

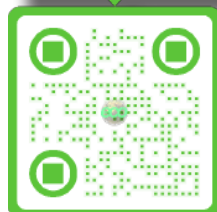
BORDER



4 World Down Syndrome

CONNECTING SOUTHERN ARIZONA

SCAN ME



Rio Rico High School



BE
YOU



5 "Sodexo Future Chefs Challenge"



May is Stroke Awareness Month



8 6th International Women's Day Health Fair



9 People who "echo"
Victor Manuel Jiménez Segovia



12 RRHS Receives Top
Cambridge Honors



We're Proud of You
Congratulations!
Class of 2022



SANTA CRUZ COUNTY
ALFREDO I. VELÁSQUEZ
SCHOOL SUPERINTENDENT



Border Eco Updates

We are celebrating the Class of 2022 at Border Eco! We are inviting Santa Cruz County graduates to send their pictures and information (school, age, and class) to be featured in our upcoming issue! We will not only feature your loved one in our upcoming issue but also across our social media platforms. Email those 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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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.

WORLD DOWN SYNDROME DAY

The 21st day of the third month of the year was chosen to symbolize the triplication of the 21 chromosomes that leads to Down syndrome. During world Down syndrome day, families raising children with Down syndrome gathered together at Oasis Cinema to watch SING 2 on Sunday, March 20, 2022. Before the movie, kids and their families enjoyed interacting with each other, hugging, and taking pictures. The children enjoyed popcorn and refreshments.

As part of the celebration, Mayor Arturo Garino and Mrs. Kathy Garino were in attendance. Families were delighted to have the Mayor and his lovely wife visit. He and his wife talked to each family about their dreams and concerns for their children. As part of the movie viewing group, the mayor and his wife stayed to watch the whole film. We are thankful for their continued support. The movie SING 2 is rich in music, friendly and poignant, and has themes of friendship, resilience and diversity. It is an ideal movie for families.

"We held a Be Kind program at Nogales Public Library on March 21 and 25, talking with children about kindness and closing the week with a beautiful party with the wonderful staff of Nogales Public Library. Besides pizza and cupcakes, we had balloons and yellow and blue frosting on the library floor," said Maria Scholnick of the Santa Cruz Parent Love Connection.

A book drive was held from March 21-April 11 to benefit the Boys & Girls Club of Nogales, Arizona. As part of World Down Syndrome Day celebrations, we are holding a book drive. As part of Santa Cruz Parent Love Connection's commitment to its community, we wish to show our appreciation and give back by encouraging the love of reading and learning. We are asking our community to donate a gently used or new children's book. The Santa Cruz County libraries are currently hosting a book drive. Books can be in English or Spanish.

"I would like to thank the Santa Cruz County Public Library Director and staff for the wonderful opportunity and support to do the book drive and utilize the library facilities. It would have been impossible to accomplish the book drive project to help children in our community without their support. This is the first time we've done several activities at once," said Maria Scholnick.



"Sodexo Future Chefs Challenge"

Students in Santa Cruz Valley Unified School District recently used their culinary skills to reimagine their favorite lunch meal by creating original recipes in the 2022 "Sodexo Future Chefs Challenge." The national initiative, now in its eleventh year, was created to get students thinking about making healthy food choices while also encouraging them to be active and creative in the kitchen.

Santa Cruz Valley Unified School District students are joining over 2,500 other students representing more than 1,400 Sodexo-served school sites in 30 states nationally.

80 elementary school students submitted healthy recipes inspired by their favorite lunch meals.

During the competition held at Calabasas School on March 30, 2022, the young finalists were assessed on criteria including originality, taste, kid friendliness, the use of healthy ingredients, presentation and taste. Santa Cruz Valley Unified School District joined 253 other school districts across the country holding Future Chefs events throughout February and March.

Five students participated in the competition:

1st Place	Sarah Miranda	5th grade	Mountain View	Crazy Cajun Pasta
2nd Place	Gema Hernandez	3rd grade	Calabasas School	Wazowski Nachos
3rd Place	Emily Rodriguez	4th grade	San Cayetano	Ratatouille
Runner Up	Victoria Guerrero	3rd grade	San Cayetano	Vegetable Shrimp Sushi
Runner Up	Janie West	3rd grade	Mountain View	French Ratatouille



The winning student from each participating district will be considered for 40 regional finalist awards, and the selected regional finalists will vie to become one of five national finalists competing for the public's vote on SodexoUSA.com.



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Resource Guide at:

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6th International Women's Day

A "Women's Health Fair" was held at the Consulate General of Mexico in Nogales, Arizona on Thursday, March 31 from 9:00 am to 1:00 pm as part of the 6th Women's Month commemorating International Women's Day.

"It was a success! There was a great deal of support from several health organizations and community partners, said Susana Rangel from the Consulate.

We would like to thank the following organizations for their continued support:

Mel & Enid Zuckerman College of Public Health at the U of A

Arizona Complete Health

Assured Imaging

ASU

Arizona Heart Foundation

Equality Health Foundation

Mariposa Community Health Center

Helping Families In Need

Circles of Peace

SEAHEC

Santa Cruz County Department of Health and Human Services

University of Arizona

MIKID

The services provided to women in the community included:

Preventive health tests: glucose, cholesterol, triglycerides, BMI

Mammograms

Heart Studies

Covid-19 rapid tests

Insurance and Medicare Information

General information on health & prevention

Physical activation (Yoga and Aerobics)



People that “echo” Victor Manuel Jiménez Segovia

Border Eco Magazine is pleased to profile Victor Manuel Jiménez Segovia, Acting Consul General of Mexico in Nogales, Arizona. The Consulate plays a major role in our community. The Consulate has always been one of Santa Cruz County's most supportive community partners.

Mr. Jiménez Segovia was born in Mexico City and lived most of my childhood in Puebla, a beautiful colonial city. He studied music (piano) in Puebla, Linz, and Vienna (Austria) before studying International Relations. Later, he pursued his dream of becoming a diplomat. After studying International Relations, he spent some time in the UK improving his English and then joined the Mexican Foreign Service. Languages are his passion, and he speaks Spanish, English, German, French, and Portuguese. Traveling is his passion, and he has seen many countries and experienced different cultures. He enjoys using what he's learned for the benefit of his country.

His favorite hobby is playing the piano. He once aspired to become a concert pianist. He enjoys playing Bach, Mozart, and Beethoven, however, he wishes he could play more composers. He enjoys listening to music and traveling.

Husband of Carlos Rodriguez. Born in Bogotá, Colombia, he moved to the US when he was 13 years old. We met in Houston. In addition to studying marketing, he earned a master's degree in French literature from the University of Houston. He is also a certified language teacher. He is certified to teach both French and Spanish. Carlos is very talented and speaks English well. While we were in Germany, he learned German at a high level and is fluent in Chinese. “He learns the language everywhere we go, so he can communicate better,” Jiménez Segovia said.

In Santa Cruz County, the Consulate provides consular services, assistance, and protection to the Mexican community. They achieve this through a variety of services: they issue passports, consular identification cards, various documents, and provide legal counsel to those who need it, as well as consular protection to those who are detained. They also seek out commercial opportunities for Mexican companies and promote the Mexican culture.

Consulate of Mexico opened in 1885 in Nogales, Arizona. Currently, it is the only consulate in the county. There are two career diplomats posted and 22 local employees at the consulate, some of whom are citizens of the United States and others are Mexicans.

The Consulate is always looking for better ways to reach out to the community and to improve its capabilities. The passport section is being strengthened, a new visa office has opened, and more cultural events are planned. The consulate is always planning to improve its ability to provide consular protection to travellers.

Victor Manuel Jiménez Segovia is the Deputy Consul General of Mexico in Nogales and has been acting as Consul General since he arrived in August of 2021. The former Consul General left Nogales in March of 2021, and the next Consul General has not yet been appointed. He is responsible for the daily operations of the entire consulate.

His past experiences have prepared him for this position. Ten years ago he worked at the Mexican Embassy in Washington DC. At the Embassy, he used to work with the Ministry of Interior on issues like migration and border security. Following that, he was transferred to the Mexican Consulate in Houston, then the fourth largest Mexican consulate abroad, behind Los Angeles, New York, and Chicago. His responsibilities in Houston included overseeing the passport section (with more than 500 appointments each day), the visa section, the registrar's office, and the office for notary public duties.

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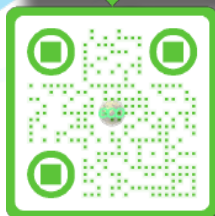
In addition to working at the Mexican Embassy in Houston, he worked at the Mexican Embassy in Germany for six years. Over those years, he was responsible for matters of human rights, foreign policy, and multilateral affairs.

“I would like to acknowledge the excellent relationship we have with CBP and Border Patrol, which is essential to our most important duty as a consulate: protecting the rights and general welfare of Mexicans abroad,” said Jiménez Segovia.

My most sincere thanks go to Guadalupe Ramirez, CBP Director Field Officer, Tucson Sector, Carlos Gonzales, Armando Goncalvez, CBP Assistant Director Field Officers, Tucson Sector, and Port Director Michael Humbhries and Chief John Holman, in Nogales. It has been their support that has enabled the Consulate to carry out one of the most successful programs: the vaccination campaigns at the Port of Entry in Nogales. Since this project began, more than 27,000 doses of covid vaccines have been administered to Mexican citizens living in Nogales, Sonora. By combating the covid pandemic in Ambos Nogales in this way, binational cooperation has been beneficial to the well-being of the border communities on both sides.

“By serving the community, seeing and experiencing the results, I am motivated to do more, reach more people, and find new ways to serve,” Jiménez Segovia said.

SCAN ME



MÉXICO
CONSULADO GENERAL EN NOGALES

Let's Talk Health

Stroke Awareness Month-Reduce Stress for a Healthier Heart

May is stroke awareness month, a time to reflect on the millions of people and their loved ones affected by this dangerous medical emergency. One American has a stroke every 40 seconds, and every four minutes, a stroke takes a victim's life. Many of the risk factors that can lead to stroke can be avoided with simple lifestyle changes. This month, commit to understanding the risks and symptoms of stroke and making the wellness changes needed to minimize your chances of suffering a dangerous and potentially deadly stroke.

Whether it's from everyday deadlines, financial struggles, or the COVID-19 pandemic, stress shows up often in life. And your body reacts to it: your heart rate increases, your blood vessels narrow—and over time, these little blows can add up and do damage to your health, particularly your heart. With chronic stress, you're more likely to have high blood pressure, heart disease, diabetes, obesity, and poor sleep. Even other parts of your body – from your lungs to your gut – can take a hit.

But while you can't always limit the amount of stress in your life, you can work on changing how you respond to it. Just like the automatic "fight or flight" response that kicks in when you're scared – your muscles tense, heart rate increases, and brain becomes more alert – your body also has a built-in, healthy relaxation response. When that's triggered, the opposite happens: your breathing and heart rate slow down, and your blood pressure decreases.

Luckily, with practice, you can learn to trigger that response. Try these techniques on your own or find a teacher or class to help you get started. Don't get discouraged if you don't get the hang of it quickly. And if one approach doesn't work for you, try something new. You can learn to de-stress in lots of other ways.

Meditation. One of the most studied approaches for managing stress, this involves developing your ability to stay focused on the present, instead of worrying about the past or future. Find a quiet location with as few distractions as possible. Get comfortable by either sitting, lying or walking. Focus your attention on a specific word or set of words, an object or your breathing. And let distractions, including thoughts, come and go without judgment.

Progressive muscle relaxation. To feel the effect, first tense your muscles for a few seconds, then relax them. Start by tensing and relaxing your toes, then your calves and on up to your face. Do one muscle group at a time.

Deep breathing. Take in a slow, deep breath, let your stomach or chest expand and then exhale slowly. Repeat a few times. Many people don't breathe deeply, but it is relaxing and something you can do anytime, anywhere.

Guided imagery. This involves a series of steps that include relaxing and visualizing the details of a calm, peaceful setting, such as a garden.

Getting your mind and body to a place of calm doesn't always mean being still, however. Other healthy ways to manage stress include taking a yoga or tai chi class, talking to a professional counselor, joining a stress management program or an art class, or meeting up with friends for a brisk walk. Being in nature can be very soothing for some people.

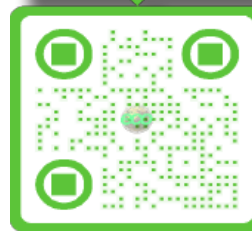
Combining de-stressors like these with other healthy habits can go a long way toward strengthening your heart. Eat more veggies, fruits and whole grains, and less sodium, sugar and saturated fats, for example. Move your body more – like through dancing and walking meetings. Find exercises you actually love and do them regularly. Get enough good, quality sleep. And develop a strong social support system. Then rethink some of the familiar ways you may be coping with stress, such as drinking alcohol frequently, using drugs and other substances, smoking or overeating. They can actually worsen your stress – and your health.

Taking care of your heart health is a lifelong journey, but at a time when the risk of severe illness from COVID-19 remains higher in people with poor cardiovascular health, learning new ways to make your heart strong has become even more important.

You can learn more about heart health from the National Heart, Lung, and Blood Institute by visiting www.nhlbi.nih.gov. If you need help finding additional resources to help you cope with stress, talk to a healthcare provider.

Seek urgent care if you can't cope at all or have suicidal thoughts. Resources are also available at nimh.nih.gov/health/find-help

SCAN ME



F.A.S.T. Warning Signs

Use the letters in F.A.S.T to spot a Stroke

F = Face Drooping – Does one side of the face droop or is it numb?

Ask the person to smile. Is the person's smile uneven?

A = Arm Weakness – Is one arm weak or numb?

Ask the person to raise both arms. Does one arm drift downward?

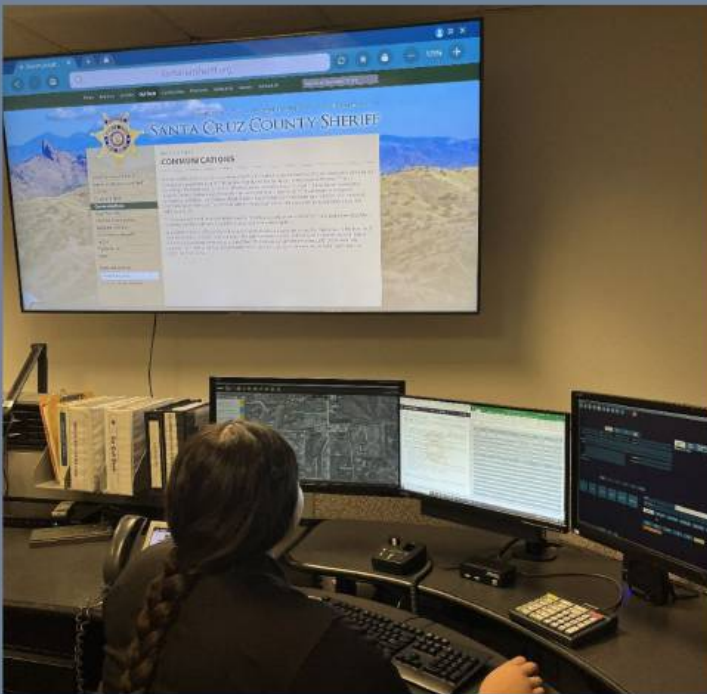
S = Speech Difficulty – Is speech slurred?

T = Time to call 911

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Rio Rico High School receive top Cambridge Honors

Three students from Santa Cruz Valley Unified School District No. 35 have received prestigious awards from Cambridge Assessment International Education, part of the University of Cambridge, to acknowledge their outstanding performance on Cambridge coursework and examinations. The Cambridge Awards celebrate the success of students taking Cambridge examinations around the world. More than a million students study Cambridge International programs in over 160 countries.

Students attending Rio Rico High School received the following awards:

Name	Award	Syllabus
Miren V Miranda	Top in USA	Literature
Miren V Miranda	Distinction	Scholar Award
Atticus A. Birkett	Merit	Scholar Award
Ilian Islava	Distinction	Scholar Award

Assistant Principal Dagoberto Lopez said that the awards recognize the talent, dedication and commitment of both students and staff.

When presenting students with the awards, Mr. Lopez said "this award signifies a lot of long nights and hard work. I am in the classrooms and see the level of dedication it takes for you to do well."

Mark Cavone, Cambridge International Regional Director, North America said: "It is extremely rewarding to congratulate Cambridge students and teachers at Santa Cruz Valley Unified School District No. 35 who have worked so hard to achieve tremendous success in Cambridge courses and examinations. The results reflect the enormous talent in Rio Rico High School not only amongst students, but also within the teaching profession. Students from Rio Rico High School have a bright future ahead of them, and I wish them every success in the future"

As a global organization with a 160-year history and part of the University of Cambridge, Cambridge Assessment International Education partners with schools and districts around the world with a shared goal of making education transformation a reality. High schools across the U.S. now utilize the Cambridge Advanced program.

This program is part of an internationally benchmarked program that allows students to earn college-level credit in high school. Cambridge International uniquely provides an instructional system across four stages (Primary through Advanced) aligning rigorous curriculum, pedagogy, and assessment for all students in grades K-12#.

Cambridge Awards

Top in Country

Awarded to the learners who have achieved the highest standard mark in the country on an individual subject.-

Communication specialist Shannon Enciso



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Class of 2022

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County Recorder
&

Eduviges Covarrubias-Senior Voter/Recorder Clerk
Jessica Gonzales-Voter/Recorder Clerk



Rosa Anna Fajardo-Map Clerk
Angel Aguilar-Voter/Recorder Clerk

Margaret Felix-Chief Deputy Recorder

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Phone: (520) 375-7990

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



SAVE THE DATE

Saturday November 12, 2022

THE AMADO TERRITORY

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**Supporting the
Amado Youth Center**

**Visit AmadoChiliCookoff.org
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The Amado Chili Cook-off, a project of the Community Prevention Coalition and Amado Community Alliance of PPEP, Inc., is supported by Pima County Attractions & Tourism. Sponsorships, donations, and proceeds will directly support the Amado Youth Center Building Fund. **SPONSORSHIPS AND OTHER DONATIONS ARE TAX DEDUCTIBLE.**

Information:

Tony Bruno, Event Coordinator **(520) 255-4067** | Ed Dunin-Wasowicz, Event Chair **(520) 403-0414**
Amy Bass, Fiscal Agent Representative **(520) 205-4780**





*You are the
Class of 2022!*

*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 are extremely proud
of you. Congratulations!
Mayor Arturo Garino &
Nogales City Council*

Class

of

2022



CONGRATULATIONS



Sheriff's Round-Up



The Santa Cruz County Sheriff's Office takes pride in congratulating the graduates of 2022. May this next chapter in your life be filled with life-fulfilling adventures, great memories, and teach you valuable life lessons to further your growth.

This past month, the Sheriff's Office celebrated a plethora of our important staff members in recognition and appreciation of their efforts. We started off by celebrating Public Safety Telecommunicators Week, and our dispatchers celebrated with great food, a fun spirit week, and decorating the dispatch center! We also celebrated National Volunteer Week this past month, recognizing and appreciating our search and rescue volunteers and current and new members of our voluntary law enforcement assistance program. We can't forget about National Administrative Professional's Day either, as they serve as a critical function in our day-to-day operations! Taking care of our county is very important to us, which is why we had our second annual roadside cleanup. Members of our office and volunteer programs participated in cleaning up various areas of the county. It was a huge success and we encourage everyone to help do their part in keeping Santa Cruz County a clean environment, even taking small steps like preventing littering and teaching others, especially our younger generation, the importance of keeping our community clean and being involved in the community.

What a lot of people don't know about the Sheriff's Office is that we participate in bilateral relationships and programs such as the Policia Internacional Sonora Arizona (PISA). It is a program whose mission is "to improve international communication, train officials in laws and procedures across borders, and continue the spirit of cooperation that has been achieved between law enforcement agencies in neighboring countries." The head of our operations and support division, Commander Castillo, will be participating in the annual conference this year, in which he was actually elected as the president of the program since 2005.

Well, that's it for us! We'll be out and about, keeping the community of Santa Cruz County safe and sound. Summer break is right around the corner, so remember to have safe fun in the sun while staying hydrated. Stay safe and to all the graduates: once again, we wish you the best and hope to see all of you fulfill and accomplish your goals! Take care, your proud Sheriff, David Hathaway.



A Message from the Santa Cruz County Attorney

"Success is only
meaningful and
enjoyable if it
feels like your
own."

—Michelle Obama

Class
of
2022

CONGRATULATIONS



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