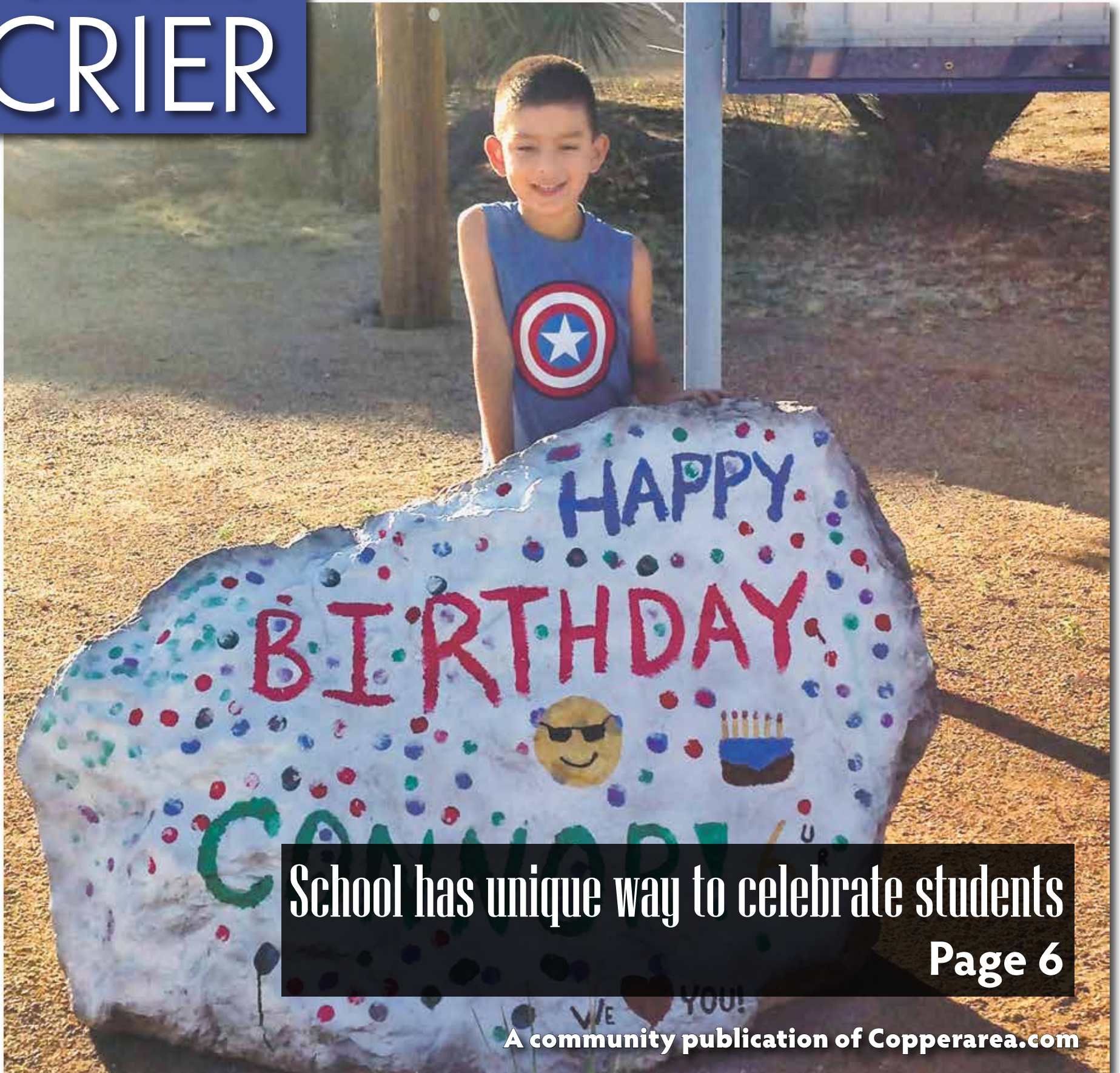


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**School has unique way to celebrate students**

**Page 6**

**A community publication of Copperarea.com**

# How 'A Sense of Wonder' Heals

As blood testing and imaging studies become more “high-tech”, “low-tech” therapies and lifestyle are proven to be the key to greater health and happiness. As I repeat to both my clients and to myself, “For health and happiness, live close to nature, eat real food, and keep moving. Science will catch up.”

Science is catching up. Researchers can now see how our lifestyle affects genetic expression (our genes directing body function) in the here and now. They call this “epigenetics”, or “action upon the genes”. A major epigenetic factor is sunlight, which interacts with cholesterol in our skin oils making Vitamin D sulfate.

This nutrient, dubbed the antibiotic vitamin, affects over 2000 genes, and is vital for health and heart function.

Dr. Mark Tarnopolsky, a genetic metabolic neurologist, stated in the recent issue of *Time* magazine, “I’ve seen all the hype about gene therapy for people with genetic disease, but it hasn’t delivered in the 25 years I’ve been doing this.” He should know.

In one study, he took mice with a genetic disease that caused rapid aging and early death. The mice were split into two groups, with one group running a treadmill three times a week and the other remaining sedentary. At the end of the study, the exercising mice had hardly aged, while the sedentary mice were close to death. He says exercise produces a slew of positive changes, both during and after, which are measurable with blood tests, and “exercise is the most effective therapy available to my patients right now...”

Feelings of gratitude and thankfulness are shown to be big drivers of immune system health. When we are grateful, we affirm we live in a loving, caring and helpful environment. This experience of safety and ease has been shown to reduce stress, increase positive emotions, and improve sleep and heart health.

According to Dr. Doraiswamy, an expert in brain and mind health:

“If [thankfulness] were a drug, it would be the world’s best-selling product with a health maintenance indication for every major organ system.”

Meditation and relaxation techniques such as breath following and visualization all produce similar findings of reduced stress hormones, decreased inflammation, and

improved immune function. And finally, more science shows how a “sense of awe” creates the same amazing results, decreasing inflammation, a major cause of illness.

So, recognize we can cultivate “awe”, gratitude and thankfulness. Also realize that ‘exercise’ includes brisk walking, gardening, laundry, and housecleaning. Gratitude journaling, thanking others, smiling, and maintaining good posture all drive a more positive mood and enhanced health. Time in nature does the same. A few close, quiet minutes at the hummingbird feeder at sunrise may well beat all the drugs in the world.

*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

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—David Brinkley

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# DIAPER BAG

## Milk and Oreo Cookies

Here we are, the evenings are starting to cool down, and summer is on its way out. The change from summer to fall happens whether we are ready or not! Our children are back in school moving forward, the change from kindergarten to the “big kids” school, grade school to high school, high school to college, from college to the world of adulthood! Change happens in our lives and in this world for us all whether we are ready or not, most of the time not!

What makes the difference is the people, the support, and the love we receive from those who care for us. To that young child, fresh out of kindergarten, facing “big kids” at their new school, it can be frightening. Having Mom and Dad tell them it will be fun, that they will take them to the classroom, that they will be there at the end of the day to pick them up, maybe having some milk and Oreo cookies waiting for them at home! Priceless!

Just as the summer changing into fall is inevitable, our children will change into adults, ready or not! Children today face more pressure growing up than ever before, what hasn't changed is this: children need parents, family and teachers to shape, mold, and encourage them to make the gigantic leap into the rest of their lives! Just like that first step on the moon was a small step for man but a leap for all mankind, we are all in this together! We all have our turn to step out onto the moon! We need to celebrate our children's spacewalk!

As our world changes faster than ever, sometimes parents are at a loss at how to help their children through things that they never faced themselves. That is why we are here at Family First, to help and encourage the parents to be there for their children. Providing our “Storytime” program for young children to prepare

Continued on page 11



**The Family First School Supplies Drive was a huge success. Thank you to the Vista De La Montana United Methodist Missions Group for the filled backpacks and the community for the donations of school supplies to support our teachers and students at Mountain Vista School.**

## ORACLE CHURCH DIRECTORY

### Assembly of God

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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 Evening 6 p.m.

### Oracle Church of Christ

2425 El Paseo, Oracle

Fred Patterson  
520-818-6554 • 896-2067

Sunday Bible Study 10 a.m.  
Sunday Worship 11 a.m.

### Oracle Union Church

705 E. American Ave., Oracle

Pastor Dr. Ed Nelson  
520-784-1868

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

### Oracle First Baptist Church

American Ave.  
(across from Mt. View Plaza)  
Oracle

Pastor Charles Curry

Sunday Bible Study 10 a.m.  
Sunday Worship 11 a.m.  
Live Music

### Oracle Seventh-Day Adventist Church

2150 Hwy 77, Oracle

Pastor Rick Roy

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

To be included in the monthly church listing, call the Crier at 520-385-2266.

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**Saturday, October 15, 2016 - Southern Arizona Symphony Orchestra - 7:30pm. Linus Lerner, Music Director. Arturo Marquez: *Conga del Fuego*; Danzon No. 2. George Gershwin: Piano Concerto, guest artist James Dick, piano. William Levi Dawson: *Negro Folk Symphony*. \$24 in advance, \$25 door.**



**Saturday, October 22, 2016—Unforgettable Too 7:30pm Produced by TAD Management. Join Chelsea Faulds, along with an incredible eight piece band perform spectacular arrangements of some of the greatest songs ever written, as they were performed by the great Nat King Cole and his daughter Natalie Cole. \$30 in advance, \$35 door.**



**Saturday, November 12, 2016 - Tucson Jazz Institute Ellington Band - 7:30pm. TJI Ellington Band** has been featured on the Jerry Lewis MDA Telethon, The New Orleans Jazz & Heritage Festival, The Telluride Jazz Festival and all the major European Jazz Festivals in 2006, 2011, and 2014. Under Doug Tidaback's direction the TJI Ellington Band was named the #1 Community High School Band and 2013-2014 the 1st Place High School Band at the Essentially Ellington Competition. This led to performances at the Lincoln Center in New York in May 2010-2016. \$30 in advance, \$35 door.



**Saturday, November 19, 2016 - Southern Arizona Symphony Orchestra - 7:30pm. Linus Lerner, Music Director. Gioacchino Rossini: Overture to *The Barber of Seville*. Carl Nielsen: Flute Concerto, guest artist Carol Wincenc, flute. Ludwig van Beethoven: Symphony No. 5. \$24 in advance, \$25 door.**



**Saturday, November 26, 2016 - ARTRAGEOUS! 3pm & 7:30pm.** Watch a team of artists bring giant artworks to life with amazing speed right before your eyes unveiling larger than life icons and masterpieces in just moments. Have it accompanied by amazing vocals, creative choreography, high energy, live music and unforgettable audience interaction that will attract your attention and delight your senses with energy, spirit and action. A show for the entire family! \$40 in advance, \$45 door.



**Friday, December 2 and Sunday December 4, 2016 - SaddleBrooke Singers Christmas Concert 7:30pm & 4pm.** Your friends and neighbors, bring you this double-barreled Holiday Treat! **A Century of Holiday Favorites**, which includes a holiday song from each decade of the 20th Century. Next, a multi-traditional Choral Celebration, **A Holiday to Remember: A Musical Revue**, complete with musical instruments, dancers, and, of course, the great choral sound of the SaddleBrooke Singers! Directed by **Tanya Elias-Graf**, Musical Director. \$18 in advance, \$20 door.



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# Sycamore Canyon Academy welcomes new director

By Frank Pierson

Special to Copper Area News

The Sycamore Canyon Academy (SCA) has a new Program Director. Rite of Passage, SCA's parent organization, has selected Timothy Gloston for this key leadership



Tim Gloston is the new director at Sycamore Canyon Academy.

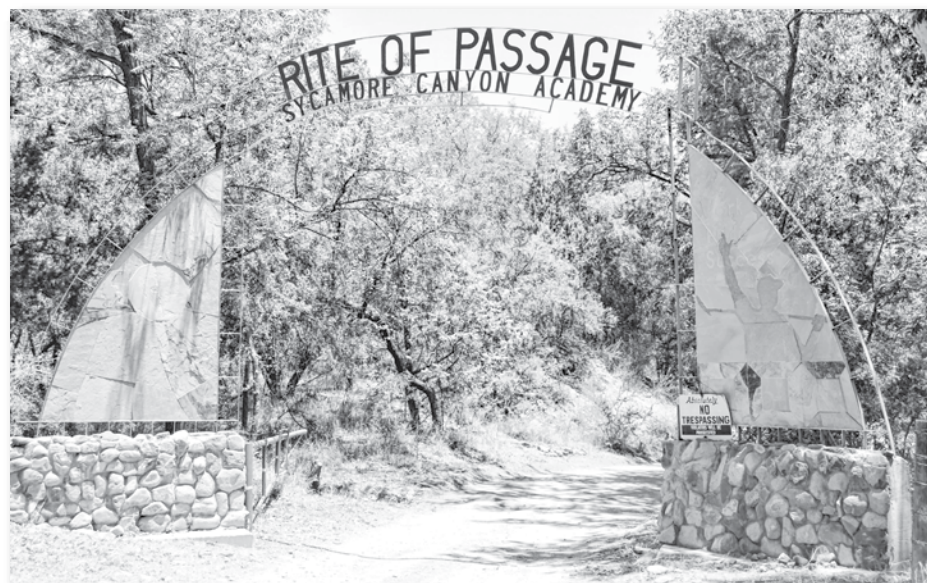
position. The core work of the facility located in Peppersauce Canyon a few miles from San Manuel and Oracle is educating youth involved with the Juvenile Court System or Child Protective Services toward lives of enhanced self regard and positive contributions to society.

SCA's history with the Tri-Community is multi-faceted. Many employees and students come from the local area. Community service projects devised by SCA in collaboration with local organizations have been making hands-on improvements for several years.

Mr. Gloston brings an impressive resume, energy and fresh ideas to advance the mission of SCA. Born in Port Arthur, Texas, he grew up with two sisters and a brother. As a military family they moved from place to place - Germany, Georgia, North and South Carolina, Louisiana. His father rose to Sargent First Class (SFC) in the US Army during a 23 year career; his mother operates a small business in the nursing field.

Tim graduated from Sierra High School in Colorado Springs. Next he attended McCook Community College, then on to Northwest Missouri State lettering in basketball as a small forward ("only" 6'2 and a half) and track as a sprinter and long jumper.

Exiting college in his junior year (which he



completed later) he enlisted in the US Army, serving four years active duty with the 18th Airborne Corp (Ft Bragg) and 17 years in the National Guard, including a one year deployment to Iraq. He credits his military experience with helping to build structure, discipline and diverse skill sets into his life. After three years of work with the Kansas

Department of Corrections he was hired by Rite of Passage at their Denver, Colorado campus in 2001. From there he advanced professionally, working with ROP in multiple locations around the country. Tim's passion for challenging young men to better themselves, honed through his

Continued on page 11



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## Estate Quality Sale

The Golden Goose Thrift Shop has been donated hundreds of incredible pieces of sterling silver including Tiffany, antique English, aesthetic, continental, arts and crafts and mid-century Mexican hollowware and flatware. Also donated, oil paintings from the 19th century and earlier, Japanese studio pottery, oriental rugs, collectible dolls, vintage, antique and modern gold and sterling jewelry, watches, clocks, rare books and many items yet to be uncrated for this "first-of-its-kind" sale!

**Estate Sale Hours:**

Friday, Sept. 16, 9am-2pm & 4-7pm

Saturday, Sept. 17, 9am-2pm

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# Catalina Clinic welcomes new chiropractor

There is a new face haunting the halls of the Catalina Clinic.

Chiropractor Korey Toensing recently began practicing at the integrative medical center and brings her knowledge of chiropractic medicine as well as her experience in clinical nutrition, fitness training and injury prevention to patients in Oracle, SaddleBrooke and Catalina.

"I'm a good diagnostician," Dr. Toensing explained. She works with her patients to

bring a whole body plan to help them heal. If chiropractic care alone doesn't help her patient, she can help them look at their diet and nutrition and offer support and advice.

"You have to do what is right for the patient," she said, explaining that she tailors treatment to each person (high-force, low-force or even no-force adjustment). Every person, she said, is different. She likened herself to a chameleon. She takes all her experience

and uses it to treat patients.

Korey and her husband, Nathan, who helps out in the practice, and their two girls, Faith and Hope, moved to Tucson and the high desert in June 2014 after selling her practice in Naperville, Illinois. According to her bio, Korey became interested in becoming a chiropractor at the age of 15 after suffering a severe disk herniation. She graduated from the prestigious Palmer College of Chiropractic in 2003 and became the eighth chiropractor in her family since 1931.

Dr. Michael Miles (who authors the Health Issues column in the *Oracle Towne Crier*) is a family friend. He invited Korey to join him at the Catalina Clinic when she expressed an interest in opening a practice in Arizona.

Interested in an appointment with Korey? She takes appointments Monday, Wednesday and Friday from 9 a.m. to 5 p.m. You can call (844-772-6363), email (info@ToensingChiro.com) or book an appointment online (ToensingChiro.com).

Catalina Clinic is located at 15601 N. Oracle Rd. in Catalina behind Golf Cars of Arizona.



**Korey Toensing is the new chiropractor at the Catalina Clinic.**

## Chocolate and Love

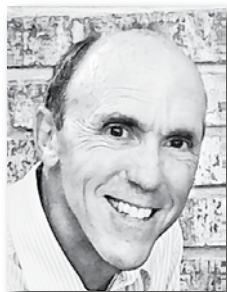
It seems that love and chocolate have been melted together since the advent of dating. This delectable culinary delight has captured the hearts of humankind for centuries. Though most of the cocoa plants from which it is derived are now cultivated in Africa, it was originally discovered here in the Latin 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 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)



### HEALTH ISSUES

**By Dr. Michael Miles**  
Special to the Crier

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.

Continued on page 11



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# Mt. Vista's Spirit Rock ready for parents to rent

Oracle - This year, students of Mt. Vista School will be starting their own "spirit rock" tradition, with a boulder placed in front of the school that parents can paint a message on, to encourage their children, at the cost of \$10, the donation of which will help support the Student Council.

With the help of some paint and creativity, the rock will signal school events, celebrate holidays and milestones and applaud student accomplishments. Reservations must be made to paint the rock, and are on a first come, first served basis. All reservations will be managed by Mt. Vista Student Council. A monthly calendar, found in the library, will indicate dates that are already reserved, as well as dates that are open. The library can be contacted by phoning 520-896-3031.

Persons seeking to make a reservation will be contacted by email to confirm or deny the reservation. Only one person or group may reserve the Spirit Rock per day, and, you will have 24 hours, beginning at 4 p.m. the day before. Which means, if you reserve the rock for Aug. 25, your reservation will begin at 4 p.m. on Aug. 24 and run until 4 p.m. on Aug. 25.

You must supply the paint for the rock and provide your own artwork. All rules as outlined in the Mt. Vista Student Handbook and code of student conduct must be obeyed. Materials and litter

must be removed from the site so that the area is left in a clean condition.

Librarian and Student Council Advisor Darlene Cavanaugh said the idea came from her mother who teaches school in another state. Theirs is so successful, Cavanaugh said, that "they now have two (spirit rocks), one for students who walk and one for those who ride."

In less than a full week of school, the Student Council has already collected \$80 from parents who have reserved the rock. Two students celebrating their birthdays last week were surprised by their parents who decorated the rock overnight so it was ready to greet them when they came on campus.

Pretty much any paint can be used on the rock, but Cavanaugh recommended using inexpensive paint. "Cheap," she said. The cheaper the better.

Connor Moreno's parents used tempura paint from Michaels Craft Store. It comes in small bottles and in a wide variety of colors.

Only parents can rent the rock. And school personnel monitor it to make sure that everything that has been painted on it is appropriate for children to see.

For more information on obtaining reservation forms or on reserving the Spirit Rock, contact Mountain Vista School by visiting the office at 2618 El Paseo in Oracle or by calling 520-896-3000.



Connor Moreno (left) and Amy Soule (right) were both surprised by their parents on their birthdays when their parents rented the Mountain Vista Spirit Rock to celebrate their special days.  
Darlene Cavanaugh | Submitted

**Triad**

## Oracle TRIAD Coalition

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# Oracle State Park sets afternoon blues concert and nighttime star viewing

Two hours of soothing, soulful sounds by Heather “Li'l Mama” Hardy playing her electronic violin will set the concert tempo at Oracle State Park on Sunday, September 25. Performing on the upper patio of the historic Kannally ranch house from 4-6 p.m., her program will be followed by after-dark star viewing through telescopes with members of the Oracle Dark Skies Committee.

The program, presented with support of Friends of Oracle State Park, is free with park admission of \$7 per car at the main gate on Mt. Lemmon Rd., in Oracle. Persons are welcome to bring snacks and beverages, tour the ranch house, and enjoy the mountain views.

The following programs are also on the September schedule:

**Sun., Sept. 18:** “Pollinators Plus” Program and Guided Walk about Phenology and Making Connections with Hillary Cox starting at 5:15 p.m. at the ranch house. The walk will end

about 7:15 p.m. after an up-close review of how pollinators — bees, birds, butterflies, bats, and beetles — positively affect all of our lives by supporting wildlife and a healthy watershed. Free with park admission; reservation suggested by calling the park, 520-896-2425.

**Sat., Sept. 24:** Ethnobotany Program/Plant Walk. Join Sonoran herbalist, John Slattery 9-11 a.m. for discussion of what is on view along the trail. Workshop fee is \$3. Botanical products and books for sale. Space is limited; reservation required by calling 520-896-2425. Sponsored by Friends of Oracle State Park.

Guided tours of the historic Kannally ranch house are scheduled for 11 a.m. every Saturday and Sunday for 45 minutes. The multi-level Mediterranean-Revival style house, built in 1929-33 by one of the earliest cattle ranching families in Oracle, is listed on the National Register of Historic Places. An exhibit of

Continued on page 10



## Oracle Firewise awards local citizens

By Joshua Delauder  
Oracle Towne Crier

Last month, three citizens of Oracle were awarded the Firewise award for making sure their commercial and residential properties met or exceeded the national fire safety code.

The first two people awarded were Lou and Dee Moore for making sure their property was up kept. They were also applauded for having such an up-to-code property, that it would even help maintain safety for their neighbors.

The third person was Alicia Bristow who

accepted the award on behalf of the Visitor's Center for the town of Oracle.

Brian Kirkpatrick presented the awards.

Larry Southard, the Fire Chief for the Oracle Fire Department, said the Firewise staff tried to give out these awards every year, but there were some years they skipped. He also said that the winners of this year's Firewise award were decided and voted on during the July Fire District meeting.

Southard said the Firewise board members bring suggestions as to who should be awarded these awards.



Lou and Dee Moore were presented a Firewise Award for keeping their property clear. Joshua Delauder | Crier



Alicia Bristow accepted the Firewise Award for the Visitors Center. Joshua Delauder | Crier

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Community Center

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# CROSSWORD

## Famous Novels

### ACROSS

1. Rooster to a farmer
6. "Law & Order" character
9. Wild feline
13. Bipolar disorder phase
14. Santa \_\_\_\_\_, CA
15. Like a Druid, e.g.
16. Mountain climber's spike
17. Roulette bet
18. "Bravo! Bravo!"
19. \*"A Tale of Two \_\_\_\_\_"
21. \*E. L. Doctorow novel
23. Feeling blue
24. Bona fide
25. "Big Brother" network
28. Rubik's puzzle
30. Real life "Citizen Kane"
35. At the end of one's what?
37. Wine container
39. Charted record
40. Beauty salon straightener

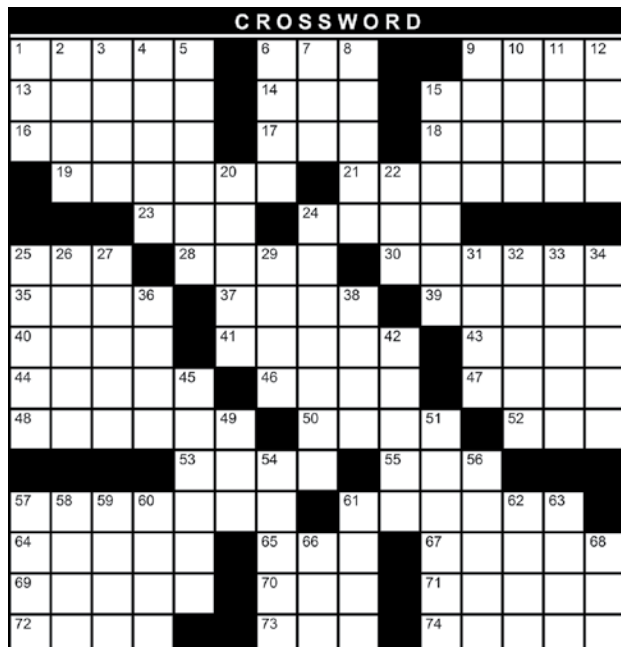
41. Like unspoken agreement
43. Evening purse
44. \*"All Quiet on the Western Front" by Erich \_\_\_\_\_ Remarque
46. Low-cal
47. Surfer's stop
48. Outdoor stone seating
50. They got their revenge?
52. Dunce
53. Gunk
55. Public Enemy's music
57. \*"Wuthering \_\_\_\_\_" (E. Brontë)
61. \*Dreiser's "Sister \_\_\_\_\_" or King's "\_\_\_\_\_"
64. Matter of debate
65. \*"On \_\_\_\_\_ Majesty's Secret Service" (Ian Fleming)
67. \*"For Whom the Bell \_\_\_\_\_" (E. Hemingway)
69. Tossed starter

70. E in BCE
71. \*"Germinal" author \_\_\_\_\_ Zola
72. Litigant
73. Dreaming stage of sleep
74. Comedy Central's public humiliation

### DOWN

1. Band aid
2. Nonclerical
3. Naysayer's favorite prefix
4. Civil unrest, pl.
5. \*Newbery Medal winner "\_\_\_\_\_ Magee"
6. New Mexico art colony
7. \*"Howards \_\_\_\_\_" (E. M. Forster)
8. Core of personnel
9. Deal with the devil, e.g.
10. Tangerine grapefruit hybrid
11. "Howdy, \_\_\_\_\_!"
12. Casino chip
15. Long John Silver's appendage
20. Something concluded
22. Pleasurable interjection
24. Officially cancel
25. \*Reason for punishment (F. Dostoyevsky)

26. Laundry booster
27. Mushroom's reproductive structure
29. Canaanite deity
31. Mars, to the Greeks
32. Fraction, e.g.
33. Plural of sputum
34. \*"The Book \_\_\_\_\_" (M. Zusak)
36. \*"The Famous Five" author \_\_\_\_\_ Blyton
38. \*"The \_\_\_\_\_ Runner" (K. Hosseini)
42. \_\_\_\_\_ incognita, a.k.a. unknown land
45. Curved like a foot
49. Creation of the right side of the brain
51. One who darts
54. Theater guide
56. Movie trailer, e.g.
57. Snake's warning
58. Biblical twin
59. \_\_\_\_\_ of Man
60. \_\_\_\_\_ gum, food additive
61. Pack like sardines
62. Pelvic parts
63. Corner pieces
66. Old-fashioned "before"
68. Position



### Solution to last month's puzzle



Typochondriac, n. – one who compulsively checks and rechecks his or her writing out of fear of publishing typos online.

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# True Love

By 'Billy' Eduard Meier  
Translated by Skylar Khan

To you, dear Earth Being, I wish that you will always recognize and show respect for the appropriate distance and closeness between you and your fellow men. It is essential that you recognize and respect distance and closeness between you and the other gender. The space between distance and closeness of the two genders is filled with tense energy, at first unknown and foreign to both men and women. Tension arises first through a need for self restraint because closeness and distance are not correctly understood and wrongly evaluated. Therefore, from a woman's point of view it may seem that the man is holding back at the moment she experiences a great need for contact. On the other hand, the man may want to be intimate when the woman wishes to be left alone. And this occurs quickly and unexpectedly so that neither can be supportive of the other and, therefore, wrongly associates



Skylar Khan, right, visits with Billy Meier in 2010.

the desire for closeness or distance as a measure of love. In reality, closeness and distance are not to be viewed as components of love, but as the result of a personal need by every human being to maintain a balance in partnership, work and every day events. A balance of closeness and distance is needed for a harmonious relationship between man and woman. The requirement for such a harmonious relationship is a peaceful and loving understanding of one another, including personal restraint and freedom of choice granted the other partner. A tolerant attitude thus leads to personal responsibility on one hand and freedom of choice on the other.

To this end, we are not to consider precedent by former generations. Not much can be learned from olden days when women were prevented from making decisions about their own life, behavior, thoughts and feelings, because our ancestors lived by different standards. This, however, does not guarantee that women today are treated with the respect and privilege accorded them, even afforded by law, by all nations, families and in partnerships. The question then remains about which standards are being upheld today.

A good balance between individuals, especially in regard to partnership, requires a reasonable and fair practice of distance and closeness. In this respect it is important to adhere to rules of understanding and consideration. It is therefore important that communication be open and to explain one's current state and need for distance or intimacy in order to maintain one's personal balance, peace and respite in order to preserve a harmonious relationship between the partners. It can be painful, even frustrating, to be left alone at the very time you are longing to be held. And it can seem to be unpleasant, mean, even cruel, if you wish to be alone at this moment or for the next two hours, and your need is not respected. And if there is no such understanding between you and your partner, that means that there is a lack of communication between him and you, because how should the other person know what is going on in your life and what your personal needs are for closeness or distance without a proper understanding between you both. Of course, a certain consideration may be achieved through intuition, but this can hardly be expected to occur at the present level of homo sapiens' underdeveloped consciousness. What is needed is spoken intelligent communication.

Dear Earth Being, be aware that a relationship between human beings cannot be freely accomplished in a



## HANDWRITING ROCKS!

By Skylar Khan  
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peaceful, loving, harmonious and idyllic manner if you do not commit to togetherness and clear communication. Nothing can be gained when human values are not upheld. That means that you must rely on your own positive values and that you treat the other person according to his innermost self and to what he might outwardly evolve into being, if he really tries—to be a Mensch. The same applies to you from his side, because the proper balance of freedom, peace, understanding and unity, between you and the other person, can only be achieved through mutual respect.

Continued on page 10

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# HANDWRITING

Continued from page 9

Realize, Human of the Earth, you are improving your life and that of others when you are granting everyone the space and tolerance they require and treat them fairly through the use of communication in the pursuit of unity and harmony. Be aware however, that not everything you desire for yourself and from others can be attained even though you and they occasionally believe to be entitled to. Neither you nor anyone else can ever bargain for true love as it emerges in a sympathetic union.

True love is and remains a constant and

unifying treasure that is priceless and cannot be bought. True love can only be created by you at your innermost core—and this love cannot be sold, it can only be bestowed as a gift to your partner, in the hope that it may also stir similar feelings in him and that he too may find and generate pure love, so that something miraculous is being created.

*Out of the book "Mein Vermaechtnis: Mensch der Erde, ich wuensche dir..."*

Eduard 'Billy' Meier is world famous for his contacts with extraterrestrials and for the beautiful photographs he was

allowed to take of their spaceships near Schmidrueti, in Switzerland's canton Zurich.

The late Wendelle Stevens, test pilot and investigative reporter of Tucson, visited with Billy Meier in the 1970s. Stevens authored several books regarding messages received by Meier from the Pleiades and other constellations.

Jim Dilettoso of Phoenix also visited with Meier and was given photographs and extraterrestrial metals and rocks for study and analysis. Dilettoso traveled throughout the United States to various prominent laboratories where scientists were analyzing the metals and photos. Ultimately, Dilettoso endorsed the photos as being genuine. The metals were found to contain elements that are unknown to the scientists.

Eduard 'Billy' Meier is the author of many books, some dealing with messages from the Pleiades and other planets, some dealing with religious, legal and social subjects. Other topics include personal views and philosophy.

"Der Kelch der Wahrheit" (his legacy on principles about legal/moral/social issues) and "Talmud Jmmanuel" (about the life of Jesus) are important books currently being translated into the English language.

Eduard 'Billy' Meier has survived

numerous attempts on his life.

Undaunted however, Meier continues to comment on current world events as he perceives them.

Sie ganz herzlich

Billy

The size of his handwriting and signature is very small and in print style, a testimony to personal modesty. It also reveals Meier's capability for intense focus on the messages he transcribes to the best of his ability, with honesty and accuracy always being foremost on his mind.

A fearless man, consumed and destined to answer philosophical questions and transmit important insights, Meier nevertheless stresses the importance of being tolerant and caring toward our friends and neighbors, animals, flora and fauna, and treating the Earth with the respect she deserves.

According to Meier, the most pressing dilemma facing humanity today is the need to address the problem of overpopulation, the sheer number of people and their weight having exceeded what the Earth is capable of sustaining.

## PARK

Continued from page 7

impressionistic-style cowboy paintings by self-taught artist Lee Kannally is on display in the living room and dining room.

The American Avenue trailhead parking lot is open every day to access the National Scenic Arizona Trail, and to accommodate use by night-time stargazers. The park is an International Dark Sky Park, designated in 2014 by the International Dark Sky

Association.

The park is a 4,000 acre wildlife refuge with over 15 miles of maintained trails for use by hikers, mountain bikers, and equestrians.

Up-to-the-minute Oracle State Park event information is always posted on the state parks website: [www.azStateParks.com/Parks/ORAC](http://www.azStateParks.com/Parks/ORAC).



# ORACLE LAND & HOMES



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- **Hilltop home** 3 bed, 2 bath with mountain views. Spacious living room with fireplace. Adjacent lot also for sale. \$159,000
- **Private, beautiful** 2 bed, 2 bath on 2.95 acres, open floor plan, Travertine tile, wood floors, vaulted ceilings. Quality shed with fenced in garden. \$225,000
- **4 bedroom home** on .62 with large oak trees, 2 car carport, swimming pool. \$179,000
- **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
- **Immaculate!** 3 bd 2 bath MH on 1.33 acres. New flooring throughout the home, new roof, new front and back decks. 220 power in detached workshop. \$139,900
- **Charming bungalow home** on 1.88 acres, 4 bd, 3 ba. 2,243 sqft with a detached garage & much more! \$295,000
- **Sweet 2 Bedroom** mobile home on a private lot, or put your own new MH on this lot with trees. \$38,900

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- **1.04 ac premium lot**, custom home area, views, views views! \$55,000.
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- **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
- **3.3 ac hilltop in custom homes** only area, views in all directions.
- **Sunset views** from this 1/2 acre lot. \$32,000.

### San Manuel

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

### Surrounding Area

- **39.4 ac, 3 bedroom, 1 bath, 2 wells, horse corrals,** very large green house frame, partially fenced, large trees, mountain views, along the San Pedro River, new septic, secluded and private. \$140,000
- **Well kept home,** 3 bedroom 2 bath, fireplace, new carpet 2012, new paint, detached garage, carport, A/C, fenced front and back yard, great views. \$74,900
- **Beautiful views of the Galiuro Mountains.** 1.25 acres, lots of vegetation & large Saguaros. \$10,000

- **3000sqft Santa Fe home** with privacy, views & oaks on 1 acre. \$435,000
- **Commercial:** 4600 sq ft building on .26 acres. \$60,000
- **Charming ranch style home** with horse amenities on 1.25 acres. \$220,000
- **Lovely** 3 bed, 2 bath with family room on spacious lot, mountain views, covered carport, outside storage, lovely patio area with mature trees. \$149,900
- **Commercial Building** 960 sq ft, great location. \$65,000.
- **Spacious home** on a nice lot nestled in trees, 3 or 4 bedroom with new ac, new dishwasher, tile throughout, shed, covered parking and fenced area for pets. \$165,000
- **Unique MUST SEE home!** 3 bd/3 ba. Incredible views on 3.7 acres. \$475,000
- **3 bd/2 ba, 1876 sqft.,** fireplace, storage sheds, rock wall. \$148,000
- **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. \$395,000.
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- **3bd/2ba home** on hilltop with mountain views. \$170,000



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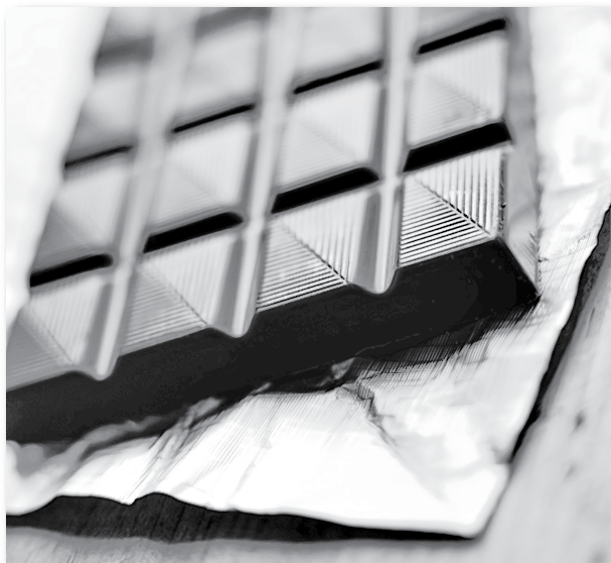


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## CHOCOLATE

Continued from page 5

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.

*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.*

## FAMILY FIRST

Continued from page 3

them for “big kids” school, our “Ten for Teens” program to help our teens navigate the sometimes rough transition from childhood to adulthood. Family First is here for families to help them face the future, be prepared for that future, sometimes a listening ear, just like that glass of milk and Oreo cookies, priceless!

Just as our Lord Jesus promised: “I will never leave you or forsake you”, we have that security knowing we will make it, we are not alone. Will you join us here at Family First and let the next generation know they are not alone in this world? Set out a glass of milk and Oreo cookies!

God bless,  
/s/ **Frank and Clare**

Exciting news! The Arizona State Legislature just doubled the Charitable Tax Credit from \$400 to \$800 for a married couple, \$200 to \$400 for an individual! You can give to Family First and receive a dollar for dollar tax credit for your Arizona State taxes and at the same time as a deduction on your Federal income taxes. To receive a credit for this years taxes you must send in your donation by December 31st! Thank you for your gifts to Family First to help families here in our community!

## GLOSTON

Continued from page 4

extensive training, finds expression in his work with Rite of Passage.

With only a month under his belt at Sycamore Canyon Academy, he is ambitious for the enterprise, his staff and his students. He describes building relationships as his primary focus because, as he puts it, relationships mean trust, the precious foundation of positive outcomes. Listening, asking good questions, working through anger, sharing experiences like workouts and sports, following through on commitments made.

Tim describes himself as “easy going, fun loving, really caring about people. It’s a family trait, especially from my mother.” He adds, “I want people to know who I really am.”

For Tim, relationship building extends beyond the perimeter of SCA out into the surrounding communities. He believes the Tri-Community can play a more significant role in supporting youth struggling to find themselves. Some of his vision for the future includes establishing a local advisory committee, identifying and implementing joint improvement projects, programmatic innovations, exchanging visits, collaborating on events.

Tim Gloston is clearly comfortable in small town environments. The welcome goes both ways.

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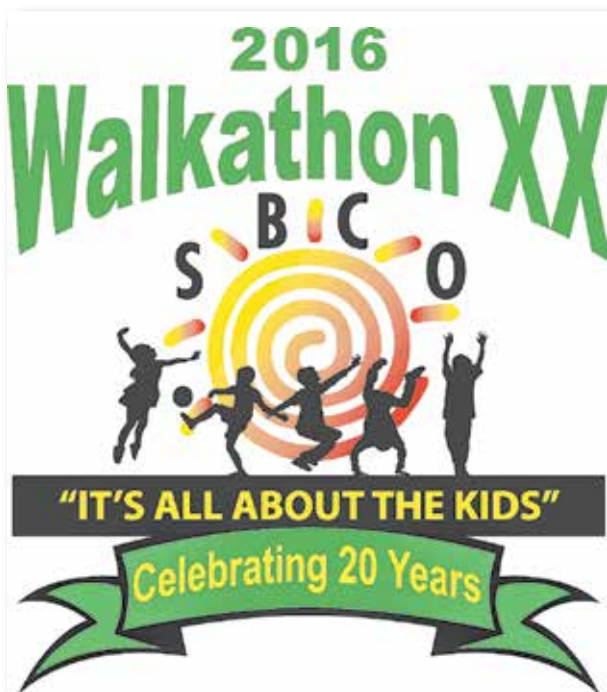
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# Last call for the annual SaddleBrooke Community Outreach Walkathon!



The T-Shirt Design for this year's Walkathon.

By Nan Nasser

SaddleBrooke Community Outreach

The SBCO Annual Walkathon takes place on Saturday, Oct. 29, beginning with warm-ups by Vital Moves in the parking lot at SaddleBrooke HOA 1, 64500 SaddleBrooke Blvd., SaddleBrooke, at 7:30 a.m. There are two walks, a short one up toward the fire station, and a longer one around Ridgeview. Water stations are placed along the routes, golf carts will patrol the roads for safety, and your leashed four legged friends are welcome. Walkers will be led off by this year's Grand Marshals.

Once back at SaddleBrooke Club House you can enjoy a scrambled egg breakfast, visit with sponsors and students from participating schools, and take a final stab at a winning raffle ticket. Tickets are sold for \$1 each, or 6 tickets for \$5. Prizes include gift cards to both HOA's, a gift basket from Gadabout Salon, Diamondback Baseline Tickets for next year's season, American Express and Costco gift cards, a Coyote Golf Cart full service and even a stud finder from Ace Hardware.

Registration has begun. Adults are \$30 each, and children under age 12 are \$15. With the registration you receive a Walkathon T-Shirt which is your ticket to the breakfast. You don't have to walk to attend the breakfast, but you must register at the SBCO Office at

63675 E. SaddleBrooke Blvd, Suite L or you can register online at [www.community-outreach.org](http://www.community-outreach.org) with PayPal.

Join the fun, walk with friends, and join in celebrating the 20th year of SBCO providing opportunities for kids to succeed.



## Donation of knitted hats to Kids' Closet

By Nan Nasser

SaddleBrooke Community Outreach

SaddleBrooke Community Outreach (SBCO) recently received over 400 knitted hats, destined for the SBCO Kids' Closet clothing program. Children in our 100 mile service area who are eligible to come to Kids' Closet may receive a fall and a spring wardrobe. The fall wardrobe includes a knitted hat to keep the kids warm while waiting for school buses. The hats are often created by local knitters and very much appreciated by the children.

A group of women, part of needlework club in the community of Sunflower in Marana, got out their needles and hooks and went to work. Their leader, Dawn, delivered over 400 hats to the SBCO office in the SaddleBrooke commercial center. Dawn was the creator of 320 of the hats, Carol stitched up 100, and several other participants donated their finished products to this project.

The fall wardrobe consists of 3 pairs of long pants, 3 shirts, 6 pairs of underwear and socks, a windbreaker, sneakers, hygiene items, reading books, and a hat! The youngsters are selected by their school administrators to participate in the program, based on need. They are generally bussed to the closet according to an established schedule. Each child is paired with an SBCO volunteer to select all the items for the wardrobe. All items are new; the donation of hats helps keep the cost of an average fall wardrobe at \$75 per child.

Find out more about us on our website: [www.community-outreach.org](http://www.community-outreach.org).

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