

# PINEWOOD NEWS

SERVING THE COMMUNITY OF MUNDS PARK, AZ FOR 30 YEARS

VOL. 30 NO. 15 SEPTEMBER 21, 2023

FREE!

**AUTUMN IN THE PARK BRINGS  
CRISP AIR, GOLDEN LEAVES, PEACEFUL  
WALKS & QUIET REFLECTION.**



THEPINEWOODNEWS.COM



# COMMUNITY CALENDAR

Sponsored by the Munds Park Business Alliance

*Building Business Partnerships for a Stronger Community*

EST.



2009

MUNDS PARK  
Business Alliance

DATE	EVENT	LOCATION	TIME
Every Sunday	Munds Park Community <b>Church Services</b>	17670 S Munds Ranch Rd	9 & 10:45 am
Every Monday	<b>AA Meetings</b> hosted at Munds Park Community Church	17670 S Munds Ranch Rd	6 pm
Every Thursday	<b>Spread the Bread</b> Get some for your neighbors too!	17670 S Munds Ranch Rd	10 am
Every Friday!	<b>BINGO</b> at the Country Club - The Community is Welcome!	395 Pinewood Blvd	7 pm
Thursday, September 28	<b>Pinewood Sanitary District</b> Board Meeting - Public Welcome	18075 Fairway Dr	3 pm
Tuesday, October 3	<b>Pinewood Fire Department Auxiliary</b> Members Meeting - Public Welcome!	475 E Pinewood Blvd	6:30 pm
Wednesday, October 4	<b>Pinewood Sanitary District TOWN HALL</b> for Special Bond Vote November 7, 2023	475 E Pinewood Blvd	6:30 pm
Tuesday, October 17	<b>Pinewood Fire District Board</b> Meeting - Public Welcome	475 E Pinewood Blvd	3 pm
Wednesday, November 15	<b>Munds Park Community Watch</b> All Mundsies are Encouraged to Attend	475 E Pinewood Blvd	6:30 pm

## LETTERS TO THE EDITOR & STORY TIPS!

The Pinewood News is always interested in feedback and/or story tips from our community and welcome comments on any subject or article written.

The Pinewood News will attempt to publish every letter received, except for those that are an invasion of privacy or libelous.

Letters must be signed and include an address and phone number. Letters may be edited for space and clarity.

Letters: PO Box 18977, Munds Park, AZ 86017 • email: [Hello@ThePinewoodNews.com](mailto:Hello@ThePinewoodNews.com)

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**PINEWOOD NEWS**

SERVING THE COMMUNITY OF MUNDS PARK, AZ FOR 30 YEARS

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**Mail Check by October 2, to ensure you get all 8 issues!**

Pinewood News

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**PINEWOOD NEWS**

THE HOMETOWN NEWSPAPER OF MUNDS PARK, ARIZONA SINCE 1993

**GET YOUR LOCAL PAPER AT THE FOLLOWING LOCATIONS:**

Agee's BBQ Market	Munds Park RV Resort
Bashas - Camp Verde	Pinewood Country Club
Candy's Creekside Cottage	Pinewood Bar & Grill
Chevron	Pinewood News Office
Coldwell Banker Realty	Pinewood Powered by Re/Max
Kota's Coffee House	Shell Gas Station
Mountaineer Tavern	The Outpost (Post Office)

**THE PINEWOOD NEWS**

Genna & Sandee Caviness, Editors & Publishers

928.286.9827 • [Hello@ThePinewoodNews.com](mailto:Hello@ThePinewoodNews.com)

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# COLDWELL BANKER NORTHLAND



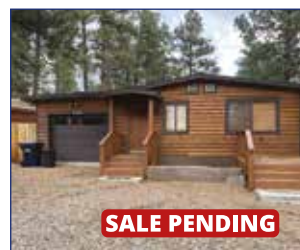
**\$849,000**  
**17385 MOUNTAINSIDE PL**  
This gorgeous log- sided home is a rare find. Well appointed home comes completely furnished down to silverware.



**\$690,000**  
**17895 SILVERLAKE DR**  
Here it is! This is the home you've been waiting for to spend time relaxing and taking in the views of Sedona, Jerome and the forest from the private deck!



**SALE PENDING**  
**\$199,900**  
**17085 S POCO PL**  
Beautiful large Cul-de-Sac lot. This one went fast but we have others, STOP By to get an updated list of properties that fit your needs and budget!



**SALE PENDING**  
**\$389,000**  
**17265 CREEKSIDE PL**  
Great log sided 3 bedroom 1.75 bath home . Huge side covered deck and a small one car garage.



**\$352,000**  
**17650 S MUND'S RANCH RD**  
Not finding the perfect Munds Park home? Build your dream Munds Park retreat! 3.35 Acres adjacent to the National Forest. Horses ok. Owner may carry.



**\$275,000**  
**405 E OAK DR**  
Have you been looking for that place where you can escape from the city hustle and heat? If so, this may be it. It's a larger manufactured home with a split floor plan, and a wonderful covered deck.



**\$128,000**  
**17405 MOUNTAINSIDE PL**  
Beautiful building site for your dream Munds Park cabin, approximately a quarter acre lot with mature pine and oak trees.



**\$665,000**  
**17470 SEQUOIA DR**  
Charming and rustic A Frame Cabin . Beautiful tongue and groove throughout. Step down into the Conversation pit and cuddle up to the large fireplace.

## LOCAL REALTORS WITH LOCAL KNOWLEDGE!

We work and live in Munds Park, and we are familiar with the local businesses, the schools, the best hiking paths, and the best hangouts! We have an intimate awareness of the nuances you won't learn about online or from a realty company outside of Munds Park.

If you're selling your home, we can help you sell your lifestyle as well. We are aware of the accessibility to amenities and have the knowledge and experience to respond to any inquiry posed by a buyer. We can advertise your home to the appropriate buyer demographic, whether it's first-time buyers, second home buyers, families with children, or downsizers.

**And finally, we care about the community in which we live!**



**Becky McBride**  
Associate Broker/Owner

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# RE/MAX<sup>®</sup>

## *Fine Properties*



**\$1,199,000**

### **715 E MIDWAY LN**

Custom Cabin on an oversized 30,950 sq. ft. level well-treed cul-de-sac lot. Fenced back yard with 2 RV gates. 5-car garage. Covered wrap-around deck. Great room, vaulted ceilings, gas log fireplace, plus a pellet stove insert. Dual pane windows. Open concept eat-in kitchen, custom cabinets, and laundry room. Primary bedroom on main level with fireplace, full bath with walk-in shower. Another bedroom and full bath on the main floor. Upstairs are 3-bedrooms, 1-bath, a gas-log fireplace. Also included is a whole-house generator and greenhouse. Too many amenities to list terms.

**CALL BOB JONCAS**



**\$639,000**

### **805 E PINEWOOD BOULEVARD**

Large 3 bedroom, 2 bath home with a deep double car garage. Lot is over a quarter acre. Three large bedrooms, 2 updated baths. When you walk into the front foyer you'll look over the large sunken living room with it's own fireplace, dining room with an additional fireplace and open kitchen with amazing high ceilings. Separate utility room backing the kitchen, large panty. Up the stairs to all bedrooms and baths. Two extra large trex decks. Front is covered. Back yard is fenced. Seller is willing to sell the home with basic furnishings.

**CALL DEBI BRIGHT**



**\$425,000**

### **17100 S ELK PLACE**

Newer 2019 Cavco doublewide that shows like new. Located at the end of a quiet cul de sac. Heavily treed lot with plenty of available parking.

Taxes for land only.

1404 square foot livable, 3 bedroom, 2 bath. Open floor plan, Large covered trex deck. Come take a look. Easy to show.

**CALL DEBI BRIGHT**



**\$744,900**

### **1265 E BOBCAT DRIVE**

Spacious chalet nestled on a wooded lot. 3 large bedrooms, loft, and 2 baths. New flooring, kitchen with corona countertops, trex decking, concrete driveway, electric car plug, new appliances, fresh paint. Alarm system, Ring doorbell, Nest thermostat. French doors open to covered side deck. Seller-owned propane tanks, newer roof. Storage at the back, fenced yard. Central propane heat on main level, electric wall heater upstairs. Private showings confirmed through Showingtime.

**CALL DEBI BRIGHT**



**\$394,000**

### **17980 S WALAPAI ROAD, 17A**

Beautiful panoramic views looking towards the golf course. Remodeled kitchen that includes a farm sink and also a brand new stack washer/dryer. New windows, 3 barn doors, newer upgraded baths and new flooring. Brick wood burning fireplace. Huge covered deck overlooking the large green belt. Condo is being sold mostly furnished. Pinewood Fairway Condo. have an Assessment of \$900.00. This assessment is paid in full by Seller. All perspective buyers please notice in documents foundation work that has been completed with permits.

**CALL DEBI BRIGHT**



**\$289,900**

### **110 E OAK DRIVE**

Impeccably maintained. Tons of parking on this oversized lot. Two large sheds both sitting on concrete pads, one with power. This 16 foot wide single wide mobile sits on a full mason foundation with piers (not jacks). This unit is not moving anywhere. New double pane windows thru out, lots of storage, electric fireplace in the living room and most furniture will convey with the sale of this property. Large circular graveled driveway, new roof and plenty of room for all your toys.

**CALL DEBI BRIGHT**



**Pinewood**

15 W Pinewood Blvd  
PO Box 17218  
Munds Park, AZ 86017

**Debi Bright**  
Managing Broker



**DEBI BRIGHT**  
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BobJoncas@aol.com

**SAM TILLERY**  
Realtor<sup>®</sup>  
928.699.1862 CELL  
Sammicedez@aol.com



## MUTS GRAND FINALE VOLUNTEER EVENT Doing More Than Leaving No Trace

**When:** Saturday, October 14, bright and early at 8:15 a.m.

**Where:** Pinewood Trailhead (240 Turn Around) - just a hop, skip, and a jump past the cattle guard at the east end of Pinewood Blvd (.2 miles, to be exact!)

### On the Agenda:

Forest Service Road Cleanup - Let's give back to our trails by tidying up and ensuring they are pristine for fellow nature enthusiasts.

Lunch (12:00 noon) - Gather to enjoy a complimentary lunch

### Don't Forget:

RSVP: By October 6th at [mundstrailstewards@hotmail.com](mailto:mundstrailstewards@hotmail.com)

Gear: Work gloves, long pants, and sturdy shoes

Protection: Sunblock and appropriate clothing for the weather

Spirit: A great sense of humor to share laughs and make memories

We'll supply the water, extra gloves, and trash bags, so just bring yourself and your enthusiasm for the trails!

Keep an eye on the MUTS website at [mundsparktrailstewards.com](http://mundsparktrailstewards.com) or the Pinewood News for any changes or additions to the event schedule.

Let's end this season with spirit and joy — we can't wait to see you there!



## HALLOWEEN Trunk or Treat

The Pinewood Fire Department Auxiliary is happy to host this year's Halloween Trunk or Treat event. Enjoy a cozy afternoon with the family where little ghouls and boos can partake in games and craft activities.

Sport your favorite Halloween costumes and head on down for a sweet round of trunk or treating, as neighbors dish out treats from the trunks of their festive vehicles.

Join us for a morning that brings the community together and offers a safe and friendly environment for the young ones. It's a wonderful way to usher in the Halloween spirit!

Saturday, October 28  
Pinewood Country Club  
11 am - 1 pm  
395 Pinewood Blvd, Munds Park, AZ 86017

Autumn is in the air, and so are all the festivities that come with it!

Our 'Things To Do' page at [ThePinewoodNews.com](http://ThePinewoodNews.com) is your go-to destination for all the delightful happenings around the Park and beyond. From family-friendly gatherings to nightlife fun, discover it all in one place.

Don't miss out and stay in the loop with Pinewood News.

What event are you looking forward to?

## IMPORTANT TOWN HALL

On November 7, 2023, there will be a Special Election for registered Coconino County voters for the Pinewood Sanitary District bond.

On October 4, the Pinewood Sanitary District (PSD) will host a Town Hall for Munds Park residents. Bill Spain, the PSD Chair, along with representatives from Coconino County and the Sanitary District's new District Manager, Jim Carpenter, will be available to answer community questions about the special election and the bond.

### SAVE THE DATE

October 4, 2023 • 6:30 pm • Meet at the Fire House



## THE TENNIS & PICKLEBALL ASSOCIATION IS HOSTING A CANNED FOOD DRIVE!

From September 22 - October 27

The teams will collect canned goods dropped off at

Agee's BBQ • Munds Park Community Church • Pinewood Country Club  
Pinewood Fire Department • The Outpost

Your generous donations will benefit the Flagstaff Family Food Center

*They are also accepting checks made out to the  
Northern Arizona Food Bank*

## HAPPY ANNIVERSARY!

Glen and Bebe Littlefield Celebrating 60 years of Love!  
September 28, 1963



Cheers to 60 wonderful years and many more to celebrate!

Our 3 daughters, Dana, Katie, Linda, our grandson Scott and granddaughter Makenna have made our lives full of happiness and love.

We came to Munds Park in 1999 and made wonderful friends, adding years to a wonderful life together!

Expect a Miracle! Peace, light and Love, Linda



# MONSOONS ARE ON THE WAY

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# TOGETHER WE SHINE

## *A Thank You from the Agee's Family*

There are so many wonderful and giving people to whom we owe our gratitude for the success of the Pinewood Fire Department Auxiliary and Agee's Labor Day Fundraiser for our Pinewood Fire Department. A heartfelt thank you goes out to all the selfless volunteers; you are the true embodiment of community spirit!

To our devoted staff, your tireless efforts and ever-present smiles were not unnoticed; we are privileged to have each one of you with us.

A big thank you to family who are always there when needed:

Josh Palmer  
Angie and Mike Golden  
Michelle and Oscar Holloway  
Shelby and Chuck Gibson  
Josephine Zahn and Chrissy Riccitelli  
Travis Zintak  
April Plonski

Our deepest gratitude extends to the Pinewood Fire Department for your continuous assistance and for showcasing the community spirit we hold dear.

To the Mund's Park community, your enduring generosity and support do not go unnoticed. A profound thank you for being the backbone of this event.

We extend a special acknowledgment and heartfelt thanks to our dedicated Event Committee members:

Barb Sherman  
Cheri Shultz  
Gail Vandeurzen  
Zoe Anderson

If we forgot anyone, we are sorry and know that you are greatly appreciated.

We are beyond grateful to be part of such a wonderful community!

With love, From all of us at Agee's!!

## THANK YOU TO OUR SPONSORS

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PINEWOOD FIRE DEPARTMENT!



**Nancy Shelton**  
Associate Broker

**928-856-0152**

NancySheltonRealtor@gmail.com



### 195 Bison Drive

Stunning 3/2 prow-front chalet that's perched up from the road. Garage, plus plenty of additional room for storage. Central air conditioning, brand new appliances, lots of square footage, larger lot, paver drive and so much more. Call me to book a showing!



**Scan to see  
property listing!**

REALTYONEGROUP MOUNTAIN DESERT







# Mountain Dreams Realty

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**Mountain Dreams Realty is a family owned business that is able to provide low brokerage fees without sacrificing service. We believe our Clients & Customers should have the ability to sell their home with the same advantages offered by other companies without cutting into their profit margin**

**Mountain Dreams Realty is located in both Pinewood/Munds Park and the greater Phoenix area. Now you can have Realtors that you trust represent you in both locations. When you hire Mountain Dreams Realty, you will gain the benefit of a family team with over 80 years of combined experience. We are eager to share with you our experience and knowledge as well as our commitment to Service at a Fair Price**

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Custom Cabin on an Acre, Vaulted Ceilings, 3+Bd, 4Ba  
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Ex Lrg 1 Car Garage, Completely Furnished, \$850,000  
Call Pat Moore - (928)853-4529



**1195 E Coyote Rd - \$349,900**

Double Wide 3Bd, 2Ba, Great Room,  
Forced Air Propane Heat,  
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**285 E Fairlane Rd - \$469,900**

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# HOME COOKING

## FALL EVENINGS & APPETIZER GATHERINGS

By Sara Bowyer

Are you as excited for these cooler temps we've been having as I am? Fall is my favorite time of year with the cool mornings and evenings. The heat we endured this summer made it nearly impossible to enjoy time on our deck. However, these cooler temps mean it's time once again to start having happy hour with friends outside under the stars! I think this is how I enjoy entertaining the most. Just appetizers, everyone's favorite drinks and good conversation. Appetizers are definitely my jam. I love having so many different bites to choose from while enjoying the company of old or new friends. At our first church, in Minot, ND, I met my closest friends. Most of these ladies were air force wives and attended our church. The cold of North Dakota will do a lot to bring people close together and the 9 of us became fast friends very quickly. After a few years, we all left Minot and went different directions. The air force took these 8 friends to all corners of the world and God took me to Texas. However, we made a commitment to stay close and get together at least once a year. So, for the last 30+ years we have gathered together for the last weekend in February. We spend the weeks before sending a myriad of emails planning the menu for the long weekend. Because it is all about the food, right? Our meals have changed over the years, we are a little more concerned now about the calories. But there are a few things that we always must have. If you know me at all, I'm sure you can guess that one of those meals will be fried tacos!! But the other meal we always do is an appetizer night. Everyone makes their current favorite appetizer, and we just graze all evening and talk till the wee hours of the night. Or at least we used to talk to the wee hours of the night when we were younger! Ha! Ha! Now we all covet our sleep!

Appetizers can be simple or fancy. You can follow a recipe or just make something up! It can be as simple as chips and onion dip, cheese and crackers or pouring a jar of jalapeno jelly over a block of cream cheese. If you're adventurous, you could go all out and make a bake brie in puff pastry or some fabulous cheese dip in the smoker. The thing about appetizers is that you have so many choices. If you get on Pinterest and search for appetizers, you might be there all night scrolling through them. Any level cook can find a delicious appetizer they can easily make. I also love the variety of an appetizer night. It just makes for a fun evening and dinner.

So, invite your neighbors over. Ask them to bring their favorite appetizer and enjoy the evening. Here are two of my favorites.



Loved by everyone Cocktail Meatballs

### COCKTAIL MEATBALLS

#### Ingredients

- 2 lbs pre-made meatballs
- 16 oz jellied cranberry sauce
- 12 oz Heinz chili sauce
- 2 T brown sugar
- 2 t white vinegar or fresh squeezed lemon juice

*Continued on page 20*



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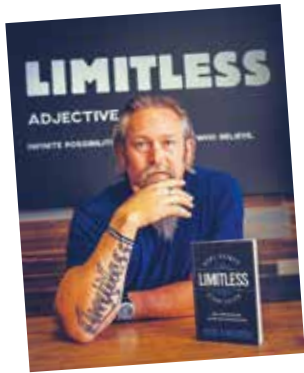
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Real Estate, Wealth, Life & Legacy!



## GET READY TO UNLOCK THE SECRETS OF REAL ESTATE SUCCESS WITH "LIMITLESS REAL ESTATE STRATEGIES" - A GIFT TO MUNDS PARK!

Calling all real estate dreamers and wealth builders! If you're ready to take your property game to the next level, look no further.

Introducing "Limitless

Real Estate Strategies," the ultimate guidebook crafted with passion, experience, and a sprinkle of family legacy.

### GENERATIONS OF REAL ESTATE KNOW-HOW

Did you know that behind this exciting new book lies a treasure trove of real estate wisdom spanning nearly six decades? Meet the author, a true real estate prodigy, and the third generation in their family to take on the world of property.

The journey began long ago, where they went from representing buyers and sellers to mastering investment strategies that would make their community's jaws drop. And now, in a captivating book, they've spilled the beans on their remarkable journey for you to feast your eyes on!

### TURNING DREAMS INTO REALITY

Picture this: A place called Munds Park that was once a distant dream. Fast forward to today, and it has transformed into a vibrant reality, thanks to the ingenious real estate strategies from the author's arsenal. But it doesn't end there! Many lucky individuals have already tasted success, owning properties in this very paradise, all thanks to the brilliance of these proven tactics.

### FROM LOCAL HEROES TO REAL ESTATE SUPERHEROES

Meet Wende and the author Steve Valentine - a dynamic duo on a mission to change lives, one real estate strategy at a time. For close to a decade, they've been helping people just like you, turning their property ventures into profitable gold mines. And guess what? They've even crafted their success story by building an impressive real estate portfolio themselves!

### UNLEASH THE POWER

Are you ready to seize the reins of your financial destiny? Look no further than the pages of

"Limitless Real Estate Strategies." This book is a labor of love, and its sole purpose is to empower the people of Munds Park with the knowledge and tools to create lasting wealth.

But wait, there's more! The best part is, this captivating book is a gift from the author to the wonderful community of Munds Park. With a simple scan of the QR code below, you can unlock the doors to real estate success with your very own FREE copy!

### YOUR REAL ESTATE ADVENTURE AWAITS

Embrace the wisdom of generations, the thrill of success stories, and the spirit of community support as you delve into the captivating world of "Limitless Real Estate Strategies." It's time to turn your property dreams into reality, one strategy at a time.

So what are you waiting for, Munds Park? Scan that QR code and let the journey begin. Welcome to the path of real estate greatness!



## FEATURED PROPERTIES



**\$849,900**

**725 Meadow**

Stunning 2017 built property near 1900 sq ft. 3BR/2.5 baths. Great room concept with formal dining area. Split master floor plan with walk in closet, separate shower and tub. 9ft ceilings side entry garage. Near 17,000 sq ft cul de sac lot and beautiful screened in back patio and open deck to enjoy these cool summer days!



**\$290,000**

**545 Cedarwood**

Very cute single wide built in 1981 (financeable) great condition, fully furnished. Split floor plan with 2 bedrooms/2 baths large living space with 200 sq ft addition expanding the living space with fireplace. Fenced back yard with 10 x12 storage shed. Mature pines, circular drive and ready to move in.



**\$350,000**

**1265 Caribou**

Stunning 1100 sq ft home featuring 2 beautiful decks, spacious yard and gorgeous interior! Fully functioning VRBO with all furnishings included. 2 bed/2bath with expansive living area with island kitchen. This property is updated and ready for your personal touches.





# UNSTOPPABLE STACEY

## TRAVEL WRITER

By Stacey Wittig

### LEAF PEEPING FLAGSTAFF STYLE



Photo Courtesy of Arizona Snowbowl

The answer to the question, “Are the trees turning in Flagstaff yet?” is “Soon, and very soon!” Dropping temps and shorter days make for fantastic fall foliage viewing from the end of September until late October.

Colors begin changing in the high country where the vibrant contrast of aspen trees crowned in flaming yellows sit against the dark green of spruce and Ponderosa pine, keeping your finger firmly glued to the shutter of your camera or smartphone. The color show continues when foliage at lower elevations turns later in the month.

Leaf Peepers flock to the San Francisco Peaks near Flagstaff, where they can enjoy the dazzling transformation through various activities like hiking, biking, or driving. After their foliage adventure, they unwind and compare field notes over delightful meals or brews at numerous vibrant Flagstaff dining spots or breweries.

Want to join the fun? Here are a few suggestions of where and how to enjoy the autumn color show:

#### HIKE/RIDE

Hike or bike the Aspen Loop Trail from Arizona Snowbowl Ski Resort, located 14 miles from historic downtown Flagstaff. The 2.5-mile loop

takes you through aspen, spruce and pine groves and delivers spectacular views of the forest and volcanic fields below.

Want more? The loop trail meets the Arizona Trail 0.9 miles from the trailhead. Take the Arizona Trail north (right) about 2.5 miles to a sign indicating that Bismarck Lake is .02 mile to the west (left). Follow that spur trail to the small lake in a large meadow at an 8500 elevation.

When not watching for foliage colors or the incredible views of the San Francisco Peaks, keep your eyes peeled for elk, deer or raptors.

From Flagstaff, drive north on US 180 for seven miles to Snowbowl Road. Turn right and go 7.4 miles on this paved road, and turn left into the lower parking lot of Hart Prairie Lodge at Arizona Snowbowl. The Aspen Loop trailhead is located at the north end of the parking lot.

#### DRIVE

Road trippers will love scouting the colors from the windows of their vehicles. For an easy Sunday-drive type experience, foliage enthusiasts follow Snowbowl Road up the mountain to Aspen Corner. You’ll find parking and many local families taking photos for their Christmas cards in front of backdrops of brilliant aspen trees.

*Continued on page 15*



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# HEALTH & WELLNESS

## ATTITUDE OF GRATITUDE

Attitude of Gratitude: Gratefulness for “what is” is one of the most powerful tools for creating what is not yet there. You value, you give attention to, you honor whatever is before you at the moment. Gratitude recognizes how the positive things in our lives – such as success in our recovery process or our personal or professional life – are often influenced by multiple forces, such as the efforts of other people.

### HAVE YOU EVER PLAYED TETRIS?

Tetris is a puzzle game where the player has to make different block shapes fit within a small space. Like any video game, if we do this day after day, our brains know what to expect, we anticipate, and train our brains to respond faster. For example with PAC man, you could judge how long the men would blink in your efforts to earn extra points, or how each screen map was progressively harder and how you could memorize the next map. Research has shown it only takes 5 days to train the brain to adapt to a new behavior, this is called the Tetris Effect.

The Tetris Effect can be highly beneficial in practicing gratitude. Recent studies have revealed the power of gratitude and what it can do for our brain. When we express gratitude or receive gratitude, our brain releases powerful chemicals including dopamine and serotonin, two neurotransmitters that are responsible for our feelings and emotions, moral judgments and for simply helping us to feel good.

How can we train our brain to use the Tetris Effect with gratitude?

Shawn Achor, author of the “Happiness Advantage” notes that when we are happy, and think positive thoughts, we smile, and that smile spreads to others, known as the “Ripple effect”.

So, by searching for the positives, in a sense through rose-colored glasses, we eventually improve our attitude towards ourself and others. In reality, we can't ignore problems, however, we need to look for opportunities to improve and to see the positives in finding a successful solution. The consistency of gratitude that we need to train our brains means looking for the positive first, rather than searching out the negatives. Studies recognize how practicing gratitude in the home or workplace can improve the environment, and they are embracing the efforts to practice gratitude and cultivate a culture of gratitude. By cultivating gratitude in our environment, it really does improve the vibe.

Thanksgiving isn't the only time to be grateful, developing a culture or community of gratitude can certainly improve our mood and make us happy, rippling through our days and creating a positive environment for healing. Receiving gratitude can also spark the same physiological changes. Studies link the practice of gratitude to improved recovery, fewer sick days, improved productivity, less burnout, and improved interactions.


Rather than the glass half empty, how about being refillable?

How can we reap the benefits of practicing gratitude and improving our mindset as we experience injury and push thru recovery?


1. Notice the small things first. It's easy to get caught up in the big things that surround an injury, but small things are important. What small things have you accomplished that are really big successes in your therapy journey?
2. Every week, compliment a friend or perhaps another patient at therapy when you see them achieving their goals, or working hard. This shows you are rooting for them and creates a community of healing.

*Continued on page 13*


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- 3. Write a simple thank you note to someone who has helped you along the way.
- 4. Make a gratitude board, an appreciation station, or a thank you jar to thank people you care about.
- 5. If you are feeling self-conscious about making public affirmations, simply right them down in your own journal. You can reap the same rewards to improve your own confidence and start seeing things more positively.
- 6. Thank a person next to you every day, just because.
- 7. If you make a mistake, take time to reflect and think “what did I learn from this experience”.

Change ordinary days into spectacular days where you have fun, improve the energy that surrounds you, and move better.

With practice, we can make positive changes that will improve our general outlook on life and cultivate that attitude of gratitude.

I am so incredibly thankful for every member of our Munds Park community. Thank you to all my summer yogis! It was so fun to see your progress, work thru injury, see your success and interactions with each other. I am so grateful to have an opportunity to treat and interact with you through my personal and professional journey. Join our “Yoga in the Park” Facebook site to stay connected during the winter. I hope to see you on your mat in the spring!

Christy Shaft, Physical Therapist with 30 years of experience in Outpatient Orthopedics, 200 hour Certified Yoga instructor, Functional Dry needling Certified, ASTYM certified. Can provide cupping, spinal and extremity manipulation.



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TRAVEL

Continued from page 11

Afterwards, continue driving up the mountain to enjoy refreshments or a scenic gondola ride at Arizona Snowbowl Resort. Friday – Sunday from 10:00 AM – 4:00 PM on the Arizona Gondola. Daily operations will return on September 29, 2023. Lift tickets start at \$18 when you buy online and in advance.

From Flagstaff, drive north on US 180 for seven miles to Snowbowl Road. Turn right onto the paved road and continue to a sign reading “Aspen Corner” and parking area.

4X4 CIRCLE TOUR

If you have four-wheel drive and are up for extra foliage adventure, circumnavigate the San Francisco Peaks byway of the backcountry.

From Flagstaff, drive north on US 180 for 9.8 miles to Forest Road 151. Turn right onto the gravel road, which wanders through aspen and pine stands around the west side of the San Francisco Peaks. Proceed to Forest Road 418 and go east (right). FR 418 will turn into Forest Road 420. Watch for a sign that directs you to US Highway 89. Turn south (right) onto US Highway 89 to return to Flagstaff to complete the circle tour.



Photo by Stacey Wittig

APRÈS LEAF PEEPING

After hiking, biking or driving, celebrate your autumn adventure by joining the others and checking out Flagstaff’s notable restaurant and bar scene. Many of these gathering places are creating seasonal offerings.

- Toast your leaf-tracking success with Pumpkin Piehole, a spiced Porter at Historic Brewery Company [www.historicbrewingcompany.com](http://www.historicbrewingcompany.com), a family-owned, locals hang-out.
- Grab a bite to eat with your Oktoberfest Marzen seasonal brew at the award-winning

Lumberyard Brewing Company in a historic Flagstaff building. Oktoberfest is a rich lager brewed with carastan, crystal malts, and traditional German hops. [www.lumberyardbrewingcompany.com](http://www.lumberyardbrewingcompany.com)

- Check out the upscale Silver Pine Restaurant at Little America Hotel, where the pastry chef offers a special pumpkin dessert every week through the end of October. <http://flagstaff.littleamerica.com/dining/silver-pine-restaurant>.

*This article first appeared on the Discover Flagstaff website.*  
*“UNSTOPPABLE Stacey” Wittig writes about her travels from Munds Park home. Get free travel tips and inspiration at [UnstoppableStaceyTravel.com](http://UnstoppableStaceyTravel.com).*

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# MADJACK'S MUSINGS

## THE TREES OF MUNDS PARK



Juniper Tree

*By MadJack*

Let's talk trees. Specifically, the magnificent native trees that are unique to Munds Park. I'm focusing here on the Big Five: our Ponderosa Pines, Alligator Junipers, Lombardy Poplars, Gambel Oaks and Quaking Aspens. There are many other species scattered about Munds Park, including maples, pear and apple, blue spruce, pinyons, etc.. All thrive above 6000' elevation and should be considered one of the most distinguishing features of our beautiful community.

### Ponderosa Pine

Surely the big boy on any block as many are over 200 hundred years old and can

live as long as 400 years! Perhaps you've noticed the beautiful red bark on the older trees such as the one pictured here with our arms stretched around its massive girth. It may just be the largest in Munds Park and is located on the east side of Lake Odell near the bottom end of the Crystal Point trail. Perhaps you've noticed the deep red bark on the largest trees. This bark forms after 50-90 years and serves to help protect them from most forest fires. They can grow up to 150' tall and serve as a source of food and shelter for numerous species of birds and animals. Fun fact: did you know that northern Arizona has the world's largest stand of Ponderosa Pines? But they sure can be messy around your deck, huh? Starting in spring with the heavy yellow pollen, then the pinecone buds as they mature only to be chewed and scattered by the squirrels. Not that I'm complaining though, since they provide supreme privacy and shade in our front yards and decks.

### Alligator Juniper

So named because its bark resembles an alligator skin these trees can grow to 40' tall with diameters up to 7'! See the pic here for a huge specimen located on the back side of the Crystal Point trail. They can live to 500 years old, and I would guess this one is well over 100 years old. They're less messy than the pines and have beautiful blue-gray scale-like leaves. It is considered a favorite for wood fires as well due its hardwood and fragrant odor.

### Lombardy Poplar

These fast-growing trees are unique for their vertical height (up to 60') and narrow crown reaching only up to 8' at full maturity up to 50 years. I planted eleven of them in a row in my side yard to provide an awesome privacy screen and windbreak between my neighbor and myself. They were 6' tall when planted and now are over 20' tall just 6 years later. The diamond shaped leaves are massive and exhibit the most brilliant yellow colors in late fall. If you're a golfer, you may have noticed some massive specimens with two-foot diameters at our own Pinewood golf course.

### Gambel Oak

These deciduous trees can grow 30' - 50' with a crown of up to 15' wide. They may grow as a single trunk or multi-trunk stemmed tree with the leaves turning a nice brown/yellow in the fall. They're often the last leaves to emerge in late spring and the last to drop in late fall.

### Quaking Aspen

Ah, the best for last, our Quaking Aspens so named since their leaves appear to tremble or 'quake' in the wind. They grow to 40' to 50' tall with a spread at maturity of 20' to 30'. Their bright yellow canopies contrasting with their white bark in the fall season are a showstopper as you may have noticed on the drive to Snowbowl around the San Francisco peaks.

So, that's (what I consider) the Big Five of our magnificent trees here in Munds Park. Hope you enjoyed this article and I'll be back with more MadJack's Musing next spring. Enjoy the fall and winter seasons everyone!

Later, MadJack.



Huge Pine Tree!



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# GARDENS IN THE PARK

## YOUR GO-TO BULB PLANTING GUIDE

GARDEN'S IN THE PARK

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Each spring, beautiful displays of tulips, daffodils, crocus and more can be seen throughout Flagstaff and Munds Park. These and other spring-blooming bulbs provide bright spots of color during the still chilly and sometimes gray months of spring.

But to get that spring beauty you need to act now. Spring blooms need to be planted the previous fall in order to guarantee that you'll get beautiful flowers by next March or April.

Warner's Nursery recently got in our first shipment of bulbs and we wanted to share this go-to planting guide to get you started.

### PLANNING

In addition to making sure you get your bulbs planted in September or October, you might want to consider planting a variety of bulbs that will bloom at different times during the spring season. You'll also want to arrange your various bulbs by their height to increase the aesthetic appeal of your display.

Early spring blooms include hyacinth (10 inches) and crocus (4 inches). In the middle of spring is when your muscari (12 inches), tulips (24 inches), and narcissus (16 inches) typically bloom. Late season blooms include allium (35 inches), bearded iris (36 inches), and Dutch iris (20 inches). If you combine a variety of bulbs in your garden bed, you'll give yourself about 100 days of spring beauty.

### PLANTING

Spring blooming bulbs need well-draining soil and at least partial sun to bloom their best. Amend your soil (we recommend Warner's Supreme Planting Mix) and mix to a depth of 12 inches to create a loose, well-draining soil texture.

When planting, place the bulb facing upward with the pointy end or "nose" sticking up in a hole about three times as deep as the bulb is tall. For your typical larger bulb - such as a tulip or daffodil - that means a planting depth of about eight inches, while a smaller bulb might only need four inches of soil depth.



*Photo by Anna Jakutajc-Wojtalik*

### FERTILIZING

Your spring bulbs need to be fertilized with bone meal or dutch bulb food, which are both high in phosphorus. Either one can be added to the bottom of the hole and mixed

*Continued on page 20*

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I grew up in the Southwest, so my work is heavily influenced by Native American and Mexican folk art of the '30s and '40s. As well, I am inspired by ordinary objects and pop culture, which culminates in my style, once termed as "Pop Western."

I like my work to be functional, creating pieces that will last a lifetime and are sturdy and uniquely timeless. These chunky, sometimes irreverent pieces are juxtaposed with exquisite, and often intricate details and personal messages, that create guaranteed uniqueness in each piece.



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# SHAKEN & STIRRED IN PINEWOOD

## THE COCKTAIL CONNOISSEUR'S CORNER

### THE MIMOSA: A BRUNCH ICON WITH ROOTS AS DEEP AS THE CELLARS OF CHAMPAGNE

By Dick Trudeau

Imagine, if you will, the golden hours of a Sunday morning in the 1920s. The world is shaking off the dark specter of the Great War, jazz is pouring out of every window in Paris, and in the heart of the city of love, a new day dawns on the culinary landscape.

There, in an elegant bistro, where the scents of freshly baked croissants dance with the perfume of brewing coffee, the very first Mimosa comes to life—a marriage of the old world and the new, a union of French sophistication with a burst of citrus sunshine. Perhaps it was an ingenious bartender or a patron with a flair for the flamboyant who first had the revelation to marry the sparkling effervescence of champagne with the fresh burst of citrus joy, painting a canvas of bright yellow in a tall, slender flute, crowned with golden bubbles rising like the morning sun itself.

As we traverse through the alleys of history, we find whispers of the Mimosa's distant cousin, the Buck's Fizz, a concoction revered in London's elite circles, laying claim to the original synthesis of citrus and champagne, albeit in different proportions. Yet, there is a purity, a refreshing honesty in the Mimosa, inviting everyone to the grand celebration of life, offering a touch of elegance with every sip.

From the chic streets of Paris, this popular cocktail takes a transatlantic journey, finding an admirer in the United States, a land of reinvention. The Mimosa slides gracefully into Sunday brunches, offering a refreshment that is at once sophisticated and effortlessly enjoyable, its citrus notes singing a siren song of relaxation, calling everyone to lean back, to enjoy the sun-filled morning with no hurry, no place to be but in the present moment.

In the modern era, the Mimosa stands tall, an unpretentious yet refined choice, adapting and evolving with the times. Today's Mimosas bear testimony to the cocktail's delightful versatility. We find mimosas adorned



with a splash of elderflower liqueur or a hint of rosemary, creating a symphony of flavors, a canvas where the old and the new dance in harmonious rhythm.

As you sit down to brunch on a quiet Sunday morning, with the golden hues of the Mimosa shimmering in your glass, take a moment to appreciate this age-old concoction. In a world constantly rushing forward, the Mimosa invites us to pause, to savor, and to reconnect with a tradition of simple elegance and joy.

So, here's to the Mimosa, a cocktail that carries within it the soul of an era, a celebration of life's finer moments, and an open invitation to embrace the art of slow living with grace and zest. Here's to the drink that teaches us that sometimes, the finest joys are found in the simplest of combinations — a testimony to the art of balance, and a reminder to pause and celebrate the golden hours that lie in our grasp.

For the fall season that is upon us, please enjoy the following mimosa recipe.

### IN TIME FOR FALL: APPLE CIDER MIMOSAS

#### Ingredients

- 1 bottle champagne
- 1 cup apple cider
- 2 tbsp sugar
- 1 tbsp ground cinnamon

#### Instructions

On a small plate, combine sugar and cinnamon. Dip champagne flutes in water to wet the rims, then dip in cinnamon sugar mixture. Fill champagne flutes 1/4 full with apple cider, then top off with champagne.



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# FOOD

Continued from page 9

## Directions

Blend all ingredients together in a sauce pan till bubbly. Place meatballs in a Crockpot or large stock pot. Pour glaze over the meatballs and let cook on low for an hour before serving.

# ULTIMATE QUESO DIP!!

## Ingredients

- 1 block Velveeta cheese
- 1 block Cream cheese
- Gouda Cheese
- 1 lb Hot sausage, browned
- Onion, chopped
- Cilantro, chopped
- 2 cans Rotel
- 1 Can of cream of mushroom soup
- 1 Can of chopped green chilies
- Chopped jalapenos
- Tsp chili powder
- Milk for consistency



so decadent Ultimate Queso Dip!

## Directions

Mix all together and put in a crock pot or put in a large pan in the smoker till melted and bubbly. Stir periodically. Serve with tortilla chips.

# GARDENS IN THE PARK

Continued from page 18

with a small scoop of mulch before placing the bulb and covering it with soil. (Top dressing with fertilizer after planting will not have the same positive effects.)

Sprinkle a little blood meal in the bottom of the hole and around the finished top area to ward off any pesky animals that might want to make a meal of your newly planted bulbs.

## WATERING

Give your bulbs a good soak right after planting. Other than that, as long as we receive at least 2 inches of snow every 10 days, your bulbs won't need additional water during the winter. If we have a dry winter, water your bulbs thoroughly at least once per month.

In the spring, when shoots begin to appear, start watering your bulbs about once a week, providing a deep soaking each time. However, take care not to overwater as this can cause the bulbs to rot.

## SPRING FERTILIZING

Once you see growth in the spring, feed your plants with a high-quality fertilizer until the bulbs flower, when you should stop and just enjoy the show!

### Maintenance

After your bulbs flower, you can be left with the leaves, which many consider messy or unattractive. Resist the temptation to cut them off; they are necessary for the plant to photosynthesize and produce energy that will be stored in the bulb for the next year.

One easy solution to hiding the mess is to layer planting beds so that the remaining bulb foliage is hidden by emerging spring perennials. Another solution is to trim back the flower stems and leave the foliage as a green accent. Once that foliage has turned yellow or brown and died back, it can be removed.

Our days are still warm and it's still a great time to be outside. Enjoy the weather and add a beautiful spring accent to your garden by planting bulbs such as tulips, daffodils, crocus, and iris. You'll be glad you did next spring when you are able to enjoy your amazing display of spring color!

If you need any help selecting or planting your bulbs this fall, please call or visit the experts at Warner's Nursery - we are here to help!

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# SOUR CHERRIES & SWEET DISASTERS

## Pamela's Culinary Tale

Story submitted by Pamela Keating

There are so many excellent reasons why I don't cook, and none were made clearer than by the recent discovery of a backyard sour cherry tree chock-full of soon-to-be ripe fruit and what happened next. It is cozied on two sides by a small pear tree and an equally modest apple tree, neither of which has much fruit this year. I may get enough apples for a pie, but after you hear what happened next, I am not sure you would sanction the efforts. The cherries were on the bumper-crop scale, begging to be picked.

How do I know they are sour cherries? Good ole Google came through again. It seems the leaves of the trees are a dead giveaway. If there are six or fewer pairs of veins off the central one, it's sour. Ta-da! This tree is small enough for me to hand-pick most of the cherries. And the ones I can't reach fall like little bombs when its small frame is shaken. This does require bending down and reaching the ground, my noisy, creaky knees aching. I decided that the fruit is worth the pain. It's only once a summer.

I have dealt with cherry trees up here in Munds Park before. The setting of the fruit depends on the kind of fickle spring Munds Park experiences. A freeze after blossoming will kill any fruit setting. Most years, that's what happens, but not with this tree this year. I even have cherry pitters, three actually. I can make it a social event, sharing the crop with two other friends whose fingers can bend and grasp, which is not always easy for a certain age group. It's a thankless but necessary task.

Cherries last well in the fridge for a good week or more after picking. I pitted over 150, about a tenth of what I picked, and put them in a two-quart, glass-covered casserole dish on a burner with a little water, setting it to medium-low to let them simmer. After mashing them, tasting them, and

adding a minimum amount of sugar, I continued simmering.

Here's where the clear message of 'I'm not a cook' comes in. I engrossed myself in a book to while away the time while the dish was finishing cooking. By the time I remembered my stew, I had converted any sugar and most of the cherry juice into a black, cement-like second bottom in the glass dish. And because it was covered, the bubbling cherry syrup had boiled over, running inside my electric cooktop and coating the entire surface with sticky, dark red goo.

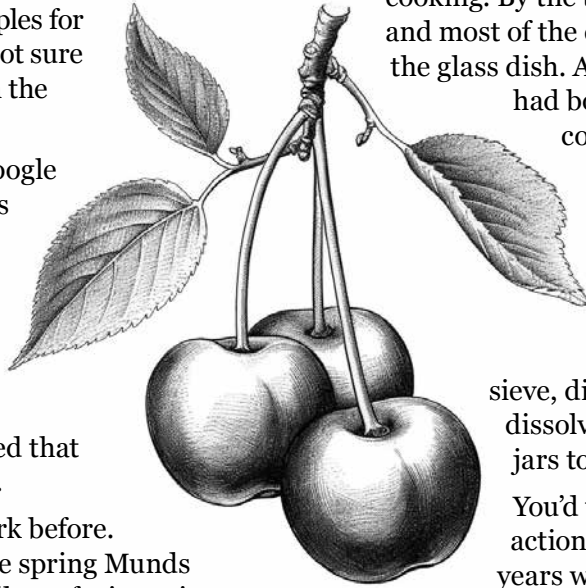
Googling again on how to rescue the damaged dish: pour boiling water on it, let it sit, repeat if necessary. No such luck. I still have gobs of fresh, unpitted cherries calling. With my hand still aching from round one, I decided to try the other method of pitting: cook first, mash, put the mashed meat through a wire sieve, discard the pit remains, add sugar to taste, and reheat to dissolve the sugar. Then ladle the preserves into lidded glass jars to cool.

You'd think I would have learned about the possible boil-over action. Nope. Our home will have a burnt cherry aroma for years when I cook. That's another good reason not to.

I have managed to jar ten jars of jam to give to friends. It's good in plain yogurt, cottage cheese, on ice cream, toast, waffles, pancakes, in a crisp pie crust, on chicken, pork, or just plain by the spoon.

Regarding the black-bottomed glass dish; my handy mate took a chisel to it and, after chipping away for a long time, managed to remove all the burnt-on residue, bless his heart.

And as for those few apples on the trees back there. Would you really, seriously trust me to make an apple pie?



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WORD SEARCH

Created by Paul Mason • Solution pg. 34

T	A	P	P	L	E	P	I	E	D	T	S	O	R	F
A	L	E	H	S	U	B	U	R	S	T	O	O	B	H
E	K	A	R	S	S	C	U	O	E	R	M	Y	E	C
H	U	L	F	O	A	O	O	E	S	E	N	A	M	O
W	U	A	E	L	G	U	B	R	J	E	T	A	Y	O
Z	L	E	A	V	E	S	Q	G	N	E	I	L	F	L
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Oops! It looks like our Word Search went on a little adventure of its own in the last issue! Thanks to one of our readers for bringing our spicy game to our attention. We were asleep at the wheel when proofing our games; we'll ensure it sticks to family-friendly territory.

beets	crow	heater	socks
boots	fall	leaves	soup
bushel	farmer	maize	spice
cider	feast	nuts	squash
cobwebs	fleece	pecans	stew
cold	flu	Pilgrim	tree
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corn	ghost	rake	woods
cough	gourd	scarf	yam
crops	hay	sleet	



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# BIRDS OF MUNDS PARK

## BIRD QUIZ

By Margaret Dyekman

With fall around the corner, some of the local species are migrating to their winter homes, and some are staying in place. Here's a quick bird quiz I hope you will find fun and informative.

### Birds that migrate

1. What is the little yellow and black bird that visits our niger/thistle seed feeders? A. Arizona Canary; B. Lesser Goldfinch; C. Mountain Chickadee; D. Yellow-Rumped Warbler.
2. What swallow is not found in Munds Park? A. Tree Swallow; B. Cave Swallow; C. Barn Swallow; D. Northern Rough-Winged Swallow.
3. What food is not part of the American Robin's diet? A. Berries; B. Earthworms; C. Grasshoppers; D. Carrion.
4. What warbler is only found in the U.S. in high elevations of Arizona and New Mexico? A. Red-Faced Warbler; B. Black-and-White Warbler; C. Yellow-Rumped Warbler; D. Pine Warbler.
5. Where do Western Bluebirds build their nests? A. Under house eaves; B. On the ground on a pine needle mound; C. In a tree cavity or nest box; D. On a V-shaped branch configuration of an Aspen tree.



Acorn Woodpecker  
Photo by Muriel Neddermeyer

### Birds that do not migrate

1. What jay is most common in Munds Park? A. Blue Jay; B. Pinyon Jay; C. Gray Jay; D. Steller's Jay.
2. What bird is commonly known as a "snow bird" because in winter as well as year-round it is a frequent visitor to feeders and seeds on the ground? A. Dark-eyed Junco; B. House Finch; C. House Wren; D. Plumbeous Vireo
3. What woodpecker common to Munds Park is also known as the "clown-faced woodpecker"? A. Downy Woodpecker; B. Lewis' Woodpecker; C. Acorn Woodpecker; D. Pileated Woodpecker.
4. Which is the larger species? A. American Crow B. Common Raven
5. What is a distinguishing feature of the Mountain Chickadee? A. a red head; B. a white stripe between its eye and crown; C. yellow wing bars; D. buzzing sound in flight.



See all the answers below!

You can reach me at [margaretdyekman@cox.net](mailto:margaretdyekman@cox.net) or by text at 602-620-3210. You can read all about Backyard Birding in Northern Arizona at [www.backyardbirdingaz.com](http://www.backyardbirdingaz.com) and order the book online or get one directly from me. I welcome your questions, reports of sightings, and your suggestions for future articles.

*"In order to see birds, it is necessary to become a part of the silence."*

— Robert Lynd

ANSWERS: 1 - B; 2 - B; 3 - B; 4 - D; 5 - A; 6 - C; 7 - D; 8 - A; 9 - C; 10 - B.



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# BOOK REVIEW

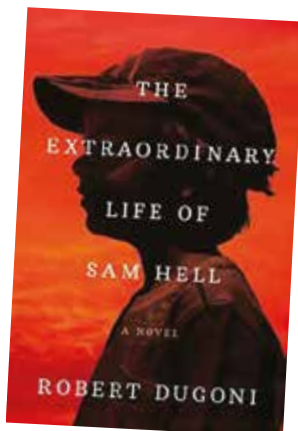
## THE EXTRAORDINARY LIFE OF SAM HELL



By Sandy Wright

Known mainly for his Seattle-based thrillers, masterpieces of craft and plotting, Robert Dugoni took a major departure in his novel, *The Extraordinary Life of Sam Hell*.

It was a grand gamble, resulting in a beautifully crafted coming-of-age story.



Sam Hill always saw the world through different eyes. Born with red pupils, he was dubbed ‘devil boy’ or ‘Sam Hell’ by his classmates at Our Lady of Mercy, the Catholic school his mother, Madeline, fights to get him into.

Once there, he faces loneliness, alienation, and daily ridicule, especially from David Freemon, a merciless bully who torments him daily, and Sister Beatrice, the school’s principal, who in her own subtler ways is just as vindictive as he is.

“God’s will” was what his mother called his ‘condition’. Her words were of little comfort, but Sam persevered, supported by his mother’s devout faith, his father’s practical wisdom, and two supportive misfit friends.

African-American athlete Ernie Cantwell and free-spirited Michaela Kennedy allow Sam to survive his troublesome years at OLM. In high school, Sam finds every milestone—tryouts for the basketball team, senior prom, being named class valedictorian—presenting new challenges. But his friends, along with his wonderful mother, give him the courage to find his own path no matter what that may look like.

“I actually started this novel ten years ago,” says author Bob Dugoni. “The premise came to me, but I didn’t have a character. The idea rattled around in my head for months. Then, I was reading the newspaper and stumbled on an article about a boy in Australia denied admittance to a Catholic school because he had red eyes. The principal, a nun, expressed concern that the boy would be disruptive because the children called him ‘The Devil Boy.’ That was all I needed to get rolling.”

Dugoni wrote the first draft in six weeks, but he was still struggling to find a central theme to pull the scenes together.

“The theme came to me while visiting my mother and discussing the death of my father to cancer,” he said. “I expressed how unfair it was when she said, ‘It’s God’s Will.’ I desperately wanted to believe she was right, and that belief was exactly what Sam Hill wanted also. He wanted to believe his mother was right. That common thread helped me finish the novel.”

I think the loyalty and unwavering support shown to Sam was the true driving force of this story, which goes back and forth between the past and present over forty years. Sam becomes an ophthalmologist and finds himself meeting the same problems (sometimes even the very same people) in his practice, but recognizes a kernel of himself in them, and is thus able to help them.

By the end of the book, I felt fully satisfied with each storyline, the character development and the emotional payoff. I especially enjoyed the ending of the book, how Sam cares for his elderly parents, and his tenderness with the boy he planned to adopt.

Dugoni closed many loose ties in the story, which I appreciated. Plus, the epilogue was a surprise. I didn’t realize that the author has a family situation that gave him the courage and inspiration to tell the story of Sam Hell.

*The Extraordinary Life of Sam Hell* is evidence that a skilled writer can tell a story that draws you in and embraces you, regardless of genre.

Well done, Mr. Dugoni! I’m giving this one 5 stars.

- Lake Union Publishing 2018
- 448 pages

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—C.S. Lewis



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# MUNDS PARK LIVING

## INFUSING YOUR CABIN WITH THE WARM & RUSTIC CHARMS OF FALL

By Venita Dee

As we say goodbye to summer's embrace, it's time to welcome the homey, cabin-style warmth of autumn into every corner of your living space. Picture a rustic haven of fall colors and the cozy comfort of a mountain retreat.

From the grand entrance of your living space to the intimate embrace of your boudoir, we invite you to take a leisurely stroll through a gallery of tips crafted with warmth and flair. Let's use a rich palette inspired by the forest's fall colors, setting the stage for beautiful evenings bathed in the golden glow of autumn.

### Warm & Comforting

Welcome autumn by inviting its signature palette into your cabin. Consider splashing your spaces with hues borrowed directly from fall's grand display — the deep reds of cranberries, the burnt oranges of fall leaves, the rich browns of aged wood, and the olive greens of mossy forest floors.

Bring these colors to life throughout your cabin through the subtle introduction of accent pillows, welcoming throws, or vibrant area rugs, weaving autumn splendor throughout your living spaces. For the brave at heart, painting an accent wall in one of these rich tones can be a game changer, framing your space in a canvas of warmth and visual depth.

These colors do more than warm up your cabin; they infuse each room with the comforting essence of fall and celebrates warmth, comfort, and the golden whispers of nature.

### Nature's Grand Entrance

Living so close to the forest, inviting that rich, natural splendor right into your cabin is almost a given. Think of wooden furniture that echoes the sturdy trees just outside your window and stone accents that bring to mind a tranquil forest path. Don't stop there; gather pinecones, impressive fallen branches, and autumn leaves to create centerpieces or adorn vases, allowing your living space to become a seamless extension of the neighboring woods, resonating with fall's authentic and rustic beauty.

### Warm Lighting & Autumn Scents

As day gives way to night, the right lighting can become the star of your evening. Opt for warm-toned bulbs that cast a soft glow across your rooms, complemented by candles releasing autumnal scents of cinnamon and apple, pumpkin spice, or warm vanilla, setting the stage for evenings of cozy conversations and laughter.

### Seasonal Accessories

A fun and simple way to prepare your cabin for fall is by swapping out your decorative accessories. Replace your summer decor items with fall-themed ones. Consider using decorative pumpkins, wreaths made of fall leaves or branches, and seasonal artwork featuring autumn scenes. Even changing out your tableware to include fall-inspired patterns and colors can enhance your dining experience, offering a playful yet sophisticated nod to the changing season.

### Seating that Hugs You Back

When the air gets crisp, there's nothing like a cozy nook that invites you to curl up with a good book or your local newspaper :) Consider seating that hugs you back, offering comfort and luxury as you lounge and revel in the season's joys. Add overstuffed pillows and thick and soft blankets to your seats for that extra hug.

### Inviting Bedding

Autumn is the perfect time to infuse your sleeping quarters with both warmth and wonder. Start with sheets that know how to play the dual role — luxurious to the touch yet brimming with homey comfort. Think 800-thread-count sheets that are as gentle as a cool breeze but keep you warm and amazingly comfortable, or perhaps flannel sheets offering the familiar, reassuring comfort of a well-worn sweater.

Complement this foundation with a comforter that's both an autumn feast for the eyes and warm on chilly nights,

such as a down comforter or a family quilt.

Treat yourself to a rich and oh-so-indulgent bedding, wrapping you in a cocoon of comfort that feels just right, night after restful night.

### The Flickering Canvas of Fall

Your cabin's fireplace is more than a heat source and demands a setting that nods to the natural brilliance of the season.

Consider dressing the mantle in fresh elements from the forest floor: a dynamic mantle showcasing variegated leaves, curious pinecones, and perhaps a sprinkle of autumn flowers lending freshness to the scene. The decor transforms the hearth into a visual narration of autumn.

Make it a gathering spot to share stories or enjoy quiet reflections over a cup of freshly brewed cider or a nice glass of wine, where each flicker of the flame brings hints of spice and everything nice.

### Make it Personal

Finally, remember that your home should reflect your personal style and preferences. While embracing seasonal decor and colors is essential, make sure your home still feels uniquely yours. Incorporate elements that make you feel comfortable and at ease, so you can fully enjoy the fall season in your own unique way.

In conclusion, from an interior design perspective, preparing your home for fall is about creating a warm and inviting atmosphere. Using earthy colors, textures, natural elements, and cozy lighting, you can transform your living spaces into a haven of comfort and style that celebrates the season's beauty. Embrace the changing leaves and cooler temperatures with open arms, and let your home reflect the warmth and charm of autumn.



Photo by Bianco Blue

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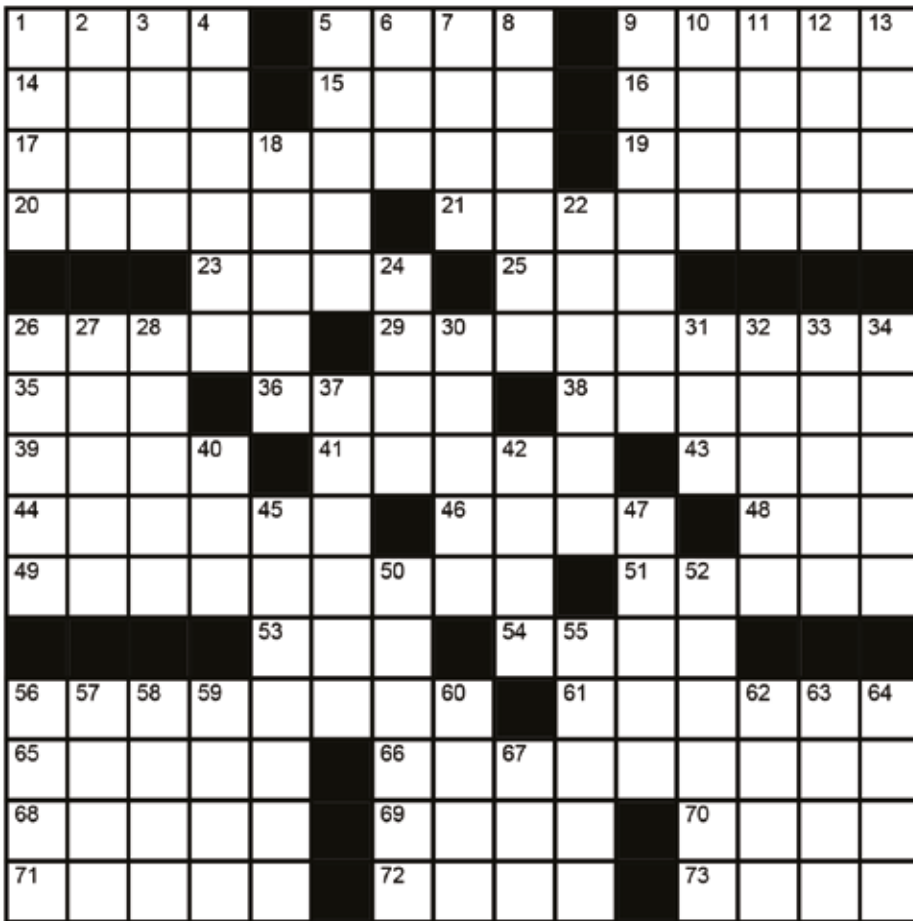
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# CROSSWORD PUZZLE

Created by Paul Mason • Solution pg. 34



## Across

1. "\_\_\_ Ha'i"
5. Partner of circumstance
9. Impact sound
14. "Pumping \_\_\_"
15. Bird venerated by ancient Egyptians
16. Lying facedown
17. Kitchen implement
19. Helicopter part
20. Sheep's coat
21. Of Europe and Asia
23. Drops from the sky
25. Morning moisture
26. Autumn drink
29. A line on a diagram or map connecting points of equal gradient or inclination.
35. Cellular stuff
36. Succumb to gravity
38. Alaska native
39. "That hurt!"
41. Borscht base
43. Big cheese
44. Embroidery loops
46. At one time, at one time
48. Aggravate
49. Figurine
51. Cheesemaking by-products
53. From Okla. City to Tulsa
54. Cleveland's lake
56. Double-check the seat belts
61. Empower
65. Honor
66. Marionette operator
68. Seed covering
69. And others, for short

70. Flight data, briefly

71. Like craft shows

72. Catch sight of

73. Autumn tool

## Down

1. "Back to the Future" bully
2. Seed cover
3. Leave behind
4. Belong
5. Mushroom caps
6. \_\_\_-Wan Kenobi
7. Cheese nibblers
8. Sham
9. Stretches out
10. Major-leaguers
11. "An Iceland Fisherman" author Pierre
12. Old world buffalo
13. Beach bird
18. Muffler
22. Time out
24. Christie's "Death on the \_\_\_"
26. Farmer's yield
27. Indigenous Canadian

28. Bangladesh's capital, old-style

30. Icy precipitation

31. Eisenhower's nickname

32. Undeliverable piece of mail

33. Manicurist's board

34. Soft footwear

37. Without

40. In great demand

42. Arborist's concern

45. When Mardi Gras is celebrated

47. Bale binder

50. Plains home

52. Radiator

55. E-mail option

56. Pro \_\_\_

57. Decorative pitcher

58. Quick

59. \_\_\_ and sciences

60. Loony

62. \_\_\_ carotene

63. Pipe problem

64. Gaelic

67. Twaddle



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# CURIOUS READER ABOUT MUSHROOMS

By Sandee Caviness

We recently received a query from a reader curious about a specific mushroom they encountered – thank you for reaching out to us! While we're unable to offer direct identification services here at the paper, we absolutely appreciate your curiosity and trust in us to assist.

To aid you on your mycological adventure, we have put together a general guide to mushroom discovery, encouraging safe and informed exploration:

## CURIOUS ABOUT THE MUSHROOM YOU FOUND?

Wondering about that unique mushroom you stumbled upon during your outdoor adventure or backyard? Identifying mushrooms can be a delightful yet intricate task that often requires a keen eye and a deep understanding of various factors including its geographical location, habitat, physical characteristics, and more. Remember, every tiny detail such as the shape of the cap, the structure of the gills, and even its odor can provide valuable clues.

## What to Do When You Come Across a Wild Mushroom?

### Observe Without Touching

Initially, simply observe the mushroom without touching it. Some mushrooms can be toxic, and it is generally safer to identify it first.

### Safe Handling:

- Wear Gloves: If you decide to handle it, wear gloves as a precautionary measure.
- Use Tools: Use a tool like a small knife to gently lift the mushroom if necessary to inspect its underside.

### Consider Preservation:

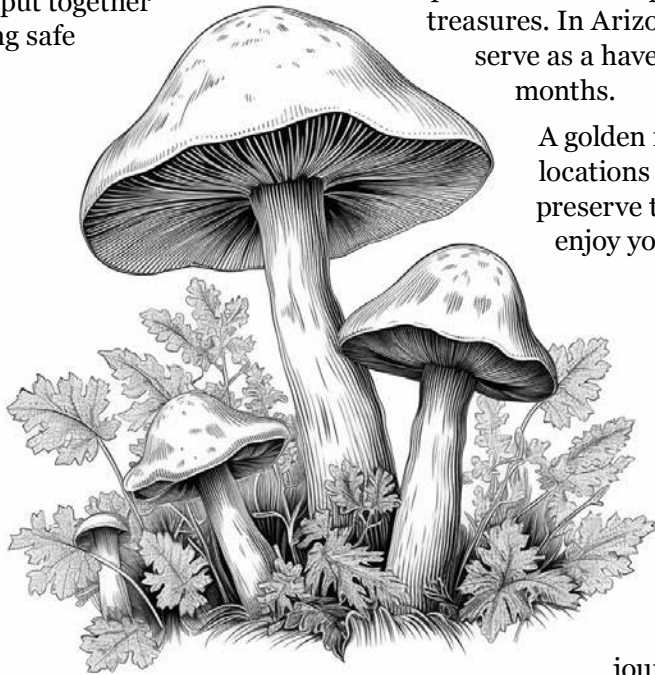
- Leave It Be: Consider leaving the mushroom undisturbed to allow it to complete its life cycle and potentially reproduce. They are extremely helpful to our environment.
- Garden Safety: If you have pets or young children and are concerned about the mushroom being toxic, it might be best to remove it to prevent accidental ingestion.

Remember, while many mushrooms are harmless and beneficial to your garden ecosystem, identifying mushrooms accurately can be very challenging, even for experts. Always err on the side of caution, especially when it comes to consumption.

## CAN I ENJOY THIS MUSHROOM IN MY NEXT MEAL?

When it comes to munching on your newfound fungal friend, caution is the name of the game! North America is home to a myriad of mushrooms, each landing somewhere on the spectrum from delightfully edible to dangerously toxic, with some even inducing unpleasant effects or offering a less than stellar taste.

Before adding it to your meal, ensure that you've identified it correctly, confirmed its edibility, and you're aware of your individual tolerance to it. Tread carefully – the world of mushrooms is rich and diverse!



## WHERE CAN I FIND MUSHROOMS GOOD ENOUGH TO EAT?

In the quest for edible mushrooms, certain areas blessed with warm temperatures and ample rainfall offer a thriving ground for these natural treasures. In Arizona, spots like Munds Park and surrounding forest serve as a haven for mushroom enthusiasts during the summer months.

A golden rule for all mushroom hunters is to keep the locations of these mushroom hotspots under wraps to preserve the natural habitat and prevent overharvesting. So, enjoy your bounty but keep the secret safe!

## KEEN TO BECOME A MUSHROOM MAESTRO?

If your interest is piqued and you're eager to become a mushroom-identifying expert, we have a suggestion for you. Join the community of the Arizona Mushroom Society or find a local mushroom club near you to learn from the best. Join the fascinating world of mushrooms at [www.arizonamushroomsociety.org](http://www.arizonamushroomsociety.org) and start your journey towards becoming a mushroom maestro!

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# SUDOKU

Created by Paul Mason • Solution pg. 34

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				9				
		1				5		
2						3		
	3		8		2			
				6	9		4	2
		6		2				7
	8		3			1		



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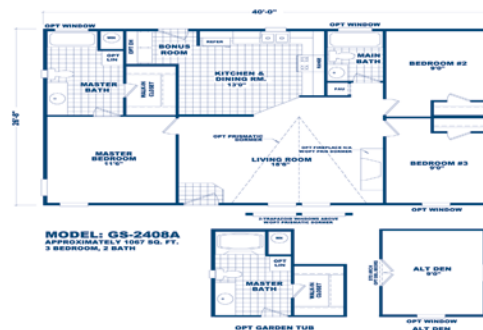


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# PHOENIX THEATRE GROUP DELIGHTS PEOPLE LIVING WITH DEMENTIA

By Lin Sue Flood

It's a little magical how a small theater troupe can walk through the door and instantly transform the space around them.

That's exactly what five talented actors do so effortlessly as part of Phoenix Theatre's Partners That Heal program. They travel all over the Valley, using improv, music, storytelling and movement to engage and delight audiences of every age and ability.

Recently, they visited Hospice of the Valley's new Dementia Care and Education Campus in central Phoenix. They spent time with residents at the Assisted Living Center, members of the Adult Day Club and preschoolers in the adjoining Child Center.

Working in perfect harmony, they lead people who are living with dementia on a spontaneous journey that unlocks their imaginations.

"We all have that child inside of us and we let them be kids again. We give them a chance to play," says PTH member Mike Lawler. "And we feel like we're part of the care team."

Marshal Glass agrees. "This light goes on inside of them and it's just wonderful to see. Then the staff tells us the patient's never done that before!"

The actors harness joy by sparking happy memories with familiar songs and stories.

"We come in and people who are showing no emotion or expression



Partners that Heal actors (from left) Marshal Glass, Kim Manning, Brian Sweis, Sally Jo Bannow, Mike Lawler.

immediately start remembering moments," shares Sally Jo Bannow. "Somehow, it taps into their imagination and creativity."

"We want to get a smile on people's faces. I get chills just thinking about it," Kim Manning gushes. "That's the whole reason we're here."

"You can tell they're so connected and waiting for more," adds Brian Sweis. "It's so rewarding and we just feel honored to be a part of that."

Partners That Heal has visited more than 70,000 people in our community over the last decade.

"They appeal to preschoolers, they appeal to someone who's in their 70s and 80s with dementia. They meet everyone where they're at," says Dementia Campus Enrichment Coordinator Angela Hofler.

"Their stories might be about someone's favorite animal, or maybe we're all going on an African safari, and the next minute we're waterskiing in the ocean having ice cream. They bring so much fun to us. We are lucky to have them spreading their magic and touching so many lives!"

To learn about the Dementia Care and Education Campus, go to [dementiacampus.org](http://dementiacampus.org). For more on Partners That Heal, visit [partnersthatheal.com](http://partnersthatheal.com).

Lin Sue Flood is director of Community Engagement at Hospice of the Valley.

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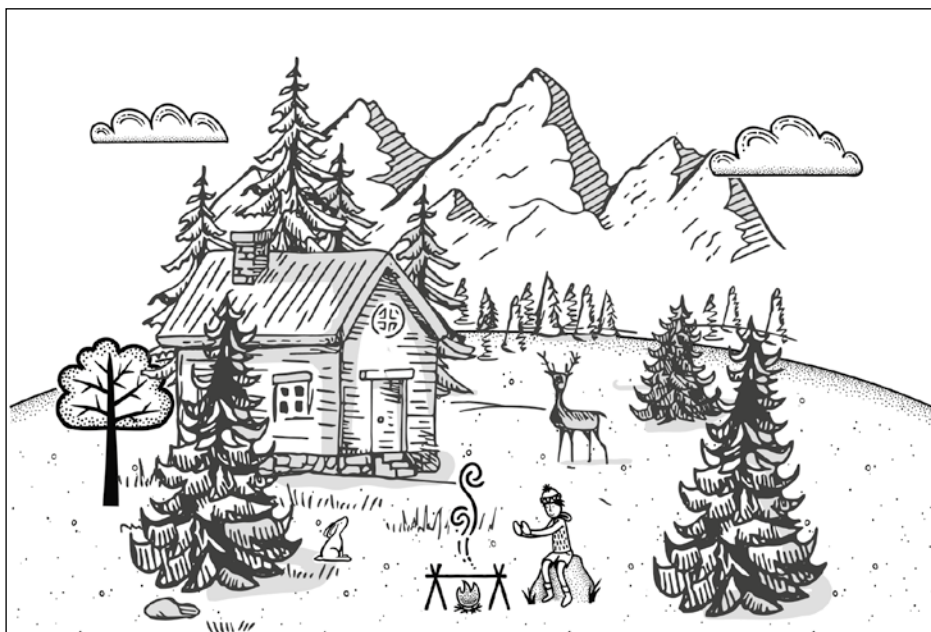
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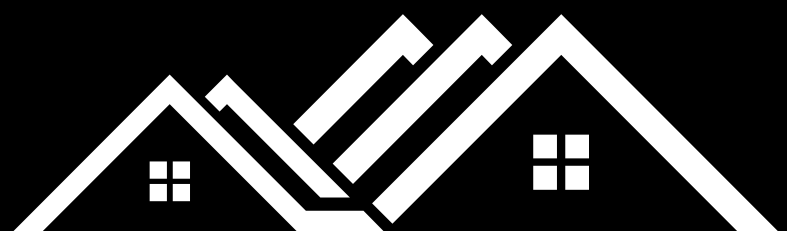
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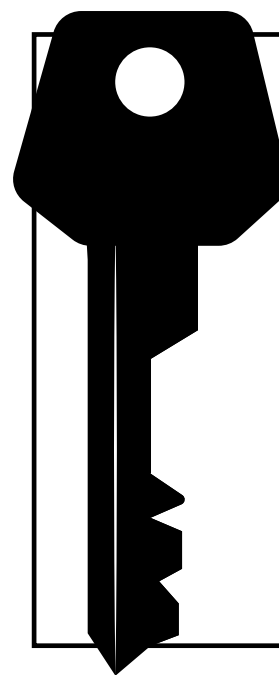
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# MUNDS PARK COMMUNITY CHURCH

By Pastor Steve Bowyer

## CAN YOU RELATE?

Have you ever met someone rich and/or famous and stammered and stuttered your way through an awkward conversation because they were somebody and you were not? I have. It is embarrassing.

We lived in Little Rock before we moved here. The regional YoungLife director was a member of our church. And I was involved with what they were doing on high school and college campuses in the area. I was a regular at their Christmas parties for their staff, volunteers, and supporters.

At one such party, I met a guy and his wife who were active supporters of the ministry. He was friendly and nice, easy to talk to. I asked about his kids. They were elementary age, not in a YoungLife program yet. They were too young. But he stayed involved because he was in the program when he was in high school, and it had a profound effect on him.

The night was casual, but he was neatly dressed in a starched button-down shirt. Still, he was not shy about getting down onto the dirty floor and into the mix of the games and activities of the staff.

When things settled down and the refreshments were served, I got to know him a little better. At one point, I asked him his name. That should have been a clue. Because the next question was about as embarrassing as it could be. I asked him what he did for a living. Seems innocent enough. Except, he had just introduced himself to me as Bill Dillard. That's right. As in Dillard's Department Stores. It is headquartered in Little Rock. His grandfather started the chain. He laughed. Thanks.

The famous, wealthy V.P. of a major corporation might have been hard to connect with. But the guy that played the games on the dirty floor with the student leaders was easy to relate to.

Not too long ago, Queen Elizabeth died, and her funeral was broadcast live on our televisions. It was an elaborate affair. At one point in her ceremony, Prince Charles (he had not been installed as king, yet), Prince William, Prince Harry, and Prince Andrew stood vigil around the Queen's coffin. They stood in silence. But the volume of the picture deafening.

Amid all the fanciness and formalities, three of the four men have stirred up dirt. Prince Andrew flew on Jeffrey Epstein's plane and partied on his island. Prince Harry married Megan Markle and they have renounced their royal position. And Prince Charles had an affair on Princess Diana, divorced her, and married Camilla. People everywhere revere Diana and whisper unkindly behind Camilla's back.

Everyone seems to love Diana because she got down and dirty, literally. She played on the floor with her sons, William and Harry. That was very un-royal like. Her cause was protecting African children from long-forgotten landmines from long since ended conflicts. Do you remember the picture of her in her muddy boots, with face and chest protection, hugging on children who had lost limbs to the landmines?

So, to which of the Royals can you most easily relate? I cannot relate at all to the Queen, or Philip. And William seems too squeaky clean. But I can more easily relate to people who mess things up and stir up dirt. I have not done anything like Charles, Harry, or Andrew. But I have messed up plenty. And, I have been in the mud with children in Africa playing and working to improve their lives.

It seems dirt, both figurative and literal, makes it easier for us to relate to each other. Those who mess things up and get messy to fix things up make it easier to connect with.

Can you relate to a king? Can you relate to a V.P. or CEO of a major corporation? It is much easier to relate to a guy who was born in a stable, to dirt-poor parents, who struggled to make ends meet as a hard-working, blue-collar carpenter. Jesus was born in dirt, was raised in dirt, and gets down and dirty with those of us who live in and stir up dirt.

Jesus is the King. He is Royal and Elite. He is the CEO of the universe. But He is the only Royal Elite CEO whom we dirty peons can relate to and connect with. He gets us. He knows all about the dirt in our life. He does not care. If you open your life to Him, He will come in and help you deal with your dirt. He makes it easy when we give Him our life and ask Him for His. We can all relate to a guy like that.

For more information about our church go to our website, [mpcc.church](http://mpcc.church).

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# JUST ONE MORE

*A small snapshot of the Pinewood Fire Department Auxiliary & Agee's Labor Day Fundraiser  
for the Pinewood Fire Department*



*All photos by Barbara Sherman Photography  
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*Photo sent in by Kristin Manas*





A picture is worth a thousand words,  
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