee. There are others, but the most important and the most taxing responsibility she has had over the past couple of years has definitely been relaying information regarding COVID-19 to the community.

Before working for the school district, she managed a small company which consumed a lot of her time, and although she enjoyed the work, she wanted to do something that would have a positive impact on her family and community.

“I am learning how to use digital platforms to help connect us in an age and time when technology tends to try and divide us. I have learned how humbling a typo can be and how hard it is to “undo” or correct a miscommunication. I love telling people’s stories and connecting our community. There are so many local people making a difference in the lives of others every single day and I get to capture and share it with others! It’s absolutely the best part of my job,” said Enciso.

Shannon Enciso was born and raised in Frankfort Kentucky. She graduated high school in Frankfort, and attended Eastern Kentucky University briefly. In 1997, she moved to Nogales shortly after moving her mom here. She worked for a couple manufacturing companies, Alpha ProTech & Xerox, up until 2005 when she gave birth to her triplet daughters. She took maternity leave when her girls were born, and when she returned to work, Xerox had moved operations further south into Mexico leaving her without a job.

She then took a job working for Paul Bond at the Paul Bond Boot Company as the general manager. She learned how to measure customers, make a boot last, and sales as part of the position. She was very fortunate to spend several years working with Mr. Bond up until his death in 2011. She cherishes the conversations and life lessons she learned from him while working there.

**Shannon Enciso-
Communication Specialist**

In 2012, she began working for the Santa Cruz Valley Unified School District No.35 (SCV35). Shannon worked as an office clerk, technology integration aide, school secretary, and at her current position as communications specialist. As part of the SCV35 communications position, she also serves Santa Cruz County as a communications specialist. She has worked on special projects and provided communications support to the County.

She married her current husband Mark in 2011. He recently retired after serving as state trooper for over 20 years. He is a wonderful bonus dad to her adult son and teenage triplet daughters, grandad to their brand-new grandson, and a dad to their fur babies. They are long standing members of The First Baptist Church of Nogales, which they both love and serve. Shannon recently became a member of the Rio Rico Rotary Club, a wonderful group of people serving our local community.

She plans to continue growing in this position and to continue connecting people through our schools, services, civic organizations, churches, and community events. She has spent a lot of time online over the years pursuing a degree and just a few hours short. Hopefully, she will have the opportunity to finish her education once her last children have graduated.



Let's Talk Health

Stroke Awareness Month

Odds are, you know someone who has had a stroke.

However, according to health professionals, 80% of strokes are preventable by adopting healthy lifestyle habits. Since May is Stroke Awareness Month, here are a few important facts you should know.

According to the Centers for Disease Control (CDC):

- *More than 795,000 people in the United States have a stroke every year.*

- *About 87% of all strokes are ischemic strokes, in which blood flow to the brain is blocked.*

- *Every 40 seconds, someone in the United States has a stroke and every 4 minutes, someone dies of stroke.*

- *The leading causes of stroke are high blood pressure, high cholesterol, smoking, obesity, and diabetes. One in three U.S. adults has at least one of these conditions or habits.*

With these alarming statistics, what can you do to prevent a stroke? The following are a few steps you can take to reduce your risk of having a stroke: Healthy diet-eat plenty of fresh fruits and vegetables, limit your salt/sodium intake, making sure that you purchase no-salt or low-sodium food products, when available.

Remember to eat foods that are also low in saturated fats and cholesterol and high in fiber. Stay away from processed foods, which tend to be high in salt, fat, and sugar.

Healthy weight-being overweight or obese puts you at a higher risk for stroke!

If you are struggling to lose weight, talk to your doctor about your concerns or consider joining a weight-loss program.

Physical activity-the U.S. Surgeon General recommends (for adults) 30 minutes of moderate-intensity aerobic physical activity, such as a brisk walk, daily, five days of the week. Keep in mind that physical activity can help you achieve a healthy weight, and lower your blood pressure so put on a comfortable pair of shoes, grab a water bottle and head out the door!

Quit smoking-if you currently smoke, quit and if you don't smoke, don't start. Smoking really increases your chances of having a stroke. There are smoking cessation programs and online resources that can help you quit if you are committed to making that change. Limit alcohol-alcohol can raise your blood pressure so it's important to not overdo it.

The CDC recommends that men should have no more than two drinks per day and women no more than one. The good news is that all the steps listed above are within your control and if you make healthy changes, you'll be significantly reducing your risk of having a stroke.

Mental Health Awareness Month

You're Not Alone!

May is Mental Health Awareness Month! During this month, organizations and individuals come together to talk openly about mental health, how it affects the community, and reduce stigma around the topic. We have invited our Teen Health Facilitators, Luis Longorio and Juan Mezquita, to team up with mental health training instructors Arely Zavala and Alexa Lopez and share important information about mental health this month.

Mental Health is just as important as physical health because it is an individual's state of wellbeing surrounding their thoughts, emotions, and behaviors. When someone is not mentally well, their physical health, relationships, everyday routines, and environments are negatively affected. It is important to take care of our mental health during all stages of our lives, especially during difficult times like living through a global pandemic.

The truth of the matter is that people suffer from mental health issues more often than we realize. According to the CDC, an estimated 50% of all Americans are diagnosed with a mental illness or disorder at some point in their lifetime, with many of these issues arising during the teen years. Factors that can negatively affect someone's mental health include stress, isolation, and relationship problems. There are also trauma, tragedies, financial struggles, and even the COVID19 pandemic that can take a significant toll on a person's mental wellbeing.

A person's experiences can influence their understanding of mental health. When these topics are taboo, it can be especially difficult to reach out and take the first step towards recovery. There could be misconceptions, stigma, embarrassment, or fear preventing them from accessing care or getting support from friends and family. An estimated 26 million people in the United States who have a mental health condition are going untreated.

However, our mental health should not be stigmatized, since we live with it every day and mental health conditions are very common. With the right help and support you can work to improve your mental wellbeing. When we foster openness and understanding, it is easier for an individual to seek help. There are different ways to start taking care of your mental health. You can talk to your healthcare provider or seek help from a mental health professional.

If you want to learn more about mental health issues you can take the free classes, Ending the Silence and Youth Mental Health First Aid, offered by Mariposa Community Health Center's Community Health Services Department Platicamos Salud. Ending the Silence is a 1-hour presentation for both youth and adults that can help you start the conversation about mental health. This provides you with information on what you can do to help yourself and others who are experiencing a mental health condition. Youth Mental Health First Aid is a more in-depth class for adults that teaches them how to best support youth and connect them with help when needed. Both programs help you identify warning signs and give you ways to offer support to those who need it. For Ending the Silence contact Arely Zavala at azavala@mariposachc.net or 520.375.6050 ext.1363. For Youth Mental Health First Aid contact Alexa Lopez at ajlopez@mariposachc.net or 520.375.6050 ext. 1353. We can't become a mental health professional overnight, but we can learn how to be a bridge to help for the people we care about.

Another way you can maintain your mental wellbeing at home is practicing positive coping skills. Coping skills are positive habits that help you release stress and deal with your emotions in a healthy way. There's no one-size-fits all method to cope, but here are some examples:

- Exercising
- Practice art
- Sports
- Reading
- Listening to music
- Breathing or mindfulness exercises
- Practicing self-care
- Talking to your friends and family

You can try these examples out and see what works best for you! The most important thing is taking that initial step to improve your mental health and have that conversation with your loved ones to reduce the stigma. You can reach out to Mariposa Community Health Center at (520) 281-1550 to see what resources are available to you.

Nation Suicide Prevention Lifeline: 1.800.273.8255

Confidential 24/7 Local Crisis Line: 1.866.495.6735



Holy Cross Hospital Urges Community to Not to Delay Care, Continue Scheduling Regular Health Visits

Studies show that a significant number of people have delayed healthcare, since the start of the pandemic.

Dr. Michael Ori, emergency medical physician at Holy Cross Hospital wants to remind and urge members of the community in Nogales to continue their regular health visits, and seek any needed medical attention.

“Our community should be reassured that hospitals and ERs are safe places in the event of an emergency,” said Dr. Ori. “The key is to not delay care if you or a loved one have symptoms that are best evaluated in an emergency room. Call 911 if you think a heart attack or stroke is suspected.”

The American Medical Association (AMA) calls the degree to which people have put off treatments for serious health conditions “one of the hidden tragedies of the pandemic” and warns that delaying care because of fear of COVID-19 can result in poor outcomes or even death.

A survey on behalf of the American College of Emergency Physicians found that nearly a third of people in the U.S. had postponed routine care during the pandemic. A study reported in the Journal of the American College of Cardiology found that visits to emergency departments dropped by 38 percent. And a survey from the Kaiser Foundation reported that 48 percent of Americans have a family member who has delayed care during the pandemic.

Of particular concern are those who suffer from heart disease, or coronary artery disease. This disease is leading cause of death in the U.S., accounting for over 600,000 deaths annually or 1 in every 4 deaths. If you have missed, or are behind schedule for an important screening, you should not delay rescheduling these procedures. “We are here for our community as we were before COVID, and want to make sure you receive safe, compassionate care,” said Dr. Ori. “Outcomes improve with early intervention, so please do not delay if you think something may be serious or should be assessed by a physician.”

Congratulations

Class of 2021



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Graduation is not the end; it's the beginning. - Orrin Hatch

CONGRATULATIONS!

Class of 2021

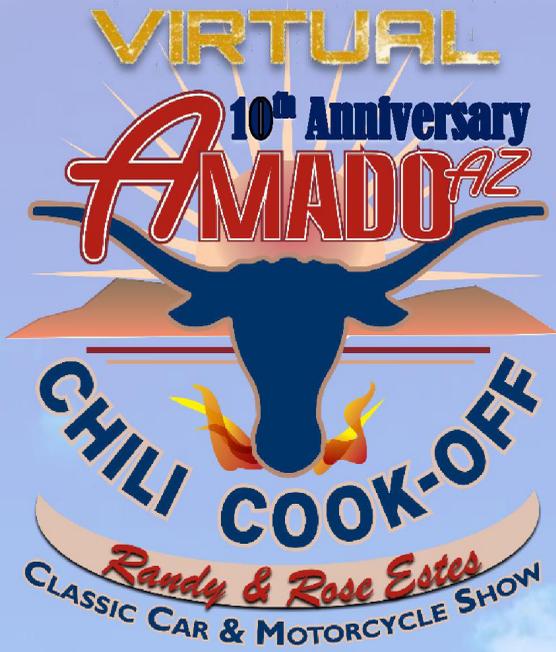


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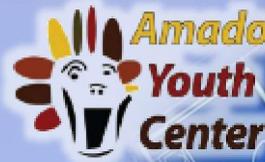
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INFORMATION:

Tony Bruno, Event Coordinator (520-310-7712) Ed Dunin-Wasowicz, Event Chair (520-403-0414)

Amy Bass, Fiscal Agent Representative (520-360-5282)



Congratulations!

Class of 2021

You are the class of 2021! Graduation is an exciting time. It marks both an ending and a beginning; it's warm memories of the past and big dreams for the future.

You graduate in a time in history when our world is dealing with enormous challenges but at a time when the opportunities created by those challenges have never been greater.

While we celebrate your past academic accomplishments and activities, we want to challenge you to continue your quest for knowledge and to discover your own unique ways to contribute to our society.

We know it wasn't easy at times, but you didn't give up. Great job on completing this important life step. You've worked hard and are one step closer to your dream. Remember to always keep climbing.

May your graduation be the beginning of many more wonderful achievements in your life. Congratulations!

Mayor Arturo Garino and Nogales City Council



Sheriff's Round-Up



May brings with it National Correctional Officers Week (May 2 – 8) and National Police Week (May 9 – 15) culminating with Peace Officers Memorial Day on May 15. So, it is the perfect time to show your appreciation for all officers that go to work every day to provide security and to keep the peace in our communities. May is also the month for the Special Olympics Torch Run. It is scheduled for Monday, May 03, 2021, to begin at 08:00 AM at the Manuel Tapia Memorial Trail behind the county complex. As in previous years, the Sheriff's Office will be partnering with the Nogales Police Department to participate in this great event.

The Santa Cruz County Sheriff's Office 2020-2021 D.A.R.E. (Drug Abuse Resistance Education) program was a fantastic success and was completed by 5th grade students from Bracker Elementary School, Calabasas School, Elgin School, Little Red School House, Mountain View Elementary School, Patagonia School, and San Cayetano Elementary School. Because of the students' hard work and the hard work of D.A.R.E. Instructor Deputy Alejandra Estrada, a total of 187 students graduated from the Santa Cruz County Sheriff's Office D.A.R.E. Program this school year. Every graduated student will be receiving a D.A.R.E. Graduate Certificate, D.A.R.E. Graduate Card, D.A.R.E. Shirt, D.A.R.E. color changing cup, and a D.A.R.E. Proud Parent Bumper Sticker. Each graduate also completed a D.A.R.E. essay as well. Students choose the best essay writer of each class (a total of 15 classes) and those students are the D.A.R.E. Essay Winners. Winners will be receiving a "Best Essay of The Class" Certificate, a "Best Essay" Pin, a six-inch Daren Graduate Beany, and a surprise gift from the Santa Cruz County Sheriff's Office. Every teacher will be receiving a Certificate of Appreciation and a D.A.R.E. Gift as a token of appreciation for their time and support to the Santa Cruz County Sheriff's Office D.A.R.E. Program. This was a challenging school year but with a lot of hard work by students and staff, the Santa Cruz County D.A.R.E. Program was a great success.

The Sheriff's Office is happy to announce that Dispatcher Crystal Hernandez has been named as the social media coordinator for the Sheriff's Office and is doing a fantastic job putting out interesting content and great images covering what the Sheriff's Office is up to in addition to her regular work as a dispatcher. The Sheriff's Office is also proud to have two of its own Detention Officers (Officer Jose Peña and Officer Joel Hathaway) graduate from the rigorous Correctional Officer's Training Academy in Tucson this month. A special thanks to Deputies Al Flores and Ronald Davis who were recognized by the Sheriff this month for special contributions made during assists to the public. Also, a big thank you to our great Search and Rescue team that was recently featured on a Telemundo special report. These volunteers selflessly give up weekends, evenings, and free time to rescue people stranded in harsh conditions and to train for that role. To wrap up on a bright note, a local Girl Scouts troop has offered to spruce up the Sheriff's Office building by planting flowers in front. Thank you for that kind gesture! I hope you all are enjoying the nice weather as we look forward to the rainy season. All the best to you and your families!



Santa Cruz County Attorney

Class of 2021

CONGRATULATIONS

Stay safe!

“Celebrate Responsibly”



YOU HAVE THE POWER!

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“The future belongs to those who believe in the beauty of their dreams.” – Eleanor Roosevelt