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5 Tips for Prioritizing Mental Health This May

By Dr. Donald Tavakoli

UnitedHealthcare National Medical Director for Behavioral Health

May is Mental Health Awareness Month, which is a great time to check in with yourself, the people in your life and explore ways to prioritize emotional well-being. With one in five U.S. adults experiencing mental illness each year, taking small, intentional steps to support mental wellness may have a very meaningful impact.

This month, and in the months ahead, there are simple vet effective ways to focus on your mental health. Here are a handful to consider:

Stay Connected to a Strong **Support System**

Social support can play a critical role in mental well-being. Research shows that strong social connections are linked to lower levels of anxiety and depres-

edHealthcare's College Student and Graduate Behavioral Health Report, young adults are increasingly turning to their peers for emotional support more than any other outside influence. Whether it's friends, family or colleagues, maintaining these connections may provide stability and encouragement during life's ups and downs.

Build Healthy Habits

Lifestyle choices may have a significant impact on mental health. Regular physical activity, proper sleep, and balanced nutrition may help regulate mood and reduce symptoms of anxiety and depression. Studies have shown that individuals who engaged in regular exercise experience lower levels of stress and improved mental well-being. Even small changes, like a daily walk or practicing mindfulness, may make a significant differ-

Limit Online Time

sive social media use is linked to a higher risk of depression and anxiety, especially among young people. It's important to keep in mind that a person's social feed may not reflect their actual life story. Instead, try to embrace the difficulties of life as normal, focus on the present, and priori-

tize your offline relationships. Take Advantage of Mental **Health Resources**

Exploring available mental health resources available through your health plan can be a great first step. For example, some insurers, such as

tal self-care tools such as Calm Health, coaching, 24/7 mental health support lines for "in-themoment" support visits, along with in-person and virtual visits, allowing individuals to access support in a variety of ways. If you're unsure where to start, sign in to your health plan or call the number on your insurance ID card.

Seek Professional Help When Necessary

If feelings of stress, anxiety, or depression start to feel overwhelming, reach out to your primary care physician (PCP). If you don't have a PCP, establish a

relationship with one. Your PCP will provide valuable insights and care, and referrals if needed. Getting the right support can guide you toward a more balanced and fulfilling life.

Please remember, taking care of your mental health isn't just important this month - it may be something that benefits overall well-being year-round. Even small, consistent efforts may lead to long-term improvements in emotional resilience and quality of life.

For more mental health resources, visit uhc.com.





Globe Active Adult Center News & Menu

Call us and tell us

Hello from the Globe Active Adult Center. Video Exercise Tuesdays and Thursdays 8am. Stretch and Flex 9:30am on Tuesdays and Thursdays. Wednesdays and Fridays Bingo 9am. Wednesday Ceramics at 9am and Friday Crafts at 9am. Wednesday Biscuits & Gravy 7:30am \$ per bowl. PGCSC/SHIP and Ombudsman Education every 2nd Tuesdays of the month. Alzheimer's Support Group every 2nd Tuesday of the month at 11am. Birthday Party every 3rd Thursday of the month. Benefits Assistance Pinal-Gila Council at 1-800-293-9393. Lunch served Monday thru Friday at 11:45am. 60 and over is \$2.50 per meal, under 60 \$5 per meal, located at 579 S. Broad St. Phone 928-425-

Thursday, May 8 Video Exercise 8am/ Stretch & Flex 9:30am

Spaghetti w/Meat Sauce, Spinach Salad, Mixed Veggies, Garlic Bread, Mixed Fruit w/Banana

Friday, May 9 Bingo 9am and Crafts 9am/Happy Mother Day!!! Sunday 5/11 Chicken and Dumplings, Brussel Sprouts, Garden Salad, Wheat Crackers, Apple Slices

Monday, May 12 Open Activities/Health Dept. Kasev-Nutrition 11am

Fish Sandwich, Tater Tots, Baked Beans, Wheat Bun, Ambrosia

Tuesday, May 13 Legal Aid 9:30am/Medicare 11am/Alzheimer's Group 11am

Roasted Chicken, Broccoli/

Cauliflower, Ranch Beans, Wheat Bread, Mixed Fruit

Wednesday, May 14 Biscuits/Gravy 7:30am/Bingo 9am/Ceramics 9am

Italian Sausage Green Beans, Garden Salad, Garlic Bread, Peaches

Menus—All meals 2% milk The Globe Active Adult or disability.

Alcoholics Anonymous 113 S Pine St. Globe, AZ

(928) 537-7800 (480) 834-9033

CAN HELP!

Center is sponsored by the Older Americans Act, AZ DES Division of Aging, Pinal-Gila Council for Senior Citizens, Gila County and the City of Globe. Globe Active Adult Center does not discriminate regardless of race, color, national origin, sex, age



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SALES REP..... KATHY RILEY

kriley@silverbelt.com

OFFICE MANAGER TINA NIXON

tnixon@silverbelt.com

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Don't let hearing loss keep you from enjoying more of your life any longer. Call **Hope 4 Hearing Center** today to schedule a **Free Hearing Consultation** and Product Demonstration with our experienced and knowledgeable Provider!

This is the week to call us for a free test and special offers including **40% off** MSRP. Rest assured that right here in the Globe area you will get the LOWEST PRICE for the most dependable world-class hearing technology – GUARANTEED!

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Worship Directory

St. Paul's United Methodist Church Pastor Gary Simons

928-425-2340 • 141 N Hill St, Globe (Cedar & Hill) Sunday Service 10:30am Office 9am-12pm Office Mon, Tues 8am - 4pm, Wed 8am - Noon stpaulsumcglobe@gmail.com

Wheatfields Southern Baptist Church Pastor Jimmy Powers

928-425-3601 • 276 E Green Ave, Globe Sun. School 9:45am, Worship 11am Tue. Bible Study 10am

Globe Christian Center Pastor John Gooding, 928-425-7846

509 E Maple, Globe (by Globe HS) Sun. School 9:45am Sun. Worship 10:30am, 5:30pm Wed. Worship 7pm

Seventh-Day Adventist Church Pastor David Hakes, 423-314-1686

2407 E Ash St, Globe Sat. Bible Study 9:30am, Worship 11am

Miami Church of Christ Minister Robin Verdugo

928-473-3989 • 735 N Sullivan St, Miami Sun. Worship 10am, Bible Study 4 pm Thu. Ladies' Night Class 6:30pm

Sovereign Grace Baptist Church Pastor John Skaggs

928-425-8345 or 928-358-2612 201 E Yuma St, Globe (by Tri-City) Sun. School 9:45am, Worship 11am Wed. Worship 6:30pm

Divine Grace Presbyterian Church Rev. Dr. Valerie DeLaTorre

928-473-3158 305 W Live Oak St, Miami Sun. Worship 9:30am

Living Waters Community Church Pastors Jay & Gloria Petty

928-425-9462 or 928-812-4192 125 E Haskins Rd, Globe Sun. Church: 10am Tue. Women/Men's Fellowship 6:30pm Wed. Strive Youth 6:30pm

Family Fellowship Church Pastors Kenneth, Dennis & Scott Crick

928-425-0181 or 928-961-2466 200 E Oak St, Globe Sun. Service 10am Thu. Bible Study 7pm

Roosevelt Baptist Church Dr. Roger D. Pike

928-467-2349

18653 Hwy 188, Roosevelt, AZ Sun, Worship 11:00am • Wed, Night Bible Study: 6 p.m.

First Presbyterian Church - PC (USA) Pastor Troy Agema

928-425-5560 318 S Hill St, Globe & PO Box 1362 Sun. School 9:45am, Worship 11am

Why Is God so Hateful?

By Greg S. Baker
Pastor of First Baptist
Church of Miami.

We live in a society where hatred has become immoral. This is not bad, but neither does it tell the whole story. We have hate groups, hatemongers, and generic haters. Nowadays, if you disagree with someone else, you can be labeled a hater or part of a hate group—which seems somewhat contradictory. Like it or not, very little in the Bible emphasizes that hatred is wrong. Proverbs 6:16-19 outlines seven things that God hates. Revelation 2:6 emphasizes deeds by a group of people that God hates. Romans 9:13 tells us that God loved Jacob and hated Esau. But that is not the complete story. Often. God warns us not to hate people (Leviticus 19:17; 1 John 2:9-11). God even commands us to love our enemies (Matthew 5:43-44) instead of hating them.

So why the seeming contradiction? The answer is pretty simple. Hatred always exists. In fact, it is impossible not to hate. Let me explain. In order to truly love something, you will naturally hate its

go hand in hand. You cannot love without hating. For example, if you say you love the truth, but you don't hate the lie, then you really don't love the truth. If you claim that you love freedom, but you do not hate slavery, then you don't really love freedom. In order to truly love, you must hate that which would destroy your love. It is impossible not to do this.

God loves holiness and righteousness; thus, He will always hate unholiness and unrighteousness. If such hatred doesn't exist, His love would not exist either. God loves us. This means He hates anything that takes us away from Him. If He did not hate it, then He would not really love us as we want Him to.

To whatever degree of love you have for something, to the same degree you will hate that which would seek to destroy that which you love. The two always exist together. God loved Jacob in that he favored Him with blessings because Esau, Jacob's brother, had despised his birthright. In the degree of love for Jacob, God seemingly hated Esau. After all,

opposite. The two always Esau hated his brother go hand in hand. You cannot love without hating. he loved so much what For example, if you say Jacob had stolen from you love the truth, but him. The two concepts go you don't hate the lie. hand in hand.

Jesus said in Luke 14:26 that unless we hate our family and even our own lives, we could not be His disciple! Again, this seemingly contradicts so many other places that compel us to love our family as much as we love ourselves. This, however, is comparative. Our love for Christ or our should be so vast that, seemingly by comparison, we hate everyone else. If our desire to be Jesus' disciple is significant enough, then it will surpass any desire we have for any other relationship. In comparison, one will seem hated simply by the level of attention and love we bestow upon the

I hate the Devil, because he is the opposite of everything I love. I hate sin and evil, because they seek to destroy the things

So it is true. God is hateful, but this only shows us how amazingly He also loves.

To learn more, go to fbcmiami.com

Worship Directory

Pentecostals of Globe , UPC Pastor David Staten

928-651-2191 425 N Devereaux St, Globe Sun. Service 10am Tues Service 6:30 pm Wed. Prayer 6:30pm

St. Paul's Lutheran Church, LCMC Pastor Barry Schwenk, 928-425-6006

750 W Paxton Ave, Miami Sunday School 3:30 - 4:30 p.m Wed. night Adult Bible Study 6:30 p.m. Sun. Worship 10 am • splcaz.org

Trinity Baptist Church Pastor Dan Rifenoark

928-425-4740 | 1362 S Hagen Rd, Globe Sun. Worship 11am contact@trinitybaptistglobeaz.org trinitybaptistglobeaz.org

Globe Church of the Nazarene Pastor Mason Cassens

928-200-4358 | 226 Holly Rd., Globe Sun. School 9:45 am Sun. Worship 11 a.m.

Central Heights Baptist Church Pastor Rob Craig,

928-425-5303 | 5468 Apache Ave, Globe Sun. School (all ages) 9:45am Sun. Worship Services & Childrens Church 11am (Nursery available) Sun. Evening Worship Service 6pm Wed. Bible Study/Prayer Meeting 6pm For all other services and events visit: centralheightsbaptistchurch.org

First Baptist Church of Miami AZ Pastor Greg S. Baker

3654 Gordon St. Miami, AZ 85539
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facebook.com/firstbaptistmiami/
Sunday School: 10 AM
Sunday Morning Service: 11 AM
Sunday Luncheon Fellowship and Prayer: 12:15 PM
Sunday Afternoon Worship: 1:30 PM
Wednesday Bible Study: 6:30 PM
Saturday Visitation: 10 AM
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Would you like to see your place of worship featured in the directory? Please call use at 928-425-7121

Maranatha Baptist Church

928-425-4198
1320 Saguaro Dr, Globe
Sun. School 9:30am to 10:15 am,
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6th grade is Sundays at 4 pm to 5:30 pm

First Southern Baptist Church, Miami Pastor Gary McPherson

928-473-3311 920 Live Oak St, Miami, AZ Sun. B'fast 9:00am, Sun. School 9:45am Sun Worship 11am & 6pm Wed. Prayer Meeting 6pm



OBITUARIES

Manuel R. Gonzales

Manuel R. Gonzales Jr. passed away on April 23, 2025. Manuel was the firstborn son, to Adeline Falguez and Manuel R Gonzales Sr. The eldest of nine children, he was a kind and loving soul-humble, shy yet friendly by nature and gifted with incredible talent. A nonconformed attitude to daily living, he moved through at his own pace, unbound by the rigid structure that others might follow, allowing him to live his way authenti-

Manuel adored his children and grandchildren and was a loving presence in their lives Never hesitating to have his children at any music "gig" or adventure he pursued. He loved having their company. Manuel believed in God, and embraced life fully, his outlook was positive; seeing the best in people and situations, recognizing potential where others saw limits, and believing in outcomes that could inspire and transform.

Music and Art were his passion forms of expression where he felt most at home.

From an exceedingly early age, with inspiration from his father and uncles, he was an excellent musician and exceptional artist. He mastered the guitar, particularly the bass guitar, and could play any musical instruments he attempted. This passion would keep Manuel busy in all genres of music locally and around Arizona.

Over the years as an impeccable Artist, Manuel had an impressive portfolio- ranging from t-shirt designing and printing, to murals, which included a "highlight" moment from a mural painted at the State Capitol, which was viewed by Nancy Reagan, and "Miami Vandals Sports Hall of Fame".

Manuel is preceded in death by his parents, Manuel and Adeline Gonzales, sister Debby Valtierra, brother Kevin Ashford, nephew Eddie Verdugo, and niece Brittney Valtierra.

He leaves behind his children; BritnyShea and Kyle Acton. Grandchildren Lilliana, Lucas, Jakoby, and Vivienne. His companions, Tina Medi-



na and Antonella Compton.

Siblings, Mike (Sylvia) Gonzales, Suzanne (Eddy) Cordova, Steve (Connie) Gonzales, Carol Gonzales, Andy Gonzales, Amber (Jerry) Yniguez, Rocky (Shawna) Gonzales, nieces, nephews, and many lifelong friends.

Manuel's spirit, passion, and warmth will be profoundly missed by all who had the privilege of knowing him. He leaves behind a legacy of love, thought, creativity, and a life lived from the heart.

Rosary May 10, 2025, 9:30 a.m. Mass 10:00 a.m.

Our Lady of the Blessed Sacrament Catholic Church 844 W Sullivan St. Miami, Az 85539

Interment of Ashes immediately following

Globe Cemetery 328 Hackey Ave, Globe AZ 85501

Refugia "Cuca" Gallegos Flores

Refugia "Cuca" Gallegos Flores, passed away peacefully in Phoenix, Arizona Wednesday, April 9, 2025, at the age 89. Born January 05, 1936, to Pedro "Pete" Gonzales Flores and Francisca "Panchita" Melendez Gallegos. Cuca graduated from Globe High School.

Cuca remained in Globe with her children and parents up until 1973 when she moved to Miami. Cuca is survived by her son Peter Cruz Chavez, Sr and daughter Crystal Ann Chavez including 11 grandchildren, 32 greatgrandchildren, and 2 great-great grandchildren along with many nieces and nephews.

Cuca is preceded in death by her parents Pete and Francis Flores, sisters Rosie Flores, Trinidad Munoz and Sally Sandoval and a brother Pedro Jr. Flores.

Cuca worked at Frank's Jewely Store. Miami Circle K and waitressed at La Casita. She attended Rose-Mar College of Beauty in Mesa and became a licensed beautician. Cuca also attended Saint Joseph's Nursing School in Phoenix. While attending school. Cuca became a nurse's aide at the Miami hospital, it was at the hospital where her nursing career began. Upon graduation from nursing school, she promoted from a nurse's aide to a registered nurse in Miami Inspiration Hospital where she retired.

Cuca enjoyed movies and collecting books and would swap books with her sisters throughout the years. Later, she moved to Phoenix and resided with



her daughter Crystal but returned to Globe to be closer to her sisters. The last 10 years of her life Cuca relocated to Phoenix, Arizona where she was closer to her grand-daughter Yolanda. Cuca got to experience many things that she hadn't experienced before. Yolanda cared for Cuca until she passed away.

Cuca's services will be Saturday, May 3 at Our Lady Blessed Sacrament Church located at 844 Sullivan St, Miami, AZ 85539. Services begin at 8:30AM. Assisting the family; Lamont Mortuary of Globe.

David James Ioli

David James Ioli, 78, of Bowie, Arizona, passed away on March 5, 2025. Born in Globe, Arizona, he was a proud graduate of Miami High School and a third -generation railman, later working for the Eastern Arizona Railroad.

David was a skilled farrier with a deep love or animals, known for his custon horseshoes and compassionate care. He also enjoyed riding horses, working his gold mine, and being outdoors.

He was lovingly cared for in his later years by his loving girlfriend, Virginia Knight, and his daughters. David's greatest joy was his friends and family, and he was known for his humor, generosity, and deep love for those around him

He is survived by his children: Kimberly Ioli Armenta, Antoinette Ioli, Shannon Ioli.

Scarlett, and Rick Sutton; 13 grandchildren; and 13 great-grandchildren with one more on



the way. He was preceded in death by his children David Ioli and Laurie Ioli Armstrong.

A memorial service will be held on Saturday, May 10th at 11:00 am at St. Paul's Lutheran Church, 750 Paxton Ave., Miami, AZ 85539.

GONE BUT NOT FORGOTTEN

"Da Moms"

Melva Dalmolinhegblom

IT'S BEEN A YEAR BUT THE LOVE'S STILL THERE



HAPPY MOTHER'S DAY

Great Gifts for Mom

Mother's Day is an opportunity to show moms how much they're loved and appreciated. Though many moms may insist they don't want anything beyond spending the day with their children, gifts are a big part of Mother's Day. No two moms are the same, and though standards like flowers and greeting cards will always have a place on Mother's Day, the following are some gift ideas that can put smiles on the faces of moms from all walks of life. Bookworm: There's no

that can improve the read-

ing experience also merit

consideration. For exam-

ple, an ergonomic backrest

reading pillow can make

marks. end to the gift options for mothers who love to curl up with a good book. Of course, some new books may delight Mom, but gifts

bedtime reading sessions more comfortable and ensure Mom's neck and back get ample support as she reads the latest pageturner. A nightstand book holder also can be ideal for moms who can't seem to keep track of their book-

Fitness enthusiast: Some moms simply love to get in a good workout. Shoppers whose mothers or wives love to break a sweat might want to look into home gym equipment, as many fitness enthusiasts transformed part of their homes into exercise areas dur-

ing the pandemic. If that sounds like the mom on your shopping list, then a suspension training system won't take up much room but can provide an intense. full-body workout. A new yoga mat, some wireless Bluetooth headphones or a compression stretching













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HAPPY MOTHER'S DAY



GIFTS, from page 6

mat are some additional gifts that might make exercise-loving moms smile this Mother's Day.

Traveler: Moms whose children still live under

the same roof may not have much opportunity to travel, but empty nesters and grandmothers might. For such moms, a foldable, hanging travel bag can make it easy and convenient for mom to carry all of her toiletries and access them without taking up what's often minimal hotel room counter space. For moms who want to document their excursions, a leather travel journal encourages them to note their experiences and gives them something they can revisit for years to come. Of course, some new luggage can make the perfect gift for newly retired moms who can't wait to start visiting places on their travel













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- Native American Heritage Exhibit
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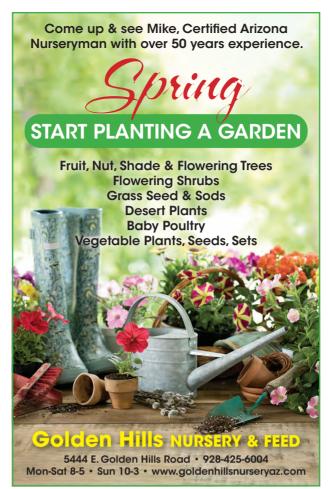


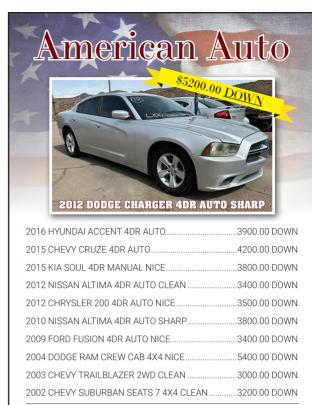
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GLOBE, AZ – Cobre Valley Regional Medical Center (CVRMC) is excited to announce the future opening of its much-anticipated "Highway 60 Clinic," a walk-in clinic located near Cal Ranch and Walmart. This new facility is set to provide essential healthcare services to the community, offering a convenient option for those seeking immediate medical attention without the need for an appointment.

The journey to establish the Highway 60 Clinic has not been without challenges. The initial plans for the clinic encountered an unexpected delay when it was discovered that the proposed location fell within a designated floodway

Determined to bring this vital service to the community, CVRMC worked with local and federal agencies to reassess the flood maps that impacted the clinic's location. Through extensive modeling, updated maps were drawn to better reflect the actual conditions of the area. CVRMC then submitted a request for a Letter of Map Revision (LOMR) to the Federal Emergency Management Agency (FEMA), requesting an official change to the flood designation.

On July 29, FEMA issued a LOMR, paving the way for the new clinic. The new facility will offer extend hours to walk-in patients, providing a convenient, affordable option for healthcare services. While the specific timeline for construction and opening is still being finalized, the team is working diligently to bring the project to completion as swiftly as possible.

CVRMC is committed to keeping the community informed as progress continues. Updates on the clinic's development will be shared regularly, with a focus on ensuring that residents are aware of the new healthcare options that will soon be available.

The opening of the Highway 60 Clinic represents a significant step forward in CVRMC's mission to provide comprehensive, accessible healthcare to the region. The medical center looks forward to welcoming patients to this new facility and continuing its tradition of high-quality care for the community.





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Volunteer May 16 - Help Prevent Invasive Stinknet Weed From Taking Root In Globe

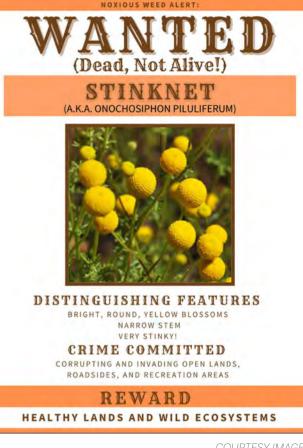
If you love our Highway 60 roadside displays of Mexican goldpoppies, you're invited May 16 to help remove an invasive competi-

University of Arizona's Gila County Cooperative Extension Agent Chris Jones sent a call for volunteers to meet on that Friday morning at 8:00 for two hours' worth of weed pulling. "There is an infestation of stinknet at Schoolhouse Point at Roosevelt Lake," said Jones. "Mostly large individuals so I believe we can a good impact by know with our early detection, rapid response strategy.

Please put it on your calendar and join us: remember to bring gloves, sun or safety glasses, hat and screen, and consider taking an allergy pill or a even a facemask when pulling weeds." If you have guestions or wish to carpool, call Chris Jones at (928) 719-4475 or email ckjones@ arizona.edu.

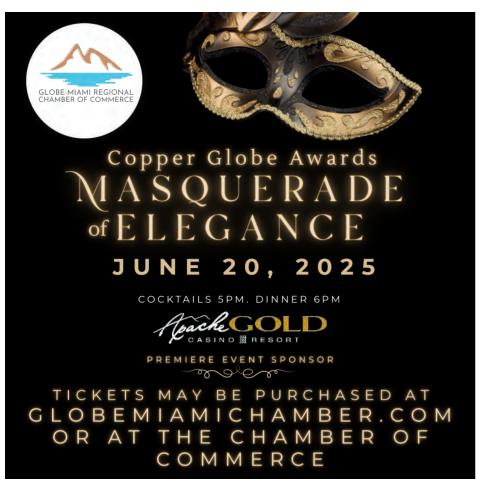
Also commonly known as 'globe chamomile', this hardy plant native to South Africa has colonized in places around the Valley since it was first reported in Arizona in 2005. Cooperative Extension Agent Chris Jones and vigilant local volunteers began to spot plants in Globe-Miami in 2021 and have pulled, bagged and landfilled plants since then.

Please put it on your calendar and join us. Remember to bring gloves, sun or safety glasses, hat and screen, and consider taking an allergy pill even a facemask when pulling weeds." If you have questions or wish to carpool, call Chris Jones at (928) 719-4475 or email ckjones@arizona. edu.



COURTESY IMAGE





SUICIDE/CRISIS

Teen in crisis?

C Teen Lifeline

Call/Text: 602-248-TEEN (8336) Website: teenlifeline.org

Teen Lifeline is a crisis hotline for teens, answered by teen peer counselors. Call or text 602-248-8336 for help.

> Call 24/7 > Text 12-9p M-F / 3-9p Sa-Su > Peer Counseling 3-9p

Adult in crisis?

Solari

Call/Text: 1-844-534-HOPE (4673)
Website: crisis.solari-inc.org

24/7/365 crisis hotline and warm line for Arizonans statewide. Solari also takes after-hours calls/texts for Teen Lifeline.

EMPACT

Call: 480-784-1500

Website: lafrontera-empact.org

Arizona-based 24-hour crisis hotline for anyone experiencing a mental health emergency. Mobile crisis intervention teams available.

National Suicide & Crisis Lifeline Call/Text: 988

Website: 988lifeline.org/chat

988 is the national crisis hotline for mental health emergencies. Call or text 988 anytime; visit 988lifeline.org/chat for online counseling.







Gila County Public Safety Momument **Unveiling Ceremony**

Safety Memorial Association is announcing to the public the planned unveiling of the new Gila County Public Safety Monument. Thirty-six names have been recorded of heroic men and women since 1881 who have perished in performance of their duties while serving within Gila County or while serving within an agency of Gila County. As such monuments been established around our State and Nation, it is overdue that Gila County shall have done the same.

Join us on Thursday, May 15, 2025 beginning at 11 a.m. in front of the Gila County Historical Museum, located at 1330 N Broad

6/28/2024 south of Coolidge, AZ

Age At Time: 31 Weight: 160 lbs.

The Gila County Public St, Globe AZ 85501, for unveiling ceremony. We wish for the families of these fallen, including the descendants of those from the earliest days of Gila County, to join and let us honor you. We invite all the public safety agencies of Gila County, local, state, and federal, to join us and honor the work and sacrifice of your personnel. We also want to invite the public, whose gratitude toward these neighbors who sacrificed all is so greatly owed.

> After some brief introductions, a ceremony shall be performed in honor of the memory of our sacred fallen. Food and refreshments shall be provided to the public following the

> > Arizona City, His bicycle

Attendees coming from out of the Globe-Miami area should remember to check AZ511 for possible road closure and construction.

Sincerely,

GCPSMA

See the May 7 edition of Arizona Silver Belt for the list of all those served and and perished in Gila County..

Justice for Emily





The Gila County Sheriff's Office in conjunction with the San Carlos Apache Police Department are seeking the public's assistance with information on the death of Emily Pike. San Carlos Apache Police

Department is assisting with this investigation by providing its anonymous tip platform tips411. If you have information on the Emily Pike case, please contact The Gila County Sheriff's Office at 928-425-4449

Opt #1 or the San Carlos Police Department at (928) 475-1700 or you can remain completely anonymous. Web tips can be submitted online at https://www. tip411.com/tips/sancarlosazpd/new

#SeeSomethingSaySomething

For more information on Tips411 or to download the app on the App Store or Google Play visit the links below. iPhone https://apps.apple.com/app/ san-carlos-apache-pd/id6450964942 Android https://play.google.com/store/apps/ details

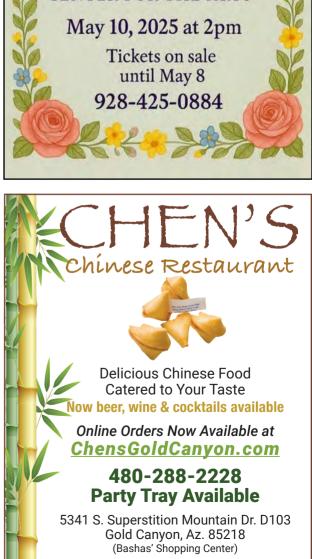




PINAL COUNTY SHERIFF

(520)866-5111

Missing In America Network Appropriate LINE 1 (844) MIA LOST (844) 642-5678



M-Th: 11am-9 pm ~ F-S: 11am-9:30pm ~ Sun: 12pm-9pm

Gila County Public Works Roads Division Roads Improvement Projects in Globe

Gila County Public Works Road improvement proiects in May will consist of a chipseal on top of the existing pavement, followed by a surface seal on top of the chipseal.

A chipseal consists of petroleum-based binder that seals the existing pavement and a 3/8" aggregate, "chip" that will provide a new textured surface to drive on.

To ensure the success of this project. Gila County is requesting that all residents who live in the following

areas scheduled for this vear's chipseal to not have anything parked within any right-of-way.

This includes, but is not limited to, vehicles, boats and trailers from 6 am to 5 pm for the duration of this project.

This is to ensure that we can cover 100% of the paved area and avoid damaging anything parked to close to the construction site.

There will not be any road closures, but drivers should expect one-way traffic and/ temporary rerouting. small delays, flaggers and traffic control.

The following is the sched-

uled areas and dates for the Gila County Roads Division 2025 chipseal in southern Gila County:

Globe: Monday, May 12 -



Thursday, May 15 Wheatfields Road Hix Drive **Hoopes Drive** Quail Ridge

Bixbv Road

If you have any questions or concerns, please contact the Star Valley Roads office at 928-468-2801.



COURTESY PHOTOS

Cards 4 Keep

Advertise your business in our business card directory. Runs every week. For more details call 928-425-0355.





Melisa Milan's 5 dollar jewelry

Monday, Wednesday & Friday 6:00 pm on Facebook



shop anytime online





Before

Restoration \$50 for both, call Michael



After



CLASSIFIED small ads BIG deals

Classified deadlines are Thursdays at 10 a.m. Call 928-425-7121

HELP WANTED

Gila County

1400 E Ash St. Globe, AZ 85501



Deputy County Attorney Iail Nurse Rd Maint/Landfill Op

GIS Specialist Purchasing Agent Summer Youth Program

Please visit our website for more open positions: www.gilacountvaz.gov

BECOME A PART OF THE TEAM!

Interested in becoming a part of the gaming team? There's no better time to join! Our current list of vacancies include:

- General Manager
- Cage Supervisor
- Lead Slot Tech
- Slots Supervisor
- Groundskeeper
- Count Team Member
- Surveillance Officer
- Convenience Store Sales Clerk
- Bartender

- · Revenue Auditor
- Security Supervisor
- Housekeeping
- Food & Beverage Server
- Cage Cashier
- Food & Beverage Supervisor
- Hotel Front Desk Clerk
- Table Games Supervisor
- · And many more!

BENEFITS INCLUDE: Matching 401k program, affordable health insurance, free life insurance coverage, workers compensation insurance, paid lunch breaks, and paid major holidays!

For information or applications, visit the Apache Gold Human Resources Office or our website at www.apache-gold-casino.com, Questions? Call (928)475-7800, ext. 3209.



SEPTIC

Septic problem - small lot? We can help. Quality Remodel Licensed Contractor. Dan Zacher ROC 356072. 928-299-1044 dan.zacher@gmail.com

FOR RENT

Now accepting applications for

1 & 2 Bedroom Apartments

Equal Housing Opportunity for low income single. families and elderly. All applicants are subjet to criminal and credit background checks.

Pinal Mountain Apartments 979 E. Saguaro Drive, Globe, AZ

928-425-6555 TTD 800-367-8939

This institution is an Equal Opportunity provider and employer



NEWLY REMODELED!

Pay Little or No Rent

Christina Apartments

276 S. Prospect, Miami, AZ

Stove & refrigerator included as well as water, sewer & trash. On-site laundry and playground available

Now taking applictions for our waiting list.

Call Site Manager for more information.

928-473-4238 TDD: 800-367-8939 This institution is an Equal Opportunity provider and employer



Alhambra

Mobile Home Park &

Storage Units

1, 2 & 3 Bedrooms

Mobile Homes Rent Starting @ \$495 Restrictions Apply

Storage Units Available Starting @ \$49

928-200-2699 928-425-5192

HOUSE REPAIR

House repair or full remodel. We can help. Quality Remodel censed Contractor, Dan Zacher ROC 356072. 928-299-1044 dan.zacher@gmail.com

YARD SALE

Quail Run Subdivision Roosevelt Arizona Saturday & Sunday May 10 & 11 10 am-3pm 121 Cholla Cove Circle Many items including two electric typewriters, office supplies, books, vard tools. Household & kitchen items

REAL ESTATE

Wanted to buy older houses, any condition. All cash in 7 days. Fair offers. Call Skip Bales at (928) 595-2317.

PAVING

All paving and road maintenance, excavation, drainage control, finishgrading, topsoil and granite.

928 • 425 • 4430 928 • 701 • 4434 Lic. #178564C13 - #178565A14

Buy, Sell, Trade or Rent through the Classifieds

> SEND US YOUR CLASSIFIEDS

Classifieds@silverbelt.com

HELP WANTED

J&B Trucking Now Hiring Drivers!

We have driver openings for dedicated flatbed or end-dump. Local or regional can be home daily and weekends off. Competitive pay, health, dental and life insurance benefits, paid holidays and vacations. Need to apply, CDL class A license, good MVR, 2 years experience, & references.

CALL 928-425-2430

> J&B Trucking, Inc. 339 East Truck Dr. | Globe, AZ 85501

HOROSCOPE

May 7, 2025

May 4 to 10, 2025

ARIES

You may find it hard to communicate with others this week. However, an increase in income on the horizon will ease your financial worries. In your love life, small gestures and thoughtful actions will boost your happiness.

TAURUS

The pollen in the air may cause you some discomfort. Focus on eating a halanced diet to alleviate these symptoms and other disorders like stress-related

GEMINI

You'll be given happy news from your family this week like a hirth or a move You may consider nutting your home up for sale, especially if your kids have long flown the nest.

CANCER

You'll be motivated by injustice in all its forms, and you'll take action to rectify any unfair situation. In your love life, prioritize affection to maintain a balanced healthy relationship.

LE0

Let your friends lead you on a fun shopping trip. This adventure will be eniovable and beneficial. Also, make sure to treat yourself to moments of relaxation and self-care that will boost your sense of well-being and vitality.

VIRGO

You'll dive into a major project and start to see real results. You'll be tasked with resolving conflict, either on or off the job. A romantic getaway is on the horizon.

LIBRA

For the sake of your health, you must take time to relax. Embrace a mindset of letting go before diving into new activities. Try to re-evaluate how you manage vourtime.

SCORPIO

Expand your customer base and grow your social media contacts to boost your sales. You'll take the lead in organizing a meeting that will bring together people you admire and respect

SAGITTARIUS

You'll take the initiative on a major personal or professional project. You'll find

the financial resources you need to purchase property or start your own business CAPRICORN

Dedicate time to planning your next vacation. This is also a good time to enhance your professional skills through training. Your career will thrive!

AQUARIUS Use this time for introspection. Reflect

on what ignites your passion and what doesn't, weighing the pros and cons. You'll make the right choices to promote your personal growth.

PISCES

At work, your go-getter attitude and keen attention to detail will help you come up with practical solutions to unexpected challenges. Conversations with your romantic partner may revolve around commitment and the depth of your feelings.

The luckiest signs this week: LIBRA, SCORPIO AND SAGITTARIUS

**

Classifieds

COMMUNITY

San Carlos Apache Telecommunications Utility, Inc.

VACANCY ANNOUNCEMENT

Outside Plant Combination Technician

SCATUI is looking for an individual who wants a career - not just a job.

A position is open for an Outside Plant Combination Technician. An OSP Combo Tech performs installations and repairs equipment for the purpose of ensuring the latest technology and services are provided to our customers.

We are looking for an individual who exhibits an enthusiasm for learning and an interest in a tele-communications career. You must have a current driver's license and a high school diploma or GED. If you are ready to make a change in your life, have interpersonal skills, want to be part of a team, are self-motivated and willing to learn, **SCATUI** may have a career for you. We are willing to train the right individual. We are committed to providing growth and development opportunities, with a competitive salary and excellent benefits package. If this sounds exciting to you, please apply.

ALL APPLICATIONS MUST BE RECEIVED, FAXED OR EMAILED OPEN UNTIL FILLED

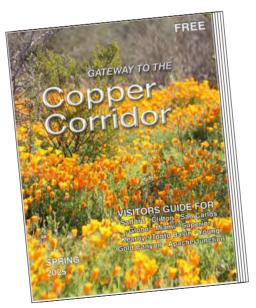
San Carlos Apache Telecommunications Utility, Inc.
Attn: Human Resources Department
10 Telecom Lane
P.O. Box 1000
Peridot, AZ 85542

Reach Out for Help

When you call 988 there's always someone to confide in. 988 is the designated three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. This is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States.

You can call or text the Suicide & Crisis Lifeline at 988. These services provide 24-hour, confidential support to anyone in suicidal crisis or emotional distress.





Pick up your free Spring Gateway to the Copper Corridor Magazine at a store near you or at the Silver Belt office. There are also magazines in the yellow box in front of the office.

MISSING

NAME: Natalie Sebastian

Missing Since: 12/23/23

DOB: 8/14/69

Age: **54** Sex: **Female**

Race: White Eyes: Hazel

Hair: Brown/w Blonde Highlights

Weight: 130 Height: 5'4"

Wearing: Light colored hoodie,

Jeans, black & white shoes.

Last Seen: Little Acres Area on 12/23/2023 In Globe, Arizona

Contact Gila county Sheriff's Dept with any

Dept with any info



Call or Text 928-200-4639

\$5,000 Reward

Verifiable information Leading to her whereabouts

ATTENTION READERS:

If you have news, sports, pictures or articles you would like to share please email them to news@silverbelt.com.

Please include a phone number

so we can get in touch with you.



The Sanctuary Collective Spa

Your Small Town Mind, Skin, Body & Soul Holistic Spa



OFFERING

Full Skin Care Services: Facials, Waxing and Dermaplaning, Microneedling and Custom Airbrush Tanning and so much more

BODY TREATMENTS:

Cool Sculpting, Lipo-Laser, and High-Level Cavitation, Laser Treatments For Hair Removal,
Pigmentation Correction, Skin Resurfacing, etc.
*Provided By Kandilyn Hunter-Albo

WE LOOK FORWARD TO SEEING YOU ALL AND YOUR SATISFACTION AND WELL-BEING ARE OUR TOP PRIORITY

PLEASE TEXT TO SCHEDULE AN APPOINTMENT @ (480) 343-4741

m

341 S Hill St Globe AZ For Info On Services Providers Numbers



1324 N. Broad Street • Globe, AZ | 928-473-2444 Patsy Martinez, Owner/Manager

Whirlpool, Maytag, Katchen Aid, Samsung and More

