

Happiness is volunteering!

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John Hernandez | Crier



A community publication of Copperarea.com

OBITUARY

Frank Ornelas Jr.

Frank Ornelas Jr., 58, passed away in his sleep at the home he shared with his wife and son in Oracle on Oct. 21, 2016 after a long fight with cancer.

Frankie has a rich background in the Tri-Community area. He was born in San Manuel Nov. 17, 1957 and lived in each town more than once in his life. His first job was at the underground Copper Mine in San Manuel as a Chute Tapper and over the next 22 years learned just about every underground job there was at the mine. Frank was

related to, knew and worked with many people and was widely liked by many in all three towns. He also enjoyed being on his grandfather Bobby Buzan's ranch in Mammoth where he raised horses, grew crops and had many family gatherings.



Frankie was an avid Denver Broncos Football and University of Arizona Basketball fan. He loved hunting around the vast desert and mountains that surround the Tri-Com area, enjoyed outdoor grilling

and watching school sports in the area.

Frank is survived by his parents, five adult children, one minor child, and his wife of 15 years, Samantha, who he met at the Oracle Oaks Festival. He is preceded in death by a son, Cameron (29), who passed away last year. As Frank grew more ill, he expressed looking confidently forward to being with Cameron in Heaven since both had a conversion experience where they accepted Jesus Christ as their Savior.

Vistoso Funeral Home handled the arrangements sensitively and expertly and are highly recommended by the family. Condolences may be sent to 835 W. Sunset Ave., Oracle AZ 85623.

Oracle Towne Crier

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—David Brinkley

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Fuel wood permits for Mt. Lemmon available for purchase

Tucson, AZ – Fuel wood permits for portions of Mt. Lemmon, located on the Santa Catalina Ranger District of the Coronado National Forest, will be available for sale Nov. 1 to Dec. 16, 2016 at the Ranger District Office, 5700 N. Sabino Canyon Road in Tucson. Permits are available for personal (non-commercial) use only.

Permits will be issued in two-cord increments at a cost of \$20.00 per permit, with a limit of one permit per household. Each permit will authorize collection on Mt. Lemmon and in the Oracle area of dry, dead-and-down and dead standing wood (no live branches) less than eight inches in diameter at breast height. Cutting area maps and program regulations will be provided with permits upon request. Permit holders may collect and remove only dry wood from the collection areas.

The cutting season begins Nov. 1, 2016 and ends April 16, 2017. Access to fuelwood areas on Mt. Lemmon will be limited by winter conditions. Mt. Bigelow Road will close Dec. 15 or when

the first snowfall limits travel, and will reopen when conditions permit. The road typically reopens by March 1, but is dependent on snow levels. Spencer Canyon Campground and Whitetail Campground will be open for fuel wood collection on specific days during November and December as identified in the permit. The campgrounds will be closed to wood collection for the fuel wood season with the onset of winter conditions.

Permit purchases may be made by credit card, cash, check or money order (made payable to "USDA Forest Service"). Those purchasing permits must provide one form of identification and the description and license plate number(s) of the vehicle(s) and trailer(s) used to collect the wood. A maximum of two vehicles will be authorized per permit. All sales are final.

Permits may be obtained at the Ranger District Office between 9 a.m. and 3 p.m. Monday through Friday, except on federal holidays. Persons wishing to purchase a permit should call (520) 749-7700 to schedule an appointment.

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How 'Darth Vader' Can Help With the Holidays

Most of us know the sound of Darth Vader breathing - that raspy, restricted, mechanical wheeze you could hear before you saw him. Fewer of us are aware of the importance of proper breathing in creating higher levels of health and happiness.

A cornerstone to proper breath-work is to breathe exclusively through the nose. Nasal breathing warms and filters inhaled air, "spins" it deep into the lower lungs for better blood/oxygen exchange, and delivers nitric oxide to the body, relaxing blood vessels and reducing blood pressure.

A tri-athlete coach in the 1990s found nasal breathing while exercising increased speed and endurance in his athletes. He taught a yogic breath exercise known as ujjayi pranayama, and named it after the space villain for the sound it makes. This exercise has been recorded throughout the ages to have a calming effect on the mind and body.

It also strengthens the diaphragm and abdominal muscles, and helps move the nervous system from a "fight or flight" stress response to a "rest and digest" healing state.

To begin, inhale normally through the nose. At first, do not take a large breath. It will be easier to master this technique with shallow breaths in the beginning.

During the exhale, breathe out only through the nose. As you exhale, constrict the throat slightly, as if you were lightly snoring. To accomplish a resonant, "Darth



SELF-HEALING

By John Huntington
Special to the Crier

Vader" sound, you will find it necessary to slightly contract your stomach muscles. If you need help making this throat tightening, think of the "HAAA!" sound you make trying to fog your glasses to clean them.

It is important to keep the breath gentle but deep into the abdomen. A greater emphasis should be made on a long exhalation, even to a sense of mild breathlessness, as this will increase carbon dioxide in the blood, which most of us need. Better oxygen/carbon dioxide balance in the blood has effect on all body processes, including immune function.

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

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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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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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Saturday, November 12, 2016 - Tucson Jazz Institute Ellington Band - 7:30pm. Featured on the Jerry Lewis MDA Telethon, The New Orleans Jazz & Heritage Festival, The Telluride Jazz Festival and all the major European Jazz Festivals in 2006, 2011, and 2014. Under Doug Tidaback's direction the TJI Ellington Band was named the #1 Community High School Band and 2013-2014 the 1st Place High School Band at the Essentially Ellington Competition. This led to performances at the Lincoln Center in New York in May 2010-2016. \$30 in advance, \$35 door.



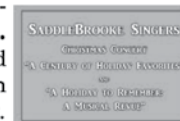
Saturday, November 19, 2016 - Southern Arizona Symphony Orchestra - 7:30pm. Linus Lerner, Music Director. Gioacchino Rossini: Overture to The Barber of Seville. Carl Nielsen: Flute Concerto, guest artist Carol Wincenc, flute. Ludwig van Beethoven: Symphony No. 5. \$24 in advance, \$25 door.



Saturday, November 26, 2016 - ARTRAGEOUS! 3pm & 7:30pm. Watch a team of artists bring giant artworks to life with amazing speed right before your eyes unveiling larger than life icons and masterpieces in just moments. Have it accompanied by amazing vocals, creative choreography, high energy, live music and unforgettable audience interaction that will attract your attention and delight your senses with energy, spirit and action. A show for the entire family! \$40 in advance, \$45 door.



Friday, December 2 and Sunday December 4, 2016 - SaddleBrooke Singers Christmas Concert 7:30pm & 4pm. Your friends and neighbors, bring you this double-barreled Holiday Treat! **A Century of Holiday Favorites**, which includes a holiday song from each decade of the 20th Century. Next, a multi-traditional Choral Celebration, **A Holiday to Remember: A Musical Revue**, complete with musical instruments, dancers, and, of course, the great choral sound of the SaddleBrooke Singers! Directed by **Tanya Elias-Graff**, Musical Director. \$18 in advance, \$20 door.



Wednesday, December 7, 2016 - Have Yourself A Jazzy Little Christmas - 7:30pm. Produced by Lonely Street Productions. Cozy up to the fire and get into the spirit of the season with our jazzy tribute to the holidays. Featuring fantastic vocals and a swingin' jazz combo, you'll be sure to have a "Cool Yule" with these holiday hits! \$30 in advance, \$35 door.



Friday, December 9, 2016 - Canada del Oro Barbershop Chorus - "It's Beginning to Look a Lot Like Christmas" - A Holiday Harmony Celebration-7:30pm. Three A Capella singing groups, SaddleBrooke's Canada del Oro Barbershop Chorus, the Tucson Barbershop Xperience and the entertaining and exciting and often hilarious MS CELLANEIOUS quartet will be presenting a show singing many of America's favorite songs, as well as, 60 voices together singing the greatest Christmas carols ever written. \$23 in advance, \$25 door.



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Local artist Karen Medley shows at Triangle L Ranch

Oracle artist Karen Medley will be presenting her show "Icons & Nikons: A Photographic Journey Towards a Golden Celestial Overload" at the Triangle L Ranch Land Adobe Barn Gallery. The show will run from Nov. 7 to Dec. 21, 2016. The Artist's Reception will be held Saturday, Nov. 12, from 1-5 p.m.

Karen has lived in Oracle for over 30 years and taught art at San Manuel High School. She received her Bachelors of Art degree from Arizona State University. She did graduate work at University of California, Northern Arizona University, University of Arizona and Arizona State University. Karen completed her studies at the J.P. Getty Art Institute of Los Angeles.

Karen recently created the artwork for the Oracle Run T-shirt and the oak tree mugs which were the first place prizes for the 10K and 5K race. Her latest project Icons & Nikons is named for religious icons or images and the photographs of them that she uses in her art installation. Karen says, "This art installation explores my personal connection with the world of spirituality and Christian culture through religious iconography."

Icons & Nikons was inspired by her recent travels with her husband John through Europe where they visited many cathedrals and art galleries including the Louvre in Paris and the Sistine Chapel. "It happened in Rome," Karen said. The idea or "vision" came to her as she stood on the balcony of their hotel room. She was looking up the street where they had a view of the Roman Colosseum.

Karen says of her project: "When you walk into the barn, the walls are empty because I want you to look

Continued on page 12



Artist Karen Medley installs her latest piece, 'Icons & Nikons: A Photographic Journey Towards a Golden Celestial Overload' at the Triangle L Ranch.



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What is L-Tryptophan?

Many people associate tryptophan with the drowsiness they feel after a big Thanksgiving dinner.

Tryptophan is one of the many amino acids that we intake from our food daily. Amino acids are the building blocks of protein which make up the physical structure of food, as well as the physical structure of our own bodies, like muscles and organs and even neurotransmitters. Tryptophan is one of the 22 most prominent of the hundreds of amino acids. Other prominent amino acids you might recognize include lysine, arginine, cysteine and tyrosine. We get many of our amino acids pre-made from food, though some we must piece together ourselves.

Tryptophan is one of the “essential” amino acids that must be taken into our bodies already fully formed. It is found in most foods, though many people believe it is concentrated in the white meat of turkey.

Keeping a fresh supply of this building material around is simple. We eat food that is then broken down by digestive enzymes into its individual amino acids. After this, other enzymes piece together the individual amino acids into different

proteins that our bodies can use, thus replacing old ones. This is one reason people say that we have a new body every seven years.

After the individual amino acids are pieced together by an enzyme, using DNA to direct the sequencing, the resulting long string is twisted and folded by electromagnetic attractions to create a usable form for our bodies.

Tryptophan is a precursor, or building block, for serotonin. Serotonin is the inhibitory neurotransmitter related to dreaming. Thus, tryptophan contributes to our sleepiness after a big meal with turkey, though the size of the meal and the amount of carbohydrates taken in may play a prominent role in our sudden drowsiness.

An inhibitory neurotransmitter such as serotonin sends signals that relax the body. It counterbalances the excitatory neurotransmitters that signal arousal. Tryptophan can be used in certain medical conditions to counter an overabundance of excitatory signals and thus bring a person back into a more balanced state of being. 5HTP (5-hydroxy tryptophan) is a form sometimes used because of its closer

approximation to serotonin.

Tryptophan is also very useful in situations of prolonged depression. It eases stress and allows a more balanced view of life. Interestingly, tryptophan is also a precursor to niacin, the B-vitamin associated with relaxing smooth muscles like those surrounding our blood vessels that are directly linked to the autonomic (emotional) nervous system.

The L, in L-tryptophan, refers to the fact that most molecules (tryptophan is a molecule that happens to be an amino acid because of the nitrogen group in its configuration) exist with two mirror image configurations. So, the same molecule, in this case tryptophan, can be right handed (Dextro) or left handed (Levo). The most usable form is the left handed one, and is labeled the “L” form.

5-Hydroxy-Tryptophan (5HTP) is a form of tryptophan that is sometimes used daily to balance out neurotransmitters that were shocked into imbalance such as seen with Post Traumatic Stress Disorder.

I hope this article enhances your experience and provides entertaining table talk during upcoming holidays that



HEALTH ISSUES

By Dr. Michael Miles
Special to the Crier

may involve conspicuous consumption of recognized tryptophan sources.

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.



L-Tryptophan is what causes you to feel so sleepy after eating Thanksgiving turkey.

Have a story idea for us? We'd love to hear your suggestions! Email your story ideas to editor@minersunbasin.com



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Volunteering for the Tri-Community Visitors Center

By **John Hernandez**
Copper Area News

The Tri-Community Visitors Center is looking for volunteers. The only pre-requisite is that you care about your community. Shelia Patterson from the Visitors Center and a volunteer says that the volunteers are needed to help fill the schedule in staffing the Visitors Center which is currently open 9 a.m. to 4 p.m. Monday through Friday. They would like to see the hours expanded to include the weekend when more tourists and visitors come through the area.

Volunteers are expected to work a shift either 9 a.m. to 1 p.m. or 1 to 4 p.m. The number of days of the week and the day of the week that you would work is flexible and can be worked around one's schedule. The volunteers are expected to help set up, keep the brochures and printed information up to date, some light cleaning and be able to answer questions from tourists about the Tri-Community area such as what restaurants, hotels, activities, places of interest and events are in the area. Being able to give directions and some knowledge of the history of the Tri-Community are a plus. Shelia said that they would like to see more volunteers from Mammoth and San Manuel that have knowledge of the area. "It is a great way to meet people and give back to the community," Shelia said.

Volunteers will receive training about the Visitors Center building and its operation. The center has a gift shop where local artists have provided crafts and artwork for sale. There is also an information room where brochures from tourist attractions around the state including the Copper Corridor are available as well as maps and business cards from local business owners. Training is also provided about the activities, places of interest, hotels, restaurants, businesses, etc. in the area.

Some of the current volunteers for the Tri-Community Visitors Center are:

John Predgo – John is originally from Boston, Massachusetts and has lived in Oracle for three years. He says he volunteered because he likes to stay active and it was a good way to meet people. "Our group of volunteers is like a family," he said. John also volunteers with Oracle Firewise and CERT.

Dosinda Greenwood – Dosinda was born and raised in Honduras. She has been in the United States since 1977 and in Oracle for three years. Dosinda said she always volunteered overseas. Because she was new to Oracle she volunteered to meet people and to find out what was going on in the area. Besides meeting the wonderful volunteers, she says she enjoys talking with the tourists. She finds many of them interesting including some from other countries. "It makes me feel useful," she said.

Mary Mercer – Mary lived in Mammoth for 30 years and is a former owner of the Mercer Ranch along the San Pedro River. She has lived in Oracle for one year. She is a former Mammoth-San Manuel School Board member. She said that she volunteered as her way of giving back to the community and because she enjoys meeting people both the volunteers and the tourists.

Barbara Haas – Barbara moved to Oracle from San Diego
Continued on page 10



Volunteers at the Tri-Community Visitors Center include Mary Mercer, Barbara Haas, Dosinda Greenwood, John Predgo, Shelia Patterson, and Debi Pfaff.
John Hernandez | Crier

Oracle TRIAD Coalition

First Wednesday, 3 p.m. • Oracle Fire Department

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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.

Community garden in planning stage for Oracle

By **John Hernandez**
Copper Area News

A group of Oracle residents are interested in starting a community garden. On Sunday, Nov. 6, about 25 people showed up at the group's first public meeting held at Skate Park on Mt. Lemmon Rd., which is the selected site for the garden. The Learning Garden, as it has been named, envisions "a place where people can have their own garden plot, garden with others in a shared area, and learn through workshops about all aspects of gardening."

At the meeting chaired by Liz Tuck, ideas were shared about plans for the garden and how the nearly two-acre space should be utilized. The property also has a building with bathrooms and a storage area. Liz said that the "driving force" behind the garden vision was Linda Leigh. Linda is the owner of Vermillion Wormery and is an expert on worms and composting. Some of the ideas for the garden included water

harvesting system, organic gardening (no pesticides), rental of garden space, building a gazebo, volleyball court, seed & plant exchange, children's garden and play area, hydroponics, tree orchard and raised garden beds.

Liz provided an update of some of the preliminary work that has been done. The startup group has met with Pinal County Parks and Open Spaces about the leasing of the Skate Park. The county has offered to lease the space for \$1 per year for 10 years. The Learning Garden will have to be organized as a non-profit and provide liability insurance for the property. They have met with Pinal County Ag Extension's Gardening Coordinator and have gathered information about other community gardens in the county - what works, what fails and what support they can provide.

There are many challenges ahead, the most important one being community interest and volunteers to make the garden warranted. It is estimated that

Continued on page 12



Moderator Liz Tuck speaks to folks interested in a community garden.

John Hernandez | Crier

Voices in the Oaks performs at farmers market



Voices in the Oaks Choral, part of Oracle Piano Society performed at Sue & Jerry's Trading Post Farmers Market on Wednesday, Nov. 2, to a very large crowd. The choral will be performing Sunday, Nov. 13, at 3 p.m. at OrCA (Oracle Center for the Arts) 700 E. Kingston St., Oracle. Tickets may be purchased on line at www.oraclepianosociety.org for \$12. Student tickets free with a student I.D. More info: 623-295-9677. Photo taken by Laura Flores.

 Oracle
Community Center

You can make a difference!

The Oracle Oaks Festival is in the planning stage and your help and input is needed.

Volunteer for the Oaks Festival Committee.

Call 520-954-2722.

Next meeting: Dec. 5, 4:30 p.m. at the
Oracle Community Center



CROSSWORD

Thanksgiving

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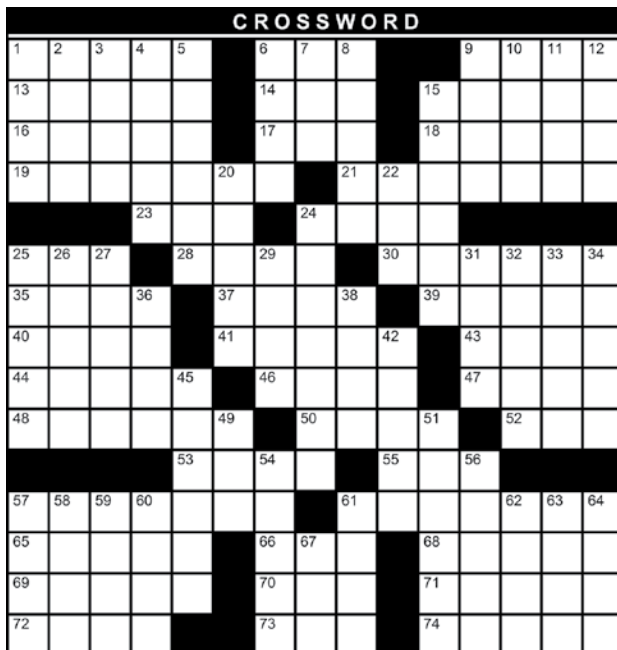
1. Take a base
6. Comic book expression for alarm
9. Locus, pl.
13. L on clothes
14. Grazing spot
15. Chose between competitors
16. Pseudonym
17. Matterhorn, e.g.
18. Opposite of cathode
19. *Wampanoag Thanksgiving feast contribution
21. *Original Plymouth resident
23. Flanders of "The Simpsons"
24. Sunrise on compass
25. Part of tennis match
28. Like happy people's glasses

30. River in Asia
35. Sainly glow
37. Actress Perlman
39. Aqua-Lung user
40. Europe/Asia mountain divide
41. Do-reh-mi-fa-so-la-ti
43. _____ Scotia
44. Same as comae
46. Leopard or such
47. Capital of Ukraine
48. Sprightliness
50. Sold in bars
52. *Like an overcooked turkey
53. Whip strike
55. Pump offering
57. *Thanksgiving pie filling
61. Courage or valor
65. Accustom
66. Intersects blvd.?
68. "A Confederacy of

- _____, " sing.
69. Climber's spike
70. Shiny wheel part
71. Grouchy Muppet
72. Old flames
73. Mouth piece
74. India's first P.M.

DOWN

1. Eastern European
2. Tall one is a lie
3. Poetic name of Ireland
4. "Encore!"
5. "Children of a _____ God" (1986)
6. Panache
7. Unagi
8. Fraternity K
9. Ding-a-_____
10. Either fragrance or stench
11. Ghana monetary unit
12. Footnote word
15. *Preserved the old-fashioned way
20. Plural of #10 Down
22. School of thought suffix
24. Blinking cilia
25. *Cranberry _____
26. Continental money
27. Charlie Chaplin's character
29. *What to do on Friday
31. Hose problem
32. Egg-shaped
33. Never say what?
34. *Boat contents
36. Winglike
38. 1970s hairdo
42. "Time is money," e.g.
45. Smooth and shiny
49. Chi precursor
51. *Presidential Thanksgiving act
54. Angry growl
56. Drink excessively
57. Dream sucker?
58. Type of operating system
59. No volume
60. Major-leaguers
61. Cannabis plant
62. Mark of a ruler
63. "The Lion King" villain
64. Himalayan peak
67. Roman numeral 7



Solution to last month's puzzle



Said the Exclamation Point to the Question Mark: "I'll never date another apostrophe ... the last one was too possessive."

*** AUCTION ***

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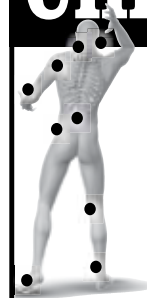
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Good Food, Great People at the Oracle Patio Café and Market



The kids on Annalisa's 16th birthday. Annalisa Raneri, 16, and Max Raneri, 10.

Over the past four years, the Oracle Patio Café and Market has evolved into the local in-place to enjoy good food and meeting friends and neighbors.

A great success from the start, the café's interior has undergone continuous changes in accordance with its mission and purpose.

These days, we enter the establishment through the Market. Essential ingredients, such as dry goods, meats, vegetables and oven-ready meals-to-go are displayed all over the store.

Patrons of the café have a choice of various dining areas. There is outdoor seating on the patio or street-side. Then there are the cozy rooms by the windows on the inside, one room with a large round table is in the back, plus the garden room for individual and larger groups.

Owners Stacy and David Raneri can usually be found working in the kitchen.

Customers include local residents and patrons from surrounding areas. Bicyclists and motor bikers make their way to the restaurant from as far as Tucson and the Phoenix areas.

"Everybody likes homemade food, fresh vegetables, free range meats. You will not find any processed food in this establishment" says Stacy Raneri. "Sandwiches, pizza, pies and scones are also offered with an additional gluten free option."

Great emphasis is placed on obtaining fresh organic produce from local farmers whenever

possible, to name a few: Jojoba steak and chorizo meats in the market are supplied by Gregg Vinson. The Gourmet Girls supply the gluten free items used in the kitchen; herbs and plants from Linda Leigh, vegetables and fruit from Coralee, range free eggs from Natalie Huntington.

Sky Island Coffee Roasters provide a nice assortment of freshly roasted coffee beans and ground coffees by Deb Breen.

In addition, the market offers natural lunch meats. Stacy Raneri explains that she only buys food items she personally likes.

The restaurant's policy is to have nothing go to waste. Unsold cooked food items are donated to the Oracle Community Center for their weekly luncheons. Vegetable peelings are passed on to the Vermillion Wormery for composting.

The restaurant is open 7 a.m. to 3 p.m. Tuesday through Sunday. Stacy Raneri stresses the importance of the whole family sitting down together for dinner at home. Daughter Annalisa is 16 and son Max is 10. Thus evening hours are reserved for family and school matters.

The children were 12 and 6 years old when the restaurant first opened, and Annalisa worked as the first dishwasher at the store.

The owners have adopted a circumspect budget that allows maintenance of staff during leaner months, thus providing regular income for their employees.



HANDWRITING ROCKS!

By Skylar Khan
Special to the Crier

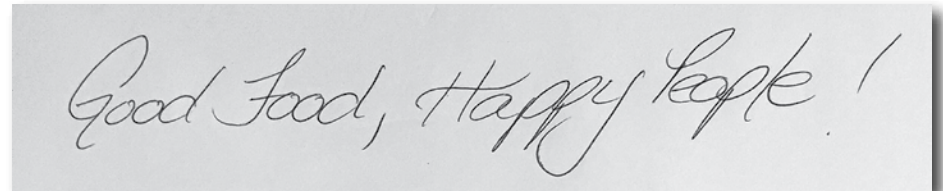
Raneri feels they have been blessed with good fortune and she attributes the restaurant's steady growth to their hard work, the efforts of loyal employees, and a close relationship with the community. Awareness of the establishment has been created by patrons' word of mouth. And rather than investing in marketing, the Raneris prefer to give back to the community by supporting the local Spats Theater and the Oracle Piano Society in their own way.

Parts of the profits have also continually been funneled back into the business, including redecoration of rooms and furniture. The

Continued on page 11



Stacy and David Raneri of Oracle Patio Cafe and Market.



Appetizer display for a catered wedding at El Rancho Robles Spring 2016.

SaddleBrooke seamstress creates gowns for special babies

Connie Sieverding moved from Wisconsin to SaddleBrooke (SB) six years ago. An avid seamstress, taught by her mother to “repurpose” items, Connie joined a SB sewing group called Sew Busy Cut-Ups and introduced the members to her latest project, making Angel Gowns for babies who are called to heaven before ever leaving the hospital.

These are not just any type of garment, but are made from donated wedding dresses. Dozens of tiny garments can be created from one gown. There are

many Angel Gown Charities around the country, but none that Connie could find in Tucson. A program aired on “Good Morning America” introduced Connie to the concept. After making a connection in Phoenix and offering to be a seamstress she received information, and within two days had a gown in Tucson ready to be reconstructed.

Angel Gowns by Connie was born. The Golden Goose Thrift Shop will donate unsold wedding gowns, word-of-mouth results in donations, and information

over the internet is helpful. The tiny outfits usually include the ornate details of the original gown, are generally all white but other colors can be added, such as a blue vest for a boy.

Each outfit sports an angel wing charm, and is delivered with a card that says the gown was made by Connie from the specific person who donated the original dress. Connie is currently researching Tucson hospitals with neonatal programs that would benefit from her creations.

The tragedy of such an unexpected death at birth often makes it very difficult for families to make necessary plans for interment. Bereavement nurses can assess each situation, allowing parents to make a decision on an outfit, or that nurse can simply bring a couple of gowns to the family for its own selection.

More information about this project is available on the Facebook page Angel Gowns by Connie (<http://bit.ly/2dYpbmt>). You can directly contact Connie at angelgownsbymconnie@gmail.com.



Dozens of tiny outfits can be made from just one gown.



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Oracle Listings - Homes

- **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 mtv views. \$335,000. MLS #21627209
- **1.6 acre 2048 sq. ft.** remodeled home with open concept, granite & ceramic. Fully handicap adapted. 32x75-5 bay garage/shop. RV pad w/ full hookup, 400 amp service. Low utilities. Restuccoed & painted. Screened in porch and fire pit. \$350,000. MLS # 21627013
- **Completely remodeled** home with a detached two-car garage. \$165,000 MLS # 21624896
- **Hilltop home** 3 bed, 2 bath with mountain views. Spacious living room with fireplace. Adjacent lot also for sale. \$159,000 MLS # 21620045
- **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
- **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
- **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
- **FANTASTIC LOCATION!** 40 acres with 2 adorable cottages. Huge investment potential. \$590,000.
- **4 view lots,** nice views, custom home area, boulders and trees, owner may carry. \$60,000.
- **4 beautiful 1 ac home sites,** owner may carry, utilities at lot line. \$47,900.
- **Rare find** 3.31 acres in Cherry Valley Subdivision. \$125,000.
- **7.14 ac** Stunning 360 degree views. Homes or mobiles. Horse property. Large mature oak trees, motivated seller. Bring all offers. \$135,000
- **2.5 ac land, borders state land,** build your custom home, utilities at street. \$140,000
- **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
- **Lovely 3bd 2 bath** home clean and well maintained. All the floors & walls in great condition. Home backs to desert with gorgeous mountain & sunset views. Screened in patio, front door wheelchair accessible. Updated AC, metal roof & some plumbing \$84,900 MLS 21626354
- **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
- **Remodeled** 1900 sqft. home with landscaped yard, renovated kitchen and bathrooms, new plumbing, large family room addition and office or 4th bedroom. \$118,000
- **Remodeled home,** with tile floors throughout, remodeled baths, landscaped yard, large addition & large living room, 2 sheds & covered patio, \$115,000 MLS 21616060
- **Well kept home,** 3 bedroom 2 bath, fireplace, new carpet 2012, new paint, detached garage, carport, A/C, fenced front and back yard, great views. \$72,900 MLS 21514927
- **Beautiful views of the Galiuro Mountains,** 1.25 acres, lots of vegetation & large Saguaros. \$10,000
- **9.88 ac. with lots of mature** Mesquite trees, 1/2 interest in well, partial fenced. \$35,000.
- **DRASTICALLY REDUCED - Charming home** on 40 AC home and well is solar powered, beautiful views, horse property, can be split. \$237,900.
- **Fixer upper,** large lot, views. \$6,990
- **3 bedroom, 2 bath** on corner lot, fenced \$14,700.
- **2 large buildings,** 6,400 sq. ft., living quarters, office space, bathrooms, enclosed patios. \$72,750

San Manuel

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VOLUNTEERS

Continued from page 6

three years ago. She says she volunteered as a way of giving back to the community which helped her and her husband when they first moved here. “It’s a way of becoming part of the community,” Barbara said. Barbara volunteers with the Oracle Public Library, CERT, Oracle Firewise, and SPATS.

Debi Pfaff – Debi is a retired school teacher. She taught for 40 years. She has lived in the Tri-Community since 2001 with the last two and a half years in Oracle. She has been with the Tri-Community Visitors Center since it was first organized by the

Oracle Women’s Network (OWN). She was their first Director. Debi says, “It has been neat seeing the vision come together” and how the cooperative has grown over the years. Debi volunteers for “Start at the Street” in San Manuel and enjoys helping the elderly.

If you would like to learn more about the Tri-Community Visitors Center or volunteer, stop by the center at 1470 W. American Ave. in Oracle or visit www.visittricomunity.org. You can also email them at info@visittricomunity.org.

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PATIO CAFE

Continued from page 9

chairs in the front room originated from a sell-off at the Bellagio Hotel in Las Vegas. They were recently painted by Valeska Cromer with adorable chicken and heart pictures.

'Welcome' signs in the parking spaces have been created by local sculptor Jerry Parra, and the paper flowers adorning the restaurant walls were made by wife Sue.

Local artists are invited to display their works on a rotating basis on the café walls. This allows for an ever changing ambiance, and at the same time serves to introduce local painters to dining patrons.

The restaurant has regular catering commitments in and outside of the site. Some include retreats at El Rancho Robles, weddings at the Oracle State Park, lunch boxes at the Arizona Zipline, and private catering at peoples' homes.

Another popular feature of the Patio Café is the monthly 'Dinner with Dave' by reservation only. The concept of these intimate soirees stems from people's curiosity about what it would be like to dine with a chef. Thus 'Dinner with Dave' serves as a recreation of any private dinner party where you don't know who will be seated next to you, or what food will be served by the host. Those dinners, Raneri explains, include a four course meal and customers may bring along their own bottle of wine. According to her, these are Dave's favorite nights!

The next 'Dinner with Dave' has tentatively been scheduled for Nov. 11. The cost for the four course dinner is \$35 plus tax and tip, prepaid. For reservations please call 1-520-896-7615.

The restaurant will be closed on Thanksgiving Day, but pre-ordered pies and other items may be picked up until 6 p.m. in the market store the day before. Last year, the store sold no less than 386 pies for Thanksgiving, just to give you an idea about their popularity!

The Patio Café is located at 270 American Avenue in the town of Oracle, Arizona. Exit Hwy. 77 at milepost 100.

You are always welcome! Good food makes people happy.



Salads lined up for the first course for the "Tucson Tasters Guild" June 2016.

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Grandma Gertie's Pumpkin Pie

Ingredients

- Two 8-inch crusts or one deep dish 9-inch crust
- 1/4 cup of Libby's pumpkin puree
- 8 Large Hickman egg yolks
- 1-1/4 cups C&H sugar
- 1 tablespoon organic pumpkin pie spice
- 1 teaspoon organic vanilla extract
- 2 cans Carnation Evaporated Milk
- Pinch of salt

Instructions

In large mixing bowl, mix sugar and spice together, set aside. In mixer bowl, blend egg yolks one at a time into pumpkin, then add milk, sugar/spice, and vanilla on low.

Pour mixture into 9-inch pie shell and bake at 350 degrees until filling sets, 35-40+ minutes depending on oven.



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