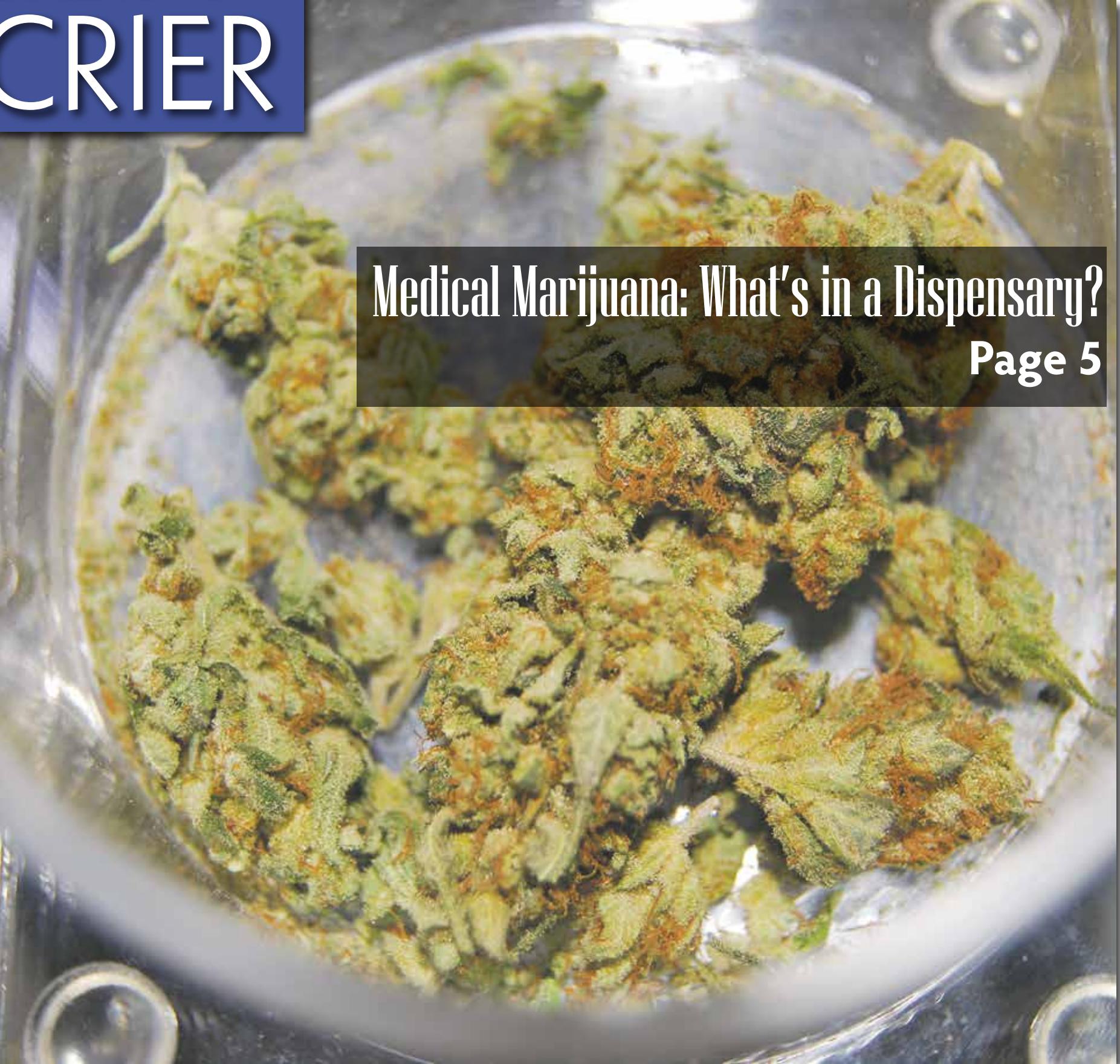


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Medical Marijuana: What's in a Dispensary?
Page 5

Oracle Towne Crier

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Sleeping Birds

**By Fred Patterson
 Pastor, Oracle Church of Christ
 Special to the Crier**

Did you ever wonder why birds can sit on a branch and sleep without falling off? Are they just half asleep, but really paying attention to their balance? Do they hang on all night by subconsciously tensing their leg muscles? If so, wouldn't they get leg cramps?

Birds can sleep without falling because of their knees. When a bird settles down to sleep, it bends its knees. When those knees bend, a tendon in its leg pulls on its talons, causing them to grip the branch. It's not the conscious act of tensing a muscle; the tendon is like a piano wire that pulls those talons together whenever the knee is bent.

We believe that God made birds

...and people. And just as bent knees keep birds from falling, our bent knees can keep us from falling.

Let's bend those knees; God is listening.

We're the Church of Christ, meeting in that little white building across from Mountain Vista School in Oracle: 2425 El Paseo.

Visit us Sundays for Bible study at 10 a.m. and worship at 11 a.m.

ORACLE COMMUNITY CENTER

Working hard at having fun!

Oracle - The Oracle Community Center is a non-profit corporation which promotes and

sponsors programs that improve and maintain the health and welfare of the community. It also oversees

maintenance and use of its facilities, in the best interest of the residents of Oracle and adjacent areas.

All funds for insurance, water, electricity, phone, gas, trash and ongoing maintenance come from hall rentals, membership dues and fundraisers.

In working hard to make the Center available to all, the OCC managed to get a new roof, new tile and an upgrade to the ladies restroom in 2013, as well as clearing out many items that were simply taking up space. Chuck did a great job on the landscaping and continues to work with others to make our center the best looking yet.

This year, the OCC plans

Continued on page 7

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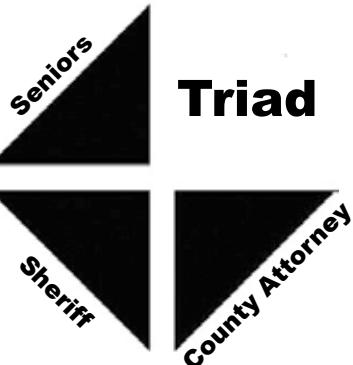
Oracle TRIAD Coalition

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

Family First plans Valentine's event

Love is in the air! We think of February as the month of love! We are planning a great Valentine's Day Party for parents and children on Wednesday, Feb. 12 from 10 a.m. to 11:30 a.m. Everyone is invited to come celebrate with us during Story Time for Valentine stories, snacks, fun activities, and a surprise.

Bow Ties and Bonnets with an old time ice cream social is our theme for Family First's spring event, so mark the calendars for March 8. Family First will sponsor the "Canada del Oro Barbershop Chorus". This group has been featured at the SaddleBrooke Theater and Oro Valley area and highlighted in the *Arizona Republic* this past December. More

information to come later. Other center activities include our Earn While You Learn Program for mothers, youth and families. Schedule your appointment today for Monday, Wednesday, or Friday from 9:30 a.m. to 4:30 p.m. to earn diapers, infant clothes, baby furniture or other items in our store. Earn While You

Learn provides families with valuable knowledge from prenatal care to basic life skills.

For further information on our services call us at 520-896-9545. To find out more information on our programs check us out on the web at www.familyfirstpc.org or find us on Facebook at Facebook/familyfirstAZ.com.

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Saturday, March 1—4:00pm & 7:30pm The American Songbook Series: The Gershwin Songbook



A new annual series that will highlight the luminaries of the Great American songbook one composer at a time. Produced by Lonely Street Productions \$22 inclusive \$25 door

Wednesday, March 5—7:30pm

Goodtime Barbershop & Variety Show. The Canada del Oro Barbershop Chorus, under the direction of Nancy Bergman, and featuring AUDACITY!, CONTEMPO! Sweet Adeline Quartet. \$20 inclusive \$23 door.



Saturday, March 8—7:30pm

The Nashville Roadshow—Featuring the music of the greatest country artists of all time. From kings and queens of country to outlaws, urban cowboys and honky-tonk heroes. Produced by TAD Management. \$25 inclusive \$30 door



Wednesday, March 12—7:30pm

A Salute to The RAT PACK. This concert puts you right back in the Sands Hotel circa 1960. An evening honoring the legacies of Frank, Dean, Sammy and their contemporaries. Produced by Lonely Street Productions. \$25 inclusive \$30 door



Saturday, March 15—4:00pm & 7:30pm

Bluegrass Bonanza. Produced by Lonely Street Productions, this show is a rip-roaring, rollicking good time. Have you ever heard opera played bluegrass style or Michael Jackson played on a mandolin? \$22 inclusive \$25 door



Wednesday, March 19—7:30pm

One Of These Nights—The Eagles Tribute

Produced by TAD Management. One of These Nights have been playing to sold-out audiences where they have been wowing audiences with their re-creation of the original. Hear "Desperado," "Hotel California," and more! \$25 inclusive \$30 door



Saturday, March 22—7:30pm

George Dyer—Award-winning tenor and Branson Entertainer. George will mesmerize, enchant and inspire you, performing great hits from Broadway, Classic Standards, Opera, Adult Contemporary and More! If you like Josh Groban, Michael Buble or Andrea Bocelli, you'll LOVE George Dyer! Visit georgedyer.com. \$30 inclusive \$35 door



Thursday, Friday, Saturday—March 27, 28, 29 7:30pm—2014

SaddleBrooke Variety Show—"50th High School Reunion. Join SaddleBrooke actors relive the highlights of high school. \$18 inclusive \$20 door



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Oracle Schools considers moving kindergarten to Mountain Vista Campus

**By Dennis Blausner
Superintendent, Oracle Schools**

On Feb. 18 the Oracle School District Governing Board will discuss the idea of moving both pre-school and kindergarten to the Mountain Vista Campus. Currently these two programs are housed at the Oracle Ridge Campus which is about 3.5 miles east of the Mountain Vista Campus. The governing board meeting will be held at the Oracle Ridge campus at 6 p.m. at which time the public is welcome to give their input regarding the proposed move.

For quite some time the district has been considering this move in order to become more financially efficient and also to be able to provide a more fluid, seamless educational experience for it's pre-school through eighth grade students. Although the Oracle Ridge Campus is very nice and still very valuable to the district, having all of the students on one campus, similar to most other schools, allows the district to efficiently conduct staff development. It also allows the district to provide better services such as library access, special education, physical education and

special programs to pre-k and kindergarten students. The total number of classrooms that would be closed would be three. The district will explore leasing and other options for the affected classrooms.

Most of the district resources such as special education, transportation and food services are based at the Mountain Vista Campus. Having the separate campuses forces the district to have extra bus runs and run an additional small scale cafeteria. With careful planning, the Mountain Vista Campus can easily hold the additional students for years to come. Both kindergarten teachers are very excited about the move and agree that it is the best thing for the students.

Not only will the students benefit from this move, it is estimated that the district will save between 30 and 40 thousand dollars per year by consolidating the campuses. If the move occurs, the district is hoping to expand its pre-school offerings in a newly re-furnished setting complete with a new curriculum. This year the district implemented a comprehensive new reading program and is excited to have a progressive new math program in place for the 2014/2015 school year. We are confident that having our students on one campus combined with our new and exciting curricular offerings will make the Oracle School District an even better place for students to grow and learn.

tan • gi • ble

adj.

1 capable of being touched

2 evident; real; existing

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Call (520) 385-2266 to learn how we can help!

Thank you, all ...

Your prayers, greeting cards, Reiki and heartfelt good wishes have all contributed to making the recent chemotherapy more bearable.



Yes, it took a good surgeon, a smart oncologist, skilled staff, group therapy and a dedicated husband to bring about health changes, but your support has made all the difference.

Many of you have shared your personal story of survival with me which no doubt propelled my mind into high gear to expect a perfect outcome with confidence.

Thank you very much.

Skylar Khan

Medical Marijuana: What's in a dispensary?

By John Hernandez
Oracle Towne Crier

Medical cannabis (marijuana) is now legal in Arizona. There are 21 states where medical marijuana has been legalized. Two states, Colorado and Washington, have legalized sales and possession for recreational use while 16 states have decriminalized pot. The federal government still classifies marijuana as an illegal narcotic with no medical value but has made enforcement and prosecution of medical marijuana dispensaries less of a priority now that more states have approved dispensaries. They are also willing to collect taxes on it. It is interesting that the Federal Drug Administration has approved the drugs Cesamet and



John is a Patient Consultant at Bloom Medical Marijuana Dispensary. John Hernandez | Crier

Marinol which contain synthetic tetrahydrocannabinol (THC) the primary psychoactive ingredient in marijuana. These drugs are taken orally and are prescribed by physicians for nausea and vomiting caused by chemotherapy in cancer patients.

According to the latest *NBC News/Wall Street Journal* poll, 55 percent of Americans would support similar laws as the ones in Washington and Colorado. An Arizona legislator, Representative Ruben Gallego has introduced a bill patterned after the Colorado law that would allow anyone over the age of 21 to purchase, possess or consume up to an ounce of cannabis legally. If the bill fails, there are activists that have gathered over 260,000 signatures and are poised to put the measure on the ballot by 2016. As Bob Dylan once sang, "The times they are a changing."

Whether you agree or disagree about the legalization of marijuana, medical marijuana is here to stay. Some states such as California have had medical marijuana since 1996. In Arizona last year 41,000 patients purchased 33 million dollars of medical cannabis. At the end of last year there were 44,675 active medical marijuana card holders. The average age of a female card holder was 46 with the average male being 42 years old. There were 71 dispensaries open and operational during 2013. New dispensaries have since been open with more to come in 2014.

In Oracle, a move is being made to bring a dispensary to town. A public meeting was held on Jan. 28 with Dr. Glenn Wilt and his attorney David Dow explaining their intentions of opening the medical marijuana dispensary in Oracle. They were met with some opposition and many questions from those in attendance. The manager of Bloom Dispensary, Paul Goetz was also in attendance to answer questions about security and procedures used at dispensaries. It was explained to the public that Bloom Dispensary would possibly be managing the Oracle facility if it was approved by the county supervisors. After the meet-



Two varieties of marijuana: New York and Blueberry Diesel. John Hernandez | Crier

ing I approached Goetz and asked him if I could tour the Bloom facility in Tucson. He said yes and arrangements were made for a tour last Thursday.

Bloom Dispensaries is a management company that manages retail dispensaries and cultivation facilities for state licensed, non-profit certificate holders, in compliance with the Arizona Medical Marijuana Act. They currently operate two facilities in Tucson and one in Phoenix. They also have a sister dispensary in Sedona. The Phoenix facility was the first dispensary to open in Arizona. They also have a grow facility in Phoenix which supplies product to their dispensaries. Executive Director Lezli Engelking said that security is important. "Every plant is accounted for. We grow our medicine and follow our product from seed to sale. We know who and how it has been handled. We

Continued on page 10

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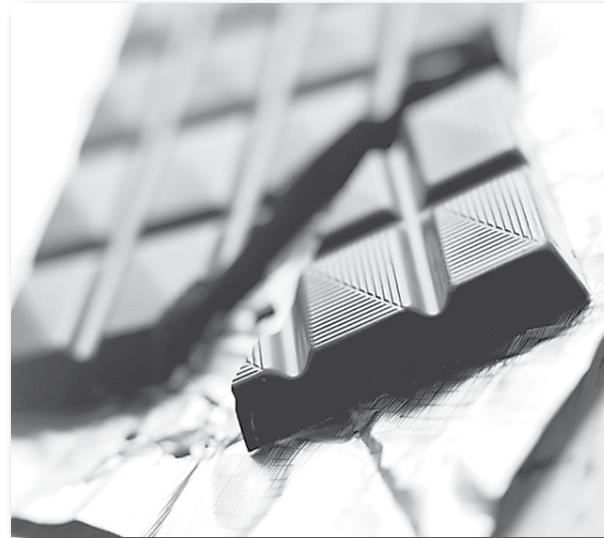


Sun Life Family Health Center

For more information or to volunteer, contact
Samantha Reinhard 520-350-7551

HEALTH ISSUES

Chocolate: Good for the Soul



Dark Chocolate

By Dr. Michael Miles
Special to the Crier

Valentine's Day is just around the corner and for many of us it is a celebration of love that is dipped in chocolate. This delectable culinary delight has captured the hearts of humankind for centuries. Though most of the cocoa plants from which it is derived are now cultivated in Africa, it was originally discovered here in the Latin Americas.

Scientists have ardently tried to determine which of the 300+ ingredients found in chocolate are responsible for the extreme attraction that humans feel for it. They discovered a number of alkaloids (caffeine, theobromine) that are linked with serotonin and could arguably provide the connection. There are some constituents (phenethylamine) that stimulate the release of endorphins and are associated with a strong sense of well being. There are even cannabinoids (anandamide) found in chocolate.

Some scientists believe that the emotional benefits of chocolate are much simpler than can be derived from intense scrutiny of its individual components...they conclude quite simply that chocolate's real benefits are proffered by its unique combination of aroma, texture and taste. They claim that munching on a bar induces sensations that could be even more pleasurable than listening to one's favorite music or winning the lottery...or

Continued on page 12

Oracle

Psalm 1:2

Church Directory

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520-896-2408

Sunday School 9:30 a.m.
Morning Worship 10:30 a.m.
Evening Service 6 p.m.

Wednesday night services postponed through the summer months.

Pastor Nathan Hogan

Oracle Church of Christ

2425 El Paseo
896-2452 896-2067

Sunday
Bible Study • 10 am
Worship • 11 am

Oracle Seventh-Day Adventist Church

2150 Hwy. 77, Oracle

Saturday:
Sabbath School 9:30 a.m.
Worship Service 11 a.m.

Pastor John Roybal

First Baptist Church

American Way, Oracle
520-808-3171
Pastor Ray Lott

Sunday:
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705 E. American Ave., Oracle • 520-784-1868
Near Mt. Lemmon Turnoff

Sunday Bible Study 9 a.m.
Worship Service 10:30 a.m.
Wednesday Bible Study noon
Thursday Prayer Time 11-noon

Pastor: Dr. Ed Nelson

To be included in the monthly church listing,
call the Oracle Towne Crier 385-2266.

ORACLE COMMUNITY CENTER

Continued from page 2

to repair the ceiling, as well as to install new lighting in the building. Donations can be designated for this purpose.

The Oracle Community Center (OCC), located at 685 E. American Ave. in Oracle, has a host of on-going activities for those who are of a social bent or a crafty inclination. In addition to the regularly scheduled activities, there are special events planned each month, usually in celebration of the holidays.

Every third Saturday, the OCC holds a Park 'n' Swap event. Browsing is free. If you want to set up and sell, the cost is \$5.

Every Monday, at noon potluck lunch is held, with an entrée provided by the Center, which is open to all. Bring a dish or donation of \$4 for members or \$5 for guests.

The needlework group still meets on Wednesdays from 1:30 pm -3:30 pm. You may bring your own handwork project or join the OCC's project. Everyone is welcome to attend this social gathering where tea, coffee and a sweet treat is served. Projects include sewing, knitting, crochet, and crafts. For more information, contact Susie at 896-2935.

Join members for a friendly game of Bridge on Tuesdays, from 12:30 pm - 4 pm. Refreshments will be served. Call Mary McClure at 896-2604, if interested. Akido, a Japanese martial art, is taught on Tuesdays, from 4 pm - 6 pm. Call Laurel Wilson at 408-781-2241

Feb. 14, Valentine's Day this year is on a Friday, so the restaurant scene is going to be crazy. Why not avoid the hassle and enjoy a relaxed, fun-filled spaghetti dinner at the Center, as well as some games, door

prizes and raffles? At \$10 per person, that's a deal that can't be beat.

The Oaks Festival, scheduled for Sat., Apr. 26, is being planned with meetings and lots of new ideas to make it the best. The theme this year is "Horsin' Around in Oracle." What does that mean? Well, lots of horses, of course. Oracle loves horses, but, you can "horse" around on a bike, quad or even your own two feet, taking a ride, a hike or just come in and horse around at fine Oracle eateries or shopping venues.

If you have an idea for a parade entry, get a form from the website and get going. Kate Horton is working on a website, which should be up and running soon, to download forms for the Oaks Festival. As time goes on, the Center will include information about other events, activities and general news. The website is www.oaksfestoracle.com



The Oracle Community Center is seeking items for the silent auction as well as participants, volunteers, floats, marching band and ideas from you, to make the Oaks Festival a celebration to remember. To donate items for the auction, contact Shirley at 520-959-2722 or Chuck at chuckwalla@theriver.com.

Planning your own event? If you need space for a graduation or birthday party, wedding reception or other occasion, call Shirley at 896-9326 and leave a message. A Rental Manager is being sought for the OCC. If you know someone up for the challenge, call Shirley and let her know. Fees for renting the center are \$275 per day for Fridays or Saturday, \$175 per day from Sunday - Thursday, or

\$35 per hour for up to four hours.

Lastly, the Oracle Community Center would like you to know that the cider press has still not been sold, and asks you to pass the word that it can be seen at the Dry River Trading Co. on American Avenue, next to the Rancho Robles entry.

Valentine's Day DinnerFest

Valentine's Day is on a Friday, so the restaurant scene is going to be crazy. Why not avoid the hassle & enjoy a relaxed fun-filled Spaghetti Dinner at the Oracle Community Center?

Friday, Feb. 14

6-8 p.m.

\$10 per person

Games, Door Prizes & Raffles

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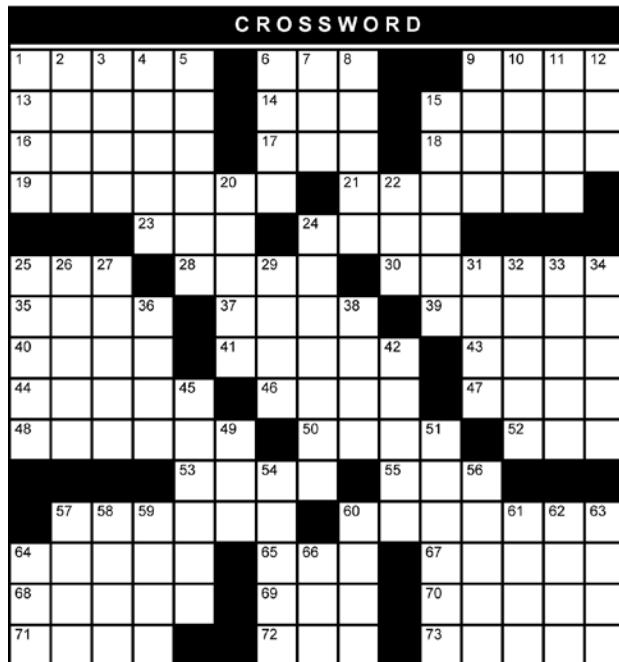
1. Burp
6. Flapper's feathers
9. Struggle for air
13. Wombs
14. *Degree common to many Presidents
15. *Presidential Medal of
16. Show of contempt
17. On vacation
18. Beat the Joneses
19. *The first whom women could vote for
21. Perfect world
23. Bit of binary code
24. Bohemian, e.g.
25. Part of T.G.I.F.
28. One from the Magi
30. Feel bitter about
35. Exercise group, pl.
37. Kicker's field _____
39. Return the debt
40. Hurry up!
41. Dark organic soil

substance

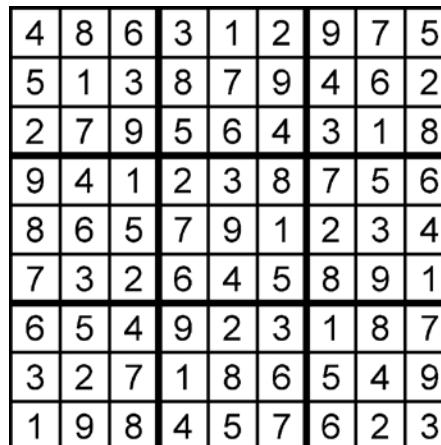
43. Seed cover
44. Cover
46. Agitate
47. Encore!
48. *Peanut farmer
50. Partner of "void"
52. To blemish
53. Dwarf buffalo
55. Bygone bird
57. *First Medicare cardholder
60. *Old Hickory
64. Jelly fruit
65. Rocks in drink
67. Thin mountain ridge
68. "A Doll's House" playwright
69. Military _____
70. One of several species of lemurs
71. California valley
72. Bolt's companion
73. *Presidents call on Congress to do this

DOWN

1. *41st or 43rd president
2. Europe's highest volcano
3. Lecherous look
4. Belief
5. "Now _____" sign in window
6. Cyberspace soliloquy
7. Stumblebum
8. More than bad
9. Climb the stairs
10. Against or opposed to
11. Fountain liquid
12. A Super Bowl participant, e.g.
15. *He never promised "a chicken in every pot"
20. Secretariat's sound
22. Feather glue
24. Enduring strength
25. Biblical patriarch
26. Famous physicist Nikola
27. Part of stairs
29. *Number of Presidents
31. Clothes line
32. Erasable programmable read only memory
33. Nigerian money
34. *a.k.a. "His Accidency"
36. Falling-out
38. Comic strip Moppet
42. 1965 march site
45. Sinbad, e.g.
49. Genetic info carrier
51. Scene of event or action
54. "The _____," "America's Finest News Source"
56. Ohio rubber hub
57. Marching band member
58. Coarse file
59. Eye part
60. Court fool's joke
61. Plural for "serum"
62. Auditory
63. Hitler's Eagle's _____
64. Bathtub liquor
66. PC brain



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EOE

Patten selected for Firewise Property of the Year



Oracle Fire Chief Larry Southward stands with Nancy Patten and Oracle Firewise volunteer Rachel Opinsky.

By John Hernandez
Oracle Towne Crier

The Oracle Fire Department has selected the property of Nancy Patten as the 2013 Firewise Property of the Year. Nancy's home is on Mt. Lemmon Highway next to the Oracle Historical Society Acadia Ranch Museum. The award was presented by Fire Chief Larry Southard and Rachel Opinsky, Firewise co-chairperson for Nancy's "outstanding Firewise efforts on private property". Nancy was honored at the Oracle fire station at the monthly Oracle Fire District Board meeting held on Tuesday, Feb. 4. The fire department and Firewise board will also be placing a sign on

Nancy's property showing that it has been selected as the Firewise Property of the Year.

"My cousins, her sons and I removed lots of metal junk in the late 80s and 90s," said Nancy, referring to the years since she has owned the property. She said her husband Ben used to call it "Sanford and Son" before it was cleaned up. Nancy wanted

to make sure that all the people who helped her clean up the brush on the property were mentioned and thanked. "They did most of the work," she said. She thanked Michael Cline, Irene and Eddie Felix, Rosie Gonzales, Felix Casillas, Isaac Lankisch, Allan Knight, Frank Martinez, David Pullen, Jeremy Pullen and Kevin Armbrust.

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NCUA

MEDICAL MARIJUANA

Continued from page 5

document every step of the way," said Engelking. She said the grow facility maintains high security and the plants are grown without pesticides in a highly controlled sanitary environment. Bloom also has a line of edibles which are prepared in a quality controlled kitchen.

Security is a major concern of Bloom Dispensaries. Their facility in Tucson that I visited had 15 cameras. The

number of cameras exceeds the minimum amount of cameras that are required by law. They are monitored in the manager's office in a secure area of the facility. There is an alarm system and all the marijuana is locked in a 2,000 pound safe after hours. Paul Goetz said that if the Oracle facility is approved and they get the contract to manage it, the same type of security will be maintained.

It will employ 10 people. The three facilities and grow facility have not had any incidents of attempted robbery or burglary since they have been open. The Phoenix dispensary handles between 200 and 300 patients per day.

Goetz walked me through the process when one enters their facility. When you walk through the door, you are in what looks like a medical clinic lobby. You then ap-

proach the receptionist and are given a patient information form to fill out that also includes an explanation of the dispensary rules. You must then provide the receptionist with your medical marijuana card and a valid picture identification card. Once the receptionist verifies that the two IDs match, she enters your card number into the Arizona Department of Health Services computer system. This system tracks all marijuana purchases and all purchases must be entered by law by all dispensaries. The patient can only purchase two and one half ounces within a two week period. Engelking explained that most patients do not purchase the limit amount.

After it is verified that the patient can purchase, they are let through a controlled access door into a room where products are displayed and a patient consultant is there to help answer ques-



A close up view of the Blue Widow variety.

John Hernandez | Crier

tions about their products and works with the patient to provide the best medicine for the type of ailment that the patient is using the medical marijuana for. The display cases included different types of marijuana with names such as New York Diesel, Blue Widow and Holy Grail.

Each of the jars of the marijuana was labeled with the THC percentage and the CBD (Cannabidiol) content. CBD is a non-psychoactive part of the plant that is considered to have a wider scope of medical applications than THC. The label also explained what type of ailment the medicine is used to treat. The medical marijuana is pre-packaged in one gram up to 1/8 ounce packages.

There was also hemp oil and hemp oil balm. These products do not give patients a high. The balm is a topical used to soothe the skin and treat pain by some users. The hemp oil is a dietary supplement. There were also edibles such as caramel corn, espresso brownies and rosemary crackers.

After the patient selects what they want, they return to the lobby where after receiving payment an employee behind a thick glass window places the medicine in a box which delivers it through a slot to the patient. The purchase information is then entered into the Arizona Department of Health Services computerized system and onto the patient's record kept at the dispensary.

"We take a medical approach in the management of

Continued on page 11



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Oracle Listings - Homes

- Beautiful 100 year old oak trees surround this 2 bdrm, 3 ba block built home on .85 ac. \$182,000.
- Incredible remodel 3 bdrm, 3 ba home, everything in this home has been redone, upgraded and/or replaced. \$154,900.
- Very well maintained 1.25 with 2bd/2ba, rock ramada, workshop, new roof. \$79,000.
- 3bd/2ba home on very private 2.5 ac lot, home boarders National Forest, private well. \$248,000.
- Completely remodeled home on 1.33 ac useable lot, observatory for star gazers. \$199,000.
- 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. \$449,900.
- 3 bdrm, 2 bath, slump block home with breakfast bar, fireplace, large fenced backyard and great views in Oracle Village Estates. \$119,000.
- Dream home with every amenity you could hope for, exquisite Oracle hilltop home. \$550,000.
- 2,000 sq. ft. home on .53 ac, spacious family room, large private backyard, large country kitchen. \$195,000.
- 3bd/2ba on .50 ac, newly added bonus room, 10 ft. ceilings, flowing floorplan. \$204,900.
- 4BD, Mountain views, horses allowed, detached 1,500 sq. ft. workshop/garage, additional 4+ carport, custom kitchen cabinets, formal dining, mudroom, living room with fireplace, stained concrete floors, much more, priced to sell quickly. \$278,000.

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- .69 ac. unique property among custom built homes, \$49,900.
- 7.14 ac. in Oracle with 360 deg. views. Can be split, horses allowed, MH or site built ok. \$145,000.
- 11 ac nestled among the oaks, homes only, priced for quick sale. \$40,000.
- 2.5 ac land, borders state land, build your custom home, utilities at street. \$140,000.
- 70 AC, great views, high desert vegetation. \$300,000.
- Beautiful views from this lot in Oracle, utilities at lot line. Perc test done. \$69,995.
- 2.5 ac horse property with great views, site - built or MH. \$45,000.
- Choose your own parcel from 1.25 to 3.75 ac., flat, easy to build on, utilities at street. \$79,900 to \$199,000.
- 1 ac. in homes only area with fantastic views & natural features. \$49,900
- Hard to find, 13 acre parcel with amazing views bordering National Forest, water and electric at the property line with several great home sites to choose from. Owner will finance with 25% down.
- Best priced 5 AC in Oracle, beautiful views, electric and water at the lot line, home or mobile, horse property, can be split. \$42,500
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- 3 bed, 2 bath, being remodeled, new hickory kitchen cabinets, stainless steel - new appliances, new A/C, new carpet, a must see. Owner May Carry. \$72,000.

Surrounding Area

- Beautiful views of the Galurio Mountains, lots of vegetation & large Saguaros. \$10,000.
- Great mountain views from this 3.75 ac. south of Mammoth. \$47,000.
- 4 ac in the Redington area, Mesquite trees, views, private well & septic. \$59,000.
- 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.
- 3 bedroom, 2 bath on corner lot, fenced \$18,000.
- 3-lots to choose from. Hill top views shared well, horse property, leveled off areas for home sites. Two lots \$50,000 each & one lot \$70,000.
- 2bed, 2 bath, 5 ac, close to Aravaipa Creek, beautiful views, secluded area, large trees, owner may carry. \$85,000.
- 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
- 3 bdrm home with updated kitchen, laundry room, covered porches, fenced yard, new electric June 2012. \$58,500.
- PRICED REDUCED! Hilltop views, open floor plan, custom kitchen cabinets, wood floors, fireplace, bay windows, 5 bdrm, 2ba, fenced yard, 2 car carport, covered porch. \$119,900.
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MEDICAL MARIJUANA

Continued from page 10

our facilities,” said Engelking. “We are a medical facility, we treat patients not customers. We provide education and information in a professional setting.” She pointed out that they are the only company to partner with Arizona State University Center for Applied Behavioral Health Policy which will further the study of medicinal marijuana. The company’s reputation and professionalism has resulted in the state of Nevada partnering with Bloom Dispensaries to help them write their medical marijuana regulations.

Part of Bloom Dispensaries values is giving back to community. “Helping communities is an important part of doing business,” said Engelking. Bloom strives to become an integral part of the community where they operate. They organize volunteers from their patients, staff and others to help at charity events. They work with local neighborhood associations and non-profits. Bloom Dispensaries donates and organizes fundraisers for different organizations and charities. In one of their fundraisers, they raised \$2,451 for the families of the 19 firefighters that lost their lives in the Yarnell fire. To learn more about Bloom Dispensaries visit their website at www.bloomdispensary.com or their Facebook page.

The issues of medical marijuana and the legalization of marijuana are still controversial subjects. Medical marijuana is being used by many to treat chronic pain, multiple sclerosis, glaucoma, arthritis, nausea, insomnia and other medical conditions. There is enough research to support the medical benefits of cannabis and public demand for medical marijuana that it was made legal. I urge everyone to do their own research on medical marijuana and dispensaries before making a decision about allowing

a dispensary in their town. Make up your own mind but think about this. The number one drug problem in the United States is the abuse of prescription drugs. More Americans, over 20,000 a year have died from an overdose of prescription pain killers (opioids) such as OxyContin than from heroin or cocaine. There has never been one known death by an overdose of cannabis. Some pain killers are simply synthetic heroin with the same properties as the drug including its addictive nature.



Medical marijuana edibles. John Hernandez | Crier

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Evander Michael Cook

Evander Michael Cook was born Oct. 10, 2013 at 10:20 a.m. in Scottsdale, weighing 6 pounds, 14 ounces and measuring 19 1/2 inches long.

His parents are Bridget and Stephen Cook of Tempe.

Evander is the first grandchild for Michael and Rachel Opinsky of Oracle and Margie Cook of Tempe and John Cook of Ghana.

Evander's proud father, Dr. Stephen Cook, is the founder and Artistic Director of the Oracle Piano Society.


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Evander Michael Cook

even falling in love.

Regardless of the origin of the "love" connection, some of the physical constituents of cocoa, or their combinations, have real health benefits. Dark chocolate has substantial amounts of antioxidants (resveratrol) in it that have a protective effect against free radicals, which are associated with cancer, hardening of the arteries and aging.

Cocoa is known to have constituents that are protective of the heart. These polyphenols (epicatechin, gallic acid) are the same ones that

are found in red wine and green tea. They can reduce the oxidation of the "bad cholesterols" that contribute to hardening of the arteries. They can also inhibit platelets from clumping together.

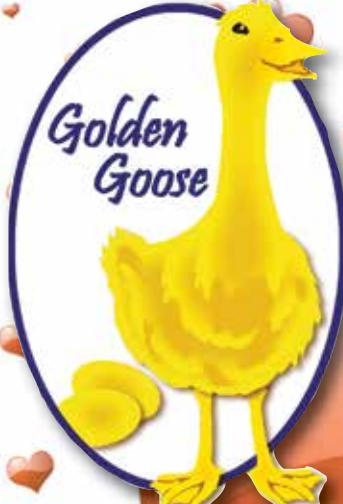
From a health standpoint, the very best ways to benefit from chocolate are to consume the actual cocoa powder or to eat only a moderate amount in its "dark chocolate" form.

Dark chocolate's composition is regulated by the government. The amount of cocoa beans in dark chocolate usually ranges from 35% to 99%. A distinction is made between cooking chocolate, bittersweet chocolate, semi-sweet chocolate and milk chocolate.

When the Europeans got a hold of the cocoa beans they began processing them by adding sugar and milk. This is the derivation of what is now known as "milk chocolate." The sugar content often is as high as 75-80%. This amount of sugar may contribute to some individual's development of hypoglycemia or diabetes.

Some "dark chocolates" on the other hand have very little sugar added. The bittersweets may legally have up to a third of its ingredients be sugar. Semi-sweet chocolate may contain 50% sugar. Milk chocolate may get away with only 10% cocoa.

Regardless of the specific ingredients in chocolate that makes it so irresistible and delectable, we are certain that it will always have a place in our hearts and be forever linked with love.



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