

# February is Heart Month

t's here! February, the most romantic month of the year. The month where we celebrate love on Valentine's Day. We buy or loved one chocolates, flowers and other trinkets to show them how much we love them. So how did February get its name? February is derived from the Latin word "februs" meaning "to cleanse." The month was named after the Roman Festival, Februalia, a month-long festival of purification and atonement. Now that you know how February got its name and what holiday we all think of when we hear "February" what do we do you know about our heart?

Here are some facts on the organ we call our "heart". The average human heart is constantly working 24 / 7 to pump blood throughout your body and it pumps approximately 2,000 gallons of blood each day. A healthy adult heart should beat anywhere from 60 to 100 times a minute while at rest. Do the math, and it adds up to around 100,000 beats a day and 2.5 billion beats in the average lifetime. A woman's heart beats at a rate of six (6) beats per minute faster than men. But because a male heart is bigger (by about 25 percent), so it can pump more blood in a single beat. Newborns have the fastest heartbeats, at 70 to 190 beats

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"There are numerous countries in the world where the politicians have seized absolute power and muzzled the press. There is no country in the world where the press has seized absolute power and muzzled the politicians"

---David Brinklev

per minute, and the hearts of well-trained athletes tend to beat slower, at a rate of 40 to 60 beats per minute.

Most people believe our heart is located on the left side of our chest but that's not true. Our heart is located in the center of the chest. That's why when you perform CPR you place your hands in the center of the chest directly over the heart.

Another thing, while it may be a compliment to be told you have a "big heart" actually having a big heart isn't necessarily a good thing. An enlarged heart is a symptom of heart disease. The average adult heart is about the size of your fist.

Here's a question for you ... What do you think is the most common day of the week when people experience a heart attack? The most common day of the week for heart attacks is Monday. The European Journal of Epidemiology found that the incidence of heart attack was 20 percent higher in men and 15 percent higher in women on Mondays. Other popular heart attack days are Christmas, the day after Christmas and New Year's. There are many factors that contribute to this phenomenon.

Our bodies contain three different kinds of blood vessels: Arteries carry blood from the heart to our other organs, veins carry blood from organs and limbs back to the heart, and capillaries connect the two. Together, all of the arteries, veins, and capillaries in the body are long enough to go around the world more than twice. Our height plays a role in exactly how many "miles" of vessels are in our body. How tall are you? Think about it.

Many people have heard of a thing called hardening of the arteries. The medical term, atherosclerosis, is the result of cholesterol and fat buildup in the vessels, which causes plaque. It can lead to coronary artery disease, heart attack, and stroke. When it comes to sneezing, many people think your heart stops for a minute or so. During a sneeze, a momentary change in the pressure in your chest may affect blood flow but your heart doesn't stop when you sneeze. That doesn't mean you should stop saying "bless you" or "gesundheit" after a sneeze, though. It's only polite! And lastly, despite the name, your heart doesn't stop during heart failure either. It just can't pump blood as effectively as it should. The only time the heart stops is during cardiac arrest.

Speaking of cardiac arrest ... do you know how to perform

Continued on page 10



### **AZ SAFETY SOLUTIONS**

**By Karen Hauca** Special to Copper Area News

### **FUNERAL NOTICE**

### Joyce C. Hughes

Memorial services for Joyce C. Hughes will be held Saturday, Feb. 8, at 11 a.m. at the Church of the Good Shepherd (bottom of School Hill, Kearny). A luncheon for the public will follow the services.

Joyce passed away Jan. 4, 2020.

Memory contributions can be made to The Church of The Good Shepherd, PO Box 729, Kearny, AZ 85137.



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### LETTER TO THE EDITOR

### Family First celebrates 15 years of service in Pinal County

amily First Pregnancy Care Center and Family Diaper Bank has provided 15 years of service to mothers, youth and families of Oracle, San Manuel, and Mammoth at its Oracle Center at 575 American Ave. It is also celebrating 8 years of service to people living in Winkelman, Hayden, and Kearny at its center at 508 N. Thorne Avenue in Winkelman. Although we have been operating many years in both areas, we still have people who will stop in and wonder what Family First does.

The answer is hard to explain because we are a unique nonprofit organization that provides an incentive program to people of all ages. We offer free educational classes for a wide range of different parenting and life skills. We have practical lessons on infant and child development from conception through adolescence. These interesting and informative classes are tailored to meet each client's individual needs.

Although we are not professional counselors, we have many years of experience and training in our educational resources that will help parents raise their children to grow to be happy, healthy, confident young adults. We also provide a caring, confidential listening ear for all caregivers, mothers, and fathers who feel insecure about how to best raise children in all family settings. The lessons are easy to understand and are done as individual or small group classes. Appointments can be made by calling the Oracle center at 520-896-9545 or the Winkelman center at 520-664-5795. The Oracle center is open Monday, Tuesday, and Wednesday for appointments from 9:30 a.m. to 4:30 p.m. The Winkelman center is open Wednesday and Thursday from 9 a.m. to 2 p.m.

Learn" program which lets you earn "Mommy or Daddy Dollars" for each class taken that can be used to purchase things needed by most parents and caregivers at our center stores, including: diapers, wipes, clothes, formula, and many other items. We also have beautiful handmade quilts and crocheted blankets made and donated by groups of talented and generous people who create these unique gifts of love. Our stores are stocked by donations from churches and individuals who donate items needed by our families.

Wednesday mornings feature Story Time for all one to four year old children from 10 to 11 a.m. Besides hearing a story, they enjoy doing crafts, sharing snacks, and playing with other children. It is a fun time for the children and for the parents to observe and talk with other

mothers.

Our services are free to all people, regardless of age, ethnicity, income level, or religious beliefs, are invited to come here for information, classes, or confidential help. Family First is always looking for volunteers to become involved with the Family First team of women who are dedicated to our mothers, youth and families. If you have any questions about different Family and life issues, we probably have classes to help you as you navigate through the changing developmental stages and much more.

Come help us celebrate and meet us in person. Our friendly volunteers are waiting to meet and greet you soon.

/s/ Frank and Clare Grochocki Family First

## Assessor's Office will be in Mammoth to accept tax exemption applications

The Pinal County Assessor's Office will have a representative at Supervisor Pete Rios' Office located at the Pinal County Complex, 118 Catalina Ave, Mammoth, Arizona (NW corner of Kino and Catalina) on Wednesday, Feb. 12, 2020, 9 a.m. to 1 p.m., in order to accept applications for Widows/Widowers and Disabled Persons Tax Exemption.

All applicants must apply in person.

Please bring the following:

- · Arizona Drivers License or Arizona ID
- Death Certificate (Widows/Widower's exemption)
- Arizona Income Tax return for 2019
- $\bullet$  Property and/or Manufactured Home deed or tax bills

Title and/or registration for any vehicle you own For more information, please call (520) 866-6361.







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Prices are per person based on double occupancy plus \$299 in taxes & fees. Single supplement and seasonal surcharges may apply, Add-on airfare available. Offers apply to new bookings only, made by 3/31/20. Other terms & conditions may apply. Ask your Travel Consultant for details.

### Capstone has job fair



With the strike at Asarco entering its fourth month, there was a little bit of good news for out of work miners: Pinto Valley Mine is hiring mine mobile maintenance mechanics. Several members of management were on hand Friday, Jan. 31, interviewing candidates for the open positions. Pictured from left are: (back) Tim Lusk, Dustin Patterson and Dave Posey; and (front) Jamie Ochoa, Frank Buso and Sherri Powell.

James Carnes | Copper Area News

High School students (10th - 12th) can jump start their careers by enrolling in CVIT's Central Campus Programs located on Gila Community College or Central Arizona College Aravaipa campuses. All tuition, books, and certification fees are paid for by CVIT. Students can earn college credit and industry certification while learning entry level skills.



#### **GCC Campus Programs**

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Information available at cvit81.org or contact Mike O'Neal at 928-242-1907 or moneal@cvit81.org





Dave Posey from Capstone looks over a resume from a potential new hire.

James Carnes | Copper Area News

### Eye Unit to visit Kearny next week

The Arizona Medical Eye Unit from the Lions Vision Center, Inc. will be giving Ophthalmological Medical Eye Examinations in Kearny, AZ on Monday, Feb. 10, 2020, at Constitution Hall (Kearny Senior Center).

The fee per patient is \$40 cash. Call (480) 734-4882 for an appointment. Spaces are limited. Patients will be examined for eye diseases including glaucoma, cataracts and diabetic retinopathy. Prescriptions for glasses (but not contacts) will be offered.

The Arizona Medical Eye Unit was

donated to the Lions Vision Center, Inc. through the Odd Fellows and Rebekahs of Arizona. The Arizona Ophthalmological Society provided the funding for the 2012 Ford F-350 truck. The Arizona Medical Eye Unit is sponsored by the Arizona Ophthalmological Society. Arizona Ophthalmologists in private practice volunteer their time on the "Unit" and receive no remuneration. The "Unit" has been in operation since January, 1976, and travels approximately 13,000 miles per year to serve thousands of patients in the outlying rural areas of Arizona.

# Ray Junior High School releases honor rolls

Ray Junior High School has released the Honor Rolls for the 1st Semester of the 2019-20 academic year.

First Semester High Honor Roll students include:

Seventh Grade – Monica Arredondo, Jade Bentley, Sanaa McGee, Analina Montijo, Isabella Montijo, James Ruiz; and with straight A's: Vanessa Bui and Graciela Rivera.

Eighth Grade - Faith Bracamonte, Alexis Gallego, Kassidy Knagge and Yasmin Rivera

First Semester Honor Roll students

include:

Seventh Grade – Jonathan Beede, Mark Chester, Shaylee Fales, Bridgette Gennicks, Eduardo Gutierrez, Analysia Nunez and Mary Salazar Jurado. Eighth Grade - Carpenter Bryce, Tim Cantrell, Ethan Chester, Liam Foster, Cambria Garcia, Mialisa Gauthier, Malena Goad, Serenity Goad and Joseph Morales.

Editor's note: The honor rolls published in last week's Copper Basin News had several errors. We wanted to properly recognize these excellent scholars.



So is this like bringing a knife to a gunfight? The horses' owner left these two beauties 'parked' outside the Speedway in Winkelman.

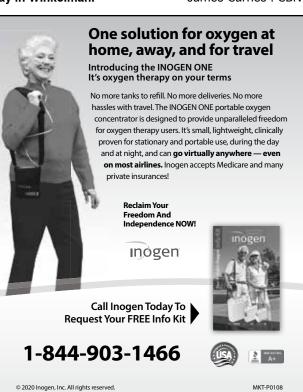
James Carnes | CBN



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#### Hyperbaric Oxygen Therapy Now Available at the CV Wound Center!

### What is Hyperbaric Wound Therapy?

Hyperbaric oxygen therapy involves breathing pure oxygen in a pressurized room or tube. Hyperbaric oxygen therapy is a well-established treatment for decompression sickness, a hazard of scuba diving. Other conditions treated with hyperbaric oxygen therapy include serious infections, bubbles of air in your blood vessels, and wounds that won't heal.



In a hyperbaric oxygen therapy chamber, the air pressure is increased to three times higher than normal air pressure. Under these conditions, your lungs can gather more oxygen than would be possible breathing pure oxygen at normal air pressure.

Your blood carries this oxygen throughout your body. This helps fight bacteria and stimulate the

release of substances called growth factors and stem cells, which promote healing.

#### **Conditions for Treatment**

Hyperbaric oxygen therapy is used to treat several medical conditions. And medical institutions use it in different ways. Your doctor may suggest hyperbaric oxygen therapy if you have one of the following conditions:

- Anemia, severe
- · Brain abscess
- Bubbles of air in your blood vessels (arterial gas embolism)
- Burn
- Decompression sickness
- Carbon monoxide poisoning
- Crushing injury
- · Deafness, sudden
- Gangrene
- Infection of skin or bone that causes tissue death
- Non-healing wounds, such as a diabetic foot ulcer
- Radiation injury
- Vascular wounds
- Skin graft or skin flap at risk of tissue death
- Wounds that won't heal

#### **During Hyperbaric Therapy**

Hyperbaric oxygen therapy typically is performed as an outpatient procedure and doesn't require hospitalization. If you're already hospitalized and require hyperbaric oxygen therapy, you'll remain in the hospital for therapy. During hyperbaric oxygen therapy, the air pressure in the room is about two to three times normal air pressure. The increased air pressure will create a temporary feeling of fullness in your ears — similar to what you might feel in an airplane or at a high elevation. You can relieve

that feeling by yawning or swallowing. For most conditions, therapy lasts approximately two hours. Members of our health care team will monitor you and the therapy unit throughout your treatment.

#### After Hyperbaric Therapy

You may feel somewhat tired or hungry following your treatment. This doesn't limit normal activities.

Call the Cobre Valley Regional Medical Center Wound Center for more information regarding Hyperbaric Wound therapy.



### Volunteer to be a voice for young children in your Arizona community

If you are passionate about children's issues and want to impact the early childhood programs available to young kids in our community, First Things First (FTF) needs you. FTF is Arizona's early childhood health and development agency and seeks about 150 volunteers for the opportunity to collaborate with other dedicated community members in local communities across Arizona.

This year, FTF has made the application process simple with an easy online application (https://www.firstthingsfirst.org/serve-az-community/)

Volunteering on a regional council is a unique, high-level leadership opportunity to make a positive impact on children and families in our community. Regional council members help define priorities for the local services and supports for

### Ray Elementary School honors January's heroes



The Ray Elementary School's Heroes of the Month for January are: Hazel, Bella, Emilio, Julianna, Derek, Krishel, Izzy, Josselyn, Zachary, Jason and Marko. Congratulations to these excellent citizens.

### Copper Area Basketball Scoreboard

#### Men's Basketball

Jan. 28

Hayden - 54, North Phx Prep - 69

Duncan – 55, Superior – 45

San Manuel – 74, Globe – 37

Jan. 30

Ft. Thomas - 99, Hayden - 71

Superior - 44, Arete Prep - 51

Jan. 31

Arete Prep – 72, Ray – 40

Cibecue/Dischii/Biko - 54, Superior - 58

San Manuel – 43, Miami – 41

Feb. 1

Hayden - 26, Cibecue/Dischii Biko - 72

#### Women's Basketball

Jan. 28

Duncan – 24, Superior – 16

San Manuel – 26, Globe – 50

**Jan. 30** 

Ft. Thomas -64, Hayden -27

Superior - 14, Arete Prep - 41

Jan. 31

Arete Prep − 28, Ray − 26

Cibecue/Dischii/Biko – 64, Superior – 11

San Manuel - 26, Miami - 21

Feb. 1

Hayden – 38, Cibecue/Dischii Biko – 53

young children and their families. By collaborating with other dedicated community members, they provide opportunities for young children to get a strong start in life.

Research has shown a child's early experiences lay the foundation for a lifetime of success in school and beyond. FTF partners with parents and communities to give children birth to age 5 the tools they need to arrive at kindergarten prepared to succeed. Regional councils made up of community volunteers inform decisions about how First Things First can help strengthen families, expand early learning opportunities and increase access to preventive health services in their area.

FTF is accepting applications in the Pinal Region from various backgrounds for the following seats that are open either due to vacancy or terms about to expire: individuals from the business, education, health, faith and childcare communities – who want to be a voice for children in our community. Regional council members must live or work in this region. The six regional council seats open in this region are:

- Child Care or Preschool Provider: Individuals applying for this seat must be licensed by the Arizona Department of Health Services, certified by the Arizona Department of Economic Security, authorized by tribal government or the U.S. Department of Defense or registered with Child Care Resource and Referral
- Educator: Individuals providing early childhood professional development instruction, including but not limited to community college and university level instructors or administrators and other professional development organizations
- Business: an owner, officer, CEO or member of the executive management staff of a for-profit or not-for profit business
- Health: Health care service provider serving children birth through 5 years. This may include, but is not limited to, physicians, nurses, county health department lay-health workers, school nurses, dentists, dental hygienists, registered dietitians, physical therapists, occupational therapists, speech therapists, psychologists, or other physical and mental health service paraprofessionals
- Faith: An individual with a voluntary or paid role within the faith community, a traditionalist in a tribal community, or other faith-based representation consistent with the community norms and titles
- At-Large: At Large membership is first available to tribal representatives the Ak-Chin community, located within the Pinal region. The balance of each membership must be a community member who lives or works in the region and who may, but is not required to, represent any of the categories identified above.

If you or someone you know can commit to about 10 hours per month to make a difference in the lives of young children in our community, please visit FirstThingsFirst.org/serve. There, you can learn about the volunteer positions available in our area, read a detailed description of the position, and fill out an application.

The job of getting kids ready for school starts the day they are born. Please consider lending your expertise, insight and community spirit to help ensure that all Arizona children are ready to succeed in kindergarten and beyond!

**About First Things First** –First Things First is a votercreated, statewide organization that funds early learning, family support and children preventive health services to help kids be successful once they enter kindergarten. Decisions about how those funds are spent are made by local councils staffed by community volunteers. To learn more, visit FirstThingsFirst.org.

# Superior to host first ever Copper Corridor Trail Run; guided hike planned and new trails to open

Superior is becoming a destination for outdoor recreation and competitions.

This week Aravaipa Running opened registration for the Copper Corridor Trail Run. The race will feature a 50k, 33k, 18k and 12k race on Saturday, Feb. 29. The race will start and end in Downtown Superior and the race course will include the riparian wonderland of Arnett Canyon; the longer courses

will include parts of the Arizona Trail and the mighty Picket Post Mountain. Runners and spectators can learn more about this race online at: http://bit.ly/ CopperCorridorRace

If running the trails is not for you, the Legends of Superior Trails Inc. will be hosting Hashbrowns, History and Hiking on Feb. 14, 2020. The event starts at 7:30 a.m. with a hearty breakfast and

a presentation on the history of Pinal City. The presentation will be given by Steve Germick the Tonto National Forest Historian. Tickets are \$25 per person and seats are selling fast. You can register for the event online at:http://bit.ly/Feb20HHH or you can contact the LOST at (520) 827-0676.

The Town of Superior and the LOST have been working with the AmeriCorps

NCC crew to build the last segment of the LOST main trail alignment. The new segment will connect the Airport on US 60 to the US 60 Park/Main Street. The completion of this alignment will allow trail users to travel from the Arizona Trail National Scenic Trail Picket Post Trailhead to the old US 60 Tunnel. The new segment is expected to open in March.

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Enjoy our slideshow: https://tinyurl.com/AUP-church-to-God https://tinyurl.com/A-church-to-God

All are welcome.

#### Kearny Church of Christ

103 Hammond Dr., Kearny

#### Minister George Randall 520-363-7711

Sunday Bible Study 10 a.m. Sunday Worship 11 a.m. Evening Worship 6 p.m. Wednesday Bible Study 7 p.m.

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#### Church of the Good Shepherd

Bottom of School Hill, Kearny

#### Pastor Jimmie Nelson 520-363-7283 www.thegoodshepherd.pbworks.com

Sunday Worship 9 a.m.

UMC in cooperation with the Episcopal Church & the Evangelical Lutheran Church of America

We stand in awe of God and of one another

#### Living Word Chapel Copper Corridor

Love God, Love People

#### Pastor James Ruiz 520-896-2771

Join us 5 p.m. at 402 Danbury Rd., Kearny www.lwcoracle.org Find us on Facebook @ Living Word Chapel Copper Corridor

#### Infant Jesus of Prague Catholic Church

501 Victoria Circle, Kearny

#### Rev. Fr. George Kunnel (Pastor) 520-363-7205

Daily Masses Tues. 5:30 p.m.; Thurs. 8:30 a.m. Saturday Vigil 6 p.m.; Sunday Mass 9 a.m. Sunday Religious Ed for Children, Youth Ministry & Jr. High Youth Groups 10:15 a.m.

#### **Lighthouse Assembly of God** Hwy. 77, MP 134, 1/2 mi S of Winkelman

Pastor David Wade

#### 520-356-6718

Worship Service 9 & 11 a.m. Evening Worship 6:30 p.m. Wednesday Family Night 7 p.m.

We Welcome You! www.YourLighthouseFamily.com

#### San Pedro Valley Baptist Church

Dudleyville Road, Dudleyville

#### Pastor Anthony DaCunha 520-357-7353

Sunday School 9:45 a.m. Morning Worship 11 a.m. Evening Service 6 p.m. Wednesday Prayer Meeting 7 p.m.

### Presbyterian Church of Superior

100 Magma Ave., Superior

520-689-2631

Worship Service Sunday: 10 a.m. All are welcome.

Anonymous prayer box located at Save Money Market. We will pray for you!

#### Superior Harvest Church

Hill St. & Stone Ave., Superior

Pastor Albert M. Rodriguez 480-354-4499 H 480-329-3647 C

Sunday Morning Service 10 a.m. Wednesday Bible Study 5 p.m.

Victory in Jesus

#### St. Francis of Assisi Catholic Church

11 Church Ave., Superior

Fr. Samuel Jandeh 520-689-2250

Weekday Mass Tues.-Fri. 8 a.m. Saturday 5 p.m. • Sunday 9 & 11 a.m. Confession: Sat. 4-4:45 p.m. or by req. www.stfrancissuperior.org

#### Family Life Christian Center

56 Kellner Ave., Superior
"When Life Hurts – Only God Heals"
Pastors Dennis & Sandy VanGorp
520-689-2202

Sunday Prayer 9:45 a.m.; Worship 10:30 a.m. 2nd Sunday Miracle Service 6 p.m. Wednesday Bible Study 6 p.m.

> Everyone is Welcome Assembly of God

To be included in the weekly church listing, call 520-363-5554 or email at cbnsun@minersunbasin.com.

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## THIS 'N THAT

### **COMMUNITY CALENDAR**

### 2020 Waste Voucher Program to Begin Jan. 6

Supervisor Rios is pleased to announce that the Pinal County Waste Voucher Program will begin Jan. 6, 2020. Please remember that in order to obtain vouchers those interested must present a current utility bill dated within the last 60 days with their name and physical address imprinted on it. No vouchers will be issued without proper documentation. Three vouchers will be given and they will be good from Jan. 6, 2020 until Dec. 31, 2020. If those participating own more than one residence they can only obtain vouchers for the primary residence. Vouchers can be used at the Oracle Transfer Station and are good for a truck load of up to 750 lbs. or the Dudleyville Landfill and are good for a truck load of up to three cubic yards. Vouchers will be issued according to the name that appears on the utility bill and that person must be present when redeeming the vouchers at the Oracle Transfer Station or Dudleyville Landfill. Questions or concerns can be addressed by contacting the office at 1-800-208-6897 ext. 7830-7833 or 520-487-

### Hand Me Up Shop Seeking Volunteers

The Hand Me Up Shop is looking for volunteers! Do you have 5 hours on Tuesdays or Wednesdays that you could spend giving back to the community? Come by and see us! Are you are high school student that is good with electronics and needs some volunteer hours for your scholarship applications? We need you! A few hours on Friday would help us both. Call Barbara or Rose at 363-9683 Tues-Fri, 9 a.m. - 2 p.m.



### Start a Girl Scout Troop in Your Community

Girls need you! By leading a Girl Scout troop, you will serve as a role model, mentor and cheerleader for girls. Girl Scouts builds girls of courage, confidence and character while preparing them for a lifetime of leadership. For over 100 years, Girl Scouts has been the expert in girls' leadership development, providing girls 5-17 with thousands of unique, girl-led experiences. Girl Scouts is volunteer-led. Training and on-going support provided. Troop leaders and co-leaders coordinate and organize meeting activities, communicate with parents and families, and engage girls to create memories that will last a lifetime. For more information, contact Beverly Arriaga at barriaga@ girlscoutssoaz.org or call (520) 319-3173.

#### **FEBRUARY**

### 12 Widow Exemption Appointments

A representative from the Pinal County Assessor's Office will be accepting applications for Widows/ Widowers and Disabled Persons Tax Exemption on Wednesday, Feb 12 from 9 a.m. - 1 p.m. at the office of Supervisor Pete Rios, located in Pinal County Complex, 118 Catalina Ave. in Mammoth. If you have any questions, please contact the Pinal County Assessor's office at 520-866-6361.

#### **MARCH**

### 12-15 60th Annual Pioneer Days

Pioneer Days 60th Anniversary will be held Thursday - Sunday, March 12 -15 in Kearny. The theme is Home of the Free Because of the Brave. Organizers are asking the community to supply us with military photos and bios of their family from the Copper Basin area for our Wall of Heroes that they are going to display at Pioneer Days. They will be having a ceremony for the military and the entire Pioneer Days are dedicated to the veterans and servicemen and women in the military. You can email at director@copperbasinaz.org, mail information to Copper Basin Chamber of Commerce P.O. Box 206 Kearny, AZ 85137, or bring the information in to the office at 355 Alden Rd. For more information call 520-363-7607. They are also bringing back the Art Gallery and Show to Pioneer Days, which will be housed in the old NAPA building down by Pioneer Park. They are looking for artists to display their art. There will also be activities for kids. For more information visit copperbasin.org or email director@ copperbasin.org or call 520-363-3767.

#### APRIL

### 18 10th Annual Women's Expo

The Copper Basin Chamber of Commerce 10th Annual Women's Expo is coming to Winkelman on Saturday, April 18, 2020. If you are interested in sponsoring this event or joining us, email Martina at eppab@yahoo.com or the Chamber at events@copperbasinaz.org or call 520-363-7607.

Submitinformation to CBNSUN@minersunbasin.com or call 520-363-5554. Listings are free. The Copper Basin News reserves the right to edit or refuse submissions. Submissions are due the Friday before Wednesday publication.

### ON THE AGENDA

**UNITED FOOD BANK:** United Food Bank will be in the parking lot of the Church of the Good Shepherd (bottom of the school hill in Kearny), on the first Friday of each month.

**MASONS TO MEET:** Ray-Winkelman Masons Lodge #24 will hold its regular meeting at 318 Fairhaven Road, Kearny, on the second Tuesday of each month at 7:30 p.m. All Masons are invited. The Order of the Eastern Star meets the second Thursday of each month.

**HAYDEN SENIOR CENTER:** The Hayden Senior Center, 520 Velasco Ave., is open every weekday, from 8 a.m. - 4 p.m., to serve the needs of senior citizens and low-income families. A warm,nutritious lunch is served every day. Call 520-356-7035 for information or to check on the daily meal.

KEARNY SENIOR CITIZENS: The Kearny Senior Citizens group meets every Wednesday at 10 a.m. at Constitution Hall. The group talks about trips to different places in Arizona as well as other subjects. A potluck dinner is held after the social hour on the last Wednesday of the month. New members are needed. Come down and join the group. From May through August, the group meets only on the last Wednesday of the month.

PREGNANCY CARE CENTER HOURS: The Pregnancy Care Center in Winkelman, located at Fourth and Thorne Avenues in Winkelman, is open on Wednesday and Thursday from 9 a.m. to 2 p.m. Men's workshop is held on Thursday from 5-6 p.m. You can call (520) 664-5795 for a confidential appointment.

**LOBO BOOSTERS:** For Lobo Booster Club membership and information, please call Michelle Gonzales at 480-888-6598.

KEARNY LIBRARY HAPPENINGS: Story hour for preschool children is held on Mondays from 10-11:30 a.m. Coffee and Conversation for seniors over 50 is held Tuesdays and Thursdays from 8:30-10 a.m. (use the SW door in the back). Crochet class is held Wednesdays from 1-2:30 p.m. for beginners to advanced (we'll teach you). Ladies Day Out once a month potluck and friendship is held the third Tuesday of the month. Time is noon to 3 p.m. Bring a covered dish to share. There will be activities, games and a craft. The KLAC (Kearny Library Activity Center) is open for kids 8-14 on Fridays from noon to 1 p.m. For more information call 363-5861.

**AA MEETINGS:** Open AA meetings are held Sundays, 10-11 a.m., at AMI Behavioral Health Services Office, 620 E. American Ave., Suite B, Oracle. For more information, please call (520) 896-2755.

### **SAFETY**

Continued from page 2

CPR on a loved one, or anyone, who has experienced a cardiac arrest? You don't have to be an EMT or Paramedic or Doctor or Nurse to perform this life-saving technique. You don't even have to do rescue breathing, also called mouth-to-mouth breathing any more. Calling 9-1-1 and pushing hard and fast on the person's chest while waiting for first responders to arrive can mean the difference between life and death for the victim of a cardiac arrest.

Want to give your Valentine a unique and potentially lifesaving gift this Valentine's Day? Why not sign them and yourself up for a CPR class? A hands-Only CPR class takes about 1 hour or so to complete and the best part is that ANYONE can take a CPR class! So, you might have physical limitations and not be able to perform compressions vourself but. you CAN tell someone else who may not know CPR how to do it when it is needed.

Want to know more about taking a CPR class or having a CPR class brought to you and your group? Contact us here at AZ Safety Solutions and we can schedule training for you. AZ Safety Solutions is a

firefighter/EMT owned safety education company dedicated to providing the community we serve the very best in safety education. Our instructors have a combined 85(+) years of field emergency response and teaching experience. You can contact us by calling AZSafety Solutions at (520) 838-4508 or via email at info@azsafetysolutions.com

#### **Public Notice**

NOTICE (for publication) ARTICLES OF ORGANIZATION HAVE BEEN FILED IN THE OFFICE OF THE ARIZONA CORPORATION COMMISSION FOR I. Name: Sawyer Technology Service LLC File No. 23049025 II. The address of the known place of business is: 1501 N. Beeline Hwy #68 Payson AZ 85541 III. The name and street address of the Statutory Agent is: Steven S. Sawyer, 1501 N. Beeline Hwy #68 Payson AZ 85541 Management of the limited liability company is vested in a manager or managers. The names and addresses of each person who is a manager AND each person who owns a twenty percent or greater interest in the capital or profits of the limited liability company are: Steven S. Sawyer, 1501 N. Beeline Hwy #68 Payson AZ 85541 manager CBN Legal 1/22/20, 1/29/20, 2/5/20

#### **Public Notice**

TOWN OF KEARNY **CALL FOR BIDS** 

The Town of Kearny will receive sealed Bids at the Town of Kearny Town Hall, 912-C Tilbury Drive, Kearny, Arizona, 85137, telephone number, 520-363-5547, or questions for aflores@ townofkearny.com, until 5:00 p.m., on Thursday, February 13, 2020 when all Bids that have been duly received will be opened publicly. The project includes, but not necessarily limited to the following items of work:

Town of Kearny Upton Paving with new asphalt overlay, which includes mill along both ends of curb & incoming streets for proper finished elevation, cross mill hill top to bottom as necessary, clean & prepare pavement, apply SS1H tack oil, pave 57,868 sf., with new hot asphalt to an average lift of 1.5", steel roll for compaction and smooth finish. The Scope of Work is from the Family Dollar Store to Danbury Road.

Town of Kearny Tilbury Road Paving which includes mill along both ends of the curb & incoming streets for proper finished elevation, clean and prepare pavement, apply SS1H tack oil, pave 77,724 sf. With new hot asphalt to an average lift of 1.5", steel roll for compaction and smooth finish. The Scope of Work includes from the curve on Tilbury Road to the Train Tracks

Please include utility adjustments on Upton Road and Tilbury Road which consists of demo existing concrete around valves & manholes, included), prep and adjust frames to proper elevations, set and pour 4000 PSI concrete to a depth of 8-10 inches, finish concrete collar as needed. This includes on Upton Road 8 valves, and 7 manholes. Also needs 15 valves and 9 manholes on Tilbury Road.

The Town of Kearny Council reserves the right to reject any or all Bids, to waive any non-conformance, to re-advertise for Bids, and to withhold the award for any reason the Town of Kearny determines. CBN Legal 2/5/20, 2/12/20

(520) 385-2266 (520) 363-5554

#### CLASSIFIED







Buy Online: bit.ly/2kcmZaP

#### 10. Business Services

### Connie's **Barber Shop**

Hours 9-5 620 E. American Avenue #D Oracle, AZ

**DASCH IN** Thrift Shoppe 520.336.8750

375 E. American Ave., Unit 1 Oracle, AZ

#### **HOWELL'S TAX SERVICE LLC**

Hours 12-5pm Evenings by Appt. Closed Tues., Sat. & Sun.

3 MILES SOUTH OF MAMMOTH AT THE RR TRACKS

CALL 520-487-2415

#### Oracle Electric

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Kevin Brandt, Owner

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#### PRINTING

Letterheads \* Envelopes Business Cards \* Flyers **Business Forms \* Copies** Newsletters \* Programs **Brochures \* Rubber Stamps Wedding Announcements Graduation Stationery \* Posters** Door Hangers \* Raffle Tickets

Copper Basin News 366 Alden Rd. Kearny

(520) 363-5554 CbnSun@MinerSunBasin.com

#### 10. Business Services

#### **Peppersauce Motorsports** TIRE SHOP

136 W. 8th Ave.. San Manuel

Offering **Passenger** Car & Truck Tire Repair

520-385-4265

#### 16. Financial Services

Over \$10K in deht? Be deht free in 24-48 months Pay a fraction of what you owe. A+ BBB rated. Call National Debt Relief 866-541-6885. (AzCAN)

#### 18. Fitness/Beauty

OXYGEN - Anytime. Anywhere. No tanks to refill. No deliveries. The All-New Inogen One G4 is only 2.8 pounds! FAA approved FREE info kit: 866-397-4003 (AzCAN)

> Call 520-385-2266 or 520-363-5554 to place your ad.

#### 15. Furniture

15. Furniture

For Sale Immediately:

Metal file cabinets – \$25-\$35 each; Large counter with shelves - \$40; Other desks – \$15 each: Layout/light table - \$40; Two-line phones. Lots of odds & ends priced to sell.

Call James @ 480.620.5401





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(520) 385-2266 & (520) 363-5554 Buy

Buy Online: bit.ly/2kcmZaP **CLASSIFIED** 

Deadline Friday 5 pm





20. Help Wanted

20. Help Wanted

45. Misc.

80. Rentals

80. Rentals

100. Real Estate

HEY, KIDS:

Need some





has a route opening in the HAYDEN & WINKELMAN AREA.

Sell 50 papers make \$10, and you get to keep all the tips!!

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For More Information Call James at 480-620-5401.



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Pharmacy Technician Training Programs From Ultimate Medical Academy Offer Quality Healthcare Education to Students 100% online - Ultimate Medical Academy: 855-781-0908 (AzCAN)

#### 45. Misc.

SPRING TRAVEL SPECIAL! 7 Day / 6 Night Orlando + Daytona Beach Vacation with Hertz Rental Car Included. Only \$398.00. Call 877-671-0598 to Reserve. 12 Months to use. (AzCAN)



Organizers are looking for all military, past or present, who was born or lived in the Copper Basin area. They want to honor you during

want to honor you during the 60th annual Pioneer Days celebration. Photos can be emailed to director@ copperbasinaz.org, mailed to Copper Basin Chamber of Commerce, P.O. Box 206

to Copper Basin Chamber of Commerce, P.O. Box 206 Kearny, AZ 85137, or bring the information to the office

at 355 Alden Rd.

For more information call **520-363-7607**.

All photos submitted will be displayed at the Elks Lodge and there will be a ceremony on Thursday, March 12, 6 p.m. A PLACE FOR MOM has helped over a million families find senior living. Our trusted, local advisors help find solutions to your unique needs at no cost to you. Call 1-602-782-8835. (AzCAN)

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Call 520-385-2266 or 520-363-5554 to place your ad.

#### 80. Rentals



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#### 95. Want to Buv

#### Wanted – Anvil, Hammers, Bits & Spurs

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Please call for offers.

John (928) 402-0844 Thanks!

### **Dalton Realty** 520-689-5201

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Looking for an affordable 62+ senior apartment? Superior Arboretum Apartments, immediate occupancy, one bedroom & studios, on-site laundry & utility allowance. Rent based on Income Guidelines. 199 W. Gray Dr., Superior, AZ. Call 1-866-962-4804, www. ncr.org/superiorarboretum. Equal Housing Opportunity. Wheelchair Accessible. (AzCAN)

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100. Real Estate

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#### **SAN MANUEL**

- 124 6th Ave. 3 Bdrm 1 Ba home with forced back yard sheds, extra carport, remodeled kitchen and bath. Must See! \$78,000
- **603 4th Ave.** 2 bdrm 2 ba home with fenced front and back yards, open floor plan with remodeled kitchen and baths. Large covered back patio. Gorgeous views. \$94,500
- 110 E. Avenue G 2 or 3 Bdrm home on large corner lot. New roof, block wall, great room extended dining area, all appliances and low maintenance landscaping. \$159,900
- **608 Webb** 3 bdrm 1 bath. this spacious home has an enlarged master bedroom and living room, remodeled kitche. **SALE. REINPUNS.** Fenced back yard with lots of storage and a workshop. Must see! \$81,900
- **REDUCED 907 1st Ave.** 3 bdrm 1 3/4 ba home with detached garage. Backs to desert and has a brick fireplace in back. Wood look tile and ceramic tile flooring, stainless appliances. Fenced back yard. Must see! \$95,000
- 932 5th Ave. 4 bdrm 2 bath on large corner lot. Remodeled home with ceramic tile flooring. Includes appliances. New upgrades, flooring, windows, doors and more! Must see! \$115,000

#### **MAMMOTH**

• 19931 S. Sterling Beautiful Santa Fe style home. 3 Bdrm 3 baths with huge living room w. fireplace, large kitchen, family room w. fireplace, double car garage and 5 acres of beauty. Has own well. Must see! \$480,000

**Amy Whatton Broker** (928) 812-2816



#### Town of Superior Employment Opportunity

**Position:** Management Intern

Pay: \$12.00 (hourly) Temporary Part-time – applicants will be employed for 12 weeks up to 20 hours, or a total of 240 hours.

**Opening Date:** Monday, January 13, 2020

Closing Date: Until Filled

### Application Packets can be obtained at:

Town of Superior 199 N. Lobb Ave. Superior, AZ 85173 Monday-Friday 8 a.m. to noon, 1-5 p.m. Phone: (520) 689-5752 Fax: (520) 689-5822

The Town of Superior is an Equal Opportunity
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