

Volume 7 Number 7

Stances, Footwork and Movement II

nce a student has developed a fundamental understanding of various stances, they are then ready to progress to the next level and learn about footwork. Although footwork and movement are certainly related, I make the distinction that proper footwork training must be first and must be considered a separate

So let us define footwork as it applies to martial arts training. Being able to step from one position or point

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Submissions & Letters: jenniferc@MinerSunBasin.com Advertising & Questions: michaelc@MinerSunBasin.com

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"We sure could use a little good news today."

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When Martial Artists move from one stance to another, they understand a fundamental truth that a balanced stationary stance is stable, but the step to a new position creates a span of time that may be a period of instability or at least, less stable. Therefore, they attempt to minimize that vulnerability.

Obviously, we do not want to cross our feet while stepping, and would rather move the entire body at the

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same time. To do that, our "core", the hip area, must move the feet. This ability is acquired through practice. When stepping in any direction, step with the foot closest to that direction. A simple example of using the hips while stepping, may be demonstrated by following this instruction. Imagine that



By Steve Weber Special to the Nugget

you are side stepping to avoid colliding with someone or something. First step in the direction chosen, then move the second foot out of the way. Next, move in the same manner, but this time, consciously turn your hip to "pull" the second foot out of the way. If you notice it is faster, it's because the heavier weight (the hip) was used to pull and move the lighter weight (the foot).

Mr. Weber is the chief instructor at the Aikido Academy of Self-Defense located at 16134 N. Oracle Rd., in Catalina. He has more than 45 years of experience in the Martial Arts and has achieved skills in a variety of disciplines. He also teaches Tai-Chi on Saturday from 9 to 10 a.m.

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Spine Care Crisis: Can YODA Help?

here is a crisis in spine care. Costly, dangerous procedures, today touted as the next magic solution, are tomorrow shown to have low effectiveness, or worse, to pose a threat to the systemic health of the patient.

And yes, YODA can help. Not the big-eared, short-statured wiseman-creature we know from Star Wars. This Yoda is the Yale Open Data Access initiative, which is an attempt to allow a look behind the scene of medical research on drugs and devices.

YODA resulted from the use of Bone Morphogenic Protein (BMP), a genetically derived 'bone-product' used to improve bone repair at spinal fusion sites.

This product was originally intended for

limited use on very ill patients with poor bone healing. Instead, it has been widely used over the last decade in one-quarter of all fusion cases. Eighty-five percent of the time its use was "off-label", meaning it was used for conditions it was not approved for.

BMP's use increases the cost of fusion surgeries by \$15,000 or more. This on top of the fact that spinal fusion is "one of the more lucrative procedures in medicine", according to Shannon Brownlee, author of *Over-treated: Why Too Much Medicine is Making Us Sicker and Poorer*.

The initial application to the FDA for approval of BMP listed the side-effects patients are now experiencing, such as back and leg pain, inflammation, cancer, sterility and retrograde ejaculation.

Thirteen later studies of close to 800 people suspiciously showed no complications whatsoever. "That there were no adverse effects should have raised some eyebrows," Eugene Carragee, MD a spine researcher, said.

It turns out the company producing BMP, Medtronics, had influenced the research. Each research paper written cost Medtronics 12 to 15 million dollars and each study had at least one researcher on Medtronic's payroll.

Medtronic is to be commended, now, for releasing all research data. Hopefully YODA will help restore honesty to our "science" so it can again be trusted.

However, the entire thrust of this column is to shine light on how un-scientific most of our health care approaches are.

Science is first and foremost observation, and recognizes the fact that an organism has adapted to a certain lifestyle over millennia (e.g., sun exposure, contact with the earth, regular physical activity *throughout the day* with limited sitting, and of course no TV or processed food!). To make the radical changes to natural life patterns modern man has done, is to court disaster.

So, in the meantime, the same sage advice used in business works also in the "business of healthcare": Buyer Beware.

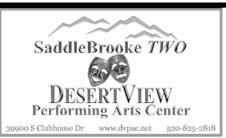
Or, as the real Yoda might say, "Wary must the buyer be."

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



SELF-HEALING

By John Huntington Special to the Nugget



Saturday, June 8—7:30pm The British Invasion



The British Invasion of the 1960's changed the face of music forever. Sit back and reminisce as we take you back to the music from 1964 to 1968, from bands such as The Beatles, The Rolling Stones, Hermans Hermits, The Animals, The Dave Clark Five, and many more. \$25 inclusive \$30 door

Wednesday, June 12—7:30pm The Presidio Boys A Salute to Country Gospel

This accomplished group of musicians masterfully recreates the hits of Country and Gospel Music's favorite vocal groups including The Oak Ridge Boys, The Statler Brothers, The Blackwood Brothers and more! \$25 inclusive \$30 door



Saturday, June 22—7:30pm Hot August Night—The Nel Diamond Show

Dean Colley stars as Neil Diamond in this spectacular tribute to one of the greatest songwriters in history. He has had eight number on hit singles "Cracklin' Rose," "Song Sung Blue," "Desiree," "You Don't Bring Me Flowers," "Love on the Rocks," "Yesterdays Songs," "Heartlight" and "America." \$25 inclusive \$30 door



Wednesday, July 10—7:30pm Surf Rock Beach Party

This half concert/half party will feature your favorite summertime hits from the Beach Boys to Jimmy Buffett. There will be surfrock instrumentals, a limbo contest and a steel-drum showdown between two of the nation's top steel drum artists! \$25 inclusive \$30 door



Saturday, November 16—7:30pm The Big Band Theory....Decades of Cool

Frank Sinatra, Michael Buble, Natalie Cole, Harry Connick, Jr., are masters in the big band arena. Rod Stewart brought us the Great American Songbook and Feinstein brought us pure Gershwin. How would artists of today fare in the big band market? Tonight you will find out as **Gregory Wolfe**, the



ultimate Rod Stewart artist and an array of vocalists form The Big Band Theory. \$45 inclusive \$50 door

Sunday, December 15—3:00pm & 7:30pm The Oak Ridge Boys—Christmas Time's A Comin'

The Oak Ridge Boys present a live Christmas show combining classic hits and holiday favorites. The Oaks have one of the most distinctive and recognizable sounds in the music industry. Their four-part harmonies and upbeat songs have spawned dozens of country hits and numerous awards. \$60 inclusive \$65 door



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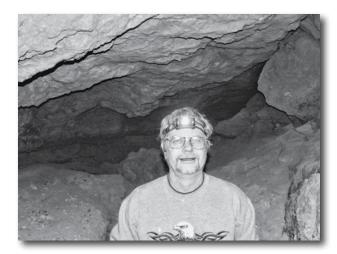
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Spelunking the Crystal Cave

y friend was excited when he called, "Did you hear the entrance to Crystal Cave has been uncovered again."

"Where is Crystal Cave?" I asked.

"Between Mammoth and Winkelman," he replied.
"Make sure your head lamps have batteries and let's go."
Sounded like fun but it wasn't until I did a little
research that I became extremely enthused about
the adventure. The cave had been a big time tourist
attraction in the 1920s and 1930s, featuring beautiful
crystal formations and a large subterranean lake with
several streams. Tourists were able to take long boat



Spelunking in the Crystal Cave.

Submitted

rides deep underground, crossing the underground lake following one of the lighted water ways.

On May 21, 1929, the Arizona Daily Star announced, "A crystal cave, almost endless, 10 miles south of Winkelman is to be opened June 2, according to A.L. Logan of Long Beach, California who discovered the new wonder with Fred Rhodes. The cave has five main passes with innumerable rooms branching off, Logan says. Moving pictures of the caves will be taken by RKO Hollywood on the day they are opened to the public.' Jerry and I park the car along an obscure dirt road off the main highway. We walk along the rolling hills decorated with saguaros, hiking towards piles of mine tailings - an odd place for a cave. No one is certain exactly why the cave with the underground boat ride closed but most people seem to agree that the tourist attraction was not able to survive the economic turmoil of the Great Depression. A gypsum mine was soon opened at the site. This was one of the things I found most interesting about Crystal Cave. It is a gypsum cave unlike most other caves in Arizona which are comprised of limestone. The gypsum mine closed several decades ago but the tailings were left behind and the openings to the caverns hidden and obscured. Many people believed that the cave entrance was deliberately blasted shut to keep out the public.

Jerry and I approach the cave cautiously, our hearts beating rapidly. The entrance or hellmouth is at the bottom of a pit in the middle of the piles of tailings. There are a few scraggly brushes guarding the entrance, not a lot, just enough to be annoying and

leave a few scratches on my arms. Right away some of the beautiful crystal formations which made the cave

so famous in its heyday are evident. The crystalline gypsum is slightly different from the crystal formations I am used to seeing. They are beautiful, glistening, soft and smooth. There is a fine layer of silt covering the cave floor. Almost as soon as we enter the cave we notice a few bats hanging



EVERY MAN'S MUSINGS

By Gary Every Special to the Nugget

by their toes from the ceiling. These slumbering bats, hanging upside down, have the most enormous ears.

We spot a most unusual sight. On the cavern floor, trapped with all eight feet mired in the thin layer of silt and dried mud is a tarantula. The tarantula is dead, stuck in the mud and unable to leave the cave, it must have slowly starved to death. The sacrifice of

Continued on page 11



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Biosphere II: A musical launch pad

By Mark Freshwater Special to the Nugget

On Saturday, April 12, I had an opportunity never anticipated even a year ago. During 2013, I wrote and produced my own second original music CD entitled "Biosphere." It is entirely instrumental music with space, time and earth related songs. I contacted Biosphere II's John Adams back in February about possibly distributing my music in the gift shop there and he quickly suggested a performance opportunity for me during Earth Month. Each weekend in April the U of A's facility features different aspects of mother earth. Since two of my original songs are weather related ("Rain Prayer" and "Red Rocks Monsoon"), I jumped on the 12th and 13th weekend's "weather" theme.

Although this was not a concert per se, it did offer me the opportunity to play my music in an open setting just north of the B2 rain forest. I added narrations to complement my songs and played synthesizer and keytar along with most of my songs. Most people just took it in as they walked to or from their tours and that was pretty much as I expected. There were several bright spots when some of the younger children stopped out of curiosity and so I let several play my instruments through the outdoor PA system.

I coined this my official CD launch as I could not find a more appropriate place to do so. Typically when I perform I am doing mostly cover songs and only a few of my original instrumentals so Saturday provided me with a vast and new experience, taking in mother earth and celebrating her at the same time in one of the most unique





Mark Freshwater with his 'keytar' in front of the Biosphere II. Submitted

places in all of Arizona.

Mark spends half the year each year in Arizona, having done so since 2001 and continues to marvel at the Sonoran Desert's beauty. Mark and his wife Debbie live in Saddlebrooke and spend summers back in hometown Columbus, Ohio. For additional music and contact information, visit www.freshwatermusic.com



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Dr. Peter Kaufer relocated with his wife and

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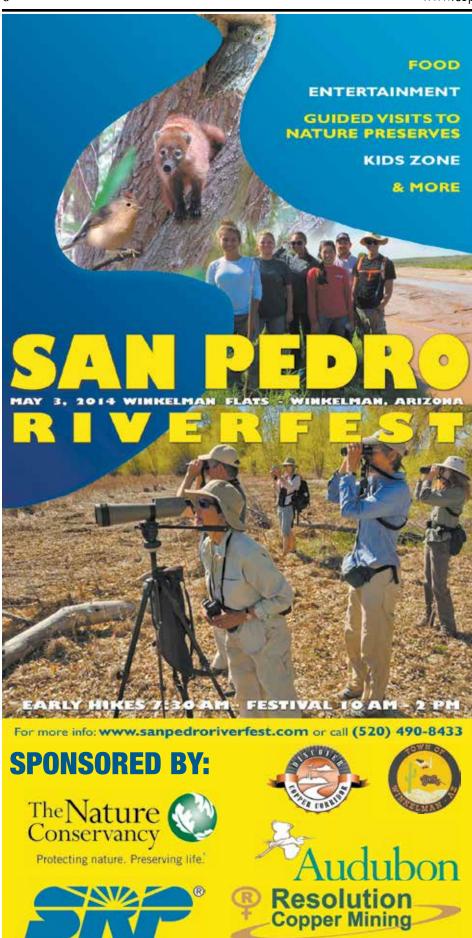
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San Pedro River Fest May 3 in



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On Saturday, May 3, 2014, the Arizona Audubon Society, the Nature Conservancy and Copper Corridor Economic Development Coalition will present the 2014 San Pedro River Festival. This day long family event is for nature lovers, birders, and anyone who wants to spend a beautiful day outdoors enjoying the scenic treasures of the Copper Corridor near the San Pedro and Gila rivers. Participants will be able to explore a historic working ranch, bird sanctuaries, and the open spaces of the Lower San Pedro River Watershed. Enjoy visiting these places with a guided walk or bird banding walk. Pre-registration is required for the guided nature walks.

The festival will include free live entertainment including performances by Baile Folklorico Alma de Superior and equestrian groups and a kids activity zone. Local vendors will be selling their wares, and festival food will be available for purchase. All of these events will take place at the Winkelman Flats public park on the Gila River.

The event will be held at Winkelman Flats, just south of the junction of State

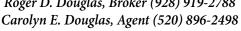
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Winkelman: Fun for the family



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Remembering the San Manuel Drive-In, Part 2 The Mammoth Drive-In

By John Hernandez Pinal Nugget

The Mammoth Drive-In was managed by Don Garchow. It was also open seven days a week with a similar schedule for changing movies like San Manuel except for Thursdays when Spanish language movies would be shown. In 1956 the Mammoth Drive-In employed 10 people. L.E. Todd was assistant manager; cashiers were Mary Jane Burney and Mary Garcia; Ruben Mungaray was the projectionist; Hortencia Samaiego, snack bar manager; Delma Araiza and Willie Montijo worked concessions; Phoebe Kinsey worked the auditorium; and the maintenance man was Gilbert Corona.

Jim Sherman remembers some of the people he used

to work with in San Manuel. He mentioned Gloria Enriquez, Dale White, Marie Drew, Peggy Wilson Sheffield and Jeannette McClintock. He said at one time he nearly had the whole Stewart family working for him, Johnny, Irwin, Stewart, and Barbara. Johnny Stewart who lives in Washington said he has many fond memories of San Manuel and the drive-in.

To show how times have changed, in 1956 the San Manuel Drive-in showed a movie titled "Wetbacks" billed as the "explosive story of border traffic in human lives". It starred Lloyd Bridges. Not politically correct by today's standards but shows that human trafficking was an issue

Sneaking into the drive-in was common among Continued on page 9



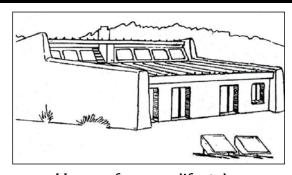
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This advertisement was published in the San Manuel Miner in the 1960s.

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DRIVE-IN

Continued from Page 8

teenagers. Hiding people in the trunk of your car was the most common way of sneaking in. Another method was having a friend drop you off on the side of the road, then walking through the desert and crawling under or climbing through the barbed wire fencing. Walking through the desert was a riskier way of sneaking in. You had to worry about the cactus and in the summer rattlesnakes. "I caught many of the kids sneaking in, it was a game we played," said Jim Sherman. He told a story about pulling over Jack Huber coming in to the drive-in one hot, muggy summer evening.

The sun had not gone down completely and it was still hot outside. It was even hotter inside the trunk of Jack's car. Jim knew that Jack had some of his friends in his car's trunk. Jack probably thought he was busted but Jim started up a conversation and kept on talking for a half hour or so letting the kids sweat in the trunk and maybe thinking twice about sneaking in again. He figured that was punishment enough and told Jack to enjoy the movie.

If Jim caught you sneaking in, he gave you a choice, he could call the cops or worse, your parents, or you could "volunteer" to work a Saturday morning at the drive-in picking up trash and filling pot holes. Other problems Jim dealt with were people forgetting the speaker was hooked to their car and driving off tearing the speaker off the pole. Later people were stealing the speakers. They would go to a portable

speaker that people would plug in to the power pole. You would be given one when you came in and drop it off as you left the drive-in. Then there was the wind that blew off parts of the screen that would have to be repaired. Mike Cline who worked at the drive-in said that one January he went to work and saw that the screen had been blow over during a winter storm. He went out to the marquee which had the evening's scheduled movie on it and changed it to "Gone with the Wind".

In 1958, Jim left the theater business and went to work for Magma Copper. In September 1960 there had been some break in burglaries at the drive-in. Long asked Jim if he would move his trailer back to the drive-in and manage it for him again. Jim worked it out where he could work at Magma and run the theater. He would manage the San Manuel Drive-in from December 1960 until March 1973. Jim worked at Magma for 38 years retiring in 1986. He started out as a mill

laborer and then worked in metallurgy sample preparation. He went back to school and became a Junior Chemist and then Senior Chemist.

At the end of 1976, the San Manuel Drive-in closed down for good. The Mammoth Drive-in had closed a few years before. It was an end of an era for the people in the Tri-Community that were lucky enough to have shared the drive-in experience. The area where the big screen once stood

has been reclaimed by the desert, like the smoke stacks of the smelter, now just a memory, but what a good time it was!

Missed the first part of the story? Go online to http://bit.ly/1mornDv to read the rest of the story.

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SPATS Theater presents 'Welfarewell'

By John Hernandez Pinal Nugget

The SPATS theater group is presenting the Pamela "Cat" Delaney play "Welfarewell" beginning Friday, April 25 and running weekends through May 11. The play is a social satire, comedy about an 80-year-old former stage actor, Esmeralda Quip who can no longer make ends meet living on a meager fixed income. She finds herself in debt and way behind on her rent due to choosing medication and food over paying her landlord. Finding herself

in jail over an incident with her landlord, she finds that it's not so bad in prison. You have a comfortable bed, three meals a day, free medical care, a roof over your head and the ladies she meets are nice if somewhat odd.

Using her many years of life experiences and crafty mind, Esmeralda devises a plan to get her self sent to prison but the justice system has other ideas. Will Esmeralda be able to play the system or are the odds stacked against her? Whatever happens, you will laugh and enjoy her attempt to do the time by doing a crime.

The play is being directed by Van Howell and produced by Rose Milan. Jan Aalbuts plays Esmeralda Quip. The other cast members, some of them playing multiple parts are: Rose Anne Weaver, Christina Oberth, Michelle Egan, Julie Szekeley, John Wasley, Kathleen Piermarini, Becky Greer, and Mark Henderson.

Opening night is Friday, April 25 at 7 p.m. at the SPATS Theater, 730 E. American Ave. in Oracle. Tickets are \$15 with \$1 refundable at the door with a food bank donation. The schedule is April 25 and 26 at 7 p.m.; May 2 and 3 at 7 p.m., Sunday matinee, May 4 at 2 p.m.; May 9 and 10 at 7 p.m. with a final Sunday matinee on May 11 at 2 p.m. For reservations call 520-896-9496.



SPATS actors perform 'Welfarewell' at the theater in Oracle.



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Oracle Listings - Homes ·Beautiful 4bd/3ba home, custom kitchen with

•Very well maintained 1.25 with 2bd/2ba, rock ramada, workshop, new roof. \$75,000. •Mountain views 4 bed, 2 1/2 bath, 2,404 sq. ft. plus a 1,244 sq.ft. basement, 34 x 27 detached garage on 6.85 ac. \$449,000

•3bd, 2ba home on 2.7 acres, 2 car garage, 30 ft of block wall, red wood deck, much more, \$295,000. •PRICE REDUCED! Large 4 bedroom, 2 bath home with a bonus room screened in back porch, walk in closet in master bedroom, new paint, new roof in 2013. \$149,500. •2bd, 1 ba fixer upper MH or remove and add a new

·Great views, dream kitchen with 6 burner professional gas range with electric oven and much more, a cook and entertainers dream, open floorplan with lots of natural light, 3 bedroom, 2 bath, 1989 sq. ft with enclosed Arizona Room \$315 000 ·3 bdrm, 2 ba 2009 MH on 4 ac., views in every

direction, borders Coronado National Forest. \$129,000

views, room for horses, gigantic garage, RV hookup oversized 8 vehicle covered carport, above ground decking & rainwater harvesting. Endless possibilities Dall Diane to request a showing 520-419-6888. ·Light and airy on a half acre! Wonderful flowing floorplan with 10 ft ceilings. Newly added bonus room adds square footage. Wonderful location in Oracle surrounded by custom homes, \$193,900 · PRICE REDUCED-Sprawling Santa Fe home on 3.34 acres landscaped naturally with beautiful boulder mesquite trees, cactus and native grasses. Quality buil 18" antique style ceramic tile throughout this 2936 sq. ft. home. Spacious kitchen island, granite countertops fireplace in living area, new Pella windows. Large 900 sq. ft. enclosed screened patio. \$485,000.

countertops and backsplash, stainless steel

appliances, formal dining room, fireplace, mountain

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•One acre with boulders, trees and views, new access off Linda Vista, boulders, views, trees. \$84,000 •1.36 ac. custom home lot with view, boulders, oaks

•4 view lots, nice views, custom home area, boulders and trees, owner may carry. \$82,000.

•4 beautiful 1 ac home sites, owner may carry, utilities at lot line. \$79,000.

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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

·4 ac in the Redington area, Mesquite trees, views, private well & septic. \$54,000. ·Riverside home, horse property near Gila River, Hilltop home on 2.75 acres with gorgeous mountain views, RV hookup, 2 bd, remodeled home, near

•20 ac. of flat usable land on Florence Highway, 2 wells, completely fenced. \$189,900. •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 bedrm, 2ba, fenced yard, 2 car carport, covered porch. \$114,000. •Great mountain views from this 3.75 ac. south of Mammoth. \$39,000.

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CRYSTAL CAVE

this unfortunate giant spider allows us to deduce why the entrance to the cave is suddenly revealed again. No doubt material was removed from the cave to make the underground tourist attraction and considerably more earth was removed during the process of mining but in the decades of abandonment. Every time it rains some of the tailings and dirt wash down into the hellmouth and slowly disperse throughout the lower levels of the cave as a fine layer of silt on the cavern floor. These beautiful caverns were formed over millions of years and the few decades they were buried is only a drop in the bucket of geological time. Every time it rains, the cave swallows a little more earth, reclaiming a piece of its former glory.

In an online posting by the Arizona Silver Belt written by Ted Lake he quotes a report written on May 29, 1929 by geologist F. L. Meeker. He believed the Crystal Cave site was somewhere between 40 and 60 million years old. Meeker describes the entrance to these caves as being in the low rolling hills sloping towards the San Pedro River from the Galliuro Mountain Range. He said one underground cavern was a room, some 315 feet long, 35 to 50 feet wide, by 12 feet high with sparkling crystals making a very beautiful scene, varying in color from white to black. Meeker said he also went to a second room (cavern) which was about 430 feet long from 20 to 60 feet wide, approximately 15 feet high which was connected to two other rooms with even larger crystal formations. In his report, the geologist describes his visit into a third underground cavern at least 430 feet long which he couldn't explore because of the low ceiling.

This day our adventure is not as ambitious. We only explore the cave a short ways. Talking about the expedition, we had plans to see if we could discover the underground lake, perhaps even a piece of the old docks or a subterranean boat still stashed away on an undersea shore. The reality of spelunking Crystal

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Caverns is quite different. The silt washing into the cave which has revealed the entrance is also serving to constrict some of the passageways. Of more concern is the fact that the rocks shudder beneath our footsteps. We notice that the boulders which form the cavern walls are angular with sharp edges and appear to be piled together in a jumble. We suspect that the mining operations may have done structural damage to the cavern and suspect even further that this structural instability may have been why the entrance to the cave was blasted and obscured. So Jerry and I only enter the cave a few hundred feet and hang out trying to imagine the excitement of the tourist attraction and the thrill of the underground boat rides. Mostly we just hang out and talk to the bats.

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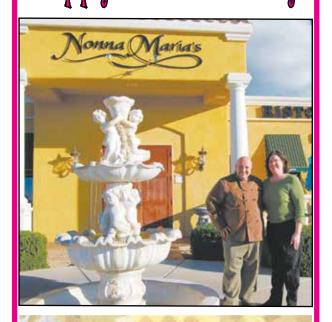
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GETTING LOST IN THE COPPER CORRIDOR



Can you guess where in the Copper Corridor this photo was taken? If you guessed 7B Ranch along the San Pedro River in Mammoth, then you would be right. This area will be one of the featured hikes during the San Pedro River Fest on May 3. Over the next couple of months, the Nugget will take our readers on a journey through the Copper Corridor, helping you to 'Get Lost.'

John Hernandez | Pinal Nugget





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RIVER

Continued from Page 6

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