

Community Schools basketball kicks off in Oracle

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John Hernandez | Crier



A community publication of Copperarea.com

Learning About the Prostate

The prostate is a gland that sits at the base of the male urethra. Its primary purpose is to alkalize semen to protect sperm that is dedicated to fertilization in an otherwise acidic environment.

The prostate is most infamous for the problems it presents in aging males. The most common complaint in aging males is an inconvenience in urinary habits. The most likely cause for this is Benign Prostatic Hyperplasia (BPH). BPH is a normal enlargement of the prostate caused by a shift in testosterone around the age of 50. This is male

menopause, or andropause. Testosterone is converted to Dihydrotestosterone through the action of the enzyme 5-alpha reductase. There are pharmaceutical drugs as well as herbs that block this enzyme as the key strategy for reversing BPH. Zinc also plays a role in this process.

Other than normal andropause symptoms, some men suffer from prolonged infections in the prostate. This can be uncomfortable as well as lead to more serious conditions. Antibiotics are often the strategy of choice to penetrate into this somewhat hidden gland.

Prostate cells seem to be quite susceptible to cancer. There are various estimates about the incidence of cancer in the prostate. It has been said that most men have some degree of cancerous activity by the time they reach fifty. Actual diagnosis of prostate cancer is more like one in seven. And even among these, the number of aggressive cases is very low. However, it is critically important to determine the aggressiveness in order to develop appropriate strategies for its containment.

There are many testing options to assess the health of the prostate. The more invasive the procedure, the more agitated the cells become which could lead to a more aggressive process. The first signs are usually picked up by the individual himself. Perhaps trouble starting and stopping urination. The next step is often a simple digital exam where the prostate is felt for either enlargement or irregular bumps. A uniform enlargement is usually BPH. Irregular bumps are more suspicious for cancerous activity. A urinalysis before and after a digital exam can be helpful in detecting an infection in the prostate.

Lab tests may provide further evaluation before more aggressive tests like biopsies are considered. The familiar PSA blood test is useful when comparing it with previous PSA numbers. More sophisticated tests can be combined



HEALTH ISSUES

By Dr. Michael Miles
Special to the Crier

with the standard PSA to get a clearer determination of the nature of the process going on.

As with other glands in the body there are several approaches to treatment. One can treat infections with antibiotics. One can treat enlargement with pharmaceutical drugs or herbs. One can treat cancer with hormones, herbs, ultra sound, radiation or surgery.

Prevention is always the simpler way to go. Maintaining a healthy body and a healthy attitude with regular exercise, consumption of unprocessed foods and positive thinking will promote a long and fulfilling life.

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.

Oracle Towne Crier

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Published the second week of each month. Business of-



Office is located at 139 8th Ave, P.O. Box 60, San Manuel, AZ 85631. Subscription rates paid in advance: \$9.00 per year or \$5.00 for 6 months U.S. Change of address should be sent to the publishers at P.O. Box 60, San Manuel, AZ 85631.

Member: Arizona Newspaper Association.

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Local woman sells rare dolls to Hualapai Tribe

Evaline Auerbach, resident of Oracle since 1976, downsizing in preparation for a move, says that she is trying to get everything to “where it belongs” as much as possible. In that regard, she has sold her collection of Hualapai Dolls to the Tribe, based in Peach Springs, AZ.

The cloth dolls all have similar faces, with stitched-in eyes and mouth and with bodies made in the original “Suzy Belle” style. The “Suzy Belle” dolls were hand made in the early 1970s at the Hualapai Tribal Factory in Peach Springs, Arizona. The dolls, which are collectible items today, initially sold for about \$18.

Seamstress Annie Chase created the original pattern in the 1860s when she made these dolls as gifts. Ms. Chase’s pattern was passed down to her granddaughter, Ruth Underwood, who improved the pattern, developed a fabrication process, and opened a factory with her husband to manufacture “Suzy Belle Dolls.” The factory employed about 20 Hualapai tribal members who produced an average of 59 dolls each day. Funding from the Bureau of Indian Affairs helped support operations.

Following a dispute with the Underwoods, the Hualapai Indian Tribe began manufacturing the

“Hualapai Indian Doll” which was similar to the “Suzy Belle” doll but wore more traditional styles of clothing and had more Native features that included dark hair and the incorporation of feathers and headbands. The Underwoods relocated to Colorado where they

Continued on page 7



These six Hualapai dolls are just a few of the ones that will be heading back to their original home with the Hualapai Tribe in Northern Arizona.

John Hernandez | Copper Area News

Evaline Aurbach found a new home for her collectible dolls – back with ones who made them. The dolls are heading back to the Hualapai Tribe in Northern Arizona.

John Hernandez | Copper Area News



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Community Schools basketball kicks off in Oracle



The Mammoth-San Manuel Community School kicked off its basketball season Saturday February 4 at the Mt. Vista School gym in Oracle. Kids will be playing in Kearny at the Ray High School and Jr. High gyms. John Hernandez | Copper Area

Southern Arizona Taijiquan



Taijiquan (T'ai Chi Ch'uan – Literal translation, Supreme Ultimate Fist) is a very effective Chinese martial art and method to develop self defense skills that do not rely on size or brute strength. Ongoing structured Yang style Taiji classes are challenging and fun both physically and mentally in a safe environment where students learn at their own pace. My goal is to teach Taiji as a complete martial art while improving overall body control, awareness and fitness.

Instructor (Si-Fu): Carina Cirrincione - Studying Taijiquan since 1989.

To inquire about class schedule, location (in Oracle), price, and signing up, please call:

Si-Fu Carina Cirrincione 520-896-3225

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DIAPER BAG

All You Need is Love

It's that time of year when we think of those we love and have a day to express it, Valentine's Day! I am mindful of my childhood days in school when we would share valentines with each other. In the early days our teacher would set aside a time when we would make our own Valentines, out came the red construction paper! We would cut out the red hearts and write something original like "be my valentine". We had the little candy hearts

with all the meaningful things written on them: be mine, a kiss and forever mine! We were all so very careful of what heart we gave to what person, every girl and boy had thoughts of getting a Valentine from a special friend! Many a heart were broken!

Well, we all grow up, but there is one thing does not change, we all want and need love from someone! We are all still wanting, needing a Valentine, some sign that someone loves and cares for us! You

know even as adults we can struggle with relationships. But that is the risk we take giving our hearts away; there is always a chance it will be broken. It has been said "there is someone for everyone"! We all know what can happen when you end up with the wrong someone! We are all like children when it comes to love, as the singing group the Beatles once said: "all you need is love". Can it really be that simple?

We live in a world where it seems there are more broken hearts than not. At Family First we hear the stories of broken hearts, of broken families and the children who do not understand why? We are here to share God's love for them and encourage them with Jesus' words to simply "love each other just as I love you". We have story time for the little children, and yes out comes the red construction paper to cut out the red hearts. You know love is something that is taught and caught. We need to teach our children to

Continued on page 7



Cathy Scott from the Community Church of SaddleBrooke Missions Department presented two checks for the centers programs and the Family Diaper Bank. Thank you so much for your support.



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Oracle Listings - Homes

- **Gorgeous 2400 Sq Ft Home** on 1.33 acres with mature mesquite trees! 4 bdrm, 2 ba, vaulted ceilings, new wood flooring & carpet throughout. Recently painted. Perfect for horses, chickens, ATVs, etc. Dual heating and cooling. \$135,000 MLS # 21631673
- **Enjoy beautiful sunsets** off of the large back porch in this well kept, upgraded MH on 1.25 acres. Completely fenced for horses and small pets. Numerous outbuildings & storage units. RV setup. Lots of low care landscape. \$135,000 MLS # 21631494
- **Charming home** in need of some TLC on .62 acres. \$95,000 MLS # 21629997
- **Custom home** with full partially finished basement. Vaulted ceilings, kitchen with SS, granite, island & dining area. Screened porch. Saltwater pool and grotto. 2.26 acres with mtn views. \$325,000. MLS # 21627209
- **Completely remodeled home** with a detached two-car garage. \$165,000 MLS # 21624896
- **4 bedroom home** on .62 with large oak trees. 2 car carport, swimming pool. \$159,900 MLS # 21620089
- **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 # 21328592
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- **DW 3 bedroom Mobile home** on 1.4 acres with views with double garage \$129,000. MLS # 21618793



605 N John Adams St., Oracle MLS#: 21620089
Hard to find 4 Bedroom home on a large lot (.62 Ac) with plenty of oak trees. Paved driveway with a covered two car carport and lots of space for RV and other toys. Backyard has a swimming pool with a covered patio making a great entertainment area. Master bedroom opens up to a small patio area. Cozy family room with a wood burning fireplace. Ceramic tile and ceiling fans in most rooms and granite counter tops. **\$159,900**

Oracle Land & Commercial Properties

- **2 - 1.25 ac of Oracle Ranch Rd,** \$55,900 or \$49,900 property line is shared and can be combined to a 2.5 ac.
- **Fenced 1/3 acre lot** with mature trees, septic installed, and utilities at lot line. Zoned for site built home. \$36,900 MLS 21510756
- **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.
- **(3) .5 acre lots** with oaks, boulders & views. \$29,000, \$33,000 & \$37,000
- **.33 ac hilltop in custom homes** only area. views in all directions.
- **Commercial.** .18 acre lot on American Ave. with a 27 acre GR zoned lot for \$40,000.



411 S. Rolfs Ave., Mammoth
MLS#: 21612425
AFFORDABLE 3 BR 2 bath with Great Views! New carpet April 2016, Dual Pane windows, Extra Storage and 2-car carport, 200 Amp Electric service. A/C new installed in 2014 was only used for 6 months. Covered back porch. Fenced back yard. Make Offer Today!!! Owner is married to a licensed real estate agent. **\$57,500**

San Manuel

- **Newly remodeled** 3 bed, 2 bath, mountain views, ceramic floors, new appliances. All furniture stays. \$92,000 MLS # 21614224
- **Lovely 2 bd 1 ba.** wood kitchen cabinets, new A/C and furnace installed August 2015, fenced yard. \$46,000 MLS # 21524434
- **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 \$76,900 MLS 21626354

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- **Private Location.** Beautiful deck above the carport with mountain views. Covered front and back porches. Remodeled home 2 or 3 bedroom, additional room can be office or guest quarters. \$79,000
- **2 large buildings,** 6,400 sq. ft., living quarters, office space, bathrooms, enclosed patios. \$72,750
- **3 bedroom 2 bath,** great views, 2 car carport, A/C, fenced yard. Covered back porch. \$57,500 MLS 21612425
- **3 bedroom, 2 bath,** den or 4 bedroom, 1974 sqft, custom home, open floor plan, metal roof, new A/C-heat pump, Artesian well, large pond, horse facilities, large trees, 12.63 ac. \$235,000
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- **37 acres,** beautiful views, secluded area, touches slate land, horse property. \$115,000.

Commercial lots on American Ave. .67 and .52 acres. \$60,000 each.

- **10.32 acres** with beautiful views, completely fenced with well and electric. \$45,000
- **Double Lot 1.66 & 1.26 off Linda Vista.** 2 Great parcels to choose from. Owner will carry with just 10% down. Build your dream home on one of these two lots. Paved road. Homes only area. Utilities at or near the lot line. \$85,000.
- **.67 & .52 acre** commercial lots on American Ave., Oracle. \$79,000 each
- **18 acre commercial lot** on American Ave. with 27 acre GR lot behind it. Both for \$55,000
- **Great lot in center of Oracle.** Ready to build on, utilities at lot line. \$25,000.
- **4.03 acres** with spectacular views of the Catalina & Galiuro Mountains. \$49,900.
- **4 view lots,** nice views, custom home area, boulders and trees, owner may carry. \$60,000.

Ca\$h Prizes Offered for Winning Oaks Festival Parade Entries!

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

This year's theme – Oracle Adventures

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Volunteer needed to head the Parade Committee. Call 896-9326 for more info.



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HUALAPAI DOLLS

Continued from page 4

continued to make their original dolls as well as adding African American and Caucasian themed variations. Manufacturing ceased later in the 1970s.

Subsequently at least two Hualapai women are known to have handmade replicas, mostly female with long skirts. The factory dolls were male and female and wore mostly "calico" dress, the girls with shorter skirts. One of the subsequent makers, created three of the dolls that Auerbach is selling to the tribe.

Auerbach bought those three dolls from the Museum in Kingman but, after the first one she bought, she got the others mostly on eBay. The sellers there had them listed as "Native American Cloth dolls" until she told one or two where they really came from.

Auerbach bought her first doll at the gift shop in the Inn at Peach Springs where she was staying during an Elderhostel program that also visited the Colorado River down the road from there and went to the Grand

Canyon West area where the tribe has not constructed the glass extension over the Canyon. Later, when she went back to walk out over the Grand Canyon, she took along some of the dolls, which were a big hit with the people who worked there. Even some of the young people recognized them.

The Tribe agreed to buy all her 36 dolls for the lump sum of \$1,500. They were picked up by Addi Crozier, Assistant Secretary of the Hualapai tribe. The tribe will place some of the dolls in the Tribal Administration Building in front of the Hualapai Tribal Council Chambers and some will go to the Cultural Department in Peach Springs and the Grand Canyon West Cultural Center.

DIAPER BAG

Continued from page 6

love others, to be mindful of others feelings and hearts. Sometimes the adults need to hear this too!

Family First is a place to hear an encouraging word, a place to regroup and mend a broken heart! We are here because we love our community, love the families and the children who make love so easy. Our hope is for everyone to know they are loved and know they are not alone. Love is very contagious, like our little children being so careful giving out candy hearts, they were afraid to give away their hearts, but they saw the joy of others doing it and

couldn't help to do the same! This Valentine's day won't you join with us and reach out and love someone who needs it? Let us all make our community a better place to live in! Maybe it is that simple: all you need is love!

**God bless,
Frank and Clare Grochocki**

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Four tips to help prevent tooth decay in Arizona's young kids

Parents and caregivers are the first defense in helping prevent tooth decay in Arizona's youngest children.

February is National Children's Dental Health month, which promotes the benefits of good oral health. Left untreated, tooth decay in young children's primary teeth puts them at risk for future problems like damaged permanent teeth; increased vulnerability to infections in other parts of the body, such as the ears, sinuses and the brain; and, impaired speech development, and reduced self-esteem.

"Tooth decay is the most common chronic disease faced by young children," said Joe Fu, First Things First's Senior Director for Health. "It is also 100 percent preventable."

Even though more and more toddlers and preschoolers are making that important first visit to the dentist's office, challenges remain. According to a First Things First study, conducted in partnership with the Arizona Department of Health Services, 52 percent of Arizona's kindergartners have experienced tooth decay compared with 36 percent of 5-year-old children nationally.

FTF offers these tips for families of babies, toddlers and preschoolers:

- **Clean your child's teeth:** When your baby's first teeth come in, brush them after each feeding, especially before bedtime. Use a soft toothbrush and a rice-sized amount of fluoride toothpaste. When your child turns 3, you can use a pea-sized amount of fluoride toothpaste.
- **Prevent baby bottle decay:** Don't put your baby to bed with a bottle at night or at nap time. The sugar in milk, formula, juices and soda can cause tooth decay. Beginning at 6 months, give your child water to drink to help keep their mouth clean and healthy.
- **Serve healthy food and snacks:** Sugary and sticky foods cause tooth decay, so give your child fruits, vegetables or cheese



Teaching a child the proper way to brush her teeth.

instead.

- **Take your child to the dentist:** By baby's first tooth or first birthday, take them to the dentist to check that their mouth, gums and teeth are healthy.

About First Things First

First Things First is a voter-created, statewide organization that funds early education and health programs to help kids be successful once they enter kindergarten. Decisions about how those funds are spent are made by local councils staffed by community volunteers. To learn more, visit FirstThingsFirst.org.

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