



5 People that "echo" in Santa Cruz County

CONNECTING SOUTHERN ARIZONA



Child Abuse Prevention Month Awareness



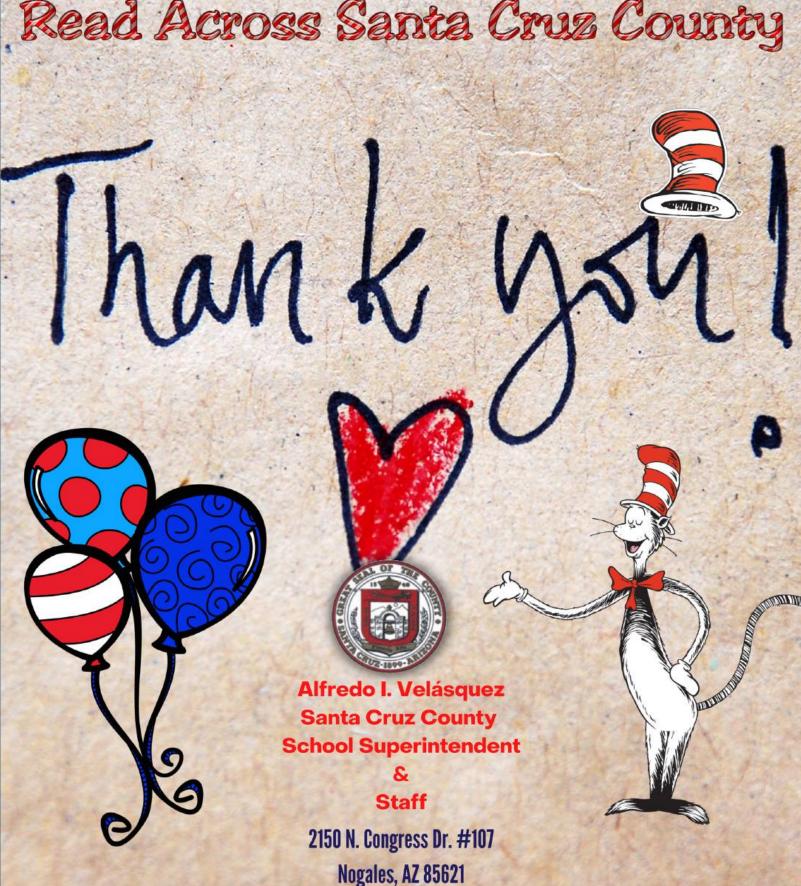


Let's Talk Health
Stress & Anxiety
Awareness

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Phone: 520.375.7940

Border Eco Updates

We want to thank our readers and customers for their continued support. Your support helps us report on the great people, events, and organizations who make a difference in our community.

Our goal is to help connect Santa Cruz County. Santa Cruz County is a unique bordertown rich in culture, and traditions. 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



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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FORERO PERE

Colegio Petite is a tuition free K-5 Charter school managed by The Leona Group. Colegio Petite opened its doors to the Santa Cruz community in August 2016 to elementary students K-3 and has gradually added grade levels, now serving K-5 students. Colegio Petite carries a dual language program with a vision of helping all students regardless of background who need a smaller class size setting where each student's needs are viewed and met. Colegio Petite serves all populations within our community, though the majority of our students Hispanic/Latino.

Colegio Petite currently employs 31 employees with a mixture of teachers, paraprofessionals, Nation School Lunch Program coordinators, a Instructional Support Specialist, a School Social Worker and a Counselor, a PBIS Coach, and administrative staff. Colegio Petite is funded through the state and federal funds. The community members provide support to our school by actively participating in our school events and providing support to our students in need.

Colegio Petite provides opportunities for families to get involved in their child's education by participating in several events throughout the year, including our annual Winter Festival, Family Dance, and our Family Fun Nights. Additionally, our parents have the opportunity to support their children's academic growth by strengthening their own English language skills through our parent education program. Parents who have participated in our program found that it gave their children the opportunity to practice and strengthen the English language at home, helping to eliminate the insecurity of the language barrier.

Colegio Petite values parent involvement in their child's education as it plays a significant role in the student's academic success. We don't just teach our students academic and social/emotional skills. we also teach our students respect, responsibility, and accountability, but these character traits are taught together with families as it starts at home. With this vision in mind, Colegio Petite has been able to provide students with a great learning experience where students can express themselves, feel safe, accepted, and belong.



People that "echo" Claudia Alvarez

This month Border Eco honors Claudia Alvarez from Colegio Petite who is an educator who resonates in our community. She is originally from Nogales, Sonora Mexico and grew up in Nogales, Arizona. She lived in Santa Cruz county all her life. She has six siblings and the youngest of the girls. She is the mother of two daughters. She has a Bachelor Degree in Human services and Master Degree in Business Administration. Before coming to Colegio Petite, her main background was in behavioral health. She was a counselor for children's services helping to strengthen children and families communication skills and understanding. She has always been passionate about helping in any way possible and serving in her community.

"Giving back to the community by serving our children and families has always been very rewarding and now I am serving in an educational setting in which I am very happy and find it very rewarding too. Having the opportunity to serve our community has been important to my own personal and professional growth. Our community is filled with so many talented citizens and having the opportunity to create or even discover new talents within Colegio Petite students and families is a blessing," said Claudia.

Claudia Alvarez has been at Colegio Petite since it opened its doors to the community in 2016. Mrs. Alvarez had the opportunity to serve our community as the School Leader for the past three years. Since the start of their educational journey, Colegio Petite has grown from having 72 enrolled students to currently having 256. They have provided social emotional skill sets to their students and families. Colegio Petite has provided family support workshops enhancing parent knowledge and understanding of students' social/emotional and academic needs.

Colegio Petite has built strong relationships with their families and community partners. During our year of online learning, we were faced with an educational challenging time for all Colegio Petite; yet, we worked together and we were able to overcome the educational barrier and everyone at Colegio Petite did anything possible to provide help and support to our students, families, and our community. "When our staff builds strong rapport with our students they become unstoppable in meeting their educational and social/ emotional goals. Every student in our county has a history and a story to be told and we are honored that our students and families make Colegio Petite their school of choice. Working in the educational field is such a rewarding experience. We get the opportunity to teach, educate, and build relationships with our students," Claudia said.

Our educational platform has also given us the chance to develop future educators, medical staff, community first responders, engineers, artists, and the list can go on and on. Our goal is to teach students to believe in themselves and their potential as citizens, and what better time than when they are in primary school to teach students this. We hope to provide continuing education to all of our Santa Cruz County students. We look forward to continuing the development of English acquisition for those students who are learning English as a second language and to strengthen their Spanish language as well as to teach Spanish to those students learning Spanish as a second language. We also hope to build after school programs such as clubs and student activities. We also hope to one day open our doors to our preschoolers and expand our grade levels into middle school students, said Mrs. Alvarez

I want to recognize all of our students and parents for trusting Colegio Petite with their education. Collaboration and student commitment to education are significant qualities. I also want to recognize all of our school faculty and staff for their dedication and commitment to our students. They have made a huge difference in the lives of our students by being loyal to both our school vision and mission. Finally, I want to thank The Leona Group for giving Colegio Petite the opportunity to have another Charter School in our Santa Cruz County and for allowing our community to grow with us. Students at Colegio Petite have served as inspiration for the mission of our school. Colegio Petite is motivated by students' aspirations and success. Serving our students is our biggest pride; we do not aim to build a simple rapport with them, but to build a long-lasting relationship with each one of them.



2022 Read Across America Read on Santa Cruz County Week

Once again, the Santa Cruz County School Superintendent's Office and School Superintendent Alfredo 1. 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 February 28, 2022 through March 04, 2022.

With the coordination of Ms. Patricia Barraza-Preciado (Santa Cruz County School Superintendent's Office,) they had close to 70 volunteers from all 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.

A VERY SPECIAL THANKS TO THE FOLLOWING VOLUNTEERS and SPONSORS

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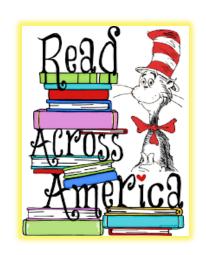


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Lets Talk

What is Stress?

Stress is unavoidable for the vast majority of Americans, but there are many ways to prevent and manage it. April is National Stress Awareness Month.

As the Behavioral Health Director and therapist at Mariposa Community Health Center we often work with patients that suffer from anxiety and stress. Most patients do not know the difference between them or if they are treatable. So to define stress - it is a physical or mental response to an external cause. A stressor may be a onetime or short-term occurrence, or it can happen repeatedly over a long time. Life itself can be stressful, we may feel stressed about performance at school, traumatic events like the COVID 19 pandemic, a natural disaster, or war like in the Ukraine, or a life change, caring for someone who is ill or having an illness, getting behind on your bills, etc... Everyone feels stress from time to time. Good vs. Bad Stress

You may think any type of stress is bad, but that isn't the case. Good stress, or eustress, is the type of stress you feel when you're excited. Your pulse quickens and your hormones surge, but there is no threat or fear. You might feel this type of stress when you ride a roller coaster, study for a test, compete in a game, or go on a first date. Good stress is short-term and it inspires and motivates you, focuses your energy and enhances performance. Your body is able to self-regulate easily after the event and return to normal.



Distress on the other hand may cause you to experience symptoms such as excessive worry, feeling uneasiness, tension, headaches or body pain, high blood pressure, loss of sleep. When a person is stressed the adrenal gland release cortisol hormone that can create a lot of problems for a person. The longterm activation of the stress response system and the overexposure to cortisol and other stress hormones that follows can disrupt almost all your body's processes. This puts you at increased risk of many health problems, including: anxiety, depression, digestive problems, Irritable Bowel Syndrome, headaches muscle tension and pain, heart disease, heart attack, high blood pressure and stroke, sleep problems, weight gain, memory and concentration impairment. What is anxiety? Anxiety is your body's reaction to stress and can occur even if there is no current threat. If that anxiety doesn't go away and begins to interfere with your life, it could also affect your health. If you are struggling to cope, or the symptoms of your stress or anxiety won't go away, it may be time to talk to a professional. Psychotherapy (also called "talk therapy") and medication are the two main treatments for anxiety, and many people benefit from a combination of the two. Generalized anxiety disorder symptoms include:

Feeling restless, wound-up or on-edge, being easily fatigued, having difficulty concentrating, mind going blank; being irritable, having muscle tension, difficulty controlling feelings of worry, having sleep problems, such as difficulty falling or staying asleep, restlessness, or unsatisfying sleep

Health

April is National Stress Awareness Month

The best treatment for STRESS and ANXIETY is prevention.

Having appropriate coping skills are important in preventing, alleviating and controlling these symptoms that can consist of:

- 1. Having a support network that you can talk with.
- 2. Exercise Cardio -bicycling, walking, running are exercises that will help.
- 3. Meditation; Yoga; Deep rhythmic breathing and thought stopping exercises can all used to stop the racing thoughts and constant worry.
- 4. Learning sleep hygiene to get a good night of sleep will also help immensely as it will allow your brain to rest and recharge.
- 5. Avoid alcohol and drugs

At Mariposa Community Health Center our therapists use Cognitive Behavioral Therapy to:

- 1. Identify the root of the problem (cause).
- 2. Explain the impact the problem can have on a person's mental, physical, and emotional health.
- 3. Teach the patient appropriate coping skills to control or alleviate the problem identified.
- 4. Use of non-addictive medication as needed for a short treatment.
- 5. Provide follow-up therapy as needed.

For additional information regarding stress and anxiety you can visit National Institute of Mental Health @ www.nimh.gov; mayoclinic.org

For an appointment with a behavioral health specialist at Mariposa Community Health Center, please call 520 281-1550.

References:

National Institute of Mental Health Mayo Clinic



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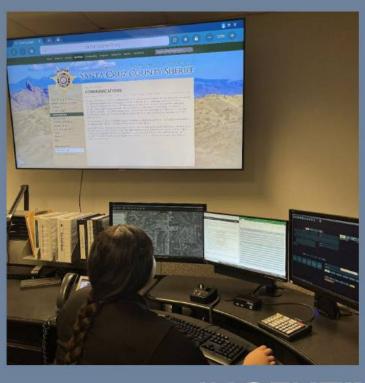
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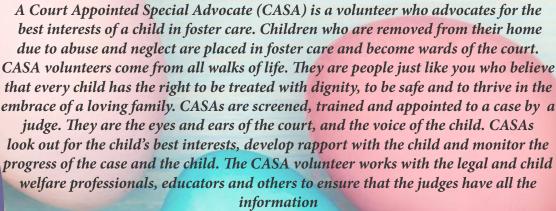


Margaret Felix-Chief Deputy Recorder

2150 N. Congress Drive, Suite 101 Nogales, Arizona 85621 Phone: (520) 375-7990

The goal of education is the advancement of knowledge and the dissemination of truth. - John Fitzgerald Kennedy

Court Appointed Special Advocate (CASA)



they need to make potentially life-changing decisions for the child.

Having a CASA volunteer can mean the difference between a child languishing in foster care and having a safe, permanent home.

If you would like to become a CASA volunteer and have the time to dedicate to a child in foster care, apply online at www.casaofsantacruzcounty.org

For more information, contact Margie Fish mfish@courts.az.gov (520) 375-8159.



Autism World Month

April marks Autism World Month. World Autism Day is celebrated on April 2. Due to the covid-19 pandemic, many families were awaiting services that they had stopped receiving during the pandemic. The 9th annual community resource fair will help families find the right services for their children. Families will learn about services available in Santa Cruz County. Topics covered include mental health, self-care for caregivers, goodies, giveaways, and family support. In a recent study, it was reported that 1 in 44 children are diagnosed with Autism Spectrum Disorders, and in the state of Arizona, that number is 1 in 40, much higher than the national average.

Autism is commonly diagnosed in Hispanic/Latino families around 8 years of age. Autism Spectrum Disorders can be detected as early as 2 years of age. Early intervention is crucial to building a healthy life. In celebrating our successes and sticking together through the tough times in Santa Cruz County, we invite the communities in the county to join us. The autism community is so uniquely bonded for life! The event will be held behind City Hall at Teyechea Park on Saturday, April 2nd 10am-2pm. Ask your questions directly to the professionals. If you are concerned about your child, or awaiting a proper autism diagnosis, come out and bring your questions and concerns. There will be doctors, specialists, and educators on hand to answer your concerns or questions.

If you would like to register for the resource fair, or if you are a vendor and would like to promote your business, please contact us at info@soazaa.org Great community, great food, and children's activities.

We will be hosting our first Binational Autism Conference in July of 2021 at the Binational Network for Neurodiversity, a coalition of over 20 nonprofit organizations serving families and communities in Arizona and Sonora. Since then, we have grown to include over 80 organizations that advocate for inclusion, adaptive programming, resources and services, and human rights along the Mexican border.

The Southern Arizona Autism Association Inc. out of Nogales AZ and Autismo Sonora - Hermosillo are inviting the disability community, families, friends, disability professionals, and anyone who loves someone with a disability to join us in the first binational caravan on March 30th in Huatabampo Sonora. Finalizing at the State Capital in Phoenix AZ after many stops in major cities and towns in Sonora. A flag will be delivered and carried in memory of the fight, the struggles, the isolation families experience, as well as the unity that unites us all. We shed light on the tears and joys, and the strength and value of belonging to a community. It affects us all, and this caravan raises that awareness. Thanks to Nogales Mayor Arturo Garino for always advocating for disabled people and their families. Sisterhood Agreement ensures that our children, present and future generations will have a better quality of life. In order to participate in the Caravana, please email us at cervandoflores@





Dear Friends,

In 2011, the first Sisterhood agreement was signed between Nogales, AZ and Nogales Sonora. Together, these agreements have served to solidify the interests of both municipal governments and the people they serve. This agreement is primarily focused on carrying out joint activities in a variety of areas, including education, health, tourism, technology and other areas agreed upon by both parties.

On March 3, both sister cities held a press conference at Nogales City Hall to discuss future plans on events to be hosted by the parks and recreation departments of both cities. "This is what Ambos Nogales is all about, the ability to work together as one regardless of the fence that may separate us." Arturo Garino, Mayor of Nogales Through the Sisterhood Agreement, the interests of the municipal governments of Ambos Nogales have been reinforced. The pledge of support has always existed, but events like today's serve to revitalize it. The focus this year will be on sports and sports activities. Visit the Nogales Parks & Recreation Facebook page to learn more about our collaboration with Nogales Sonora sporting events. It is rare to come across such international government relations, but in today's world, they have become increasingly important. The pledge I am making is to maintain unity between our sister city of Nogales, Sonora, and us. We are one community separated by a fence. A symbol of our commitment, "El Abrazo" concludes and solidifies the agreement. There will be a number of future events, the first being a "Phoenix Suns Basketball Clinic" on March 26. Stay tuned for more information in the next issue of ECO, Mayor Garino said.

On Sunday, March 20th, Mayor Garino and his wife spent the day with the Down's Syndrome Community of Santa Cruz County and friends at the Oasis Theater. At the Oasis Theater, Mayor Garino enjoyed a very enjoyable morning with Jack and Maria Scholnick from The Santa Cruz Parent Love Connection. In addition to watching Sing 2, they ate a lot of popcorn and enjoyed the movie. "It was great to see everyone.", they said. Thanks again to organizers Jack and Maria Scholnick for the invitation and the coffee

cup," said Mayor Garino.











Sheriff's Round-Up

It is with great pleasure that the Santa Cruz County Sheriff's Office announces the graduation of 340 fifth grade students from the 2021-2022 Drug Abuse Resistance Education (D.A.R.E.) Program put on by the Sheriff's Office at seven schools across the county. Graduation ceremonies will be held during the months of March and April in the seven participating county schools which are Elgin Elementary School, San Cayetano Elementary School, Patagonia Elementary School, Bracker Elementary School, Mountain View Elementary School, Calabasas Elementary School, and the Little Red School. The Sheriff's Office will be hosting graduation parties on various dates for the D.A.R.E. graduates at the different schools. The parties will consist of pizza, cake, and juice along with gifts for the 14 best D.A.R.E. essay award winners. Thank you to Little Caesar's in Rio Rico for their assistance in this and for all the assistance they provide to the Sheriff's Office with community outreach. I would like to give an extra big "thank you" to Deputy Alejandra Estrada for coordinating the D.A.R.E. program in all the schools and to the other Sheriff's Office personnel that have assisted with the D.A.R.E. program. Also, a big thank you to the staff and students at all the schools for making the 2021–2022 D.A.R.E. program a big success!

Other events in which the Sheriff and his staff participated over the last month include 1) coordination meetings to facilitate a jail liaison position with Judge Velasquez for his mental health / drug abuse court outreach for inmates in the Santa Cruz County Jail, 2) "Read Across America" Program in which the Sheriff and his staff read to elementary schools across the county to teach that a proficiency in reading is essential for success in many fields, 3) Greater Tucson Leadership Program Border Day at the Santa Cruz County Provisional College in Nogales where Sheriff staff informed the group about border issues, and 4) multiple other community speaking events including the Lions Club in Nogales and the Rotary Club in Green Valley where the Sheriff explained all the positive programs going on in the Sheriff's Office and in Santa Cruz County.

Also, we would like to remind the community that the Sheriff's Office and many other county personnel will be doing a spring clean-up of our roadsides in our communities on their own personal time over the next few weeks. The Sheriff's Office will specifically be doing clean-up on sections of roads "adopted" by the Sheriff's Office on April 2. Honk if you see us out there! All the best. Sheriff David Hathaway













The Santa Cruz County Attorney reminds you to report violence!



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