

NUGGET

Arts & Entertainment Along the Copper Corridor

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FREE

Organic living ...

Of grandmas, gardens and groceries



Self Defense

Developing Character VIII

By Steve Weber

Adherence to what is right or to a conventional standard of conduct is one definition of HONOR. Another may be defined as understanding the

difference between right and wrong and acting accordingly. Honor is considered to be the highest of virtues not just in Japan, but in countries throughout the world.

When you examine the words used to describe an honorable person: upright, upstanding, trustworthy, honest, just, fair, moral, principled, uncorrupted, incorruptible, high-minded, virtuous, chivalrous, righteous, good, scrupulous, worthy, sterling, laudable, creditable, equitable, commendable, reputable, ethical, etc., you can understand why this is so! Someone who lives

by a personal code of honor is distinctly aware of their dignity and self-worth. In Japanese culture, the concept of acting dishonorably was associated with shame. Ironically this concept of shame seems to have been lost in our own culture. And the irony is that shame due to disobedience was the premier result of Adam and Eve being cast out of Eden. One would have thought that this ancient

principle of shame, with so many people placing their hands on the Bible while taking oaths, would have an impact on their own "honorable" behavior. But, that is a discussion for another time and place.

According to Samurai legend, "Dishonor is like a scar on a tree, which time, instead of effacing only helps to enlarge." Perhaps teachers and parents should point out the importance of acting in an honorable way. I used to tell my children that they need no unique tattoo, hair style, or type of dress to be seen as special – I gave them my name. That is special enough – don't shame me. They never have and they never will.

Mr. Weber is the chief instructor at the Aikido Academy of Self-Defense located at 16134 North Oracle Road, in Catalina.



Steve Weber

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 with classes on Wednesday from 11 a.m. to noon and Saturday from 9 to 10 a.m. Please call (520) 825-8500 for information regarding these and other programs. If you wish, check out the website at www.AikidoAcademyOfArizona.com.

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Grandma Gardened Organically – Was She an Elitist?

By John P. Huntington, D.C.

Some of you may have heard Dr. Oz (and other media) recently state that “organic food is great, it’s just not very democratic” implying it’s an elitist food “for the 1 percent”, and that there not much difference nutritionally between organic and conventional foods.

The same slanted coverage could be found when a Stanford study looked at differences between the two farming practices and found no huge difference in the produce.

Despite the fact that other studies clearly show stronger nutrient density in organic products, what are also missing from these reports are the pesticide residues and the damage that results, not only to farm workers, but consumers, birds and mammals, soils, etc.

Most of us are familiar with Genetically Modified (GM) crops that are made to be resistant to the pesticide Round-up. This, Monsanto assured us, would allow corn to be drenched with pesticide and thrive while the weeds died.

Unfortunately, a cascade of damage to humans and the land has been the result: Super-Weeds requiring more Round-up and more 2, 4 D, the main ingredient in Agent Orange.

Round-up is now being tied to the increased rates of autism – which has gone from 1 per 100,000 children 30 years ago, to 1 in 50 today (just last year it was 1 in 88).

Glyphosate, the active ingredient in Round-up, has also been found to fuel breast cancer, and as well as increasing the rates of Parkinson’s, Alzheimer’s, MS, and more.

So there it is: we have Round-up ruining farm land and worsening health, we have other pesticides (neonicotinoids) killing off bees, and we are the only country refusing to label GM crops.

And we have the media not only silent on these concerns, but loudly labeling you if you choose to avoid these products.

I guess we have to follow the

money once more..... And, even more importantly... get back to the garden ourselves.

Grandma grew organically, though she didn’t call it that. Let’s follow her example and put a tomato plant in, grow some cukes, make a little compost pile of our own, try lettuce on the patio in our fine winters.

It’s time to reclaim our



Huntington Family Farms produces and sells organic eggs and pastured poultry. And it is a family affair. On the cover is Huntington’s daughter who helps out where she can. (John Hernandez photo)

culture and ignore the media talking-heads; they are the real



John P. Huntington

elitists.
Dr. Huntington practices Chiropractic, Biomedical Acu-

puncture and Physiotherapy in Oracle, Az. He enjoys gardening and has an organic-fed egg

and broiler business with his son, Andrew. 520-896-9844 huntingtonchiro@hotmail.com

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Saturday, November 16—7:30pm

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By John Hernandez
“Behind every great fortune there is a crime.”
Honore de Balzac
On Jan. 1, 1908, P.P. Daggs received a telegram at his home just outside of Tempe from Florence, Arizona. The telegram read: “Your brother was killed at Superior, George Hunter, who was with him, is supposed to have been killed also, but has not been found. No clue

as yet.” It was signed J.E. McGee, Sheriff Pinal County. P.P. Daggs telephoned one of his brothers R.E. Daggs who lived in Phoenix. R.E. told him that their brother A.J. Daggs had gone to Superior on mining business along with George Hunter who was employed by him.
On Jan. 4, 1908 the *Arizona Republican* reported details of the killings and the arrest of two suspects under a headline which read, “THE SUPERIOR MASSACRE BUTCHERS’ BLOODLUST.” Although some newspapers would have slightly different versions of the story and other information would come out before and during the trials as well as years later, the known story at the time was:
A few days earlier A.J. Daggs had visited his mining claims. The claims were in an area about two

and a half miles south of the Superior mining camp. George Hunter and Byron Hoestadt had been doing assessment work at the claims for almost a year. Daggs had left his home in Phoenix on Dec. 30, 1907 and traveled to Superior with Hunter to make sure the assessment had gone well. On Jan. 1, Daggs and Hunter had left their camp and were on their way to visit another miner by the name of Brown who had claims nearby. Daggs, an attorney was representing a partner of Brown and wanted to talk with him. They stopped to open a gate near the cabin of Robert Stewart who was working claims in the area. As they reached the gate they were fired upon by unknown assailants that had been hiding behind large rocks and brush.
From the evidence at the scene, they were caught unaware by the ambush. Both men were probably hit with the first volley. A shotgun blast struck

Hunter at the point of his chin blowing out the right side of his jaw. Daggs fell only a few feet away from where he was hit. Hunter ran in a large circle pursued by the killers. They caught up with him and finished him off at short range. Hunter’s body was found with a bullet hole on the right side of his face near the nose and an exit wound on the top of his head. He had also been shot in the leg and arm. His neck was broken probably from the fall after being thrown in a gully. The newspaper reported that Hunter was a Deputy Sheriff in Pinal County and always carried a gun in his coat pocket. His gun was not found at the scene.
The killers then returned to where Daggs lay and emptied their guns into him. Daggs’ body had a bullet wound in the center of his chest over the sternum, another wound a few inches to the left in his chest, one in his forehead

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Continued from Page 4

by his hairline, a gunshot wound in the hip and arm, and he was shot behind the left ear. The autopsy reports showed that at least three weapons were used: a .30/30 caliber, .30/40 and buckshot. They dragged Daggs about 50 yards and tossed his body in an arroyo. Daggs' horse and Hunter's two dogs were also shot and killed.

When Daggs' body was found laying in the arroyo, a pencil was found near the body. A few yards away from where Daggs first fell after being shot, a blood stained notebook was found in some bushes. On one of the pages the words "Bob Stewart killed me" were written. Hunter's body discovered a few hours later was a few hundred yards from Daggs. Those at the scene theorized that Daggs had been badly wounded and fell immediately. Hunter, though badly wounded had attempted to run and had been chased by the shooters. Daggs had written in his notebook and thrown it into some bushes so his killers would not find it. The gunmen then returned to where the helpless Daggs lay and finished him off.

Back at the Daggs' camp, Byron Hoestadt heard the gunshots. He climbed up a hill and looked towards where the sounds came from. He reported seeing two men, one big and one small, drag what looked like a body about 50 yards and then toss it in an arroyo. He then watched them walk towards Stewart's cabin. Hoestadt, fearing that the killers would be coming for him, then mounted a horse and in a circuitous route, rode into Superior.

Pinal County Sheriff James McGee arrived at

the mining camp and took over the investigation. Suspicion had immediately fallen on Robert Stewart and Ed Fondren. One report from Florence said that the arrest was made on the strength of threats made in Globe recently against Daggs. "Miners there are reported to have said they would kill him

if he persisted in trying to hold certain claims near Superior." After the body of Hunter was found, Sheriff McGee walked to the cabin that belonged to Stewart. A barking dog greeted him and he pushed past it and knocked on Stewart's door. Stewart cautiously opened the

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Greening the desert: Florence foundation introduces community gardens to local backyards

By Bridgette Crosby
Special to the Nugget

When people think of Florence, Arizona, a place full of community gardens and beautiful buildings usually doesn't come to mind. But one determined woman is dedicated to

making a difference in one of Arizona's most historic towns.

Lina Austin, President of Future Forward Foundation, Inc. (3F), has been working non stop to beautify Florence and to that end has started a community garden program.

One of 3F's goals is to create a farmers market in Central Pinal County.

"This area is known as a food desert, and really Pinal County should be a thriving center for food production, gardening and farmers markets," Austin said. "We want to change that but you can't have a farmers market without growers."

Austin and her group found nine people who were willing to plant and tend gardens in

backyards around Florence.

The Foundation provided the drip systems, labor and the seeds. Participants were able to eat as much as they wanted out of the gardens as long as they promised to plant again in fall and sell or give the excess produce to the first 3F farmers market in 2014. Freeman is a master gardener and arborist who supplied most of the labor for creating the gardens, while Austin planted and help educate new gardeners.

During the 'Seed the Future Garden Tour,' residents from the community were able to see organic gardens planted in backyards, and one at the Tohono O'odham Native Ameri-

Garden, Page 9



Lina Austin



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Finding produce that is as fresh as possible is a much simpler task during the summer. At this time of year, local produce of unparalleled freshness and taste can be found in abundance. However, if your health and the health of the planet are as important to you as flavour, maybe you should give organic produce a try.

At this time of year the organic produce section of your grocery store and the shelves of your favorite health food store are overflowing with fresh foods. Produced using cultivation methods that respect the environment, these foods are free of chemical pesticides and fertilizers.

Your quest for fresh organic foods will allow

you to discover specialized boutiques and local producers who raise or cultivate what is so good for us. You might find a butcher, for example, who sells organic meat produced by sustainable agricultural methods.

Another thing to look for is a fair-trade store. In this type of shop, products like chocolate and coffee may not necessarily be organic, but they are produced and marketed in a way that ensures a fair price to producers and their employees. However, many products are both fair-trade and organic. They benefit the environment and the quality of life of thousands of workers around the world.



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Massacre

Continued from Page 5

door then jumped back and tried to slam the door on McGee who had his rifle pointed at Stewart.

McGee stuck the muzzle of his rifle in the doorway still covering Stewart who surrendered. McGee then escorted Stewart to the body of Daggs and asked him whether he or

“Big Ed” did the shooting. Stewart answered “that is for you to find out.” He then refused to answer any questions. Fondren was arrested later in Superior.

James McGee was the first Republican Sheriff elected in Pinal County. He was a former Deputy Sheriff and an Arizona Ranger. The *Arizona Republic* said of McGee after the arrest of Stewart, “The conduct of McGee in taking into custody Stewart indicated bravery of a pronounced character. There was no indecision on his part. He was after

Stewart and went to the Stewart cabin alone and affected the capture without any difficulty.” McGee would be reelected during the 1908 elections.

It was also reported in the newspaper that a witness had been produced that on the night before the killing saw Ed Fondren leave for Stewart’s cabin carrying two guns. Other witnesses could testify to the threats that Fondren and Stewart were making towards Daggs. Fondren was a physically big man. Miners from the camp reported that he was a good natured

liar and boaster although they had heard a story that twelve years ago, Fondren had killed two men in New Mexico. Stewart it was reported by the Republican “is a man of fierce disposition and it was generally predicted that his controversy with Daggs would sometime have such bloody denouement”.

The day after the killing, Daggs’ brother Robert (R.E.) was interviewed by a reporter and asked if he knew of anyone that his brother was having problems with. R.E. said that he had heard

that Robert Stewart was “carrying a gun” for A.J. Earlier in the past year, A.J. Daggs and Robert Stewart had gone to court over the mining claims that were in Dagg’s possession. They had both accused each other of claim jumping. Daggs was representing the interests of Calumet Consolidated Mining and was given the title to the property by default as Bob Stewart and his partners failed to appear at the hearing. *Check later editions of the Nugget for the rest of the story.*



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Experts say that even with modest amounts of time and space, you can grow an organic garden plot that feeds your family all year long.

"The simplest methods of gardening work best," says Barbara Damrosch, organic gardening expert and co-author of the new book, "The Four Season Farm Gardener's Cookbook," which serves as both a garden guide and a healthful cookbook.

"There is very little you can't accomplish in the garden if you trust the systems that are

Grow, Page 10

Garden

Continued from Page 6

can Community. Some garden owners requested seeds from ethnic foods from their heritage including Japanese, Filipino, Italian and Native American.

Gardeners shared tips and ideas on their gardens and one lady excitedly pulled her very first Daikon radish. "I can't believe I have this wonderful garden in my yard!"

Austin stated that the first farmers market is planned for summer 2014. "It's going to take time," she said, "but I hope that more people will join us and learn how to grow a little of their own food."

The 3F Foundation is a 501c3 non profit organization. For more information, contact Lina Austin or call 520-313-2134 or email futureforward@cox.net.



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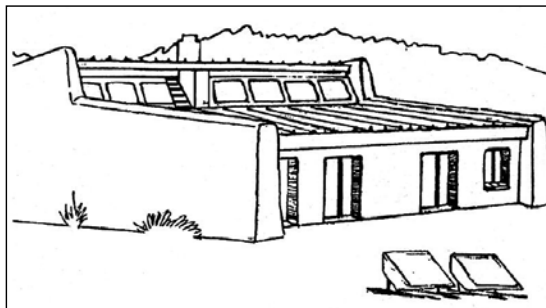
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- Very well maintained 1.25 with 2bd/2ba, rock ramada, workshop, new roof. \$79,000.

- Stunning Southwest style home, 3 bd, 2 ba with adobe walls on 1.75 acres, fully landscaped, completely remodeled. \$385,000.
- 2bd/1ba on private 1 acre lot, quite neighborhood, wooden picket fence around front yard, trees, irises, wild life and views provide sweet serenity. \$139,900.
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- 1.04 ac premium lot, custom home area, views, views! \$65,000.
- 1.36 ac. custom home lot with view, boulders, oaks and more. \$100,000.
- One acre with boulders, trees and views, new access off Linda Vista, boulders, views, trees. \$84,000.

- 4 view lots, nice views, custom home area, boulders and trees, owner may carry. \$82,000.
- 2.5 ac land, borders state land, build your custom home, utilities at street. \$140,000
- 4 beautiful 1 ac home sites, owner may carry, utilities at lot line. \$79,000.
- Three 3.3 ac. off Linda Vista starting at \$129,900.
- Beautiful views from this lot in Oracle, utilities at lot line, Perc test done. \$69,995.
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- 3.31 ac with unbelievable views, located in homes only \$150,000.
- (2) 5 ac parcels, mtn views, horse property, \$65,000 per 5 ac or \$120,000 for the 10 ac owner may carry.
- Great lot in center of Oracle. Ready to build on, utilities at lot line. \$25,000.

San Manuel

- Reduced move-in ready, 3 bd/2ba Seller will pay \$2,000 of buyer's closing costs. \$129,000.
- 2 bd, 1 ba home, with views, fenced backyard and wood kitchen cabinets. \$38,000 or owner carry at \$45,000.
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- 2ba, 1 ba home, includes upgraded electrical, gorgeous mountain views, great price with some updating this will make a great starter home or investment property. \$29,900.
- Well kept home remodeled kitchen & bathroom, large storage workshop, fenced back yard. \$65,000.

Surrounding Area

- 3 bdrm home with updated kitchen, laundry room, covered porches, fenced yard, new electric. June 2012. \$57,000.
- 2 large buildings, 6,400 sq. ft., living quarters, office space, bathrooms, enclosed patios. \$75,000
- 2 view lots, city water, sewer, paved roads, make an offer on both lots, and owner will make you a deal. \$9,000 each.
- 37 acres, secluded area, borders state land, site build or MH, horses allowed. \$130,000.
- Great potential for a business or residential home site, corner of Hwy 77 and Main St. Mammoth. \$18,500
- 3bd, 1 3/4 1412 sq. ft., new metal roof, energy efficient windows, garage, front trees, views. \$88,000.

- Privacy, great views, remodeled home with newer roof, skylights, oak kitchen cabinets, front porch, deck above carport. \$85,000.
- 37 acres, secluded area borders state land, site build or MH, horses allowed. \$130,000.
- 3 bedroom, 2ba horse property! Get away from it all, 2.5 acres, wood stove, barn, corrals, workshop, hay storage, and your own well! \$98,000.
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Grow Continued from Page 9

already in place.”
Damrosch and co-author
Eliot Coleman contend that

organic vegetable gardening is not only healthful for you and your family, but is also good for the planet and can make a serious dent in your food expenses.

They are offering these great tips to anyone looking to grow and cook their own food:

- When choosing which plants to grow, consider how much space you have. Salad crops, for example, give you the most variety in a garden of limited size. Consider prioritizing crops whose flavor is most notably lacking in supermarket varieties, such as tomatoes, strawberries, cucumbers and melons.
- It helps to get to know different plants on a family basis. Family groupings are very important in planning how to rotate the crops in your garden from year to year, and much of the techniques that work for one vegetable, apply equally well to its cousins.
- Don't let weeds get ahead of you. Once they've gained the upper hand, getting rid of them can seem almost impossible. The ideal time to control weeds is when they are tiny, right after they first appear. Take the extra time to plant in straight lines, which can help with weed control.
- Veteran gardeners tend to be supportive resources to newcomers. Let friends with green thumbs share their enthusiasm and expertise with you. Or get involved in an organic community garden, where there is no shortage of experienced gardeners to consult.

• Pass up the modern habit of eating any crop, any time of year by letting your garden feed you. Fruits and vegetables that come from halfway around the world were often harvested far too early and can have a disappointing, bland taste. By planning meals from your garden, you'll become a more creative, improvisational cook.

More gardening tips can be found at www.fourseasonfarm.com.

Eating is one of the most important things we do, so don't just settle for what the supermarket has to offer. Gardening can revolutionize the way you eat, and help you take greater control of your family's nutrition.

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How to make your garden more environmentally friendly

(StatePoint) Spring is here, which means it's time to slip those green thumbs into some gardening gloves.

And if you want to feel truly

good about what you grow, consider upgrading your garden to be more planet-friendly.

Here are some ideas to con-

sider:

Grow Your Own Dinner

Grow the vegetables, herbs and flowers that you would normally purchase for your dinner and floral arrangements.

Local is more sustainable because it reduces the carbon footprint associated with transport. And you can't get more local than your own backyard!

Encourage Pollination

Pollination is crucial for agricultural production and the health of the ecosystem. Unfortunately, many pollinating insects are highly susceptible to environmental changes and have in recent years, suffered major population decline.

You can help local pollinators thrive by planting a variety of native species of varying colors and shapes and reducing your use of pesticides.

Be Bird-Friendly

No garden is truly complete

without regular visits from birds. Encourage flying visitors by installing a feeder and bird bath.

According to a study published in the Wilson Journal of Ornithology, billions of birds die annually worldwide from collisions with windows. So if you're going to send out the mass invite to these beautiful creatures, don't forget to make it hazard-free for their arrival.

Without affecting the appearance of your home, you can make your windows safer for birds by applying static-cling decals. For example, WindowAlert creates decals that look like frosted glass to people, but brilliantly reflect UV light for birds. To create a complete visual barrier, consider filling in the gaps between decals with UV Liquid dots which are invisible to humans, but visible to birds.

More information on preventing bird collisions can be

found at www.WindowAlert.com.

Compost

By composting, you will not only reduce your home's overall waste, you'll also create a rich soil that can be used in your garden to cultivate plants naturally. Be careful what you compost, however. Sawdust from chemically treated wood, diseased plants,

and even walnuts, when composted, can create soil that's hazardous to both plants and people.

This spring, make your garden the envy of the neighborhood for more than just its beauty. With a few easy tweaks, you can reduce your family's waste and create a safe haven for birds and pollinators.



Protecting cardinals and other birds from window collisions is one way to make your garden more earth-friendly. (Jennifer Carnes photo)

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