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CONNECTING SOUTHERN ARIZONA



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Alfredo J. Velásquez
Santa Cruz County School Superintendent

&

Staff

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PHONE: 520.375.7940**



Class of 2024!

"Be bold, be courageous, be your best." ...



Border Eco Updates

Join us in celebrating the Class of 2024 at Border Eco! We extend a warm invitation to all Santa Cruz County graduates to share their pictures and information (including school, age, and class) with us. Your loved ones will be featured not only in our upcoming issue but also across our social media platforms. Kindly email your pictures to:

contact@bordereco.com

In addition, we invite our readers, sponsors, and community members to send us leads on people they feel make a difference in our community. Our mission is to support the community. Please send us any information about upcoming community events, meetings, or conferences.

Follow us on Facebook to keep up with the latest events, people, and organizations 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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Email: contact@bordereco.com

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

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"The only way to do great work is to love what you do." – Steve Jobs



Class of
2024



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Echoes From the Hilltop

A Glimpse of Artistry

Get ready to be blown away by the Hilltop Gallery's new offerings! The community now has access to various art programs that will ignite your creative spark. And that's not all - artists, musicians, and singers can showcase their talents and connect with fellow creatives in this vibrant and engaging space. Hilltop Gallery is not just a place to view art; it's a bustling hub of artistic expression and community connections. The Hilltop Gallery is the perfect place to explore new ideas, explore your creative side, and connect with others. We invite everyone to join us in our journey of artistic discovery and expression.

Nestled in a charming setting, this gallery strives above and beyond to bring people together through art. With a dynamic collection of artistic works and a dedication to outreach and education, Hilltop Gallery is a beacon of creativity and support for local artists.

Experience the magic of Hilltop Gallery where art, community, and environmental awareness intersect to create a truly enriching and inspiring atmosphere. Start your journey of exploration and discovery at Hilltop Gallery today! Don't miss out on free guitar lessons, arts & crafts, and so much more at Hilltop Gallery - it's an experience you won't want to miss!

We also have an amazing selection of art supplies and materials, including paints, canvases, and brushes. Plus, we offer a variety of classes and workshops to help you develop your skills and creativity. Come visit us today!

We are thrilled to announce that the Hilltop Gallery is seeking enthusiastic individuals to join our board and contribute to our mission and vision! With over 50 years of history in our community, your support is crucial in ensuring we can continue to bring art to our community. We also support local artists.



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Let's Talk Health

NUTRITION AND ASTHMA

Asthma is a chronic respiratory condition characterized by airway inflammation and hyperreactivity, as per the Pub MED Central (PMC).

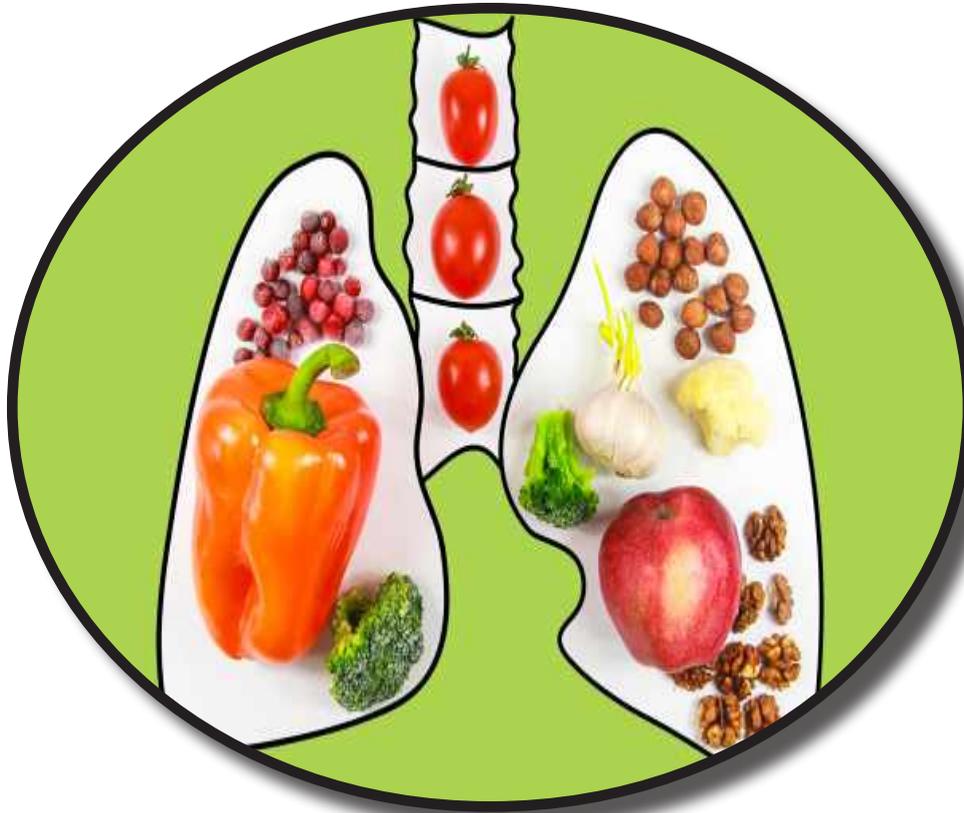
There is no diet for asthma. You must follow your doctor's recommendations. But here are a few things to consider:

- * Eat a plant-based foods: It might protect against asthma development and improve asthma symptoms through their effects on systemic inflammation, oxidation, and help improve the gut microbiome.
- * Increase the consumption of fruits and vegetables intake will help reduce the risk for asthma & particularly in children, and that is supported by the current literature.
- * Reduce animal product consumption. The consumption of saturated fat, which is the main fat in animal foods, has been associated with airway inflammation and worsened lung function in asthma patients.
- * Reduce the consumption of dairy products. Studies show that dairy consumption can raise the risk for asthma and worsen symptoms.
- * Increase the fiber intake daily by eating whole grains, fruits, vegetables, beans, nuts, seeds and adding extra fiber by using flax seeds meal. Low fiber intake has been associated with airway inflammation and worsened lung function in asthma patients.
- * Avoid sulfites. Sulfites can trigger asthma symptoms in some people. They are used as a preservative. They are found in wine, dried fruits, pickles, cold meats, fresh and frozen shrimp, and some other foods.
- * Weight management. Overweight and obese children are at higher risk of developing asthma than normal-weight youths, with risk increasing as degree of obesity increases.

Sources: @Physicians committee for responsible medicine. @Mayo clinic & @PMC

By Badria Bedri, MS

Nutritionist at Mariposa Community Health Center.



Redefining Autism Awareness Month: A Spotlight on Neurodiversity

April 2024 has shifted from celebrating Autism Awareness Month to incorporating Neurodiversity. In the City of Nogales April is Neurodiverse Awareness Month and at Mariposa Community Health Center we have been striving to educate and assist families in getting the treatments that are needed to promote a healthy, safe and inclusive community. Mariposa has expanded its ability to provide services to the families by creating a behavioral health agency within Mariposa Community Health consisting of:

1 Psychiatrist and 3 psychiatric nurse practitioners providing easily accessible services locally. Provided in person and virtual appointments.

3 Behavioral Health Consultants that provide adult and pediatric in person and services to the medical providers patients.

3 Behavioral Health Specialists that provide longer term care in person services.

4 Behavioral Health Technicians who aid with scheduling for evaluations to determine type of neurodiverse. They also assist in IEP and 504 plans, advocate for the patients' needs and provide direct care to patients in between appointments with their providers.

We work closely with the Department of Developmental Disability and Vocational Rehabilitation to ensure that our patients and their families have access to a better quality of life. A bi weekly Parent Peer group is offered to the community where parents learn how to navigate the system, learn self-care techniques and IEP and 504 trainings to name a few.

The Behavioral Health Department has been working diligently to establish connections and interactions internationally alongside Sonora Mexico under the Binational Network of Neurodiverse Disabilities to collaborate on the needs for both sides of the international border while providing as much information and the correct information as possible.

Dr. Frank Bejarano Clinical Director of Behavioral Health

Michelle Renee Ramirez co-founder Binational Network of Neurodiverse Disabilities Arizona





Spring Fling



Vibrant Vibes Spring Fling

First Vibrant Vibes Spring Fling success prompts to make it an annual celebration.

Crowds of people gathered on Pierson Field Saturday, April 20th to celebrate the Vibrant Vibes Spring Fling, a community event filled with food trucks, vendors, local bands and fun for the whole family.

The Vibrant Vibes Spring Fling is the passion project of Santa Cruz County School Superintendent Alfredo I. Velásquez and City of Nogales Parks & Recreation Director Renee Travers.

"Since I started at Parks and Recreation, I wanted to get an event like this going... Mr. Velasquez had a similar vision, and thus we collaborated on the project," Travers said.

Originally conceived as a car show featuring local car club Truck AZ and few local vendors, Travers brought the project over to Superintendent Velasquez, whom saw the event as an opportunity to bring the community together and provide a small taste of everything Nogales has to offer.

Early Saturday morning, beneath the already-warm spring sun, volunteers and vendors descended onto Pierson Field to assemble booths, which ranged from handcrafted items such as soaps, candles and coquettish bows, to art activities like rock painting and open art classes hosted by local art organizations like Hilltop Gallery, La Linea Art Studio and Border Youth Tennis Exchange.

"The event was a great opportunity for families and kids to gather, enjoy music, food and create art," said Lorena Tanori, a wellness counselor with the Promoting Healthy Students Initiative in Mr. Velásquez's office.

Tanori had two large blank canvases where anyone could paint and express themselves.

"There are no rules paint whatever your heart desires," she instructed the crowd around her. "It was a great turnout! Kids had fun and even the adults wanted to paint," she said.

By late afternoon the celebration was in full swing. Children of all ages sprayed each other with silly string and tirelessly jumped through an insatiable obstacle course in the middle of the field. Families and friends mingled and gallivanted throughout the park; the deliciously enticing aroma from the surrounding food trucks had more than one person saying "whatever it is it smells amazing."

Throughout the Spring Fling festivities, attendees were treated to the musical delights of local bands Springs of Iris, Distorted and Venetian Blinds. As well as solo performances by Dorian Moore, Isang, and Mario Gaxiola.

"It was so awesome getting to see the people of Santa Cruz County of all different ages together and just enjoying the day out," Gaxiola said. "Getting to be a part of it and playing music for the people of my hometown was something special. Hopefully we all get to do it again next year."

Entertainment also included performances by Mariachi Penumbra, Ballet Folklórico from Mexicayotl and the Nogales High School drumline, as well as DJ Valeria Tapia of Valeria's Entertainment & Karaoke.

As the sun began to set, the Vibrant Vibes became much more apparent as children showed off their light up swords and gadgets. Some were drawn closer to the stage by the brightly multicolored light show as Venetian Blinds enticed people to dance cumbias. Others took refuge from the dark with the warm light of the literacy bus, which had beanbags and a wide collection of books available for all ages.

"The reality was much better than anticipated," said Travers. "This event was a first annual and we have already had many vendors, musicians and car clubs commit to being part of it next year."

The Santa Cruz County School Superintendent's Office wishes to thank the City of Nogales, the Rotary Club of Nogales, NUSD #1, Unisource, South 32, Community Food Bank of Southern Arizona, Villa's Market, Garrett's, and Truck AZ. Without the sponsorships of local business this event would not have been possible.



May: A Time to Prioritize Mental Health Awareness and Advocacy

In May, we shine a spotlight on all things related to mental health. Mental Health Awareness Month reminds us to look after our mental health just as much as we do our physical health. As part of Mental Health Awareness Month, public awareness of mental health issues is raised, mental wellness is promoted, and stigma against mental health conditions is broken. The purpose of this month-long observance is to educate people about the importance of mental health, to support those struggling with mental health disorders, and to advocate for policies that enhance mental health resources and services. The purpose of this article is to examine the significance of Mental Health Awareness Month, common mental health disorders and stigmas, strategies for promoting mental wellness, community resources and support, and advocacy initiatives that take place during this important time.

Observing Mental Health Awareness Month is like hitting the reset button on how we view mental health. It's a time to raise awareness, reduce stigma, and let everyone know that it's okay not to be okay sometimes.

Let's face it - mental health matters. It impacts not just individuals but society as a whole. Understanding this impact is key to creating a world where mental health is given the same importance as physical health.

When our mental health is out of whack, it affects everything - our relationships, work, and overall quality of life. By acknowledging and addressing these issues, we can create a healthier and happier society for all.

Congratulations!
Class of 2024

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Anita Moreno
County Recorder

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www.santacruzcountyz.gov/287/Recorder.

Happy Graduation Class of 2024



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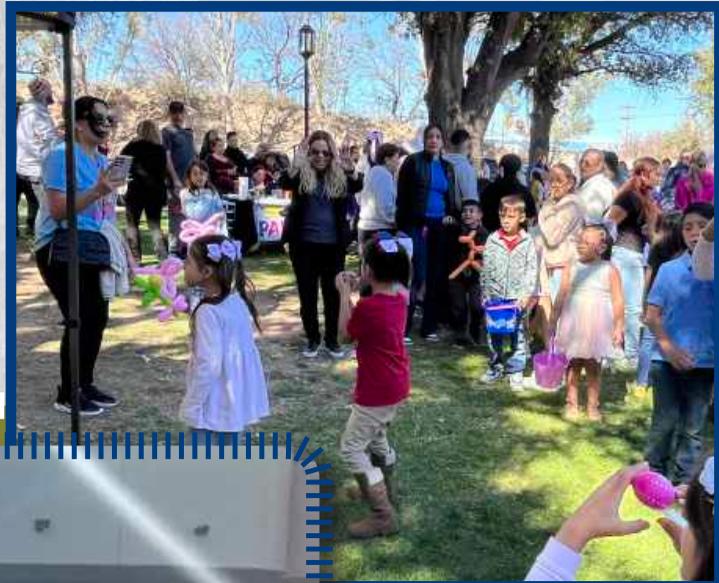
Mayor's Corner



The inaugural City of Nogales Easter Egg Hunt was a resounding success, thanks to our sponsors and dedicated volunteers. The event, filled with fun activities, delicious food, and exciting prizes, was made possible by the contributions of the Sheriff's Office, Frances Glad and the Democratic Committee, South 32, Knights of Columbus, and Geovanna Nuno with Tucson's TLC Realty.

A heartfelt thank you goes out to Fred Milner and the Challenger Choir for their captivating entertainment. In addition, we thank Walmart for their generous prize donation. The hardworking team at the Parks & Recreation Department played a crucial role in ensuring the smooth execution of all activities. Club Nogalitos' unwavering commitment to volunteering made the event a reality.

We are grateful to all who participated in and supported the 1st Annual City of Nogales Easter Egg Hunt. We look forward to many more successful events in the future. We are truly blessed to have such a supportive community that comes together to make events like the Easter Egg Hunt possible. The dedication and hard work of everyone involved did not go unnoticed, and we are excited about what the future holds for our city. Thank you to all who helped make this event a memorable success!



Sheriff's Round-Up



Sheriff Hathaway and his Command staff provided raffle gifts as the Sheriff's Office participated in the annual county employee appreciation luncheon hosted by the county management team.

The Sheriff's Office 2023-2024 D.A.R.E. program culmination is celebrated by school. This school year, 378 5th grade students participated in the D.A.R.E. Program and successfully graduated. We want to take this opportunity to acknowledge and thank all the school administrators and especially D.A.R.E Instructor, Deputy Sheriff Alejandra Estrada. We also congratulate the students who enthusiastically participated in this fun annual event.

Sheriff's Office personnel are celebrating our Communications Division. A proclamation was presented to and approved by the Board of Supervisors honoring the week of April 14-20 as Telecommunicator Week. We appreciate our dispatchers for the excellent work they perform every day. Without their dedication and service, the 911 system would not function and the community wouldn't have a concerned individual ready to assist them on the other end of the phone 24 hours a day. They are the heart of the Santa Cruz County Sheriff's office.

Sheriff's Office personnel are also celebrating our Administrative personnel. A proclamation was presented to and approved by the Board of Supervisors honoring the week of April 21-27 as Administrative Professionals Week. We thank and appreciate all of our administrative employees for the outstanding work they perform every day.

Sheriff Office personnel are also celebrating our Sheriff's Office volunteers. A proclamation was presented to and approved by the Board of Supervisors honoring our volunteers for all the excellent work and endless hours they perform every day. The Search and Rescue volunteers along with our Law Enforcement Assist Team volunteer numerous unselfish hours throughout the year to help the community. We truly appreciate their dedication and service.

The Sheriff's Office along with County Supervisor Manuel Ruiz hosted Judges from Nigeria, Morocco, Argentina, Georgia, and Albania as part of an International Visitors Program. The purpose of their visit was to gather information on the different services the Santa Cruz County Sheriff's Office provides to victims. A representative from the County Attorney's Office spoke to the group and explained all the different services and agencies that come together to help a person in need. The Mexican Consulate also provided them with information on their services in Mexico and the United States.

We would like to thank all of our employees and volunteers for their service and dedication to our office and community!

Your Sheriff,

David Hathaway



Class of 2024



Congratulations!

Congratulations!

You Have the Power!

"Believe you can, and you're halfway there." – Theodore Roosevelt

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