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**Celebrating a retirement**  
**Pages 6-7**

Jennifer Carnes | Crier



**A community publication of Copperarea.com**

# Darrell Klesch – a voice at Standing Rock

By **John Hernandez**  
Copper Area News

Darrell Klesch is a stonemason living in Oracle. He grew up in Missouri and the Tri-Community. He is a graduate of San Manuel High School, a Vietnam Veteran and political activist. Darrell has recently returned from Standing Rock, North Dakota where he joined many veterans to support the Native American Water Protectors in their protest of the natural gas pipeline being constructed on their sacred land.

## Oracle Towne Crier

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—David Brinkley

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Darrell says that his experiences there were life changing for him. He shared his thoughts and experiences at Standing Rock on his Facebook page. Those are reprinted here to spread the message.

**Dec. 2:** *I will start my deployment to Standing Rock with this song. (Not Ready to Make Nice) I'm not either. Gaia bless The Dixie Chicks.*

**Dec. 4:** *At Denver International awaiting departure to Bismarck. Veterans for Peace.*

**Dec. 5, Cannon Ball, North Dakota:** *It's 4:20 a.m. and wishing I knew where coffee tent is. There are so many people here that you can get lost in a maze and lose your way...and not find one's way back to your sleeping bag. S!!!, baby its cold outside!*

*My fellow Veterans and I are going to a Sioux Prayer Cleansing when the sun comes up, and then march arm in arm as originally planned to face off with the "oil*

*army" in symbolic gesture to allow said force that we won't and will not back down!*

*We rag-tag Veteran peace force are realizing we CAN make a difference. Love to all from Standing Rock.*

**Dec. 5, 6:10 a.m.:** *The Sioux are singing/chanting our awakening at this moment. Time to layer up and then layer up and get this day awakened.*

**Dec. 5, 4:43 p.m.:** *What a day...prayers/marches, blizzard conditions and below camping conditions. Sacred camp and sacred Fire.*

*I spoke at sacred fire and was able, through tears, apologize for 500 years of the wrath that our government has brought to all Indigenous North American Natives.*

*Now to hunker down...peace to all.*

**Dec. 6, 8:56 a.m.:** *Good morning from Oceti Sakowan,*

Continued on page 9



Darrell Klesch braves the blizzard conditions at Standing Rock.



Darrell with Billy Mills (gold medal winner at the 1964 Tokyo Olympics) at Standing Rock.

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# DIAPER BAG

## 2017 'A Year of Commitment'

Here we are, 2017 a brand New Year! There is something exciting about a brand new year, even though it is just a date on the calendar, we look to the New Year with new possibilities.

It is a time of year to reflect back on the past year, a time to make commitments to correct failures of the past. We make New Year's resolutions; for many it's to get healthier, to eat better, and to exercise more. It's been said most of us give up before January 31st! Most of us lack the personal commitment and just quit too soon!

For the one who has a personal trainer, someone else to help set goals, to encourage and to help an individual reach their goals, there is a greater chance of success. The one with an exercise partner, a jogging partner, they have a better chance of meeting their goals!

That is exactly what we do at Family First! We are here as a personal trainer to families, here to encourage, help families to set goals, and we share ways to reach those goals! We are here to partner with moms and dads and their children to help them learn, grow and succeed as a family!

For an individual athlete to succeed, their trainer needs to be committed to their success! At Family First this year we are declaring this year 2017 as "the Year of Commitment", a year we renew our 14 year commitment to reach out to as many families as we can in our community.

We commit to listen and encourage, to commit the resources, and continue to focus on our community right here, right

now, right here where we live! At Family First we are committed to teaching new things, new skills, and new ideas for families that are needing a little help along the way!

I am thankful that God our Father, has said: "See I am making all things new," Rev 21:5. He is the one who can turn the old into new! We look to Him this coming year, with an excitement, expectation, a hope and a plan for success!

We thank all of you who have supported Family First this past year, enabling us to reach out farther into our community. Happy New Year, may God bless you and your families on your journey, this coming New Year; 2017 "a year of commitment".

God Bless,

/s/ **Frank and Clare**  
**Announcements:**

**Volunteers Sought**

Family First Pregnancy Center and Family Diaper Bank is looking for Volunteers with a heart of service and loves children, social media and office work. Sign up for our Annual Volunteer Training on Saturday, Jan. 21, 2017 from 9 a.m. - 2 p.m. at 1575 W. American Ave. Oracle, AZ 85623. Lunch will be provided. Please RSVP at 520-896-9545 by Jan. 19 to save your spot.

**Diaper Drive**

January is Pinal County Diaper Drive through Family First. We collect diapers for infants and adults. Drop off places are Dollar General in Oracle and the Family First Centers in Winkelman and in Oracle. Tax receipts are given upon request.

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Wednesday Evening 6 p.m.

### Oracle Church of Christ

2425 El Paseo, Oracle

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Sunday Worship 11 a.m.

### Oracle Union Church

705 E. American Ave., Oracle

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520-784-1868

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

### Oracle First Baptist Church

American Ave.  
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Sunday Worship 11 a.m.  
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### Oracle Seventh-Day Adventist Church

2150 Hwy 77, Oracle

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# Oracle Piano Society to host CDO Symphony Orchestra

By John Hernandez  
Copper Area News

A benefit concert to raise funds for the Canyon del Oro High School Symphony Orchestra will be held at the Oracle Piano Society's Oracle Center for the Arts on Sunday, Jan. 15, 2016 at 3 p.m. There is no admission charge but donations will be gratefully accepted at the Center.



The CDO Orchestra will have a fundraiser on Sunday, Jan. 15, in Oracle.

The CDO Symphony Orchestra has been invited to perform at Carnegie Hall in New York City. The benefit concert will help them with travel expenses. Their goal is to raise \$75,000 for the trip. They currently have raised over \$67,000. The CDO orchestra is the first public school orchestra in southern Arizona to be invited to play at Carnegie Hall.

The symphony orchestra has 39 members making the trip. This includes 16 violins, 4 violas, 7 cellos, 2 basses, 3 clarinets, 2 trumpets, 3 trombones, and 2 percussionists. The conductor for the orchestra is Toru Togawa.

Toru is from Hiroshima, Japan. He is an accomplished violinist and conductor. He has been the Music Director and Conductor of the Tucson Repertory Orchestra since 2011. As an active violinist he plays with the Tucson Symphony, Tucson Pops, and Arizona Opera Orchestras. Toru has played with orchestras around the world including the National Repertory (Colorado), Arkansas, Shreveport (Louisiana), AIMS (Austria), Hiroshima (Japan), and Vancouver (Canada) Symphony Orchestras. He is the President of American String Teachers Association of Arizona.

The concert should be very entertaining and will support a good cause. You will also be helping a local girl, Rachel Blair of Oracle fulfill one of her dreams. She is a Concert Master in the orchestra.

Please come out and support the CDO Symphony Orchestra. The Oracle Center for the Arts is located at 700 E. Kingston St., Oracle. It is owned and operated by the non-profit organization Oracle Piano Society which is dedicated to promoting and supporting appreciation for music and the arts.



Toru Togawa is the conductor of the CDO Symphony Orchestra.



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# Oracle violinist to play Carnegie Hall

By **John Hernandez**  
Copper Area News

Rachel Blair is a senior at Canyon del Oro High School. She is an accomplished student and violinist who plays in the CDO Symphonic Orchestra.

The CDO Orchestra has been invited to play at Carnegie Hall in New York City. It is the first time that an orchestra in southern Arizona has been invited to perform.

Rachel is the President of the CDO Symphonic Orchestra Club. Rachel's mother, Carolyn, said that when she was in 6th grade, Rachel wrote out a "bucket list". On that list was "to see a show at Carnegie Hall." Forget seeing a show. She will now get to be a show.

The CDO Orchestra will travel to New

York City on March 18 and the students will get to spend four days there. Rachel said she "is really excited to go with friends to see the city." She said the group will be going to see the Broadway musical "Chicago" while there. They will also get to see world famous cellist Yo-Yo Ma perform. The students and the CDO Symphonic Orchestra are raising funds to cover the cost of the trip.

Rachel has been playing violin for 10 years. She is a Concert Master. The Concert Master is the leader of the first violin section of the orchestra. They usually perform the solo in the orchestral work. They generally are the most skilled musician in the section.

Rachel has won numerous honors and awards not only musically but academically and as an athlete. A few

of her awards include All State Winner with CDO Symphonic Orchestra 2016; All State Winner with CDO Orchestra, 4th Place at National level 2015; University of Arizona Honors Orchestra 2015; and Regionals Orchestra Participant on Violin 2014-2016. She is the Vice President of the CDO Canyon Singers Club, has been on the CDO High School Honor Roll 2013-2016, competed in the regionals in track 2011-2012 and the semi-final in basketball 2011-2012.

She volunteers and stays active in the community. She has volunteered and performed at the Oro Valley Nursing Home, La Cañada Nursing Home, and Catalina Recreational Center. She volunteers with Ben's Bells a charitable organization with focus on art and education and is a Habitat Rehabilitation Worker at Oracle, Arizona Center. Rachel has been offered music and academic scholarships. She has narrowed the list to three schools but is leaning towards Northern Arizona University in Flagstaff. She has an opportunity to audition to play in the Flagstaff Symphony Orchestra. She

plans to major in music education and journalism. She enjoys writing.

Residents from the Tri-Community and the surrounding areas will get a chance to see Rachel perform with the CDO Symphonic Orchestra. The Orchestra will be performing at the Oracle Piano Society's Center for the Arts on Sunday, Jan. 15, at 3 p.m. Proceeds from the event will go towards the student's New York trip. Please come out and support the kids.

There are some other ways to help the students realize their fundraising goal of \$75,000. They have currently raised \$67,000. You can use a tax credit donation by donating to the CDO Orchestra. You can donate up to \$200 individually or \$400 per joint filing which can then be deducted from your state income taxes. The orchestra has a Go Fund Me account at [www.gofundme.com/2r3nm8vn](http://www.gofundme.com/2r3nm8vn). You can also support their events. Go to the CDO Orchestra website to find out about upcoming events at [www.cdorchestra.wordpress.com](http://www.cdorchestra.wordpress.com).

Good luck, Rachel!



Rachel Blair will be heading to New York in March when the CDO Symphony Orchestra plays at Carnegie Hall.

John Hernandez | Crier

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# Oracle Fire Chief Larry Southard

**By Tina Acosta  
With John Hernandez**

Oracle Fire Chief Larry Southard has retired. He will be returning to Vancouver, Washington where he came from when he moved to Oracle in 1986. Larry was the owner and operator of a heating and cooling business which he continued to run in Oracle. In 1999, Larry joined the Oracle Volunteer Fire District as a volunteer firefighter. Larry sold his business in 2002 and after a short lived six-month retirement, he became the first full-time firefighter/EMT for the Oracle Fire District (OFD).

During the same time, he worked for Southwest Ambulance in a temporary assignment. Larry used this position to gain experience to run EMS calls in Oracle. He was quickly promoted to Lieutenant where he was placed in charge of all Oracle Fire District's daily operations and managed OFD's dispatchers. The

Pinal County Board of Supervisors soon appointed him Fire District Secretary/Treasurer. During this time, Larry implemented OFD's multi-antenna radio repeater system, installed the emergency power system, and negotiated a Right to Use agreement with the Arizona State Land Department to manage the Oracle Brush Disposal site.

During the years 2004 – 2005, Larry continued to manage the daily operations, including all full-time and part-time employees. He implemented and managed a number of construction and re-modeling projects at Oracle Fire Station One. He successfully wrote and administered many FEMA grants for fire fighter equipment and fire prevention. It was during this time that Larry coordinated and implemented OFD's first annexation, bringing the north side of Highway 77 into the Oracle Fire District.

In 2006, Larry was promoted to Captain and continued to oversee and manage

the Oracle Fire Department while writing and obtaining grants. He created the OFD Major Disaster Continuity of Operations Infrastructure and developed a partnership with the Arizona Department of Forestry to use the Arizona Department of Corrections Wildland Fire Crew for community wildfire fuel reduction programs, funded through multiple community wildfire prevention grants, which he wrote.

Larry was later promoted to Battalion Chief, where he continued the management and administration of the OFD operations and personnel, continued serving as the District Secretary/Treasurer, and wrote and was awarded numerous fire prevention and FEMA grants. During this time (2007 – 2012), Larry obtained many Leadership and Administration certifications and training from prestigious institutions such as the National Fire Academy in Emmitsburg, Maryland. This helped him to develop and

administer important programs like the OFD Community Fire Prevention program, the Oracle Fire Strategic Planning Document, and the Oracle Community Wildfire Protection Plan, without which the OFD could not continue to obtain fire prevention grants.

Another very important designation for the Oracle community was that of becoming a Firewise Community. This status opens up access to a multitude of other grants, and even offers home owners insurance discounts by some carriers. Larry decided that this community status needed to be overseen by a Community Firewise Board, made up of residents of the fire district interested in promoting the ethics and principles of Firewise.

Due to amended Arizona statutes, OFD obtained a five-member board in a 2012 election held within the fire district. The OFD Board named Larry interim Fire Chief while advertising and holding state wide interviews for the position. In 2013, they hired Larry Southard as the seventh Chief of the Oracle Fire District. As Fire Chief, Larry has continued to move the Oracle Fire District forward. He continued to manage and administer the OFD daily operations and staff, as well as lead the volunteer Firewise and CERT groups, obtain and manage grants, and strive to render the community of Oracle a safer place to live. He also has made sure that the OFD continues to work with their partners in the neighboring fire districts, National Forest Service and Arizona State Forestry.

As if this wasn't enough, Larry implemented the first training of an Oracle CERT program (Community Emergency Response Team). Along with certifications to teach Basic First Aid, EMS First Responder, CPR and AED, and co-teach EMT and Firefighter I & II classes, he also became certified to teach future CERT classes. He held two additional classes for Oracle residents interested in supporting the OFD and helping the community as well as the Tri-Community. Oracle CERTs under the leadership of Larry Southard are renowned in Emergency Response circles as the best in Arizona!

Chief Larry Southard is well respected among the Arizona Fire and Emergency Services community, as is the Oracle Fire Department. He is beloved by the community and his staff. Although he will be missed by all, he has left the Oracle Fire District in great shape to continue to move forward and protect the community



Oracle Fire Chief Larry Southard at a wildfire in Oracle.

John Hernandez | Crier

# retires; party planned for Jan. 14

of Oracle.

On Saturday, Jan. 14, at 2 p.m. at the Oracle Fire Station, a farewell celebration, retirement party will be held to honor and say good bye to Larry. The public is

invited. Come by and wish Larry good luck and thank him for his service to the community. We wish Larry Southard and his family the very best for this new chapter of their lives.



Robert Jennings, left, has been named Fire Chief at Oracle Fire Department. He has big shoes to fill as Larry Southard, right, retires. Jennifer Carnes | Crier



Oracle Fire Chief Larry Southard watches on as firefighters from OFD extinguish a shed fire. John Hernandez | Crier

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## Contemporary Authors

### ACROSS

1. Hang around for
6. Is no longer
9. \*”\_\_\_\_\_ Come Undone” by Wally Lamb
13. Food from heaven
14. Not square
15. Annoy a bedfellow
16. Mountaineer’s tool
17. Anger
18. Length of a forearm
19. \*Author of best-selling book series ever
21. \*”The Amazing Adventures of Kavalier & Clay” Pulitzer-winning author
23. Mele Kalikimaka wreath
24. \_\_\_\_\_-friendly
25. Stout relative
28. Small town or hamlet
30. \*Many of his novels were made into romantic

### drama movies

35. Long John Silver’s walk
37. Designer Hugo
39. A way to sell tickets
40. “Ali \_\_\_\_\_ and the 40 Thieves”
41. Community spirit
43. Hip bones
44. Euphoric way to walk
46. Oscar De La \_\_\_\_\_
47. Bad impression
48. Bone filler
50. Locker room supply
52. “Get the picture?”
53. Conclusion starter
55. Sigma Alpha Epsilon
57. \*Speculative fiction Booker Prize winner
60. \*”One Hundred Years of Solitude” Nobel Prize-winning author
64. One of “12 Angry Men,” e.g.
65. Placeholder surname

### 67. Prevention measure?

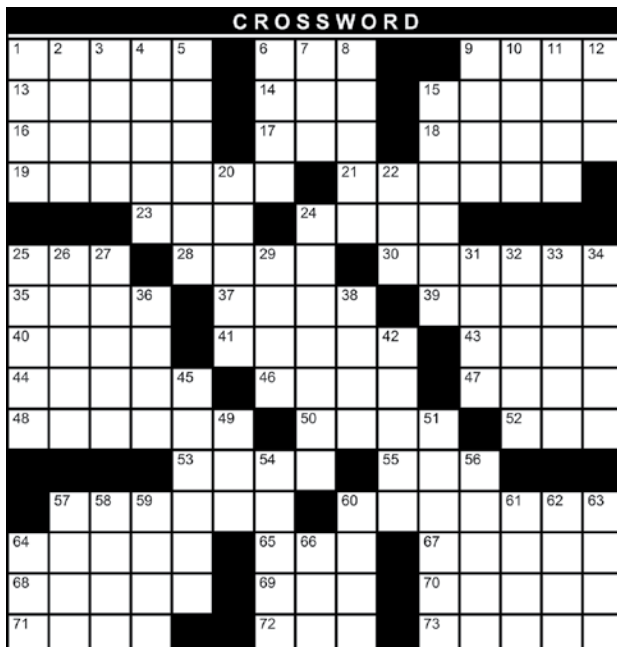
68. Black and white cookies
69. Opposite of WSW
70. Like a gymnast
71. Gamecock’s spur
72. Expose to moisture
73. Leopard marks

### DOWN

1. Gulf V.I.P.
2. TV’s “Fixer Upper” location
3. All over again
4. Completely
5. What airplane did after landing
6. Patriot, a.k.a. American \_\_\_\_\_
7. “\_\_\_\_\_” Jordan
8. Four-eyes’ gear
9. Give the cold shoulder
10. Great Depression drifter
11. Sportscaster Andrews
12. Group of something
15. Escarpments, for short
20. She was turned into Weeping Rock, Greek mythology
22. “For \_\_\_\_\_ a jolly...”
24. Final results
25. \*Sports columnist turned inspiration novel

### writer

26. Tarzan’s swing
27. Bar
29. \*”American Pastoral” Pulitzer-winning author
31. Battery fluid
32. Pneumonia symptom, pl.
33. \*”Orphan Train” by Christina Baker \_\_\_\_\_
34. Great deal
36. Lucy and Ricky, e.g.
38. Miso bean
42. Pico de gallo, e.g.
45. Rotating parts
49. One of the five W’s
51. Wassailing compositions
54. Bovine milk dispenser
56. Outfit
57. Mystique
58. Not kosher
59. Kennel sound
60. Swim or track contest
61. “Do \_\_\_\_\_ others as you would do...”
62. Genuine
63. Last letter, pl.
64. Run for exercise
66. \*Ken Kesey’s “\_\_\_\_\_ Flew Over the Cuckoo’s Nest”



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# STANDING ROCK

Continued from page 2

*Sacred Camp. We have been in a blizzard condition with 50 to 70 mile an hour winds, sideways and are being huddled together for the duration and then when weather breaks, we will be taken to Casino 10 miles away. Crazy, but safe. Love to you all.*

**Dec. 6, 11:26 a.m.:** Rescued to casino!!! Safe and warm. Looks like I will live to fight another day. Yay yay yes! Will never think Oracle is cold again!

*Situation was extreme; tents crashed, propane almost gone and wood supply dangerously close to being 0. Please send warm thoughts to veterans and warrior supporters. And they offer cerveza here! Catch you all in a couple of days.*

**Dec. 6, 1:02 p.m.:** Today we veterans were thanked with sincere blessings and thanks for our coming to Standing Rock. Fantastic drumming and prying for all people to build relations in the vital protection of Mother Earth. We were then honored to join the Sioux in a dance with Medicine people and Sioux warriors.

**Dec. 7, 9:53 a.m., Solen, North Dakota:** Reports are they are continuously drilling with a big F U to Obama and Water Protectors. Certainly wish reinforcement supplies are coming.

*That blizzard was like a winter hurricane lasting 24 hours. I walked up a hill with my gear into a 50 mph wind and had to take one step then gather myself for the next step. Sioux People take this like Phoenix takes 120 degrees, except they are so much stronger. This has been a Spiritual Journey for me, and I have new purpose in my life.*

**Dec. 7, 2:17 p.m.:** I am on my way home. I am different now, even more different than I was considered. I will spend my days protecting Mother Earth and I ask you to pray in your own way for the health of our home.

**Dec. 8, 7:26 a.m.:** Guess how the love was passed to me yesterday. Was having a difficult time obtaining a room due to traveling with cash only due to Xing my Wells Fargo account when a gentleman, with friends all hugged me and thanked me for Standing Up for Standing Rock. Without me knowing, he secretly paid for my room. Thank you Dave Mathews, yes, **the** Dave Mathews (Dave Mathews Band). I'm feeling more blessed.

**Dec. 9, 8:34 a.m., Oracle, Arizona:** Back home and happy about that. It was an amazing few days and had some really cool adventures and cold ones too. Will share just one that happened at the sacred fire. I met and have a pic to post later, but I met the great Billy Mills, an Oglala Lakota, who won the gold medal in the 1964 Olympics. Billy eclipsed the American 10K record set by Louis Tewanima, a Hopi runner who came in a stride short of the gold himself in 1912 Stockholm Olympics. The Louis Tewanima Footrace is held each year on Second Mesa and I, along with several other Oracle runners, have had the privilege of running with the Hopi and Navajo in this special event honoring Louis.

*Billy told me that he thought the Tewanima Footrace was probably the toughest 10K he had ever run.*

*The Hopi are very happy that it took another Indigenous man to break Louis' record that he held the 10K for over half a century.*

*Google Billy Mills epic Tokyo Gold Medal Race. Tis exciting.*

**Dec. 10, 7:43 Oracle, AZ:** Another post about my journey to North Dakota in what turned out to be a spiritual changing lie experience for me.

*When the call came out for all veterans to come and help protect the Water Protectors, I was among 2,000 that signed up to go. 4,000 showed!*

*Flying in over the vast plains, viewing down, capturing the landscape, I cannot help but have a flashback of flying in, over Vietnam nearly a half century before, my last deployment.*

*At the Bismarck airport, we veterans met and greeted each other, talked about their service branch, where they had been deployed, and where you hail. Beautiful Arizona baby!*

*Mostly of course, these veterans were a mixture of marine and army corps who had, of course, served in the god-forsaken wars of the Mid-east. We waited and waited and waited for vans that were to pick us up and deliver us to the encampment. They never showed! And that turned out to be a pivotal moment for this deployment; we began taking care of each other and at the sacred camp, Oceti Sokowin, taking care of each other, including the indigenous people and Water Protector supporters from around this country and around the world, taking care of each other in an Arctic blizzard that blessed us. It was explained to me that those vast plains/grass lands stretch all the way to the arctic. BRRRLIEVE THIS!!*

*We rented practically every vehicle available and headed out to camp via lonely icy roads, arriving just before dark in a bustling camp of 10,000. Lots of teepees, large and small tents and shacks, and no direction. The two ex-marines and I that traveled together found an unfinished "barrack"...imagine plywood shed with tarp roof, and found refuge for the night. Just a typical night on the Lakota lands and a temperature below 0, but there were people coming to our "camp" and insuring our safety...warriors helping warriors.*

*We even had heat for a couple of hours. At the break of dawn, I was drawn to the sacred fire and sacred coffee. I listened to the prayers offered by the elders and Indigenous veterans thanking us for coming and praying together around the Sacred Fire, allowing us veterans and supporters to pray and place sacred tobacco and pine needles as we knelt around the fire. We were becoming one. I am going to end today's blog at the Sacred Fire, and continue my epic travel to Lakota World. I'm off for Saturday morning run through the majestic mountainside trails of Oracle with my buds. Please pray for Mother Earth in your own way.*

*In an interview with Darrell, he told me about the spiritual awakening he experienced at Standing Rock and how it has impacted his life. He shares his feelings and plans for his future in becoming an Eco and Peace Warrior and tells us how those of us who choose to can aid and support the Water Protectors:*

*"My experiences of joining fellow veterans and supporters of standing with the Water Protectors at Standing Rock was totally spiritual. After arriving late on Sunday evening, we sought refuge from the Dakota frigid elements. Shivering through the night, alone with my thoughts, I received a vision of my murdered dog, Dude,*



It was blizzard conditions at Standing Rock.

standing over me, and then all my dogs showed."

*"I awakened with these tears and carried them with me as I found the Sacred Fire (and for me Sacred Coffee). The fire has been attended to, sacredly for seven months and prayers offered every morning. This morning was special as prayers were directed at us Veterans. I prayed and offered prayer elements to the fire. We were allowed to offer our thoughts and blessings, although I would have preferred President Obama to have spoken these words, I did, and emotionally and sincerely asked for forgiveness for the Genocide."*

*"During the "march" to the demarcation zone where we were to view the "oil army", the blizzard began, and we could not even see the whites of their eyes. Basically, after this event and "show down" where the DAPL oil protectors could at least hear our chants, and the "infiltrating spies" at Oceti Sakowin, we received the news that this oil line under the lake of the Missouri River was being curtailed (for the time being). Not a lot of celebration as we were now pulling together to survive this -40 degree, 40 mph winds and sideways snow!"*

*"The celebration was awaiting us at the Pow Wow. The Lakota People celebrate with gatherings like this, and elder after elder gave us prayers and praise for joining the Indigenous People in this Standing Up for Standing Rock. Ancient Lakota songs were sung and six drumming circles drummed and chanted."*

*"The great grandson of Sitting Bull was last and told us about Lakota prophecy concerning this time in history and that Grandfather the Creator, was full of tricks and bringing us all together was his way, and that we should be changed forever as we departed for our homes!"*

Continued on page 11

# Bio-Identical Hormones

Whether or not a woman takes hormones to replace those diminished with menopause is a personal decision influenced by certain symptoms as well as concerns of hormone related ailments.

Symptoms that prompt considerations for hormone replacement often include hot flashes, thin skin and vaginal dryness. Hormone related ailments include osteoporosis, cancer, heart attacks and strokes.

Hormones that are usually considered for supplementation after menopause include

estrogen, progesterone and testosterone. These are the hormones that help regulate women's menstrual cycles.

There are three forms of estrogen that are commonly addressed in women. Estrone (E1) is a strong estrogen that can be associated with toxic reactions. Estradiol (E2) is the most abundant form of estrogen and the one marketed most heavily in the past. Estriol (E3) is a weaker form of estrogen and associated with healthful qualities.

Estradiol has been sold for years under the name Premarin. This stands for

pregnant-mare urine. Complications arose with the use of Premarin primarily because it was administered as a single agent.

The horse-derived estradiol in an isolated dose over-stimulated susceptible women's estrogen receptor sites. These receptor sites are most abundant on the cells that make up the uterus, as well as the breasts. As a consequence, some of the over-stimulated cells turned cancerous, with some of them advancing to a stage that could be diagnosed as uterine or breast cancer.

Part of the individualized susceptibility has to do with genetic predisposition and part has to do with the amount of estrogen a woman is exposed to.

One revelation agreed upon from the uterine-cancer discovery with women taking Premarin is that hormones are regulated in the body constantly and are coordinated with their sister hormones.

For those women who still have a uterus, the addition of progesterone to estrogen supplementation has made a statistical difference between cancer and no cancer.

It was only recently, with the 2002 Women's Health Initiative, that it was



## HEALTH ISSUES

By Dr. Michael Miles  
Special to the Crier

determined that animal-derived hormones not only did not protect against heart attacks, strokes and breast cancer as initially touted, they actually increased the risk for heart attacks, strokes and breast cancer. This was a stunning discovery.

Bio-identical hormones have now come to the forefront as healthy considerations for those women interested in avoiding certain symptoms and maintaining a

Continued on page 11

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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**

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- **Newly remodeled 3 bed, 2 bath**, mountain views, ceramic floors, new appliances. All furniture stays. \$92,000
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- **Fenced 1/3 acre lot** with mature trees, septic installed, and utilities at lot line. Zoned for site built home. \$36,900 MLS # 21510756
- **.82 acre lot** with utilities at lot line. \$35,000.
- **Commercial Building** 960 sq ft, great location. \$65,000. MLS # 21531374
- **Commercial:** 4600 sq ft building on .26 acres. \$60,000 MLS # 21607889
- **10 ac, views, oaks, water and electric** to lot line, horse property, owner may carry. 5 ac for \$135,000 or all 10 ac for \$270,000
- **Sunset views** from this 1/2 acre lot. \$32,000.

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*It's never too early to start thinking about your parade entries for the Oracle Oaks Festival Coming April 22, 2017!*

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## HEALTH ISSUES

Continued from page 10

youthful body. Bio-identical hormones are defined as hormones with the exact chemical makeup as those found in humans. They are often made from soy products and Mexican yams. Because they are bio-identical, they do not create the tension in the body that other forms do.

They do, in fact, decrease the incidence of heart attacks, strokes and breast cancers. They also contribute to youthful skin, increased bone density and enhanced

sexual health and urinary health.

It has further been ascertained that there are different receptor sites for the different estrogens.

Estrone and estradiol both bind to Alpha-estrogen-receptor sites, while estrinol binds to Beta-estrogen-receptor sites. Alpha-receptor sites are cancer promoting, while Beta-receptor sites are cancer inhibiting.

Continued on page 12

## STANDING ROCK

Continued from page 9

“After all of us Veterans were blessed to come down and dance with Medicine People, I did feel a “being saved” type of spiritual awakening that I have never received in the Christian churches that have attempted to save my soul!”

“Later meeting with the Wounded Knee activists who shared this for the first time in their history, this was the first time of feeling thankful and trust for former members of the U.S. military and Anglo supporters in their 500 year history of genocide, treaty after broken treaty! I carried this blessing home and am determined to live my life as a Protector of Mother Earth, no matter the consequences. I am also going to nurture my relationships with Indigenous Peoples throughout the world! 500 years is enough!”

“I fully expect to be back to Standing Rock and I am joining a national organization, Veterans for Peace. I believe we veterans can be a force in these coming days, and it is going to be very interesting if Trump orders us Veterans to be shot, water cannoned, gassed and arrested as they are perpetuating these disgusting tactics on the

Water Protectors. I plan on proceeding with my stone masonry career to fund my activist career in full resistance to the desecration of Mother Earth, by the very greed that has brought us Trump and his deplorable desecrating cabinet and followers!”

“One of our missions, declared by the Elders was to issue this to all: Please pray every day, however you pray for our home, Mother Earth.”

“This was only a “fire fight” won, and not the war. It is not over! To support the Lakota Standing Rock Water Protectors, come to be with the Protectors if you are able to do so or donate money to the cause, and to Veterans for Peace. We are already being requested to please come back. And we will, I fully expect to be on the “front line” when the oligarchy attempts to defile the waters of the great Missouri River. I, for one, will be your surrogate as an Eco-Warrior for Peace and Justice, so help me Grandfather!”

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Monsignor Ambrose, fourth from right, celebrated his Golden Jubilee last month at St. Helen's Catholic Church in Oracle. Many of his friends and fellow priests attended.

John Hernandez | Crier

# Monsignor Nwohu honored

By John Hernandez  
Copper Area News

Parishioners of St. Helen Roman Catholic church in Oracle celebrated the Golden Jubilee of Monsignor Ambrose Nwohu on Wednesday, Dec. 14, 2016.

The celebration at the historic church (built in 1927) was to honor Monsignor Nwohu and his 50 years of devotion to Christ.

Friends, parishioners and priests from the surrounding area came to honor him.

Monsignor Nwohu and his fellow priests were escorted into the church by the Knights of Columbus. Monsignor Nwohu spoke to the congregation and mass soon followed. During the mass the African Choir from St. Cyril Parish sang beautifully.

A wonderful pot luck dinner followed the mass.

## HEALTH ISSUES

Continued from page 11

So, we see that bio-identical hormones are harmonious and healthful for the body. Also, the hormones estriol and progesterone are particularly healthful when matched proportionately with the individual involved.

Further, taking the hormones either under the tongue or through the skin is much more effective than taking them orally. There is much less risk as measured after five years of use.

The public seems to be catching on in this age of information. With awareness and open discussions available through many outlets, and even infiltrating mainstream news, we have seen a dramatic drop in Premarin use.

During the years 2001 to 2004, sales for this one synthetic hormone dropped from \$2-billion to less than \$800-thousand a year. This occurred even though direct-marketing techniques in the form of television ads targeted directly to TV viewers instead of doctors, produced a doubling in overall sales by the pharmaceutical mega-corporations of our day. 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](http://www.catalinaclinic.com). To contact Dr. Miles or make an appointment at the clinic call 520-825-8100.

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