

ORACLE TOWNE CRIER

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John Hernandez | Crier



Santa arrives in Oracle by helicopter
Page 6

A community publication of Copperarea.com

OBITUARY

Bob Cannon

Billy “Bob” Cannon was born in Munday, Texas, on Feb. 1, 1932, to Herman Lee Cannon and Georgia Bell Roden Cannon. His only sister, Sheron Cannon DeBerry, was added to their family nine years later while the Cannon family moved from Texas and finally settled in Phoenix, Arizona where Bob graduated from Phoenix Union High School in 1949.

Bob attended University of Arizona while on a football scholarship in 1949. During this time, he married his

high school sweetheart, Shirley Mae Johnson, in 1950.

The Korean War came along and Bob joined the Air Force in 1951 in which he served four years with 19 months over in France and Germany. In France, he felt called to the ministry and when he arrived back home he was stationed in Moses Lake, Washington, where he began his ministry after being discharged in 1955.

He did finally graduate with his B.A. from Pepperdine University in 1966 and continued on his thirst for knowledge throughout his life.

Pastor Bob ministered in Washington, Texas, California, South Africa, and Arizona over the course of his 61 years of ministry. His passion for missions never ceased nor did his church planting. He was a man after God’s own heart!

Bob is survived by his wife of 66 years, Shirley Cannon residing in Oracle, Arizona; his six children, Debbie Cannon residing in Tucson, Arizona; Craig Cannon residing in Fayetteville, Arkansas; Brenda Abbott residing in Tucson, Arizona; Deanna Suchanek and her husband Mark Suchanek residing in McKinleyville, California; Brad Cannon residing in Hidden Valley Lake, California; and, Brent Cannon and his wife Michelle Cannon residing in Mesa, Arizona. Bob is also survived by thirteen grandchildren: Melissa Vucijevic and her husband Mladin Vucijevic, Ashley Daws and her husband Craig Daws, Rachel Cannon, Nichole Abbott, Sherry Abbott, Kristy McDonald and her husband Kevin McDonald, Joey Abbott, Andrew Suchanek and his wife Brandy Suchanek, Aaron Suchanek, Brooke Joseph and her husband Caleb Joseph, Blake Cannon, Brady Cannon, and Bryce Cannon. He is survived by seventeen great-grandchildren and one on the way: Oliver Vucijevic, Owen Daws, Shepard Daws, Haley Nast, Sydney Morehouse, Lindsay McDaniel,

Kora Clevenger and her husband Laramie Clevenger, Eiolas Callahan, Piper Callahan, Draven Callahan, Troy McDonald, Lauren McDonald, Molly McDonald, Shannon McDonald, Bridget McDonald, Lydia Abbott, Walker Joseph, and Harrison Suchanek due in April. Bob is survived by his sister, Sheron DeBerry and husband Ted DeBerry, nephews Thad Deberry and his wife Kathy DeBerry and their children, Clint DeBerry, and numerous cousins. Bob is preceded in death by his parents, Herman and Georgia Cannon and mother-in-law Miriam Johnson.

Bob passed away on Dec. 5, 2016 at Mom and Dad’s Place in Catalina with his family by his side singing his favorite hymns. Bob had suffered from Parkinson’s Disease for the last ten years and the last two were spent in Care Homes. He recently suffered a stroke and congestive heart failure. The family wants to thank his church family at Living Word Chapel, Oshyn Hospice staff (Dr. Kathy, Dorothy, Cindy, Denise, Jennifer, and Chaplain Ken), staff at Sedona Gardens in Tucson, and especially the wonderful staff and owners Miguel and Maria, at Mom and Dad’s Place, in Catalina for such great care for Bob and his family in his last days.

Funeral services were held Saturday, December 10, 2016, at 11:00 a.m. at Living Word Chapel, 3941 W. Hwy 77, Oracle, Arizona, with Pastor James Ruiz presiding. The viewing was held prior to the service. Graveside services with military honors were held at Oracle Cemetery and refreshments followed at Living Word Chapel. Flowers may be sent to Adair Funeral Home, 8090 N. Northern Avenue, Oro Valley, Arizona 85704 or Living Word Chapel. In lieu of flowers donations may be made to Living Word Chapel Children’s Ministry, Wounded Warriors, Parkinson’s Disease Research, and/or Hospice.

Oracle Towne Crier

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—David Brinkley

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The Church of the Woods

Harry Dossey, M.D. is a cardiothoracic surgeon whose book, *Prayer is Good Medicine*, details both anecdote and science to prove his book title true. Some of the science includes the work Herbert Benson, M.D., who studied Christian prayer, transcendental meditation, biofeedback and various relaxation techniques to assess their impact on the body.

The common thread Benson found to these techniques was that they resulted in deep rest to the body with slower breathing and heart rates, lower stress hormones and reduced blood pressure. He dubbed this the Relaxation Response and he found our body really doesn't differentiate between prayer and meditation.

More recent studies show the power of placebo, that is, how the belief we are healing sets off our "internal pharmacy" aiding pain relief and healing. It's also been shown that a "sense of awe" leads to



SELF-HEALING

By John Huntington
Special to the Crier

longevity. The Rev. Stephen Blackmer feels we need to go to the forest to find salvation. An ecologist who has worked for decades in land conservation, he started Divinity

Continued on page 10

OBITUARY

James T. Molina

James T. Molina, born June 27, 1929, passed away Nov. 12, 2016. He is survived by his wife of 63 years, Hope; two sons, Jimmy and George; a daughter, Rosemary Richardson; six grandchildren; and two great-grandchildren. He also had a lot of extended family members and friends. James was a lifetime resident of Oracle. He

was a veteran of the Korean War. He retired from Magma Copper in 1994 after 42 years of service. He enjoyed the outdoors, hunting and fishing. Memorial services were held at St. Helens Catholic Church in Oracle on Saturday, Dec. 3, 2016.



ORACLE CHURCH DIRECTORY

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Wednesday Evening 6 p.m.

Oracle Church of Christ

2425 El Paseo, Oracle
Fred Patterson
520-818-6554 • 896-2067
Sunday Bible Study 10 a.m.
Sunday Worship 11 a.m.

Oracle Union Church

705 E. American Ave., Oracle
Pastor Dr. Ed Nelson
520-784-1868
Sunday Bible Study 9 a.m.
Worship Service 10:30 a.m.
Wednesday Bible Study 11 a.m.
Thursday Prayer Time 11 a.m. to Noon

Oracle First Baptist Church

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Oracle
Pastor Charles Curry
Sunday Bible Study 10 a.m.
Sunday Worship 11 a.m.
Live Music

Oracle Seventh-Day Adventist Church

2150 Hwy 77, Oracle
Pastor Rick Roy
Saturday Sabbath School 9:30 a.m.
Saturday Worship Service 11 a.m.

To be included in the monthly church listing, call the Crier at 520-385-2266.

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Holualoa Tucson Marathon takes over streets of Oracle



The Holualoa Tucson Marathon was run on Saturday, Dec. 10. The 26.2-mile course started at the top of Cody Loop in Oracle and ended at Coronado Middle School in Catalina. The race drew 800 runners for the marathon and 1100 for the half marathon. Runners from 48 states and 12 foreign countries were represented. Eric Greene is this year's marathon winner with a time of 2:38:20. Gary Gold and Michael Carson placed second and third. The Tucson Marathon is a qualifier for the Boston Marathon.

John Hernandez | Copper Area



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Menopause: To Supplement or Not to Supplement?

Menopause refers to the change in hormone production seen in women that normally signals the end of their reproductive years. Hormones are molecules derived from cholesterol that travel through the blood stream and signal the body to perform various activities. This is somewhat like a mail or delivery service. Nerves, on the other hand, provide a different way of signaling the body to perform activities, somewhat like an electrical system. Though there are many, many hormones, including thyroid hormones and adrenal hormones, menopause concerns the female sex hormones. We often talk only about estrogen and progesterone. Other female hormones include follicle stimulating hormones (FSH), luteinizing hormones, and even testosterone. The related hormonal shift seen in males is called andropause and usually passes without notice unless the prostate starts enlarging. When women's production of reproductive hormones decline significantly, it not only affects the release of eggs from the ovaries, it also can manifest in certain undesirable symptoms. Of note would be hot flashes,

thinner, dryer skin, and osteoporosis, as well as emotional fragility.

A significant lesson was learned over the past fifty years regarding supplementation of foreign substances. By foreign substances I mean anything that the body does not normally encounter in nature, including estrogens from Pregnant Mare Urine (Premarin). What happened is a matter of record. It was discovered that many of the undesired effects of menopause could be avoided by taking supplements of estrogen. Unfortunately, there were consequences of taking unopposed estrogen over long periods of time for some susceptible women. This highlights two issues. One is the untoward effects of giving isolated, concentrated substances, synthetic or not, to individuals over long periods of time. Another is that it points out the unique susceptibilities of individuals based on their genetic makeup, their dietary influences and their lifestyles.

What happened in the case of unopposed estrogen was that many women developed uterine cancer. This happened because the cells in the uterus are hormone sensitive. Over time the constant stimulation of these cells by the outside estrogen supplementation irritated the cells enough to mutate them to the point of cancerous activity. Adding progesterone provided an "opposing" force that balanced and closely approximated the natural mix of hormones. The lesson learned was that isolated, concentrated substances, used often to effect desired immediate and profound changes, when used over long periods of time can have harsh, untoward consequences.

Applying this lesson to menopause what can we learn? Number one, menopause is a natural transition that occurs normally in the lives of every human female. It can proceed quite smoothly without any intervention what-so-ever. Symptoms and concerns can be addressed on an individual basis. Take, for instance, the information we learned about osteoporosis. We can make appropriate

adjustments to diet and lifestyle to compensate for particular susceptibilities. For example, we can supplement with bioavailable calcium, avoid calcium depleting foods like sodas, and stay active with weight bearing exercises like walking.

As far as taking supplements to adjust the chemistry for an easier transition in menopause, consider the value of gentle shifts with non-pharmaceutical substances such as herbs that simply modify your own hormone concentrations, rather than adding more hormones to your system. Also, you must consider the negative influences of meat and cheese, which often have high concentrations of hormones added to them.

Another consideration would be the use of natural, compounded "bio-available" hormones to help with the transition of menopause or to address particular concerns. These hormones can be specifically formulated to closely approximate your own hormones and can be mixed to any desired dosing, combination and mode of entry (e.g. pill, troche, patch, lolly-pop, etc.).



HEALTH ISSUES

By Dr. Michael Miles
Special to the Crier

Dr. Michael Miles' Clinic is located at 15601 N. Oracle Rd. in Catalina behind Golf Cars of Arizona. You can learn more about the Catalina Clinic and Dr. Miles by visiting the website: www.catalinaclinic.com. To contact Dr. Miles or make an appointment at the clinic call 520-825-8100.



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Santa visits Oracle, arrives by helicopter



John Hernandez | Copper Area

Santa visited with Oracle children on Friday, Dec. 9. He arrived by LifeNet EMS Helicopter, landing at Mountain Vista School's football field and traveling around town on an Oracle Fire Department firetruck before arriving at the Oracle Fire Station to hear the Christmas hopes and wishes of local children. He stayed for a little while before

heading back to the North Pole.

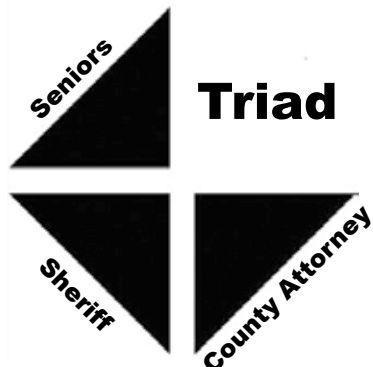
If you didn't get a chance to tell Santa in person about your Christmas wishes, please make sure to write him a letter.

Tri-Community children can mail their wishes to Santa

Continued on page 11



Oracle TRIAD Coalition
First Wednesday, 3 p.m. • Oracle Fire Department
Education • Information • Resources • Services
Helping the Senior-Elder-Older Adult



TRIAD is a cooperative project composed of seniors, Pinal County Attorney's Office, Pinal County Sheriff's Department, Pinal-Gila Council for Senior Citizens, and other community partners who are dedicated to preventing the victimization of seniors, improving their quality of life and reducing consequences associated with abuse and misuse of prescription medications and alcohol. Community members are welcome. Call Jim Stephens to sign up for volunteer opportunities, 520-483-8193.

Reflecting on Embarrassing Moments

My children are grown now but will reflect, from time to time, on incidents that were embarrassing while they were growing up. I was often included as the instigator in those memories and one would think, as I matured, that my presence in those memories would diminish, but this has not been the case. I found myself in Chicago with my daughter's family and friend enjoying dinner at an Italian restaurant called Ceres Table. The appetizers had been brought out and we had requested additional bread as it proved to be the perfect accompaniment. I had just had another bite of delectable joy from one of the plates as a server arrived and was placing a new plate of bread on our table. I glanced up to look at him and the words leaped out of my mouth without hesitation or censorship: Oh my goodness,

you are so good looking and I can say that because I'm old and you know I'm not hitting on you.

My entire table broke out in spontaneous laughter, not because of the words I spoke but the absolute awe in my voice at what I was looking at standing in front of me as if I had just witnessed the Sistine Chapel or a painting by Michelangelo. I heard my granddaughter say another Grandma moment with absolute delight in her voice. Acceptance of one's behavior only brings about additional events and so it was with this one. I requested a meeting with our server and as we huddled over his cell phone I discovered he was born and raised in Texas, had moved to Chicago when he was 17, that music is his passion, he is a singer/songwriter and is a server on the side. I even got to hear some of his music and had my picture taken with him. If you

are ever in Chicago and go to Ceres Table be sure and ask for Christian Ocasio or better yet friend him on Facebook so you can hear his music. And yes, Christian said it was okay to tell you his name.

As we left the restaurant there were hugs all around the restaurant and my face was glowing as I walked out the door. I reflected on the events of the evening as we headed to a donut store for dessert. I realized being old has its advantages: you don't embarrass your children as easily as you used to, you get to personally know a fellow human being and receive as many hugs as possible with smiles all around. Before we had even chosen our donuts a smile came across my face again at the memories that were made this night and how moments like this can fill your heart with awe as much as seeing the Sistine Chapel or witnessing a painting by



AND SO IT GOES AT THE RANCH

By Sigrid Settle
Special to the Crier

Michelangelo.

And so it goes at the Ranch,
Sigrid

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CROSSWORD

Happy Holidays

ACROSS

- 1. Romans' cleansing hangout, pl.
- 6. Bartender's Triple _____
- 9. Legal wrong
- 13. Be in harmony
- 14. *And to _____ a good night"
- 15. Fraction
- 16. Big dipper
- 17. Flying saucer?
- 18. To stand forth
- 19. *Hanukkah spinning top
- 21. *C.C. Moore's character
- 23. *_____ the fields we go laughing all the way"
- 24. Actor Wilder, 1933-2016
- 25. Fast-food staple
- 28. Unpleasant road display?
- 30. *How many days of

Christmas?

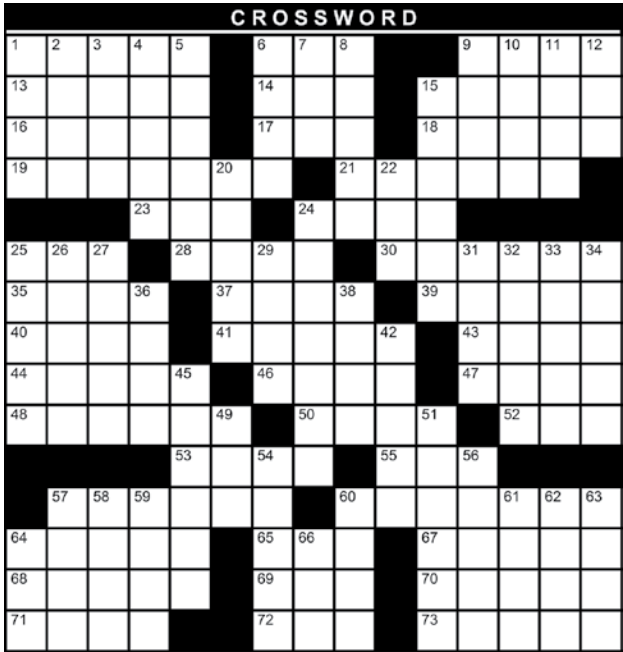
- 35. Pinocchio, e.g.
- 37. *Like Tim Cratchit
- 39. Iron setting
- 40. Like Andersen's duckling
- 41. Many times
- 43. World's longest river
- 44. Bellhop, technically
- 46. Fork prong
- 47. Malaria symptom
- 48. School supplies staple
- 50. Pale gray
- 52. H in HMS
- 53. "_____ there, done that"
- 55. R in rpm
- 57. *Tournament of Roses tradition
- 60. *Burning block
- 64. Lacy neckwear
- 65. Poe's Morgue, e.g.
- 67. Guanaco's cousin

- 68. Mountain ridge
- 69. Retirement plan
- 70. Cowboy movie
- 71. _____ farewell, past tense
- 72. Ensign, for short
- 73. Small songbirds

DOWN

- 1. Shiny on top?
- 2. Lab culture
- 3. "Trade" without one vowel
- 4. Sunny prefix
- 5. Sowing machine
- 6. Author Bellow
- 7. *North Pole worker
- 8. Bring to an end
- 9. De Niro's ride, 1976
- 10. Relating to ear
- 11. Classic board game
- 12. *Marines' giftee
- 15. Checks out again at the library
- 20. Muse of love poetry
- 22. Blast maker
- 24. Herbalist's bitter cure
- 25. *New Year stemware
- 26. _____ mortis

- 27. Churchill, Roosevelt and Stalin meeting spot
- 29. *Stocking stuffer
- 31. Tallest volcano in Europe
- 32. "Gone with the Wind" actress
- 33. Monetary worth
- 34. Mideast V.I.P.
- 36. Whiskey grain, pl.
- 38. Strong desires
- 42. India's first Prime Minister
- 45. Sales lure
- 49. *Prominent Christmas color
- 51. Like directory pages
- 54. Bone-chilling
- 56. Relating to velum
- 57. Legal prefix
- 58. In the sack
- 59. Learning method
- 60. Those voting "yes"
- 61. *A Christmas present given on the 26th
- 62. Black cat, e.g.
- 63. Needlefish, pl.
- 64. Mike Tyson's punch
- 66. Big coffee holder



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Gut Feelings

Almost anyone has it. Some make use of it, others choose not to. It is called intuition, gut feeling or sixth sense. To quote Dr. Benjamin Spock: “Trust yourself. You know more than you think you do.”

Many individuals experience instantaneous positive or negative feelings when meeting a stranger or when listening to a new suggestion. This so-called gut feeling encompasses all there is to know. No need for further inquiries or analyses.

Trust it and it will take you where you belong, where your vibrations blend with another’s compatible vibrations that create a new unity, like cells combining and then splitting into different forms again. And so the continuum is preserved, not stagnant, but vibrantly recreating itself into higher new aspects of its former self.

In this modern world, gut feeling is often responsible for major decision making of larger magnitude when the mind simply cannot cope with all the available data that is often contradictory and confusing.

Instinct can be a life saver in situations where there is a language barrier or where communication is forbidden or lost. It can let you know whom to trust and whom not to – opening doors that would otherwise remain closed.

If gut feeling is coupled with naiveté, it can get the individual in awkward or unsafe situations. But it may

also bring the individual to heights never imagined possible or hoped to attain.

Gut feeling stems from our evolutionary forerunners where instinct directed life-and-death decisions prior to modern times where scholastic mind development overrules and thereby questions and dismisses these very basic inherited instincts.

The splendid luxury of mental debate, analysis and deduction of the closeted world of theories does not exist in the wild or in a war zone where a split second may be almost too long to consider a fight or flight option.

Automatic response to situations by training are touted important but may still not be appropriate without the comfort of knowing that there was divine direction.

When the mind vacillates back and forth over a seemingly important decision, the appropriate choice has already been made on an unconscious level, but it is being debated by intellect which disagrees with it due to standard data that has been programmed into it. Consider the ‘heads or tail’ toss. You have already decided for the heads up, but are still bargaining with your intellect over the secondary option.

Therefore, don’t stand in the way of the man doing what you think cannot be done!

Consider: If a person may act, instead of must act, he or



HANDWRITING ROCKS!

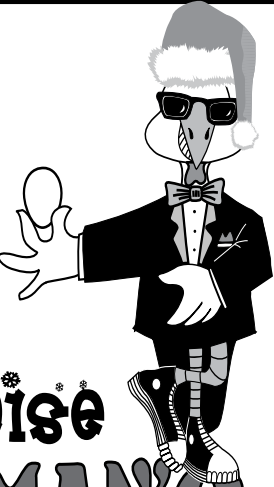
By Skylar Khan
Special to the Crier

she has the ability to enjoy acting. Consideration of the possibility of daring leads to new adventures accompanied by new understandings and insights. True wisdom lies in the heart, and not in the brain, as some want to believe. There is only a small distance between the heart and the solar plexus, the nerve center of truth recognition.

Intuition or gut feeling can be detected in the following handwriting specimens.

Continued on page 10

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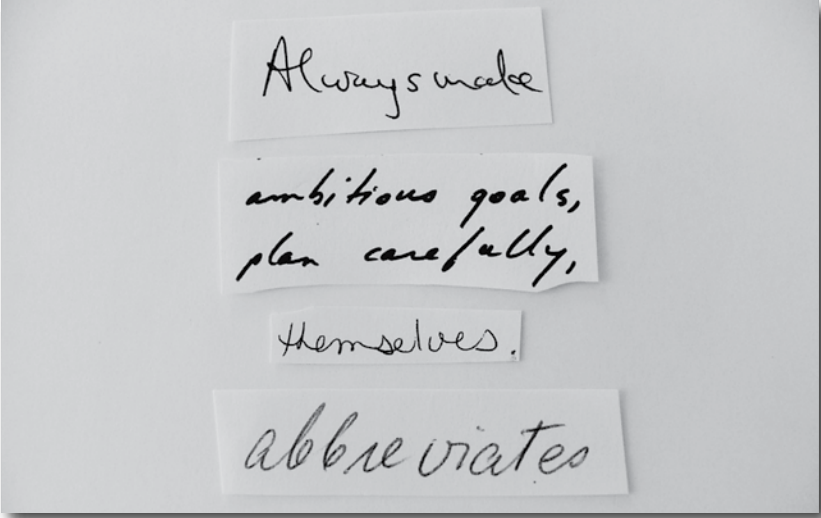
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HANDWRITING

Continued from page 9

It is seen in sudden breaks within a word without the loss of rhythm.

This does not apply to print, but only to cursive writing. The mind is engaged in problem solving, but allows for sudden flashes of insight.

Always make shows a break between l and w and y and s.

Ambitious goals, plan carefully, is another excellent example of intuitive breaks without sacrifice of rhythm and speed.

Themselves shows connectedness in the first part of the word and three breaks in the second half.

Abbreviates has five breaks within an 11 letter word.

Whether an individual follows through on their insights depends on other factors such as whether they have the trait of

decisiveness or indecisiveness. Many times you have heard people say “I knew I should do it! But...”

If the handwriting shows ambition, will power and stamina, chances are the person is willing to trust the momentary feeling.

If the writing is completely connected without any breaks, the writer is given to logical thinking, arriving at conclusions by way of rational mental analysis. This person will make fewer mistakes.

The person who favors his gut feeling over rationalization is more empowered because there is no unnecessary expenditure of mental energy or time wasted. There may occasionally be a less than perfect outcome, but a high percentage success rate is favored as it cuts out anguish, saves time, and preserves sanity.



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109 E. 2nd Ave, Mammoth
MLS#: 21514927

Nice well kept home, new carpet in 2012 newer paint inside and out. Detached 1 car garage with electric, and 1 car carport. central A/C fenced front and back yard. Great views. **\$72,900**

Oracle Listings - Homes

- **Gorgeous** 2400 Sq Ft Home on 1.33 acres with mature mesquite trees! 4 bdrm, 2 ba, vaulted ceilings, new wood flooring & carpet throughout. Recently painted. Perfect for horses, chickens, ATVs, etc. Dual heating and cooling. \$135,000 MLS # 21631673
- **Enjoy beautiful sunsets** off of the large back porch in this well kept, upgraded MH on 1.25 acres. Completely fenced for horses and small pets. Numerous outbuildings & storage units. RV setup. Lots of low care landscape. \$135,000 MLS # 21631494
- **Great opportunity** - 3 bdrm/2 ba home with large lot, detached garage/workshop, nice upgrades. Must see! \$139,000 MLS # 21629850
- **Charming** home in need of some TLC on .62 acres. \$95,000 MLS # 21629997
- **Custom home** with full partially finished basement. Vaulted ceilings, kitchen with SS, granite, island & dining area. Screened porch. Saltwater pool and grotto. 2.26 acres with mtn views. \$335,000. MLS #21627209
- **Completely remodeled** home with a detached two-car garage. \$165,000 MLS # 21624896
- **4 bedroom home** on .62 with large oak trees, 2 car carport, swimming pool. \$164,900 MLS # 21620089
- **3000sqft Santa Fe** home with privacy, views & oaks on 1 acre. \$435,000 MLS # 21614568
- **Private, beautiful** 2 bed, 2 bath on 2.95 acres, open floor plan, Travertine tile, wood floors, vaulted ceilings. Quality shed with fenced in garden. \$225,000 MLS # 21619926
- **Charming Beyond Belief** Restored back to its 1940 Craftsman style with new kitchen, bathroom, doors and windows. 1.25 acres with chicken coop and detached garage workshop. Must see! \$189,000 MLS # 21619944
- **Mountain views 4 bed, 2 1/2 bath, 2,404 sq. ft.** plus a 1,244 sq.ft. basement, 34 x 27 detached garage on 6.85 ac. \$395,000. MLS # 21320592
- **Spacious home** on a nice lot nestled in trees, 3 or 4 bedroom with new ac, new dishwasher, tile throughout, shed, covered parking and fenced area for pets. \$159,900 MLS # 2160465
- **Unique MUST SEE home!** 3 bd/3 ba. Incredible views on 3.7 acres. \$398,000 MLS # 21621842
- **Affordable** 3bd 2 bath with family room addition on 1/3 acre. Shed, New AC \$159,000 MLS # 21604651
- **DW 3 bedroom Mobile home** on 1.4 acres with views with double garage \$139,000. MLS # 21618793

Oracle Land & Commercial Properties

- **10.32 acres with beautiful views**, completely fenced with well and electric. \$45,000
- **Double Lot 1.66 & 1.26 off Linda Vista.** 2 Great parcels to choose from. Owner will carry with just 10% down. Build your dream home on one of these two lots. Paved road. Homes only area. Utilities at or near the lot line. \$85,000.
- **.67 & .52 acre commercial lots** on American Ave., Oracle. \$79,000 each

San Manuel

- **Affordable home** with expanded kitchen, ceramic tile flooring and new paint. Water heater & furnace updated. Well maintained, fenced yard, recoated roof, new carpet in bedrooms. All in excellent condition. Move in ready, priced right! \$39,000 MLS#21622997
- **Newly remodeled** 3 bed, 2 bath, mountain views, ceramic floors, new appliances. All furniture stays. \$92,000
- **Lovely** 2 bd 1 ba, wood kitchen cabinets, new A/C and furnace installed August 2015, fenced yard. \$46,000

Surrounding Area

- **Great mountain views from this 3.75 ac.** south of Mammoth. \$39,000.
- **37 acres,** beautiful views, secluded area, touches state land, horse property. \$115,000.
- **3-lots to choose from.** Hill top views shared well, horse property, leveled off areas for home sites. Two lots \$50,000 each & one lot \$70,000 or all 3 for \$129,000
- **Private location,** hilltop views, 3 bedroom, new interior paint and carport, A/C, barn & corrals. 3.18 ac \$149,000
- **Great investment,** large lot, .37 ac, paved road, owner may carry. \$19,560
- **4 ac in the Redington area.** Mesquite trees, views, private well & septic. \$39,900.
- **5 ac, views of Galiuro Mountains** desert vegetation, homes or mobiles, horse property, can be split. \$35,000.

411 S. Rolfs Ave., Mammoth
MLS#: 21612425

AFFORDABLE 3 BR 2 bath with Great Views! New carpet April 2016, Dual Pane windows, Extra Storage and 2-car carport, 200 Amp Electric service. A/C new installed in 2014 was only used for 6 months. Covered back porch. Fenced back yard. Make Offer Today!!! Owner is married to a licensed real estate agent. **\$57,500**

SELF-HEALING

Continued from page 3

School nine years ago after hearing a voice more than once say to him, “You are to be a priest.”

As he studied the Bible, he was struck by the repeated references to the natural environment. He wondered if the lakes and rivers, mountains and gardens written about were an integral part of the spiritual journey. He began to realize that for many people, especially in this time, it is necessary to get into nature to pray.

Two years ago, he started The Church of the Woods, a 106 acre forest in New Hampshire, with contemplative hiking trails but no buildings. He names climate change as the biggest problem man faces, and feels we must see the Divine in all of nature to become better stewards, and in

each other to become better humans.

The writings of Emerson and Thoreau celebrate a similar connection to nature, as well as the oneness of mankind. The joy of the outdoors is clear in their fellow poet Walt Whitman’s work when he revels in being “face down in wet grass”. Hopefully we can follow his lead, get outside, mediate-pray-or-zone out and gain the compassion and empathy he exhibits when he says:

“In all people I see myself, none more and not one a barleycorn less/and the good or bad I say of myself I say of them.”

Dr. Huntington practices Chiropractic, Biomedical Acupuncture and Physiotherapy in Oracle, Az. 520-896-9844 huntingtonchiro@hotmail.com.

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Cougar wrestling continues to win

By John Hernandez
Copper Area

The Oracle Cougar wrestling team continues to do well in competition around the state. On Nov. 19, the Cougars competed at the San Manuel tournament. Sophia Smith took 1st Place in her division winning her first match 9 to 1 and defeating her second opponent by fall in 2:25. Gilbert Rodriguez took 1st Place in the 93-pound division defeating all his opponents by fall. He pinned his first

opponent in 1:10. His next two opponents were dispatched in 35 and 45 seconds. The championship match lasted 1:15. Sophia and Gilbert were named Outstanding Wrestlers of the tournament. Charles Croci took home 2nd Place at 83 pounds. Miles Smith took 4th Place also in the 83 pound division. Tony Smith, Jacob Tafoya, and Ben Webber gave a great effort, missing out on medals by one match. On Nov. 26, the Cougars sent four wrestlers to Phoenix for the prestigious Grand Canyon Nationals. Wrestling teams from 16 states competed in

the tournament. The four Cougar wrestlers were Sophia Smith, Gilbert Rodriguez, Charles Croci and Jacob Tafoya. Sophia Smith took 3rd Place in her division. Gilbert Rodriguez brought home the 1st Place Championship belt. Cougar Coach Gilbert Rodriguez Sr. said “These four kids practiced during Thanksgiving week, watching their weight. It takes a lot of dedication and the love for their sport to give up Thanksgiving dinner. They did a great job at one of the toughest tournaments.” Congratulations to the Oracle Cougar wrestlers!

SANTA CLAUS

Continued from page 6

in the special mailboxes that can be found throughout the area. In Mammoth, head over to La Casita Restaurant. In Oracle, the box is located at the Oracle Patio Cafe and Market. San Manuel children can leave their letters at the box at the San Manuel Library. Santa has also set up a special email address if you want to send your wishes to him electronically. The email address is santa@minersunbasin.com. And please when emailing include the town where you live so that your letter can be published in the right newspaper. This year, Mr. Claus has given us permission to accept

letters through our Facebook page (www.Facebook.com/CopperArea). Just send us a private message (PM) with your child’s letter to Santa. Please be sure to include the town where you live so we can publish it in the right newspaper. Hurry and get your letters in quickly so they can be forwarded to the North Pole in plenty of time for the big day. The deadline to mail letters in Santa’s special mailbox is Dec. 16. Santa needs time to get all the requests fulfilled. Letters will be published on Dec. 21 in the *San Manuel Miner*.

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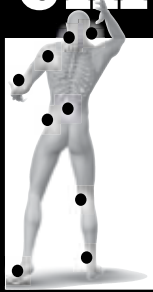
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St. Helen's Parish celebrates Monsignor Nwohu's Golden Jubilee

By John Hernandez
Copper Area News

On Wednesday Dec. 14, St. Helen's Roman Catholic Parish will be celebrating the Golden Jubilee in honor of Monsignor Ambrose Nwohu's 50th year of service as a priest.

Parishioners and friends are invited to attend the celebration.

Holy Mass will begin at 5:30 p.m. followed by dinner in the hall. Bishop Gerald Kicanas and visiting priests from local parishes will be in attendance. A small contingent of the African Choir from St. Cyril Parish in Tucson will be singing in the mass.

Monsignor Nwohu was first ordained for the diocese of Umuahia in eastern Nigeria. He was a pastor of many parishes in the diocese. He served as the Director of Justice and Peace, Director of Catholic Hospitals, Director Diocesan Bank, Chairman Priests Council, Chancellor and Vicar General. Monsignor Nwohu came to the Tucson Diocese in 2005 and became the pastor of St. Helen Parish in 2010. He is a member of the Diocese of Tucson Presbyteral Council.

Please come and honor Monsignor Ambrose Nwohu for his 50 years of service to Christ.



Monsignor Ambrose Nwohu at St. Helen's Parish will celebrate his Golden Jubilee on Dec. 14.

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