



Gather those beans - it's grinding time again!

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Oracle Towne Crier

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What is Osteoporosis?

Osteoporosis refers to softening of the bones brought on by a depletion of calcium. It can be detected with a bone density scan, a heel ultrasound or a specialized urine test. It can result in a hunched over back or broken hip. It is, unfortunately, quite common in women who have experienced menopause. What happens during menopause is a shift in hormones. As the ovaries retire from the reproductive chores of producing eggs, the estrogen levels in the body drop off dramatically. One of estrogen's many functions is to stand guard at the bones to prevent calcium loss. This is why osteoporosis is strongly associated with menopause.

The body has a complex system of checks and balances to maintain daily life. One of these systems checks the levels of calcium in the blood stream to ensure that enough calcium is available for good health. Substances that deplete our calcium levels include coffee, alcohol, sodas and smoking. If the calcium levels drop too low, the parathyroid glands, located just behind the thyroid under your Adam's Apple, will send out its hormones to signal the body to replenish the calcium. It signals three major areas of the body. First, it signals the kidneys to stop any calcium from being washed out in the urine. Second, it signals the intestines to bring in as much calcium from food as it can. And, when this doesn't produce enough calcium, it says, "I know where there is an abundance of calcium...in the bones." So, it sends a signal to the bones to pull out calcium into the blood stream. If there is enough estrogen to stand guard over the bones, the parathyroid hormones are forced to look elsewhere. This is one of the reasons many women choose to take estrogen



HEALTH ISSUES

By Dr. Michael Miles
 Special to the Crier

supplements after menopause.

However, as you can see, the real issue is not the amount of estrogen circulating in your body, but the amount of calcium. Therefore, it is most important to maintain the amount of calcium in our bodies to prevent osteoporosis. Calcium citrate with boron and Vitamin D is a good choice for supplementation, as is hydroxyapatite. In fact, hydroxyapatite has the reputation of actually rebuilding depleted bones. Milk and Tums are poorer sources of calcium.

It is also important to maintain the demand for calcium in the bones by exercising. This doesn't mean you have to run a mile every day or lift weights. It just means that the body will take measures to maintain those structures that are in most demand. So, if you do weight bearing exercises, like walking, this puts a demand on the body to maintain healthy bones to support your weight. This demand is met by directing calcium into your bones.

So, number one, make sure you get enough calcium in your diet. Number two, make sure you do enough weight bearing exercises. And, finally, if you suspect that you're not getting enough of one and two or you have a strong family history of osteoporosis or long-term steroid use, consider supplementing with estrogen. There are many sources of estrogen that will protect you. Bio-identical estrogens are worth strong consideration if this becomes the course of choice.



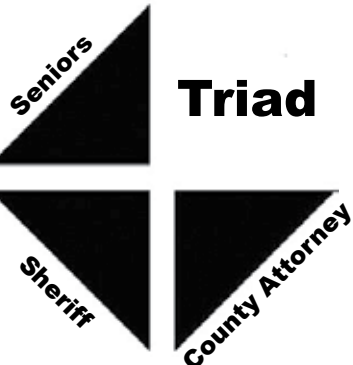
Oracle TRIAD Coalition

NEEDED: Volunteer Director of the Oracle TRIAD

A TRIAD is an organization of volunteers serving the needs of seniors in the community who are 50+. This position is also a volunteer who will be responsible for coordinating and creating committees to better serve the needs of the community. This position will be expected to participate in community events, coordinate and recruit interested volunteers, interface with community resources, and the Pinal County Attorney and Sheriff's Office. Must have good communication skills, and be computer literate. Looking for someone who is compassionate, patient, and a self starter.

If interested in serving your community in a priceless capacity, please send your resume or letter of interest to marguerite.johnson@orovalleyhospital.com. If you have questions, please call Joanie at 520-901-3631.

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 to sign up for volunteer opportunities.



DIAPER BAG

It's Chuckwagon Roundup time at Family First!

The fourth annual Chuckwagon Roundup and Auction will happen Saturday, Oct. 18 at 6 p.m. at the Summer Institute of Linguistics in Catalina. Following a delicious barbecue dinner with 'all the fixins,' prepared by Bub's Grub, hundreds of items will be auctioned off at amazing prices. Although tickets usually sell out before the auction date, some tickets are still available for \$10 at the Oracle Family First



Center at 1575 W. American Ave. on Mondays, Wednesdays, and Fridays from 9:30 to 4:30. Tickets are also available on line at www.familyfirstpcc.org. Tickets ordered online after Oct. 6 may be picked up at the center office or at the door on the date of the event. For more information, call 520-896-9545.

More than a hundred donations, ranging from Diamondback tickets, a signed University of Arizona football, Grand Canyon Railroad tickets, original art works, jewelry, and collectibles (to name a few), have been received at the Family First Pregnancy Care Center and Family Diaper Bank in Oracle. There will be many silent auction tables loaded with baskets of assorted items plus gift cards for restaurants, entertainment venues, theaters, auto, and many other services and products from Tucson area businesses.

The Chuckwagon Roundup is Family First's main fundraising activity of the year. All money raised will be used locally to support the educational programs that help families from Kearny, Winkelman, Mammoth, San Manuel, Oracle, and Catalina learn how to better raise their children. By completing classes, the families earn Mommy Money to get diapers, blankets, formula, clothes, toys, books, furniture, car seats, and other needed items from the center's store.

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Saturday, October 4, 2014 - Southern Arizona Symphony Orchestra - 7:30pm Berlioz: Rakoczy March from The Damnation of Faust. Mozart: Piano Concerto No. 21, Sandra Wright Shen, piano. Holst: The Planets. \$24 inclusive \$26 door



Saturday, October 18, 2014 - Oracle Piano Society - Featuring Dr. James DeMars and Native American Flutist, R. Carlos Nakai - 7:30pm. Oracle Piano Society Artist Advisory Committee member, composer/conductor James DeMars, belongs to a generation that is revealing a new integration of world music with the range, depth and stylistic variety of the classical tradition. DeMars will perform his duo piano sonata, "A Diary of the Seasons," with Stephen Cook, his former student and Oracle Piano Society Artistic Director. Supporter guests will join Dr. James DeMars, R. Carlos Nakai and Dr. Stephen Cook in a private cocktail party. \$75 Supporter, \$25 inclusive, \$30 door, \$10 student



Saturday, November 1, 2014 - Tucson Jazz Institute Ellington Band - 7:30pm Congratulations! Tucson Jazz Institute Ellington Band was voted Number One at the Essentially Ellington Festival and Competition in New York. Doug Tidaback, Director, claims that students are raising the bar of this Competition year after year. Join us as we welcome our national winners back to our stage for a night to remember! \$25 inclusive \$30 door



Saturday, November 8, 2014 - Southern Arizona Symphony Orchestra - 7:30pm. Guest Conductor **Gabriele Pezone.** Rossini: Overture to L'Italiana in Algeri. Panufnik: Concerto for Violin and String Orchestra - Marta Magdalena Lelek, violinist. Schubert: Symphony No. 5. \$24 inclusive \$26 door



Wednesday, November 12, 2014 - "FATS" A Tribute to Fats Domino - 7:30 pm Produced by Lonely Street Productions. Dutch pianist/singer Eric-Jan Overbeek, aka **Mr. Boogie Woogie**, brings his critically acclaimed salute to the music of the legendary Fats Domino to Arizona. Antoine "Fats" Domino was one of the pioneers of Rock & Roll, with chart-topping hits including "Ain't That a Shame," "I'm Walking" and "Blueberry Hill." Don't miss this one-of-a-kind rhythm and blues extravaganza! "I never heard a band that comes this close to the Fats Domino Band" - Jim Moliere (Fats' guitar player for 25 years.) \$25 inclusive \$30 door



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Sedona Channeling (A New Age Halloween Story)

I was preparing to go full moon hiking with my friend Dale and we had parked the car at the trailhead parking lot just as the last wisps of a colorful sunset faded away. As we walked from the car to the edge of the forest we discussed the things we were frequently talking about as we hiked

– football and poetry – discussing both with an equal passion. As the last of the daylight faded, a small group of people approached from the opposite direction, heading towards the trailhead parking lot. They were wearing orange robes, carrying drums, had feathers in their hair, and they

were wearing war paint on their faces. Quite frankly when one lives in beautiful Sedona, Ariz. such gatherings of furry freaky people are not unusual. Dale and I did not give the robe wearing, face painted, drum carrying Sedonuts another thought. We continued right on discussing football and poetry as we stomped on into the forest, the glorious moon already rising high in the sky and giving us plenty of light to stroll with. The Sedonuts however were fascinated by our presence and began to chatter among themselves.

“Did you see that?” one of the Sedonuts whispered. “They are just starting their hike... now... at sunset.”

“Won’t they get lost in the dark?” wailed another.

One of the Sedonuts, who was bigger than the rest, carrying a bigger drum, and with more feathers in his hair than the others (I suspect he was the head Sedonut), commented. “They must be hiking under the moon.”

“How magical!” said the first.

“I wish I could do that,” cried the wailer.

Just as Dale and I were about to enter the forest it was Dale who noticed. “You know those people were beating on drums, wearing robes, feathers, and face paint but they thought we were the crazy ones.”

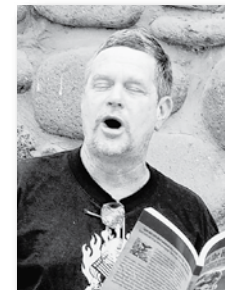
I laughed, “You mean in their eyes – we are the Sedonuts?!”

Dale sighed, “Perhaps we have been living here a little too long.”

I was thinking about this incident recently when I became a part of an anthology project titled *The Heart and Soul of Sedona*, a collection of prose and poetry with locals describing their spiritual connections to the area. Naturally my connection was with the land and the beautiful hiking. I love living in Sedona where wages are low, rent is high, but the hiking is incredible. Other essays and poems were a little more esoteric involving references to karma, reincarnation, time travel, and space aliens. In Sedona one learns to avoid speaking about UFOs unless absolutely necessary, like one learns to avoid talking about religion or politics at the office Christmas party. In Sedona, once the conversation turns to space aliens a heated argument is sure to follow and stating that you don’t believe in UFOs is considered the equivalent of attacking someone’s religion.

There was this one little old lady, she must have been 70 years old, who had written only three poems in her entire life and two of them ended up in this anthology. She was quite pleased but refused take any credit for writing good verse.

“They were channeled,” she explained. “I have only written three poems in my entire life. They were written decades apart and they only took moments to write the words poured



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Continued on Page 12

Ten years of service: Oracle Firewise honored

By **John Hernandez**
San Manuel Miner

On Tuesday, Sept. 23, the Oracle Firewise Board was honored for their 10 years of service to the community. Carrie Dennett, state fire prevention officer for Arizona State Forestry presented Firewise Board Co-Chairs Rachel Opinsky and Holt Bodison with an engraved crystal sculpture commemorating their 10th anniversary. In 2005 they became the eighth community in the state to become Firewise. There are now 59 Firewise communities in Arizona. Dennett said, "The Oracle Board is one of the best Firewise boards in the state."

The Oracle Firewise Board is dedicated to educating the community on how to protect people and property from the risks of wild fires. Some of the programs they have been involved with include the Oracle Firewise Brush Disposal Site, Property Evaluation Maps, and the Red Flag Warning Day flag. Along with the Oracle Fire Department, the Oracle Firewise Board works to make Oracle a safer Firewise community. Holt Bodison sent a message out to all of the Firewise board members that could not attend the presentation. He said, "Congratulations one and all. It's a great testament to the men and women who have served over the years on the Firewise Board as well as to the professional staff of the Oracle Fire Department, our state and federal partners and most of all, to the involved and responsible property owners of Oracle."



Oracle Fire Chief Larry Southard, the Oracle Firewise Board and several firefighters celebrate their 10 years of service in Oracle.
John Hernandez | Miner

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- Member: Farm Bureau, NRA, Elks, Sheriff's Posse and Civil Air Patrol - Honorary Major

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www.SenatorMcGUIRE.com

Paid for by Committee to Elect Barbara McGuire 2014

Oracle State Park harvest event on Oct. 19 will showcase mesquite milling, programs, music

The importance of our area's most abundant trees – native velvet mesquite and honey mesquites – will take center stage at Oracle State Park Center for Environmental Education

on Sunday, Oct. 19, at a day-long desert harvest festival. Activities will include displays, presentations, hands-on activities for children, live music, and the famous Desert Harvesters'

mesquite bean hammermill.

A Tohono O'odham demonstration of basket weaving with beargrass, kids' mesquite pancake-making, interactive education booths, and live music by Creosote Ring on the Kannally ranch house patio are scheduled as well.

All events are free with park admission of \$7 per car or free for state parks pass holders. The park entrance is on Mt. Lemmon Rd. in Oracle; hours are 8 a.m. to 5 p.m. on Saturdays and Sundays year around.

Visitors can complete their day at the park by bringing their own picnic lunch and beverages. The newly-cleared park trails are available for easy hiking, and self-guided tours of the historic ranch house and exhibit of Lee Kannally paintings are encouraged.

Desert "foodies" who have collected three or more gallons of clean, snap-dry mesquite pods can have them crushed into sweet, gluten-free mesquite flour for baking by the hammermill from 10 a.m. to 1 p.m. in the park's group use area. Important information and instructions for collecting can be found on the Desert Harvesters website: www.desertharvesters.org

PERSONS WHO WILL BRING MESQUITE BEANS FOR MILLING must observe all requirements for pod quality, safety and health listed on the website under "Mesquite

Harvesting" and "Mesquite Milling."

- Pods must be tree-picked (not picked up from the ground) and must pass an inspection for mold, fungus, debris, dryness, etc., before they will be milled.

- A minimum milling fee of \$6 for up to three gallons of pods will be charged; additional gallons, up to a maximum of 15, will be charged \$2 per gallon.

- Note that one gallon of pods will generally mill to about one pound of flour.

Laurie Melrood, desert food expert, will show the many uses of the mesquite tree, along with other desert plants, from 10 a.m. to noon. She'll also have a storytelling session for children.

"Tree of Life," a presentation by Kathie Griffin, master gardener, will begin at noon in the ranch house living room. Visitors can test their knowledge of how many ways Mesquite trees have been used by desert cultures and how to successfully grow them.

Creosote Ring makes an encore appearance starting at 2 p.m. Their grassroots-Americana blend of guitar, mandolin and vocal harmonies won raves at the park's Lee Kannally paintings exhibit opening a year ago.

Information on this and any current or upcoming park activities is available at www.azStateParks.com/Parks/ORAC or by calling 520-896-2425.



Desert Harvesters milling mesquite beans.

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Suffragette and the right to vote

Most of us take our voting rights for granted. We cast our ballot without any thought given to the women who endured atrocious treatment in their fight for this privilege.

The term suffragette was coined by Charles E. Hands in an article he wrote for the London Daily Mail in 1906 as an offensive term to mock and belittle women who fought for equal rights.

In modern English, the diminutive ending “-ette” is most often used to denote an imitation of the original, and often a poor imitation at that.

The first suffragettes who were jailed in London’s Holloway Prison were forced after a lengthy hunger strike. One other suffragette, Emily Davison, died at the Epsom Derby when she was run over by the king’s horse. The circumstances about the lady’s death are somewhat murky, but appear to be related to her wanting to attach a suffrage message to



Susan B. Anthony

the race horse. Militant suffragists of the Women’s Social and Political Union (WSPU) gladly adopted the term suffragette in the early twentieth century. However, they started calling themselves “suffraGETtes” (with a hard g), proclaiming that they did not just want the vote, but would get it too.

Suffragist is a term used more generally for people supporting the suffrage movement, male or female, radical or conservative.

In the United States, women over 21 were first allowed to vote in the territories of Wyoming in 1869 and in Utah in 1870. With the ratification of the Nineteenth Amendment, the suffrage (voting rights) was extended to women across the United States in time for the 1920 presidential election.

One of the early advocates of the United States suffrage movement was Susan

B. Anthony. She was convinced that if women did not have voting rights, they would not be able to affect the temperance movement, or any other cause women stood for.

Born in 1820 in Massachusetts into a Quaker family with activist traditions, Anthony developed a sense of justice and moral zeal early in her life.

She became an activist in the temperance movement, a concentrated effort to encourage moderation or abstinence in the consumption of intoxicating liquors. Because she was a woman, she was not allowed to speak at temperance rallies.

When Anthony was introduced to Elizabeth Cady Stanton, she became involved in the women’s rights movement and attended her first women’s rights convention in Syracuse in 1852. Anthony and Stanton believed the Republicans would reward women for their work in building support for the Thirteenth Amendment (abolition of slavery and involuntary servitude) by giving them the vote. They were bitterly disappointed when this did not happen.



HANDWRITING ROCKS!

By Skylar Khan
Special to the Crier

Soon after, she dedicated her life’s work to woman suffrage.

In 1866 Anthony and Stanton founded the American Equal Rights Association and in 1868 they started publishing the newspaper *The Revolution* in Rochester, with the masthead “Men their rights, and nothing more; women, their rights, and nothing less,” and the aim of

Continued on Page 9



When the Susan B. Anthony dollar coin was released in 1979, it was the first coin to feature the likeness of a woman.

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- Founding member of the Boys and Girls Club of Globe
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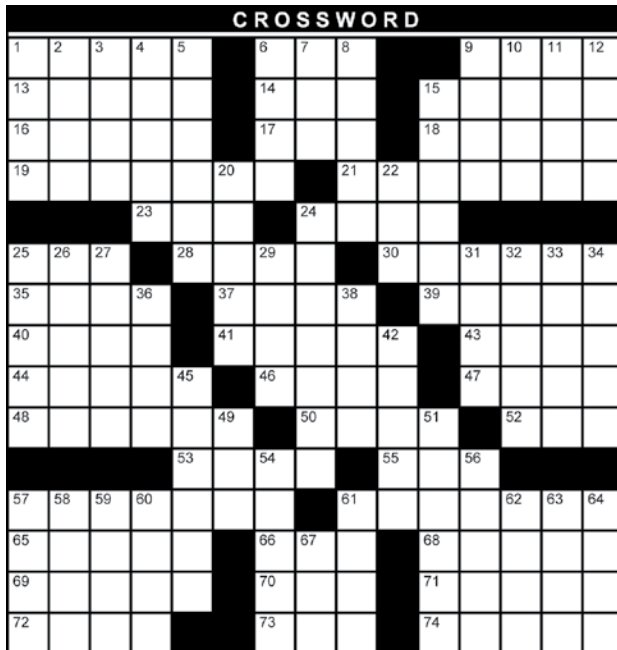
1. Range
6. Group of exercise reps
9. A large number or bunch
13. "I am _____, hear me roar"
14. In the past
15. Bilbo Baggins' land
16. Eye opener
17. Negative conjunction
18. Dip a _____ the water
19. *Team with most World Series titles
21. On the shore
23. If you do this you shall receive?
24. Type of Asian food
25. On most pants and skirts
28. High fidelity
30. Elevated box
35. October birthstone
37. Winningest Super Bowl coach

39. Run off, as in couple
40. Have the blues
41. Russian prison
43. *Go to extra innings when the score is this
44. "Bravo! Bravo!" e.g.
46. Strong review
47. Spanish Surrealist
48. Kind of monkey
50. *1972 World Series MVP, _____ Tenace
52. Newsman Rather
53. Easy to pull and hard to push
55. Rub the wrong way
57. *First non-U.S. team to win World Series
61. *First World Series losers
65. Dodge
66. *1925 World Series hero and HOFer, _____ Traynor
68. Put up with

69. *A hard hit ball
70. Funerary vase
71. Fiji's neighbor
72. *2013 World Series ended with one for Cardinals
73. Teacher's _____
74. Atones, archaic

DOWN

1. Like a tree in the wind
2. RC, e.g.
3. Yemen's neighbor
4. Winter wear
5. Catch in a net
6. "Without" in French
7. Freudian topic
8. Pentateuch
9. Pest command
10. In _____ of
11. Sportscaster _____ Andrews
12. Direct one's way
15. *Reason for 1994 World Series cancellation
20. Increasing or adding to, often used with "out"
22. CO₂, e.g.
24. Farmland under cultivation
25. *Reggie Jackson's forte
26. Geologic period
27. Syrup flavor
29. *Minimum games played in modern World Series
31. Big Bang's original matter
32. Sheep or buffalo, e.g.
33. Met's offering
34. Xe
36. Grassy land tracts
38. Cleanse or wash
42. Genius, pl.
45. * _____ Field, where Braves hosted 1999 World Series
49. Chronic drinker
51. Misprints
54. *When it landed in 1996, Yanks were champs
56. Shish _____
57. Be a snitch
58. Hodgepodge
59. *You need more than opponent to win a game
60. Lyric poems
61. Closely confined
62. Like Tim of "A Christmas Carol"
63. U2 guitarist
64. Red one and Yellow one, e.g.
67. Anger or wrath



Solution to last month's puzzle



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SUSAN B. ANTHONY

Continued from Page 7

establishing “justice for all”.

Anthony, three of her sisters, and other women were arrested in Rochester in 1872 for voting.

In 1877, she gathered petitions from 26 states with 10,000 signatures, but congress laughed at them. Year after year, she appeared before every congress from 1869 to 1906 to ask for passage of a suffrage amendment.

She also campaigned for the right for women to own property and to retain their own earnings: “I think the girl who is able to earn her own living and pay her own way should be as happy as anybody on earth. The sense of independence and security is very sweet.”

In 1900, Susan B. Anthony was successful in persuading the University of Rochester to finally admit women.

Susan B. Anthony never married. She died at the age of 86 on March 13, 1906 in her home on Madison Street in Rochester. The Nineteenth Amendment is also known as the Susan B. Anthony Amendment.

When the Susan B. Anthony dollar was issued in 1979, it was the first United States coin ever to bear the portrait of a real life woman.

In the Wikipedia biography of Susan B. Anthony, she is described as having been aggressive and compassionate by nature. She had a keen mind and a great ability to inspire.

Susan B. Anthony’s signature totally supports that statement.

A keen mind is evidenced in the angularity of script, including the three letters n in her signature. These letters n are angular which tells us that she was able to quickly analyze a situation and deal only with matters she considered important.

Aggression is seen in the pointed break-away strokes at the baseline. She was critical, direct and outspoken.

The ability to inspire is graphically demonstrated by the long t-bar that extends over most of the name Anthony. The t-bar retains its line quality from beginning to end. This indicates enthusiasm. And enthusiasm, combined with superior thinking patterns, motivates others to contribute time and effort to one’s projects and missions.

Many suffragettes in England and the United States endured unbelievably atrocious treatment during incarceration for their fight to get equal rights for

women and the right to vote.

As we stand in line to cast our ballot on Nov. 4 at the polling station, some of us may pay a silent tribute to the pioneers who fought for these rights and paved the way for women’s vote. Hats off also to the dedicated men and women who, year after year, man the polling stations and affix the welcome “I voted” sticker to our lapels!

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Oracle Firefighters help fight Complex fire

Four fighters from Oracle traveled to the state of California to help combat the July Complex fire. The Oracle Fire Department deployed a type 3 Engine which is a four wheel drive unit that has a 500 gallon water tank. The firefighters drove the truck all the way to northern California. They were assigned to fight the fire on the Klamath National Forest about 30 miles from Oregon. They were there for the entire month of August.

Oracle Fire Department Fire Chief Larry

Southard said, "We sent the truck on state contract. It fills in a gap in our budget. It is not unusual for us to make 10 percent of our budget doing wild land fire fighting."

On their way back from the fire, the engine crew came upon a vehicle accident near Reno, Nevada on SB Highway 395. They stopped to give aid to those involved in the accident until a rescue unit arrived. The fire chief of the Peavine Volunteer Fire Department sent a letter to Chief Southard. In the letter, Fire Chief

David Rebhan said, "Please pass on our thank you to the crew of E 692 for their

dedication and commitment to assisting those in need no matter where they are."



The July Complex fire in California. This photo was taken by one of Oracle's firefighters.



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551 N. OAKCLIFFE CT. MLS#: 21404935

Unobstructed views. Wood block island, copper lights, Kitchen Aid 6 burners professional gas range with electric oven and a vent-a-hood. Kitchen Aid refrigerator is counter depth with a bottom freezer, built in microwave, open floor plan with lots of natural light; a cook and entertainers dream. Enclosed AZ room, stained concrete/ brick floors, ceiling fans, upgraded throughout. Turnkey! Free standing workshop/ storage room with electric built with permits, custom patio Ramada 14x14, rain catching system. \$315,000



1950 E MT LEMMON HWY MLS#: 21408191

Oracle charmer on 1.78ac of solitude at 4500 ft. Covered in Oaks with views of boulders and the distant mountain ranges. Yard offers several different areas to relax and enjoy Oracle's afternoons and stary nights. Rock work flows throughout the landscaping offering you rocked flower beds, covered porch, lounging area with covered Ramada, fire pit for the perfect cookout. Storage bldg, green house w/ solar power system. Self contained water harvesting system with three 1200 gal storage tanks. Many more attributes add to this energy efficient home. Need to see so your own creative vision can take over. \$195,000

Oracle Listings - Homes

- **Great views, 2832 sqft, 3 bedroom, 4 bath, open kitchen with storage island, pantry, 3 stall horse barn with concrete floors with electric and hay storage, tack room, 3.32 ac. \$395,000**
- **Beautifully finished custom Santa Fe, over \$150,000 in upgrades, guest quarters, 12' high ceilings, granite counters, 3 car garage, 1.27 ac. \$415,000**
- **Amazing 2223 sqft 4 bedroom, 2 bath, open floor plan, bonus room off kitchen, screened in porch on 1.37 acres. \$275,000**
- **3 bedroom, 2 bath spacious living area, tile floor & fenced backyard. \$132,000**
- **Cozy Southwestern 2 bed, 1 bath with high mountain views & flagstone patio. \$109,000**
- **Great 3 bed, 2 bath slump block home with a newly coated roof. \$109,900**
- **3bdm, 2 ba single wide on 1.07 acres. Very secluded. \$75,000 Now \$71,000**
- **Oracle Charmer on 1.78 acres, 3 bed, 1 bath covered in oaks. \$195,000**

- **Nestled among the trees 1684 sq ft 3 bed, 2 bath, light and bright great room with large dining area, large bonus room can be 4th bedroom. \$182,500**
- **Immaculate home feels like new! Hilltop location, incredible mountain views & sunsets. 1867 sq ft. 3 bed, 2 bath, open floor plan. \$224,900**
- **Very cozy home with two fireplaces and guesthouse on almost half an acre! 3 bdrm, 3 ba. \$160,000**
- **Great views, dream kitchen with 6 burner professional gas range with electric oven and much more, a cook and entertainers dream, open floorplan with lots of natural light, 3 bedroom, 2 bath, 1989 sq. ft. with enclosed Arizona Room. \$305,000.**
- **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. \$449,000.**
- **Charming 3 bed, 2 bath home with 2 car garage on large private lot, new ceramic tile, new stove, microwave & dishwasher. \$155,000**

Oracle-Land

- **7.71 ac horse property, can be split. Great hilltop views. \$89,000**
- **1 ac. in homes only area with fantastic views & natural features. \$40,000**
- **2.5 ac horse property with great views, site - built or MH. \$45,000. NOW \$24,000**
- **.69 ac. unique property among custom built homes, \$49,900.**
- **Views, large boulders, oaks, electric, water to lot line. 1.14 ac. \$59,900**
- **Motivated Sellers! Priced below market, incredible views, 1.5 ac. Custom home area. \$39,900**
- **Horse Property! Build your home or put a manufactured home on this great 3.34 ac parcel. \$99,000**
- **1.25 to 10 ac., buy part or whole, has excellent well, borders State land, no financing necessary, owner will carry. \$32,000 - \$125,000.**
- **1.62 ac in residential only. Very plush vegetation provides privacy. \$75,000**
- **1.04 ac premium lot, custom home area, views, views views! \$59,000.**
- **2 - 1.25 ac of Oracle Ranch Rd, \$55,900 or \$49,900 property line is shared and can be combined to a 2.5 ac.**
- **Sunset Point .69 acres \$48,900**

San Manuel

- **Lovely 3 bdrm, 1 bath with like new cabinets, carpet & upgraded appliances. Must see! \$71,900.**
- **DRASTICALLY REDUCED - Charming home on 40 AC home and well is solar powered, beautiful views, horse property, can be split. \$249,900.**

Surrounding Area

- **Great lot for MH or site built homes, located 10 mi. from Oracle Jct, 3.34 acres, very affordable with electric at lot line. horses allowed. \$29,900**
- **Great mountain views from this 3.75 ac. south of Mammoth. \$39,000.**
- **3 bedroom, 2 bath on corner lot, fenced \$18,000.**
- **2 view lots, city water, sewer, paved roads, make an offer on both lots, and owner will make you a deal. \$7,000 each.**
- **Beautiful views of the Galiuro Mountains, lots of vegetation & large Saguaros. \$10,000**
- **2 view lots, city water, sewer, paved roads, make an offer on both lots, and owner will make you a deal. \$7,000 each.**
- **8.84 ac, can be split, has two building sites, saguaro and view. \$99,000**
- **Secluded area with great views, being sold as is for value of 1.3 acres. \$39,000.**

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520-896-2408

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Evening Service 6 p.m.
Wednesday Evening 6 p.m.

Oracle Church of Christ

2425 El Paseo, Oracle

Fred Patterson
896-2452 • 896-2067

Sunday Bible Study 10 a.m.
Sunday Worship 11 a.m.

Living Word Chapel

3941 W. Hwy. 77, Oracle

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Sunday 1st Service 9 a.m. • Fellowship 10:30 a.m.
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Oracle Union Church

705 E. American Ave., Oracle

Pastor Dr. Ed Nelson
520-784-1868

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Worship Service 10:30 a.m.
Wednesday Bible Study Noon
Thursday Prayer Time 11 a.m. to Noon

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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Big book sale set for Nov. 1 at Oracle Public Library

The semi-annual used book sale at Oracle Public Library is Saturday, Nov. 1, from 11 a.m. to 3 p.m. at the library, 565 E. American Ave., in Oracle.

Thousands of books in paperback and hardcover, fiction and non-fiction, and children's titles will be displayed on tables and for sale at low, stock-up-for-winter-reading prices. The sale also includes CDs, DVDs and audio books. Meet your friends, do your Christmas shopping early, or just stock up on good reads.

The famous "Two Dollars a Bag" sale

will be from 2-3 p.m. Simply buy a generous-sized bag for \$2 and fill it with all the books that fit inside. For more information, please call 520-896-2121.

Patrons at the Oracle Library now enjoy extended hours, thanks to the efforts of its all-volunteer staff. The library is open from 9 a.m. to 6 p.m., Mondays through Thursdays, and from 9 a.m. to 3 p.m. on Fridays and Saturdays. The library relies on community donations and book sale proceeds to maintain its building and grounds.



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SEDONA

Continued from Page 4

through me – as if I were channeling.”
An awkward silence filled the conversation.
She asked me, “Don’t you find that when

you are writing, the words aren’t really
your words but instead are just channeling
through you as a conduit?”

I smiled, pleased for the opportunity to
explain my writing process.

“Why yes I do,” I began. “I discover my best
writings to be channeled. I start by building
a small altar over my computer. Then I go
into the backyard and begin to gather twigs
and small sticks to use as kindling. I return
to the computer and build a small fire atop
the altar. While the tiny fire blazes, I drum
and chant, drumming and chanting until
the demons appear. As the tiny imps leap
and frolic about the fire, I drum faster and
faster until the demons begin to dance. As
the demons dance twisting and contorting
in the most grotesque ways I continue to
drum faster and faster, forcing the demons
to dance even faster. Until at last the fire

consumes itself into ash and the demons
collapse into an exhausted pile. Once the
demons have recovered their breath they
arise and hold hands. Then to show their
gratitude, voices rising in an unholy choir,
the demons sing to me. Whatever the
demons sing to me, I write it down word for
word and that is where my best stories and
poems come from.”

The little old lady looked at me, her face
having gone pale, her hands trembling and
she said, “Perhaps I have been living in
Sedona a little too long.”

I shouted gleefully and began to cackle
maniacally, rubbing my hands together
gleefully. “Perhaps you have my dear,
perhaps you have.”



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