

PINEWOOD NEWS

THE GOOD LIFE, COMMUNITY & MOUNTAIN LIVING SINCE '93

VOL. 31 NO. 15 SEPTEMBER 20, 2024

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Page 20 & 29



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The Pinewood News will attempt to publish letters 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.

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COLDWELL BANKER NORTHLAND



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95 E FOXBORO ROAD, 11

In serene Coconino National Forest, this 1.73-acre lot in Foxboro Ranch Estates offers a blend of tranquility and luxury with exclusive clubhouse access and all utilities ready.



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259 E FOXBORO ROAD, 7

Nestled in Coconino National Forest, this 2.24-acre lot in Foxboro Ranch Estates offers luxury with no build time, exclusive clubhouse access, and proximity to Sedona.



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307 E Foxboro Road, 4

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18005 S DIXIE LANE, 48

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17305 BIG SKY DR

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17810 S HIGHLAND PLACE

Custom-built log home on Highland Place with mountain views, gourmet kitchen, two decks, oak floors, stone fireplace, and unique lighting. Most furnishings convey.



SOLD

\$425,000

17295 S ZIA PLACE

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\$299,500

125 E OAK DR

Updated home with new flooring, granite countertops, wood-burning stove, vaulted ceiling, split bedrooms, covered deck, storage shed, carport, and more..



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17220 MESCALERO DR

Updated 2-bedroom, 2-bath home, fully furnished with modern appliances, jacuzzi, RV parking, UTV storage, deck, and automatic drip system.



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260 SANDIA CIR

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635 E OAK DR

2017 Cavco home with 2,234 sq ft, 4 bedrooms, 2.5 baths, and 4-car garage. Situated on 2 lots, a redwood deck, and a natural stream, this move-in ready home offers privacy and outdoor space.



SOLD

733,500

1120 E LAKE MEADOW CIR

Nestled among ponderosa pines, this renovated home offers a fireplace, forest views, and access to Pinewood Country Club and O'Dell Lake. Ideal for outdoor enthusiasts.



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Tuesday, October 15
3 pm • 475 E Pinewood Blvd

**PINEWOOD SANITARY
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**BE THEIR CHAMPION—
WHEN THEY NEED YOU MOST**

A child in foster care has been through enough—new faces, new places, and a whole lot of uncertainty. Starting school shouldn't add to the load. That's where Court Appointed Special Advocates (CASA) come in. They're more than just volunteers; they're the ones making sure these kids don't fall through the cracks, standing by their side in the classroom and the courtroom.

As CASA volunteers, you'll connect with teachers, school administrators, and foster families, giving these children a voice when they need it most. Charles Gray, CASA Program Manager, sums it up: "Our volunteers help kids not just get by, but thrive in school. They make sure that what happens in the classroom sets them up for success—now and down the road."

No special background is required. If you're 21 or older, can pass a background check, and have 30 hours to give for training, you're already halfway there. CASA volunteers come from all walks of life and share one thing: the desire to help a child find stability and hope.

Another way to get involved? Join the Foster Care Review Board (FCRB), where you'll review cases once a month and make recommendations that can change the course of a child's future. Both programs work year-round, right here in Arizona.

Ready to step in and make a difference? Visit AZCASAVolunteer.org or AZFCRB.org to learn more.



THINGS TO DO!



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OCTOBER 14 - 17

PUMPKIN FEST & CORN MAZE



The Festival That Made Us Famous! Join us this fall for Pumpkin Fest & Corn Maze – the grandest, most exciting, and incredibly fun event of the entire year. The Mortimer Farms Pumpkin Fest & Corn Maze is a celebration for all ages, offering a delightful array of activities that promise unforgettable memories.

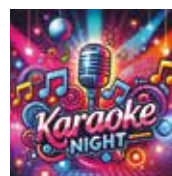
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Karaoke Night

Come on over and hang out with DJ Ruben and listen to some great music. It's also Karaoke Night, so bring your voices and your moves!!

Pinewood Bar & Grill
65 Pinewood Blvd,
Munds Park



SATURDAY, OCTOBER 5

STEP UP FOR OUR FOREST: A LITTLE TIME, BIG IMPACT.

Join the Munds Park Trail Stewards (MUTS) for our Annual Forest Road Trash Clean-up and make a real difference in preserving our beautiful trails.

Date: Saturday, October 12th, @ 8:15 a.m.

Meeting Point: Pinewood (240) Trailhead—just 1/5 of a mile past the Pinewood Boulevard cattle guard.

We'll wrap up around noon, and to thank you for your hard work, we're serving a free lunch!

What to Bring: Sturdy walking shoes, sunblock, weather-appropriate clothing, and, of course, a great sense of humor! We'll provide water and all the clean-up supplies you need.

Please RSVP by October 5th via email at mundstrailstewards@hotmail.com.

Stay updated at mundsparktrailstewards.com



HALLOWEEN Trunk or Treat

SATURDAY, OCTOBER 26

BRING THE KIDS AND ENJOY A SPOOKTACULAR TRUNK OR TREAT!

The Pinewood Fire Department Auxiliary invites you and your little ghosts and goblins to join us for a fun-filled Halloween Trunk or Treat! This is your chance to enjoy a safe, family-friendly event with candy, games, crafts, and more.

When: Saturday, October 26th, 1 – 3 p.m.

Where: Pinewood Country Club

Dress up, bring the kids, and celebrate the Halloween spirit with neighbors and friends. We've got the treats, games, and spooky surprises ready—now we just need you! It's sure to be a fang-tastic time for the whole family.

Let's make this Halloween one to remember!

Event may be postponed or canceled due to inclement weather.



LOCAL HIGHLIGHTS

WHAT YOU NEED TO KNOW ABOUT PROPOSITION 482: WHY IT MATTERS THIS NOVEMBER

This November, Coconino County voters will decide on Proposition 482, a critical measure that could shape how the County manages its finances moving forward. Prop 482 proposes a permanent base adjustment to the County's expenditure limit, a cap on how much the County can spend each year.

So, what does that mean for you? If approved, Prop 482 will allow the County to use revenues that voters have already authorized—money that is currently restricted by the expenditure limit set decades ago. Here's a breakdown:

The Backstory

In 1980, Arizona voters put a cap on spending for all cities, counties, and towns, basing it on what each was spending in 1979-1980. For Coconino County, that means the limit was set at \$10.2 million. Since then, the limit has been adjusted based on population growth and inflation, but those adjustments haven't kept pace with the rising costs of services like law enforcement, road maintenance, healthcare, and disaster response.

Why Proposition 482?

The County's current expenditure limit has restricted its ability to spend voter-approved funds. For example, in 2014, about 65% of voters passed

the Road Maintenance Sales Tax (RMST) to fix roads, but fully spending that money would push the County over its limit. Instead of delaying projects, the County issued debt to avoid exceeding the limit—an option that costs taxpayers more in the long run.

To date, \$92 million from RMST has been invested, improving road conditions dramatically. In 2014, 36% of County-maintained roads were in poor or very poor condition. Today, that's down to just 3%.

What's at Stake?

Prop 482 doesn't raise your taxes. It simply raises the base limit, allowing the County to spend the money it already has, rather than relying on debt. As the County grows and technology evolves, expenses continue to rise, and the original limit from 1980 doesn't account for new demands—especially with the increase in tourism, which adds pressure on services like road maintenance and search and rescue.

Want to Learn More?

For more details, including FAQs, timelines, and videos, visit www.coconino.az.gov/prop482. You can also send your specific questions to prop482@coconino.az.gov.

Stay informed and make your voice heard this November!

Local Highlights Continued on page 9

Prop 482 is on the Ballot this November – Get the Facts!

Prop. 482 asks voters to consider a permanent adjustment to Coconino County's expenditure limit base.

What's that?

In 1980, Arizona voters approved an annual expenditure limit on counties, cities and schools. The expenditure limit is calculated using an **expenditure base**. The expenditure base was set using the County's actual expenditures from 1979-1980.

Why an adjustment now?

The expenditure base established 44 years ago creates challenges for meeting modern service demands. The expenditure limit now limits the County from using revenues already approved by voters, which impacts vital services like road

maintenance and projects, the Sheriff's Office, health and human services, and more.

Get the Facts—It's NOT a Tax.

Prop 482 does NOT raise property taxes or other Coconino County taxes. It only adjusts the expenditure base to allow the County to expend revenues already approved by voters. Adjusting the expenditure base does not allow the County to spend more revenues than it receives.

Coconino County is Not Alone.

Four Arizona Counties—including Navajo and Apache County—have already adjusted their expenditure base. 44 of 91 Arizona cities—including Flagstaff—have done the same.



Learn more: coconino.az.gov/prop482
Questions? Email us: prop482@coconino.az.gov



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Fine Properties



\$480,000

265 E FAIRLANE ROAD

Charming 3-bed, 2-bath 1991 Cavco home on two lots. Upgrades include a renovated kitchen with new cabinets, countertops, and appliances, along with upgraded baths, new windows, and fresh paint. Exterior features a pergola, fenced yard, sheds, and covered porches on both sides. The yard is beautifully landscaped with artificial grass, trees, and pavers. Additional improvements include a new hot water heater, updated plumbing, and an A/C unit in one shed. Ready to move in!

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\$229,000

405 E OAK DRIVE

This is a two bedroom, 1.5 bath with brand new carpet, newer dishwasher and garbage disposal. Also a newer roof. All electric split floor plan, open kitchen. Property is ready for your occupancy. Covered and exposed front deck for those cool summer days. Carport with an entrance right into the utility room. A couple of sheds off the backside..

CALL DEBI BRIGHT



\$440,000

17060 S PENGUIN

Meticulously cared for 3-bedroom, 2-bath home with a large front porch, extended by 3 feet, and a walkway porch leading to a covered back porch. Features include a large shed, fenced backyard, new flooring in the kitchen, hall, dining, and living rooms, and an extra-large lot. The airy primary bedroom has two closets, and the spacious bath offers dual sinks, a soaking tub, and a separate shower. Plenty of space for additional sheds or a garage.

CALL DEBI BRIGHT



\$615,000

475 E HILLSIDE DRIVE

Beautiful flat corner lot over 10,000 sq. ft. with a gazebo and concrete circular driveway. This cozy cottage-style cabin features a white tongue and groove ceiling and a large covered front porch. The main floor includes a welcoming living room with a fireplace, dining area, open kitchen, bath with new shower, and a primary bedroom. A large utility room leads to a 2-car garage. Upstairs, two spacious bedrooms. Central propane heat and portable A/C complete the home.

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190 BISON DRIVE

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1385 BIG BEAR TRAIL

Fully furnished and tastefully decorated, this turn-key chalet in the desirable "Animal Hill" area offers 3 bedrooms, 2 bathrooms, and a large bonus room. The cozy living space features a stone fireplace, rustic wood banisters, and knotty pine doors, adding mountain charm. The kitchen boasts wood cabinets, stainless appliances, and ample space for cooking. The large upstairs bonus room is perfect for a bunk room, office, or game room. Just bring your essentials and enjoy your mountain retreat!

CALL ELIZABETH HAUSMAN



\$199,900

17149 IRON SPRINGS RD

Under contract for full price, first day on the market, contract to close in just 9 days. I can sell yours too!

CALL ELIZABETH HAUSMAN



\$769,000

1325 E JAGUAR LANE

Large concrete drive leads to an oversized single-car garage. Sit on the covered deck and enjoy the grass. Open the front door to a huge living room, dining room, and kitchen. Woodburning stove. Kitchen is all electric with an extra-large island. Back door leads to the shed. Down the hall to the primary bedroom with its own bath. Another primary bedroom with its own bath and a bedroom with walk-in closet. Upstairs addition with its own balcony. Family room is large enough for a pool table and seating. Up two steps to the sleeping area and a half bath. Plenty of parking. Oversized lot with trees.

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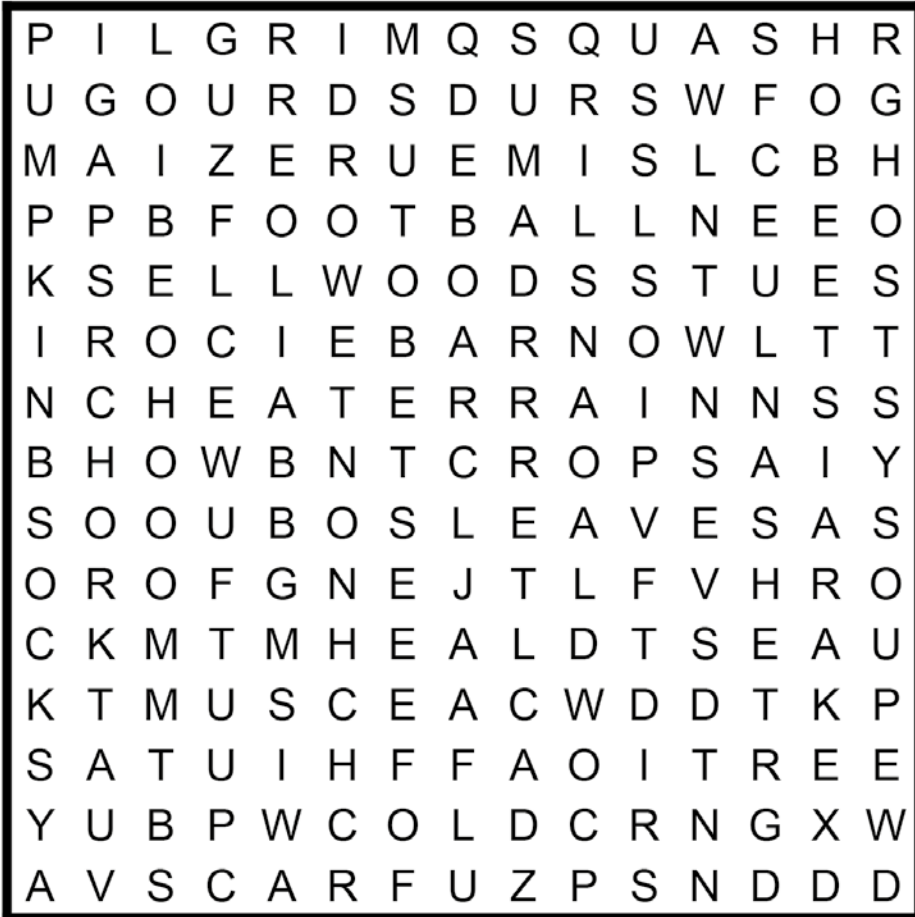
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WORD SEARCH

Created by Paul Mason • Solution Page 38



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DUTCH OVEN PEACH COBBLER

A Sweet Treat by the Campfire & Under the Stars

By Margaret Ivey

There's something about a dark sky that stirs the soul. In a world full of busy streets and glowing screens, we often forget the quiet beauty that exists right above us. But here in Northern Arizona, the stars remind us of the things that truly matter—things like time, connection, and the simple joy of sharing a meal.

I invite you to step outside. Leave the lights behind, let the night wrap around you, and gaze upward. The stars will be there, waiting, as they've always been. And while you're at it, why not bring along a dish that's stood the test of time, just like those stars? Dutch Oven Peach Cobbler—made with fresh, ripe peaches, a touch of cinnamon, and baked slowly over an open flame. There's a reason this recipe has been passed down through generations. It's more than just a dessert; it's a reminder of the simple moments that bring us together.

The origins of peach cobbler are humble. In the early days, families and pioneers would gather around the fire, making do with what they had. Fresh fruit wasn't always available, but when summer brought in its bounty, peaches were treated like gold. They were sliced, sweetened, and tucked into a Dutch oven, where they'd slowly bubble and bake, their juices



mingling with the warmth of cinnamon and a simple batter.

This isn't some quick-fix dish made from a box. No, this is the real thing. Fresh peaches, tossed in sugar and cinnamon, layered beneath a soft, buttery biscuit topping. A little patience is required—good things take time—but as the fire crackles and the scent of peaches fills the air, you'll know it's worth the wait.

But it's not just the cobbler we're here to celebrate. It's the sky above, the dark sky that we're lucky to still have in our area. Many people live their entire lives without seeing stars as bright as these, without knowing the quiet comfort they bring. So tonight, honor that gift. Turn off the porch lights, step away from the distractions, and take in the wonder that surrounds you. The stars, like the cobbler, offer us a reminder—of simplicity, of patience, of the sweet things that come when we slow down and savor what's in front of us.

As you sit with loved ones, spooning warm peach cobbler onto your plate, know that this moment echoes the gatherings of those who came before us—families huddled around fires, under these very stars, sharing stories and meals. The world may have changed, but the stars above and the joy of sharing good food remain timeless.

Let the stars light your table, the smell of peaches and cinnamon remind you of life's simple pleasures, and the dark sky above draw you into a connection to something greater than ourselves.

Continued on page 12



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HOMEMADE & WONDERFUL

Continued from page 11

Ingredients

The Filling

- 6 tablespoons unsalted butter
- 3 pounds ripe peaches about 5-6 large or 8-9 small/medium peaches
- 1/3 cup honey
- 2 tablespoons cornstarch
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger

The Topping

- 3/4 cup granulated sugar
- 1/3 cup white whole wheat flour
- 1/3 cup all purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon kosher salt
- 1/2 cup milk

Instructions

1. If baking in the oven, preheat the oven to 350 degrees F (See recipe notes to if cooking this cobbler over a campfire.) Place the butter in the bottom of a 10-inch dutch oven or a 3-quart baking dish with high sides. Once the butter is melted, remove the dish from the oven.
2. To quickly and easily peel the peaches: Bring a very large pot with enough water to cover the peaches to a boil. While the water comes to a boil, prepare an ice bath by placing a handful of ice cubes in a large bowl and then filling it with cold water. Once the water is boiling, with a slotted spoon or tongs to protect your fingers, gently lower the peaches into the water. Add the peaches in two batches so that the water temperature does not rapidly drop. Boil for 1 minute. Remove peaches from the pot and plunge into the ice bath to stop the cooking. The skins can now be easily slipped off with your fingers. Cut peaches into 1/3-ish inch wide slices, then place the slices into a large mixing bowl. If you prefer, you can peel the peaches with a vegetable peeler.

3. If you don't have access to fresh peaches, be sure to purchase the best canned peaches available and drain the juice before using.
4. To the bowl with the peaches, add the honey, cornstarch, vanilla extract, cinnamon, and ginger. Stir gently to combine. Set aside.
5. In a separate bowl, prepare the topping. Whisk together the sugar, white whole wheat flour, all purpose flour, baking powder, and salt. Add the milk, and whisk to combine. Gently pour the batter over the melted butter. DO NOT STIR. Now, carefully spoon the fruit and any juices that have collected in the bottom of the bowl on top of the batter. Again, DO NOT STIR.
6. Bake for 50 to 60 minutes, until the topping is deep golden at the edges and a toothpick inserted in the middle of the topping (not the peach filling) comes out clean. The topping will rise above the peaches, puff up, and turn golden so that you have a cake with fruit beneath. Serve the cobbler warm with whipped cream, a scoop of ice cream, or our family favorite: a pour of heavy cream.

Instructions for Campfire

Preheat 45 charcoal briquettes until white and glowing. Lightly butter the inside of a camp dutch oven—do not melt the butter inside of it. Prepare the fruit filling as directed. In a separate bowl, stir together the topping ingredients as directed. After adding the milk, stir in the melted butter. Spoon the fruit into the bottom of the dutch oven, along with any juices. Slowly pour the batter over the top. DO NOT STIR.

To Cook: Cover the dutch oven with its lid. Place 15 hot charcoal briquettes together (they will be covered with ash) and set dutch oven over them. Using tongs, place the remaining 30 briquettes on the dutch oven lid. (This number and placement is necessary for the dutch oven to reach 350 degrees F.) After 10 minutes, rotate the dutch oven over the coals clockwise and the lid over the dutch oven counter clockwise to promote even cooking. Check after 20 minutes, cobbler is done when the topping is golden brown and the fruit juices are bubbling. Continue cooking as needed—about 35 to 45 minutes or so total—the time will vary based on the exact temperature of your coals, so trust your judgement and adjust the time as needed. The cake will rise higher than it does with the oven method, because the fruit starts underneath the cobbler batter instead of on top of it, and thus doesn't weigh it down. This is to keep the fire from burning the batter before it has a chance to rise. It will taste just as fabulous. Be careful when checking for doneness so that you don't let any ashes drop onto the cobbler. Enjoy hot with all the fixings.



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THE PINWOOD NEWS

CARVE & CREATE:

The Great Pumpkin Challenge!

Calling all pumpkin carvers and fall enthusiasts! Whether you're here to carve your masterpiece, pick up some seasonal blooms from Warner's Nursery, or savor delicious treats from Kota's Coffee, there's something for everyone!

Pumpkin Carving Contest Details:

- 'Lil' Pumpkins (11 and under): Get creative with paint, stickers, and crafts! Fun prizes for 1st, 2nd and 3rd place!
- Jack-O-Lantern Juniors (12-17): Show off your carving skills in a friendly competition! Cash prizes — \$100 for 1st, \$75 for 2nd, \$25 for 3rd!
- Master Carvers (18 & up): Compete for glory and great prizes! Cash Prizes — \$150 for 1st, \$100 for 2nd, \$75 for 3rd.

And that's not all...

Autumn Essentials: Discover the best pumpkins and fall plants and flowers for sale from Warner's Nursery right here in Munds Park!

Delicious Treats: Enjoy freshly brewed coffee and pastries from Kota's Coffee. Warm up with a cup and savor a tasty treat while you carve!

Get ready to carve, create, and celebrate the season! Mark your calendar and join us for a fun-filled day of autumn festivities!

REGISTRATION IS REQUIRED to participate. You can sign up here:
www.thepinewoodnews.com/registration

Saturday, October 5 from 10 am - 2 pm
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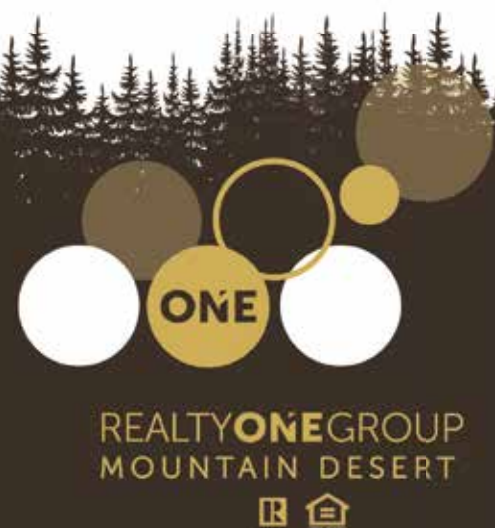
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GARDENS IN THE PARK

YOUR PUMPKIN CARVING GUIDE

Carving pumpkins is a beloved tradition, and a staple of many households when Halloween approaches. It lends itself to all skill levels and is a fun way to embrace the spirit of the season. Whether you're a beginner or a seasoned pumpkin carver, this guide will walk you through the essential steps and techniques to create a stunning jack-o'-lantern.

And you can put those skills to good use during The Pinewood News Great Pumpkin Challenge on Saturday, October 5th from 10 am to 2 pm. We'll be there with pumpkins and autumn blooms for sale (just look for our Warner's Wagon). Details on the contest are at the end of this article.

The first step in carving a pumpkin starts right at the pumpkin patch when you pick the right one for your design. You'll want one that has a sturdy stem and a smooth, even surface. Avoid pumpkins with soft spots, as these are signs of decay.

You'll want a pumpkin that matches the size and complexity of your design; typically the more intricate the design, the bigger pumpkin you'll want. Also keep in mind the bottom of your pumpkin - those with a flatter bottom will be a little more stable, which makes them easier to carve.

Before you start with your grand pumpkin design, make sure you have the right tools available. Basic tools include a serrated knife for cutting the top off the pumpkin, a large spoon or scoop for removing the seeds and pulp, and a small, sharp paring knife for detailed work. However, for more intricate designs, specialized pumpkin carving kits are widely available and typically include tools like saws, pokers, and sculpting tools. These kits can make the process easier and safer, especially for those who are new to carving.

Once you've selected your pumpkin and gathered your tools, it's time to prepare the pumpkin for carving. Start by cutting a hole in the top around the stem. The hole should be large enough for your hand and a scoop to fit inside. Angle the knife inward as you cut to create a lid that won't fall inside. (You can also cut the bottom off instead of the top, or cut a hole in the back and replace the piece when you are done.)

Next, remove the lid and scoop out the seeds and pulp. Be thorough in cleaning out the inside of the pumpkin, as any remaining pulp can hasten decay.

Now comes the fun part: designing your jack-o'-lantern. If you're a beginner, it's wise to start with a simple design, such as a classic face with triangle eyes and a jagged mouth. For more advanced carvers, the possibilities are endless. You can create intricate patterns, spooky scenes, or even portraits.

You can either freehand your design or use a stencil; in fact there are many free stencils available on the internet. If using a stencil, tape it to the pumpkin and use a poking tool or pin to outline the design by poking small holes along the lines. (Note: designs for the Pinewood News pumpkin carving contest cannot be made from a stencil).

With your design in place, it's time to start carving. Begin by making shallow cuts along your design, then gradually deepen them. Take your time and use a gentle sawing motion, especially around tight corners

or intricate details. For safety, always carve away from yourself and keep your hands dry to avoid slipping. If you make a mistake, don't worry; you can use toothpicks to reattach pieces.

Once you're done, preserve your pumpkin. Pumpkins naturally begin to decay once they've been carved, but there are ways to slow this process. For example, you can apply petroleum jelly to the cut edges to seal in moisture. You can also spray your jack-o'-lantern a mixture of water and bleach (about one tablespoon of bleach per quart of water) to deter mold.

Now comes the finishing touch - lighting your jack-o'-lantern.

The traditional light source is candles, but you can also use battery-operated candles or LED lights, which are safer alternatives. Place the light source inside the pumpkin, replace the lid, and watch as your design comes to life with a spooky glow.

We hope to see you at the Great Pumpkin Challenge on October 5th. The event will be at 18 W. Pinewood Blvd. in Munds Park. We'll have three categories of challenges, all of which need to be done freehand (no stencils):

- 'Lil' Pumpkins (11 years old and younger) will create their pumpkins without carving tools and instead decorate with paint, stickers, and crafts. Fun prizes for 1st, 2nd, and 3rd place winners.
- Jack-O'-Lantern Juniors (12 to 17 years old) can show off their talents and win prizes up to \$100.
- Master Carvers (18 and older) can compete for the grand prize of \$150.

Register for the Great Pumpkin Challenge at www.ThePinewoodNews.com!

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The Cocktail Connoisseur's Corner

A TOAST TO AUTUMN'S BOUNTY

Bourbon & Spiced Pear Smash

By Dick Trudeau

There's something about this time of year that makes you look around and take stock. The days are getting shorter, the air cooler, and the land begins to shift, settling into the quiet rhythm of autumn. Survival once meant creativity—especially when it came to preserving the bounty of the land. It wasn't just about gathering what you could; it was about using every last bit of it, knowing that what you



saved today could see you through the long, cold months ahead.

For generations, the land has provided, but it's never been about abundance. It's been about knowing how to make something from the simplest of offerings. When the pears ripen, they're picked not for decoration but for a purpose. They're simmered slowly into syrup, not because anyone's trying to be fancy, but because it's what you do when you understand that nothing should go to waste.

As the season winds down, there's a satisfaction in knowing you've made good use of what's around. It's not about stockpiling wealth—it's about living well with what the land offers and taking nothing for granted. The warm glow of the autumn sun fades earlier each day, but there's comfort in that too, in the way life begins to slow down. You look out over the fields, the trees, the fading leaves, and feel that quiet sense of accomplishment that comes from having done enough—enough gathering, enough preparing, enough living in step with the world around you.

And then comes the time to sit back. You take that pear syrup, a little cinnamon, and you stir it into a good, strong bourbon. The Bourbon &

Spiced Pear Smash is more than just a drink—it's the embodiment of the season. It's a reminder that you don't need much to live well. You just need to appreciate what's in front of you, to let the simplicity of the moment sink in as you take that first sip. The warmth of the bourbon blends with the sweetness of the pear, the spice of cinnamon lingers on your tongue, and for a moment, everything feels just right.

This is the time of year for reflection. A time to acknowledge that the land has provided again, that you've taken care to use its gifts well, and that there's a certain peace in knowing you're ready for whatever comes next. As the year begins its slow close, there's no need for grand gestures. Just a good drink, a quiet evening, and the satisfaction of knowing you've made the most of the season.

Ingredients

- 2 oz Bourbon
- 1/2 oz Fresh lemon juice
- 1 oz Pear syrup (recipe below)
- Dash of cinnamon
- Dash of ground nutmeg
- Fresh pear slices, for garnish
- Ice

Pear Syrup

- 1 ripe pear, diced
- 1/2 cup sugar
- 1/2 cup water
- 1 cinnamon stick

The Method

Make the Pear Syrup: In a small saucepan, combine the diced pear, sugar, water, and cinnamon stick. Bring to a boil, then reduce to a simmer for 10-15 minutes, until the pear softens. Remove from heat and let cool. Strain the syrup into a jar.

Make the Cocktail: In a shaker, combine the bourbon, lemon juice, pear syrup, a dash of cinnamon, and nutmeg. Add ice and shake well.

Serve: Strain into a glass over ice. Garnish with fresh pear slices and a dash of nutmeg on top.



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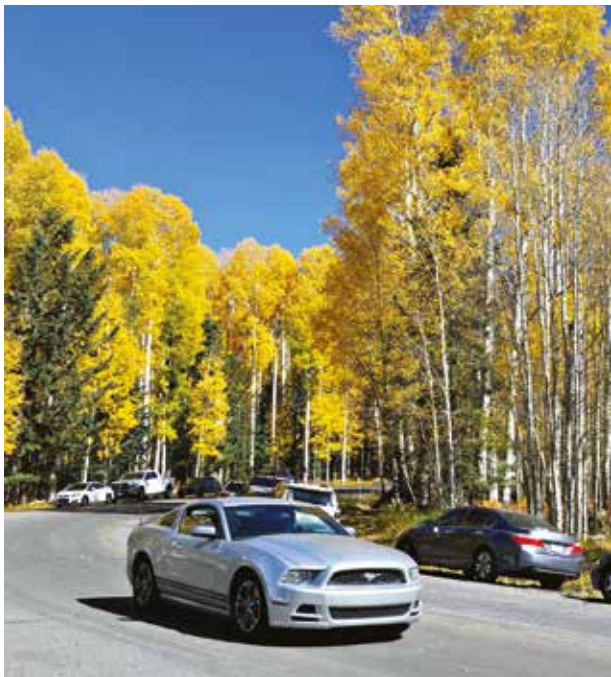
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Aspen Corner | UNSTOPPABLE Stacey photo



Color on the Peaks | UNSTOPPABLE Stacey photo



Photo by Manouchehr Hejazi on Unsplash

By Unstoppable Stacey Wittig

September 22 marks the first day of autumn, which brings opportunities for two of my favorite fall activities: stargazing and leaf-peeping fall colors in Flagstaff.

The world is a carousel of color around northern Arizona in the coming weeks. Aspen leaves are starting to change in the high country and will reach full splendor by mid-October. For the past twenty years, I've marked my calendar on October 14 for a hike through the aspens near Arizona Snowbowl. You could do the same to view fall colors in Flagstaff.

Go for the Gold: Aspen Corner

Start walking at Aspen Corner, a 6.5-mile drive up Snowbowl Road from Highway 180. From there, hike or bike north on the Arizona Trail to Bismarck Lake for a nine-mile roundtrip.

Alternatively, capture Instagrammable shots of the golden spectacle at

Aspen Corner and then continue driving up to Snowbowl for enjoyable scenic gondola rides. UNSTOPPABLE tip: save when you buy online and in advance. Through the end of September, all adult Scenic Gondola tickets come with a \$10 resort credit when you purchase online. www.snowbowl.ski

Leafers Love Lockett Meadow

Another favorite for bursts of fall colors in Flagstaff is Lockett Meadow. However, FR 552, Lockett Meadow Road, is closed to motorized traffic due to the Pipeline Fire Closure. But it's open to non-motorized traffic. That means you can walk or mountain bike a six-mile roundtrip trail to get to the campsite and Inner Basin Loop trailhead. Enjoy the sound of the quaking Aspen leaves with a picnic lunch if you've brought one. Or walk the 3.4-mile Inner Basin Loop Trail with the golden glow overhead.

Continued on page 26



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A LIFETIME IN THE STARS

Ralph Nye's Visionary Work at Lowell Observatory

By Sandee Caviness

Genna and I have a neighbor who has transformed his backyard into an astronomer's dream, complete with three large observatory domes. Naturally, moving from one Dark Sky community to another, our curiosity was piqued.

We spotted him mowing his lawn and couldn't resist pulling over to chat. Imagine our surprise when we learned that our neighbor is none other than Ralph Nye, a name synonymous with innovation and precision at Lowell Observatory. Ralph is renowned for his technical skills, having played a pivotal role in designing, maintaining, and upgrading some of the observatory's most important telescopes and equipment for over 40 years. His work has helped keep Lowell at the cutting edge of astronomical research.

As for those observatory domes in his backyard? Those are Ralph's hobby telescopes. Yes, you read that right—these incredible instruments Ralph refurbished from Lowell Observatory. To say they're impressive would be an understatement!

After a brief chat that day, I knew there was so much more to learn. I asked Ralph if he would be open to an interview, and he graciously invited us back.

Ralph and I settled into his kitchen, a space he crafted with his own hands, enveloped by the history he's woven into both the structure and his many telescopes. His clear blue eyes and fit frame might remind one of a classic figure, perhaps Paul Newman. I suspect mentioning this might embarrass Ralph, given his humble nature, but it's undeniable—there's an understated charm about him. Yet, it's not solely his appearance that captures attention; it's the enthusiasm in his voice when he speaks about the cosmos. Ralph's passion for astronomy is palpable, more than just a professional pursuit—it's a deep, enduring love affair with the night sky.

As I asked him what had sparked this lifelong interest in the stars, he leaned back and smiled. "My fascination with stars began when I was about ten," he began. "It started with rocks. I used to go out looking for rocks and fossils—rock trips, we called them. One night, out in the California desert with my family, an amateur astronomer had set up a telescope and invited me to take a look. I saw Saturn—the ring planet." Ralph paused as if transported back to that moment. "It was the first time I saw a planet. The rings surrounding it, glowing against the black sky, blew me away. That was all it took. I was hooked."

It was a simple moment, but it changed Ralph's life, sparking a lifelong love of the cosmos. When he returned home, Ralph devoured books on astronomy and began building his own telescopes with the help of his father. "Back then, telescopes were too expensive to buy, so you had to make your own," Ralph explained. Using a piece of glass, a ceramic tool, and different grades of carborundum, he spent countless hours grinding and polishing by hand, fine-tuning his telescope to perfection. "I still have the original book that taught me how to build it—an issue of Popular Mechanics," he recalled.

In the bustling workshop of Cave Optical in Long Beach, California, Ralph Nye found more than just a community of telescope makers—he discovered mentors who would shape his path in astronomy. These artisans, steeped in the tradition of precision and craftsmanship, introduced Ralph to the Los Angeles Astronomical Society, a nexus for like-minded stargazers.

Ralph's life took a tender turn when he chose to sell his hand-



The 1907 Brashear Telescope, once a cornerstone of early 20th-century astronomy, captured in its original glory.

crafted telescope to purchase an engagement ring—a testament to his commitment. However, the sacrifice did not go unnoticed by his wife, who saw his eyes linger on the night sky. Sensing his longing, she encouraged him to rekindle his passion for the stars. Leveraging his position at an oil tool company, Ralph gained access to sophisticated machining equipment, a far cry from his early, more rudimentary setups. Under the guidance of his military-honed skills as a machinist and personal drive, he embarked on a meticulous three-year endeavor to build a new telescope.

This project culminated in a stunning creation that not only restored his connection to the cosmos but also earned him a feature in *Sky and Telescope Magazine*. That's a big deal in the world of the cosmos.

Over fifty years ago, Ralph and his wife left the coast of California for the high desert of Rimrock, Arizona. They settled on a plot of land his wife had purchased when she was just 17—a bold move for someone so young. With no formal ownership



The 1907 Brashear Telescope, once reduced to a pile of rust and disrepair after years of neglect and exposure to harsh elements.



A Return to Grandeur: The 1907 Brashear Telescope, meticulously refurbished by Ralph Nye, serving as a testament to his mad skills for telescope restoration.

papers, her parents handled the finances, setting the mortgage at a mere ten dollars per month. Arriving with little more than a camper, a cat, and dreams as boundless as the starlit sky, Ralph built their home with his own hands, laying the foundation of their new life in the Arizona soil.

Ralph harbored a deep-seated desire to align his future with the stars by securing a position at an observatory. His persistence eventually paid off when a role opened up at Lowell Observatory, where his potential was finally recognized. A crucial factor was his six-page article in *Sky and Telescope Magazine*, which showcased his exceptional skill in building telescopes. This feature not only demonstrated his technical prowess but also highlighted his dedication to astronomy, earning him a coveted position at Lowell.

During his 43-year career at Lowell Observatory, Ralph became more than just an engineer—he was the guardian of the telescopes that opened windows to the universe. His expertise ensured these instruments could reach deep into the

cosmos, bringing distant stars, galaxies, and nebulae into view. Each discovery, made possible by the telescopes he carefully designed and maintained, was a testament to his dedication and craftsmanship. Ralph's work helped bridge the gap between Earth and the mysteries of space, making the vast unknown a little more familiar.

When asked about his most memorable projects, Ralph reflects for a moment before answering. "There are two that really stand out," he says.

The first is his design of an instrument for the 55-foot telescope aboard NASA's SOFIA (Stratospheric Observatory for Infrared Astronomy) jet. This modified Boeing 747 flies at 600 miles per hour and at an altitude of 35,000 feet—far above the atmospheric interference that limits ground-based telescopes. What makes this project exceptional is the telescope's ability to lock onto a star and stay perfectly focused, even as the aircraft speeds through the atmosphere. "The beauty of the system is that, despite the plane's movement, the telescope stays dead-on target," Ralph explains. The sophisticated tracking system ensures that the telescope remains stable, allowing scientists to gather precise data while in flight. This project was funded by a \$3 million grant to Lowell Observatory, a major achievement in the field of airborne astronomy.

The second project close to Ralph's heart was the design of an advanced instrument for the Lowell Discovery 4-meter telescope near Happy Jack ranger station. This instrument, funded by a significant donation from the Discovery Channel, was pivotal in enhancing the telescope's capabilities. It allowed astronomers to capture more detailed and precise images of distant celestial objects, pushing the limits of what Earth-based telescopes could observe. "It took about three years to complete, but the result was a vital upgrade that helped keep Lowell Observatory at the forefront of modern astronomical research," Ralph notes.

In a career filled with no less than 45 major projects, these two stand out as Ralph's most significant contributions—projects that pushed boundaries and reshaped our understanding of the universe.

Looking back on his time at Lowell Observatory, Ralph has witnessed an era of tremendous change. When asked about the most significant technological breakthrough, he points without hesitation to the evolution of telescope technology.

In the early days of astronomy, manually tracking stars was an intricate and demanding process. Astronomers began by aligning their telescopes with the North Star, using an equatorial mount designed to match the Earth's axis. This alignment allowed them to account for the planet's rotation, ensuring their observations remained steady. Once aligned, astronomers would use finely-tuned cranks or knobs to slowly guide the telescope, making precise adjustments as they tracked celestial objects across the sky.

This manual process required immense focus and patience, as even the smallest misalignment or lapse in tracking could cause the star or planet to drift out of view. It was physically demanding work, often requiring long hours hunched over the telescope, making constant adjustments to keep the celestial object in sight.

But today's computerized telescopes have changed everything. Modern systems now automatically locate and track celestial objects with GPS precision. What once took hours of manual

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A LIFETIME IN THE STARS

Continued from page 21

adjustments and calculation can now be done with just a few commands, enabling astronomers to capture incredibly detailed images and data in a fraction of the time. This leap from manual to automated tracking has revolutionized how we explore the universe, making the once distant mysteries of the cosmos more accessible than ever before.

For Ralph, however, the old ways still hold a certain appeal. Even with the advancements in technology, his passion lies in the craftsmanship of earlier telescopes. “The older ones are the best,” he says, reflecting on the telescopes he restores in his spare time. Without computerized systems, using them requires both skill and patience. “You have to know how to use them manually,” Ralph says, reflecting on the hands-on connection these instruments demand.

When photographing the night sky, Ralph still uses film—though it’s becoming increasingly rare in the era of digital imaging. “Finding film is tough, and developing it even tougher,” he admits. Capturing celestial images this way requires long exposure times and meticulous adjustments. While the process is slower and more challenging than digital, Ralph finds the effort rewarding. “There’s an artistry to it—something special about seeing a physical image emerge from all that work.”

Ralph now faces a new challenge: the increasing number of satellites cluttering the night sky. “There are over 75,000 satellites in orbit now,” he explains, “and though you can’t easily see them with the naked eye, my camera easily picks them up.” With long exposure shots, satellites appear as streaks of light, disrupting the clarity of his images. “It’s becoming harder to get a clear shot of the stars without interference from satellites, especially with the rise of cell phone networks,” Ralph says. This modern space pollution adds a new layer of difficulty to capturing the sky in its purest form.

It’s fitting that satellites came up, as that was my next question. It’s striking to think that those born before the 1990s may be the last generation to have seen an unpolluted night sky.

The number of satellites has skyrocketed in recent years. Since 2019, SpaceX’s Starlink project

alone has launched over 5,000 satellites, with plans to deploy tens of thousands more in the near future. This rapid increase has dramatically altered the night sky, filling it with more satellites than ever. What started as a few scattered objects in orbit has surged into a vast web of satellite “pollution,” particularly in the last two or three decades, with the most significant growth happening right now.



Ralph Nye dazzles with his astrophotography, and with pinpoint accuracy can name even the shyest stars from a cast of billions of stars!

Curious how this affects someone who has spent a lifetime gazing at the stars, I asked Ralph about his feelings on the matter.

“There’s not much we can control in space these days,” Ralph responded. “Elon Musk is pushing the boundaries, aiming for global communication coverage by placing more than 7,200 satellites in a low-Earth orbit grid. They’re trying to make them less reflective so they’re harder to spot, but if you stand outside for five or ten minutes, you’ll still see them whizzing by.”

Through his telescope, Ralph often spots satellites flying past while he’s observing galaxies or star clusters. For someone working with long-exposure photography, the brightness of these satellites can ruin an otherwise perfect shot.

“While modern software can remove streaks from digital images,” Ralph continued, “it doesn’t help those of us who still value the craft of film photography or who simply want to experience the sky in its original, untarnished form. That version of the night sky—pure, untainted—doesn’t exist anymore.”

A deeper frustration came through in his voice. “Anything man-made in the sky is disruptive. It’s staggering to think that a single person, with the means and influence, can unilaterally clutter the skies we’ve observed for centuries. The sheer amount of space debris now threatens not only our view of the stars but possibly even the Earth. It’s disheartening.”

While space debris presents one challenge, light pollution is widespread and obstructs our view of the night sky. Unlike satellites, which might go unnoticed by the naked eye, light pollution creates a constant glow that drowns out the stars, making it far more troubling for human observers. Ralph points out that if you compare satellite images of the United States from 20 years ago to today, the glow from city lights has doubled, casting an ever-widening halo across the landscape.

Continued on page 25

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A LIFETIME IN THE STARS

Continued from page 23

“When I first moved to Rimrock 50 years ago, the Milky Way was incredibly bright—an unmistakable ribbon of stars stretching across the sky,” Ralph recalls. “But as northern Arizona grows, especially with the addition of the casino, the sky has noticeably changed. It’s still dark enough to enjoy, but if we’re not careful, those dark skies will soon disappear, and the stars will fade away.”

Ralph has taken an active role in preserving the dark skies of northern Arizona. He worked with the county to dim the lights at the casino, offering his expertise to help reduce light pollution whenever possible. One of the main issues, Ralph notes, is that many people don’t realize they don’t need porch lights on all night—or that they don’t need to be so bright that the light spills onto neighboring properties.

His advice to communities striving to maintain their Dark Sky status is straightforward: use lighting that faces downward, dimmer, and hooded are within regulation. Moreover, motion-activated lights are a better solution than constant bright lighting. “They think bright lights protect their homes,” Ralph explains, “but in reality, motion lights are more effective. When they turn on, you know something’s there. And constant bright lighting isn’t just bad for people—it harms wildlife, insects, and the entire ecosystem.”

In places like Camp Verde and Cottonwood, new ordinances are being developed to ensure that outdoor lights are properly shielded and dimmed to preserve the region’s dark skies. Sedona, for instance, already has a dark sky ordinance that requires lights to be turned off after 10 p.m. in some areas. For those new to Munds Park, it’s important to note that Munds Park is also a designated Dark Sky community with its own lighting ordinances in place to protect its clear, star-filled nights.

Ralph shares a powerful example of how light pollution affects our connection to the night sky. “We had friends visit from China, and one young woman had lived in both China and New York—two places with so much light pollution that she had never truly seen the stars. When I showed her the Milky Way through my telescope, she was overwhelmed. It’s amazing how many people don’t realize what they’re missing. They don’t even know the stars are there.”

Preserving dark skies is about more than just aesthetics—it’s about protecting a natural resource and ensuring our ecosystems are not negatively affected. By making simple changes to our lighting practices, we can ensure future generations have the chance to look up and see

the stars, just as Ralph did decades ago when the Milky Way still shone brilliantly over northern Arizona.

In the quiet of the night, inside the dome of his observatory, Ralph spends countless hours gazing through his telescope, which is over a century old. I asked if, in those moments of stillness, he ever feels connected to something greater.

“Absolutely,” he says. “You can’t help but appreciate where we are on Earth and how we got here. When I look through these lenses, I’m not just observing the stars—I’m looking through time. Some of the lenses I use were made in 1859, just before the Civil War. I think about the craftsmanship, the care those people put into creating something that’s still helping us see the universe today.”

For Ralph, the connection to the past is as much a part of the experience as the celestial objects he observes. “You’re looking at objects so far away, their light took hundreds of thousands of years to reach us, traveling at the speed of light. Take the Andromeda Galaxy, for instance. With the naked eye, it’s just a fuzzy patch in the sky, but that’s 2.2 million light-years away. What you’re seeing is the light that left there 2.2 million years ago. You’re looking at history. Everything up there has already taken place.”

He pauses, reflecting on the extraordinary nature of what he’s describing. “If you see a supernova, that explosion happened 1,500 light-years away, and we’re just now witnessing it. What’s it like today? We don’t know. It’s a strange, humbling science—you’re studying history, but it’s the most up-to-date information we have.”

Ralph’s connection to the stars isn’t just intellectual—it’s deeply spiritual, too. “You have to think about it,” he continues. “We’re traveling around the sun at 66,000 miles an hour right now, while the Earth is spinning at 1,200 miles per hour from west to east. We don’t notice it because the Earth is so big, but that’s what’s happening. And all the while, the stars have been there, a constant reminder of the vastness of the universe and the small place we occupy in it.”

As Ralph looks through his telescope, he’s not just observing distant galaxies—he’s reflecting on the passage of time, the artistry of human craftsmanship, and the wonder of being a part of something much larger than himself. The stars, for him, are both a window to the past and a reminder of our place in the cosmos.



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Sedona Colors

According to Arizona travel expert Roger Naylor, the peak season for fall colors runs from mid-October into November at Sedona’s lower elevations. It’s a terrific time to visit Red Rock State Park, the 286-acre nature preserve with winding trails lined with lush riparian habitat that pops with harvest gold, pumpkin orange and red leaves. Red rock pinnacles frame crimson sumac and fuchsia maple trees when brisk nights confirm the onset of autumn along Oak Creek.

Fall Color Finders

As you plan your leaf-peeping expedition, remember to check weather conditions before you go because temperature, wind and precipitation affect foliage. For reports of changing colors, check out:

- Flagstaff Leaf O Meter at www.flagstaffarizona.org/leafometer
- Coconino National Forest Fall Color Report at bit.ly/CocoColors or
- Follow @CoconinoNF on Twitter/X with the hashtag #FallColor.

Dark Skies for Stargazing

Brisk, clear nights of autumn are also perfect for stargazing. Because Flagstaff is the first International Dark Sky City, the mountain town and surrounding areas provide amazing dark skies for stargazing.

“Flagstaff started the movement in 2001 as the world’s first international dark sky city designated by the International Dark-Sky Association (IDA) by implementing lighting restrictions to preserve the night sky,” revealed Meg Roederer of Discover Flagstaff, part of the Economic Vitality Division of the City of Flagstaff. Coconino County soon adopted the light restrictions to preserve dark skies in much of northern Arizona.

Viewing the Night Sky in Munds

The county lighting ordinance limits the adverse impacts of outdoor lighting on the public environment. And, of course, the law is in effect here in Munds Park to protect our dark skies. Check out the Coconino County Light Ordinance to see if your Munds Park home complies: coconino.az.gov

Stars in Your Backyard

Celebrate dark skies in Munds Park by holding a backyard star party. Here’s how to do it:

- Select a moonless night.
- Ask guests to bring flashlights with red filters to protect night vision.
- Dress warmly and meet around 7:30 pm, after the sky gets dark.
- Choose a spot in your yard where you can see the complete Little Dipper. Optimal places are where you cannot see streetlights, lighted signs, neighbors’ porch lights, or brightly lit windows.
- Position chairs facing north, and have cocoa and snacks on hand.

Better yet, head out to Casner Park or Antelope Park to watch the stars unobstructed by the Ponderosa pines.

Look for Jupiter and Saturn, which appear as the evening sky darkens. This fall, you’ll find them in the lower part of the southwestern sky. UNSTOPPABLE Tip: On October 6-10, the Draconid meteor shower is at its peak.

New to night sky viewing? Find instructions for hosting a backyard star party at www.flagstaffdarkskies.org/resources/teacherstudent-science-activity

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THE FOURTH WING

By Sandy Wright

I had put off reading *Fourth Wing* because it received so much hype (including a Best Book nod in 2023). I'm glad I didn't wait any longer; it was worth the read.

Blend Daenerys Targaryen, Katniss Everdeen and Hermione Granger and you'll get a feeling for the personality of the main character, Violet Sorrengail.

Twenty-year-old Violet Sorrengail was supposed to enter the Scribe Quadrant, living a quiet life among books and history. But the commanding general—also known as her tough-as-talons mother—has ordered Violet to join the hundreds of candidates striving to become the elite of Navarre: dragon riders. When you're smaller than everyone else and your body is brittle, death is only a heartbeat away... because dragons don't bond to "fragile" humans. They incinerate them.

Because of her mother, Violet has a target on her back from the moment she arrives. Also present is her childhood crush and best friend, and an upperclassman whose father killed Violet's brother during a rebellion. He carries the brand of a traitor's child, and was conscripted into the dragon riders to atone for his father's sins. To complicate matters, Violet can't take her eyes off either of them.

With fewer dragons willing to bond than cadets to ride them, many of the other candidates would kill Violet to better their own chances of success.

To complicate her effort, Violet has, we believe, a connective tissue disorder. Although the author doesn't name it, it could be Ehlers-Danlos syndrome, a hereditary disorder and chronic illness caused by a defect in collagen, which is essential to strong bones and cartilage.

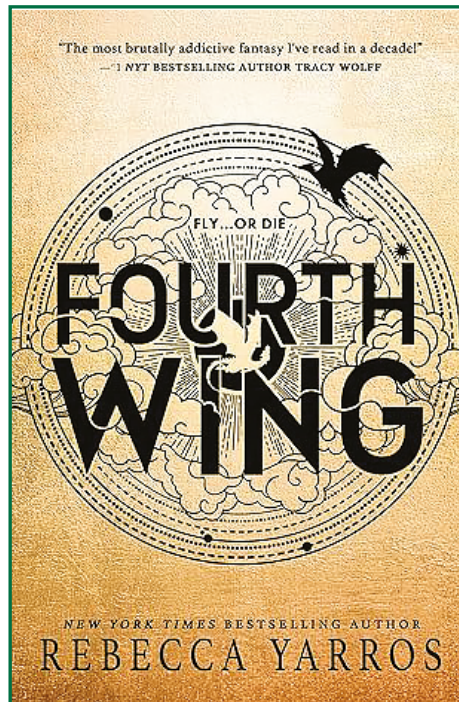
Violet had a clear character arc that was fun to follow as she challenged herself to use her brain and develop her body to go from one of the weakest cadets to one of the strongest. I felt that Violet's journey coming into her true powers was realistic. She wasn't suddenly the strongest and best candidate. She had to work harder and smarter than the rest of the riders

For me, the book was an entertaining mixture of romance and high stakes competition, fast-paced from beginning to end. It snagged my attention in the first chapter and held it through to the final climax.

I loved the dragons! The appeal of these mythological creatures is fascinating. The world-building revolving around the dragons was well-written and researched. I haven't read any dragon fantasy books, but the creatures here reminded me of the ones I viewed in this season's "House of Dragons." If they don't like a potential rider, they let them know by burning them to a crisp. Two dragons actually bonded with Violet, so we readers got to know them both, along with the entanglements that come with them.

To be truthful, I don't think *The Fourth Wing* is the best-written book in the world. Violet's inner monologue is peppered throughout with descriptions of her love-interest Xaden as "flaming hot. Scorching hot. Gets-you-into-trouble-and-you-like-it hot. It certainly paints a picture, perhaps too much. Once I'd gotten the gist of her thoughts, my complaint became how often she said it, and that got old for me.

Minor complaint aside, the book fulfills its role: it keeps you interested, it makes you root for several characters and hate others. I appreciated



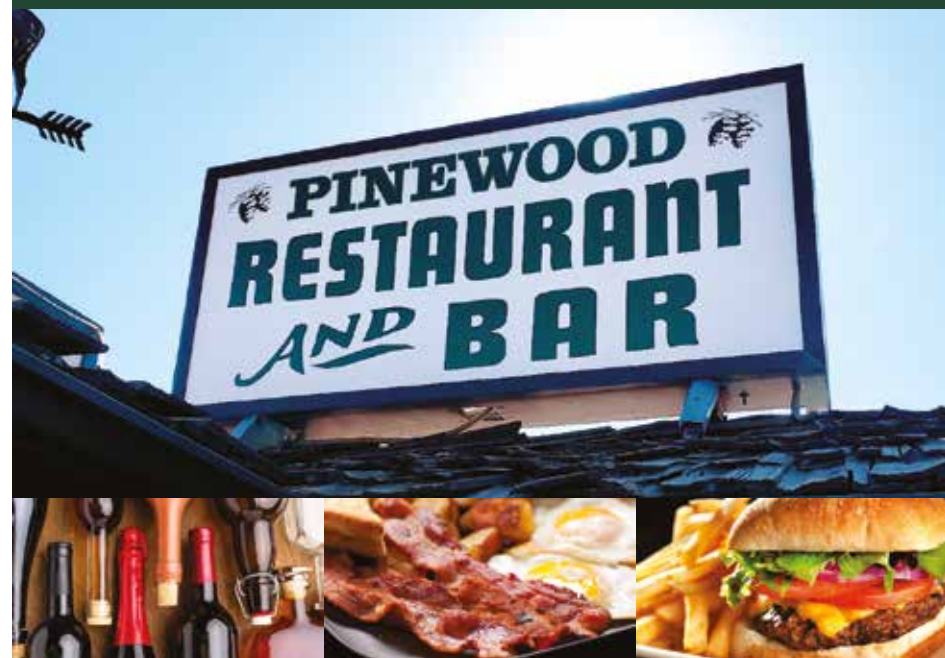
the author giving a voice to her main character's chronic condition while demonstrating Violet's resilience in overcoming her differences, never treating them as a disability, but rather just as something unique.

With every day that passes, it seems, the war outside the school grows more deadly. The kingdom's protective wards are failing, and the death toll rises. Violet begins to suspect leadership is hiding a secret. Will Violet survive to uncover it?

I enjoyed the book all the way through, and recommend you read this first book in the series before jumping into the second one, *Iron Flame*. It's out now, so read fast!

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- Entangled: Red Tower Books, 2023
- 528 pages

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WHAT HOMEOWNERS NEED TO KNOW

to Be in Compliance with the Dark Sky Ordinance

PURPOSE OF THE ORDINANCE

The Dark Sky ordinance aims to preserve the natural night skies in Coconino County by reducing light pollution. This is crucial for protecting observatories, wildlife, and the star-filled skies that are cherished by the community. It also promotes energy conservation and enhances the quality of life for residents and protects ecosystems.

Effective Date and Applicability

The ordinance has been in effect since August 5, 1999, and applies to:

- Any new residential development or installation of outdoor lighting.
- Major modifications or replacements to existing outdoor lighting, especially when they increase the size or scope of the property by 25% or more in terms of dwelling units, floor area, seating capacity, or parking.
- For changes smaller than 25%, only new or modified light fixtures must meet these standards.

Outdoor Lighting Requirements

For both zones, the ordinance requires all outdoor lights to be shielded, directing light downward to prevent glare, light spillage, or pollution.

Fully Shielded Fixtures: All lights must use fully shielded fixtures to prevent light from traveling upwards or outside the intended area.

Motion Sensing Lights: These are permitted but must turn off within five minutes of activation to avoid unnecessary light exposure.

Brightness Limits

For residential properties: Up to 5,000 lumens per lot are allowed.

Motion sensing fixtures in both zones are allowed an additional 2,000 lumens as long as they are fully shielded.

Prohibited Lighting Types

Certain types of lighting are strictly prohibited to reduce light pollution:

- Floodlights projecting above the horizontal plane.
- Searchlights, laser lights, or any high-intensity lights used for purposes other than emergencies.
- Any lighting with blinking, flashing, or strobe effects visible from outside the property.

Time Limits for Lighting

Outdoor lights (excluding security lights) must be turned off within 30 minutes after business or recreational activities end. This helps maintain the dark skies during nighttime hours.

Special Cases & Exemptions

- **Holiday Lights:** Low-output holiday lighting is exempt from shielding requirements from November 15 to January 15.
- **Emergency Lighting:** Lights used for emergencies, such as during power outages, are exempt from these regulations.
- **Solar Lighting:** Solar-powered lights under 5 watts are allowed for landscaping or pathways and do not count toward the total lumen limit.

Nonconforming Fixtures & Compliance

If any outdoor lighting was legally installed before August 5, 1999, it may remain in place as long as it is not modified. However, any significant changes or replacements must comply with current standards.

If you notice a neighbor not complying with the Dark Sky Ordinance, try speaking with them first. If the issue persists, you can report it to Coconino County at (928) 679-8850.

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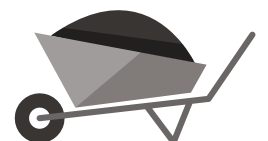
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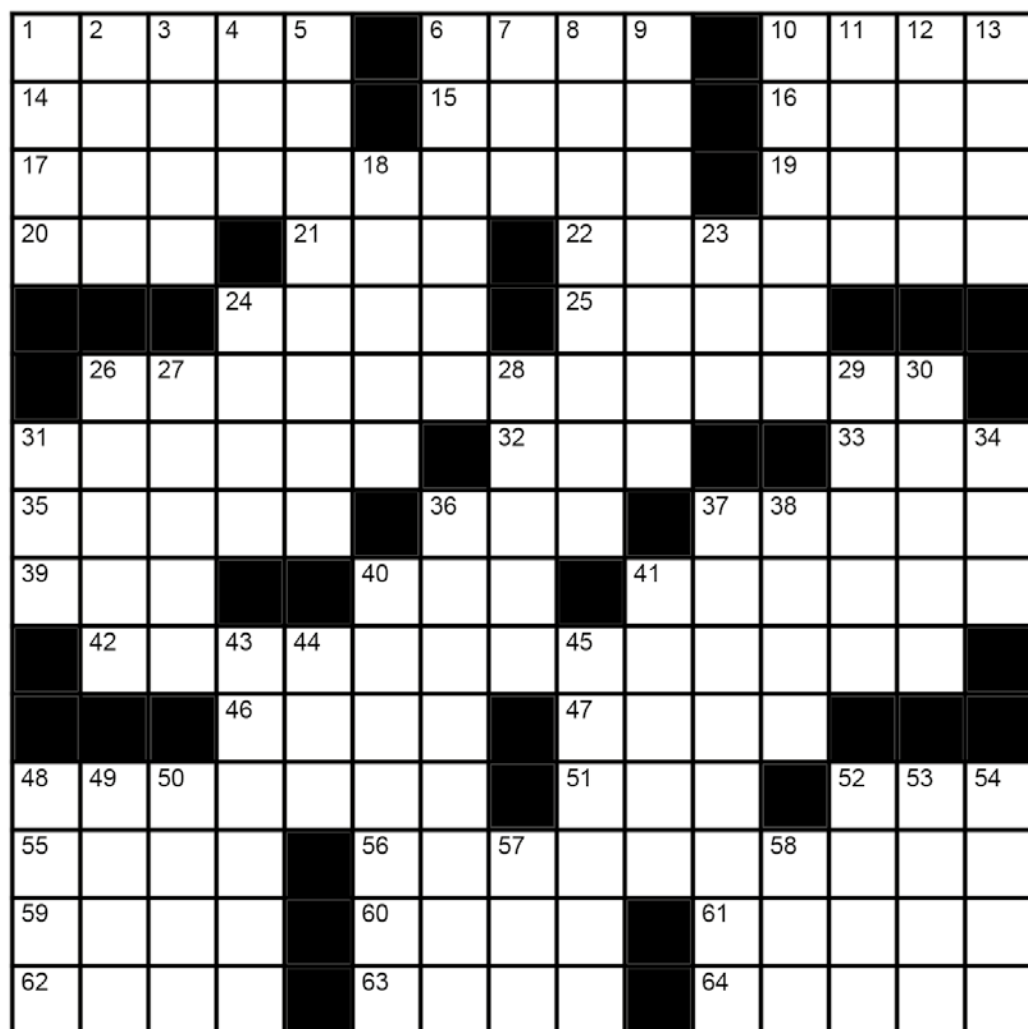
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Created by Paul Mason • Solution Page 38




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1. Very, in music 6. Couch
10. "Phooey!"
14. Have the throne
15. Conspiracy
16. 60's hairdo
17. An official envoy
19. Pigeon-____
20. "____ boom bah!"
21. Coffee holder
22. Symbolic flowers in Buddhism
24. Apiece
25. Box
26. A small usually square piece of cloth used for usually personal purposes
31. Angelic headwear
32. Stable diet
33. Little toymaker
35. Track shapes
36. Item in a bucket
37. Copy, in a way
39. Actor Arnold
40. Long, long time
41. Applesauce topper
42. Coterie in tutus
46. "____ on Down the Road"
47. Eurasia's ____ Mountains
48. Academic
51. Butterfly catcher
52. Debtor's note
55. Roller coaster feature
56. They have three feet
59. "God's Little ____"
60. And others, for short
61. Smells

DOWN

1. Mars, to the Greeks
2. 18-wheeler
3. They're all in the family
4. ____ Khan
5. Big-time
6. Floral enclosure
7. Ancient
8. Jester's headgear
9. Waste away from disuse
10. Mother ____
11. Roswell sightings
12. Arborist's concern
13. Lays down the lawn
18. Footwear
23. Mai ____
24. Form of ether
26. Mayhem
27. "Remember the ____!"

28. French wine region
29. ____ fatale
30. Winter hazard
31. In great demand
34. Driving hazard
36. In a medium tempo
37. A person of mixed white and Black ancestry
38. "____ be a cold day in hell ..."
40. One who attempts
41. Nostrils
43. Go back into business
44. Amigo
45. Internet/cable package deal
48. Hit hard
49. ____-Cola
50. Brass instrument
52. Computer image
53. Gumbo ingredient
54. "Back in the ____"
57. Sewer scurrier
58. Altar vow





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MANAGING ARTHRITIS

Simple Strategies for Easing Joint Pain as the Seasons Change

By Christy Shaft

Arthritis is a common disease that affects many of us. As the season cools down, sometimes our joint pain can act up.

There are several types of arthritis, but 2 of the most common types are:

Rheumatoid Arthritis

Rheumatoid is a systemic form of inflammation, an autoimmune disease in which the body's immune system attacks its own joint tissue. Chronic inflammation can lead to the breakdown of tendons, ligaments, bones and muscles and can become debilitating with deformities, loss of strength and range of motion.

Osteo Arthritis

Osteo Arthritis is the most common type. Breakdown of the articulating cartilage (or the protective cartilage on the ends of the bones) in the joint causing deterioration of the joint and leading to pain, biomechanical changes, loss of motion and often leading to a joint replacement. Sometimes you can even hear the creaking of the joints! Osteo arthritis is localized to the joints, often affecting the hands, knees, hips, shoulders and spine.

Telltale Signs of Arthritis

- Stiffness in the a.m. including the fingers, knees, hips, neck or lower back.
- Joint pain that gets better with activity
- Chronic joint swelling that varies
- Joint pain/ stiffness is worse in cold weather
- Loss of mobility in a joint

First, the bad news... Everyone will experience arthritis at one point in their lives due to things such as previous trauma, one's occupation, activities, weight, diet and genetics.

The Good news.... There are simple lifestyle changes that can help most people with their arthritis symptoms. Although the damage to the joints can't be reversed, the symptoms can be managed and allow people to stay healthy and active.

Natural Strategies to Minimize Arthritic Pain & Maintain Function

- First, see a doctor to be sure of what you are dealing with. They may order Xrays or blood tests to rule out other causes of joint pain.
- Keep your Health in Motion. We can't change your arthritis, but you can keep yourself functional, independent and productive in your day with regular exercise. Gentle strengthening is key at supporting the



joint and optimizing shock absorption. Caution to avoid working thru pain but starting slow to build up strength is key to protecting the joint.

- Improve Joint mobility. Stretching and joint mobilization allows the fluids to naturally lubricate the joint.
- Balance training is key to avoid falls. Often pain and lack of mobility can cause our balance to be affected.
- Keep your weight controlled. Extra weight puts more stress on your joints.
- Applying heat or cold to inflamed joints may help with the pain. Heat increases blood flow around the joint bringing in healthy nutrients and helps prep us for better mobility. A hot shower, a warm compress or heating pad around the joint for 15-20 min, followed by gentle stretching can often be soothing. Ice can help control swelling. Wrap a pack of frozen peas in a pillowcase and apply it to the aching area, no longer than 15-20 minutes.
- Following an anti-inflammatory diet may help reduce body wide inflammation. Avoid white flours including pasta, bread and refined grains. Chose lean meats, fatty fish and lots of colorful fruits and vegetables. Avoid alcohol and all sugars.
- Natural supplements are known to manage inflammation including turmeric, omega-3 fatty acids, ginger, vitamin D, magnesium, to name a few.
- Natural essential oils rubbed over inflamed joints can manage pain. Oils/ lotions that contain eucalyptus, bergamot, Lavendar, ginger, peppermint or frankincense are good options.
- If pain persists and limits your function, seek out your local physical therapist or health care practitioner for help with your mobility and guide you thru more specific treatments that are dialed in just for you.



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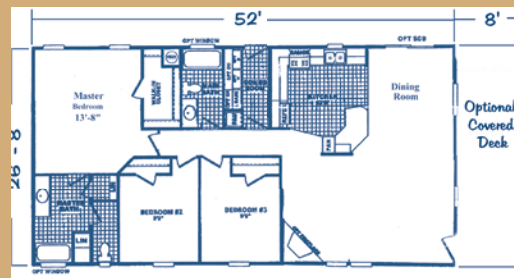
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Dear Pinewood,

I'm sure you get this a lot, but I'm really frustrated with my neighbor's outdoor lights. We're supposed to be a Dark Sky community, and their lights are so bright they flood my yard and even my bedroom room disturbing my sleep! I've tried bringing it up casually, but nothing's changed, and now I'm stuck feeling like the "bad guy" if I push it any further. I don't want to start a neighborhood feud, but I miss the dark of the night sky. Any advice on how to handle this without things getting awkward? — Sleepless Under the Stars

Dear Sleepless Under the Stars,

Ah, the ol' "Light Show Next Door" dilemma. You're not alone—plenty of us have had a front-row seat to a neighbor's unintentional illumination festival. The kind that's less "stargazing magic" and more "I can read a book in my bedroom without turning on a lamp."

Here's the deal: this is what we call light trespass—when your neighbor's overzealous lighting system decides to invade your space. It's not just messing with your sleep; it's wasting their energy, money, and, well, it doesn't exactly win them points for being a considerate neighbor.

First off, let's assume they don't realize their spotlight is acting like a lighthouse. Some folks genuinely believe that the brighter the yard, the safer they are. Spoiler: that's a myth! All that unshielded light creates shadows where people can hide better. So, how do we fix this?

Step one: Make friends, not enemies. Tempting as it is to grab a megaphone and tell them to cut it out, a friendly approach works better.

Knock on their door, maybe with a peace offering—like cookies. People tend to listen more when they've got chocolate cookies in hand.

Keep it straightforward. Mention casually, "Hey, I've noticed your outdoor lights are super effective—so effective, they're lighting up my bedroom." Be tactful. Acknowledge their need for safety but suggest alternatives. A shielded fixture, moving the light, or adding a motion sensor could still keep their yard secure and let the rest of us enjoy the night sky.

And hey, speaking of the night sky—we're in a Dark Sky community for a reason. Dark skies aren't just about stargazing; they help preserve wildlife and cut down on energy waste. It's the law, and following those ordinances benefits everyone.

Need some backup? You can find all the details on Dark Sky lighting at the Coconino County website or even at The Pinewood News—we've got your back.

Ultimately, we all want the same thing: a peaceful night's sleep and a safe space. So, let's work together to keep our stars shining bright.

But if the cookies and charm don't work, there's always Plan B: as a last resort, you can report the situation to the county at (928) 679-8850. Not the first option, but it's there if you need it.

Good luck! — Pinewood

Got a problem that needs solving?

Whether it's a neighborly dilemma or general advice, Pinewood is here to help. Send your queries to Hello@ThePinewoodNews.com, and you just might find the answer in our next issue—don't worry, all identities will remain anonymous.

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BIRDS OF MUNDS PARK

BLUEBIRD NEST BOX TRAIL RESULTS

By Margaret Dyekman

The results are in! The Western Bluebird Nest Box Trail on Pinewood Country Club's golf course was a success – but not only for bluebirds. This year was the first year we've monitored the 14 boxes on a weekly basis and reported nest-building, egg-laying, eggs hatching, and baby birds fledging to the Cornell Lab of Ornithology's Nestbox Watch program. Here's what we discovered over four months of checking the boxes:

- 13 Western Bluebirds fledged
- 11 House Wrens fledged
- 5 Mountain Chickadees fledged
- 5 Violet-green Swallows fledged
- 3 eggs overall were unhatched

Each nest box on our trail has a one-and-a-half inch hole in a box built to best-practice specifications for bluebirds. But other cavity-nesting species readily used the boxes as well. We will leave all boxes in the same spots for one more year so we can compare results over a two-year period. We may relocate some of the boxes if they have had no activity over this time. In the meantime, here are some short stats about each of these species.

Western Bluebirds will migrate south for the winter if their food sources disappear. Males will return sooner than females to check nesting sites, and both the male and female will defend their nest. One day in mid-September I counted 30 Western Bluebirds on the #2 fairway while golfing. There are probably at least 100 bluebirds now on the golf course daily.

House Wrens have one of the largest ranges of any species in the Americas. They live year-round in all of South America and breed in most of our 48 states. The males are known to build trial nests in several cavities, including bluebird nest boxes, and thus they are a big nest box competitor. Collisions with tall TV towers suggests that these tiny little birds migrate at night, as do many other species.

Mountain Chickadees live all year in montane coniferous forests from southern Arizona and Baja California north to British Columbia and the Yukon Territory. They cache conifer seeds as soon as they become available in autumn, which is what they are doing now in northern Arizona. They will readily come to your sunflower seed and suet feeders.

Violet-green Swallows have a breeding range throughout most of the western U.S. They feed exclusively on insects caught in flight, often at high altitudes, and thus during winter months when this food source is hard to come by, they migrate to lower elevations. These swallows have fabulous coloration, and even when flying they can be fairly easy to identify by their white rumps.

You can reach me at margaretdyekman@cox.net or by text at 602-620-3210. You can read all about Backyard Birding in Northern Arizona at www.backyardbirdingaz.com and order the book online. I welcome your questions, reports of sightings, and your suggestions for future articles.



Violet-green Swallow
courtesy of Eric Gofreed



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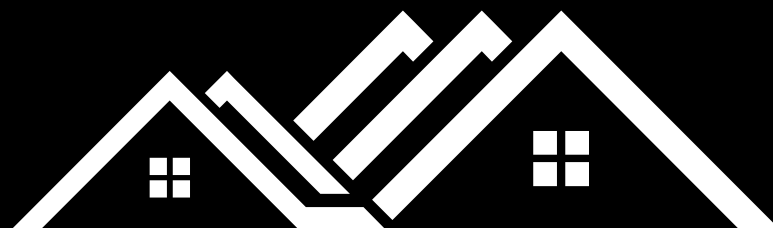
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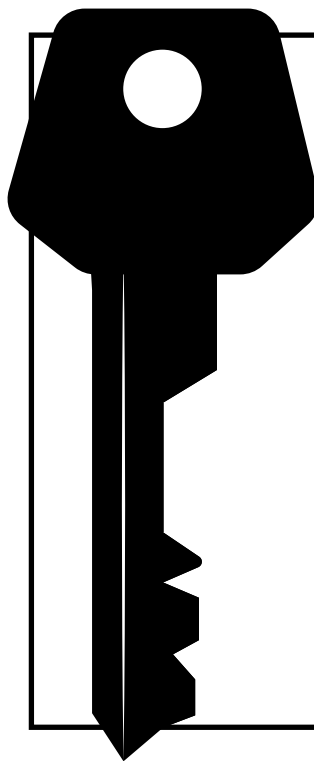
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FINDING CONSISTENT CONTENTMENT IN LIFE

By Steve Bowyer

You know those times when all seems right in your world? A good night’s sleep. You feel good all day. You are in a good place emotionally, physically, mentally, and spiritually. Things are not necessarily all perfect. They are just right.

Jesus addressed how we can feel that way more often when He preached a sermon that is recorded in Matthew 5-7. Right up front, He told us how we can feel deeply and consistently content, satisfied, and happy. This is more than a shallow good feeling that comes and goes. It is a deep sense of everything being right. Not perfect, just right.

The word He used to describe this feeling is, ‘blessed’. The source of the blessing is God. What we receive from Him when we are blessed is invaluable and probably the one thing we all want more than anything else. To be deeply and consistently content where we are.

We may say we want to win the mega-millions lottery. The last winner won over \$1.2 b-b-b-billion. But is that not because we think being wealthy would make us content? Sadly, the real statistics say more than 70% of all lottery winners end up in worse shape after 5 years than they were before they won. What would you do to have consistent contentment, regular good nights of sleep, peace in your relationships, and a daily feeling of general happiness?

God knows us. He constructed us. He hard-wired us. And he programmed our software. He knows how life works and what it takes for us to feel this sense of consistent contentment. It is not wealth. It comes down to how closely aligned we are with Him and the life He designed us for.

“Blessed are the poor in spirit.” (Mt. 5:3) The word “poor” is the same word for beggar. Those who humbly cower, fail to make eye-contact as they plead for help. Picture those who sit on the street corner in Flagstaff holding a sign asking for money as we make the turn from the I-40 off ramp onto Butler.

In Jesus’s words, we are the beggar, and He is the driver. We are not begging for money. We are begging for what He can give us that will produce the consistent contentment we are desperate for. Just like the beggars in Flagstaff who do not have the resources to leave their corner and lead a productive life, we do not have the resources to leave our position in our stressed-out and anxiety-plagued life and live consistently contented. Jesus has what we need. And He will give it to us if we recognize what we cannot do, what only He can do, and humbly beg Him to do it.

Those who recognize their position of spiritual poverty and beg Jesus for relief will receive the Kingdom of God. This is not only a permanent reservation in heaven, but it also includes a heavenly connection on earth that gives us a better perspective on all the stuff that is stressing us.

Blessed. Deeply content. Things are not perfect. But they are just right. Next, Jesus said, “Blessed are those who mourn.” (Mt.5:4) He is not talking about people who walk around crying all the time. If you have one of those friends, they can be hard to be around. Where is the blessing there? I have been known to say things without thinking that hurt my wife’s feelings. I do not do it on purpose. Things come out with unintended consequences. I love my wife. She loves me. It breaks my heart when I realize I have said something that hurt her heart. I failed to live up to the standard she deserves in a husband. I owe her ownership of what I said and an apology for it. When she forgives me, I am comforted by the love she has for me that gets us back to the relationship we had before I demonstrated my capability for insensitive stupidity.

This is what Jesus is talking about here. When we fail to live up the standard God deserves in a relationship with us. When we do things that hurt His heart, whether unintentional or on purpose, it should break our heart. We mourn. We owe Him ownership of what we did and an apology. When He forgives us, then we are comforted because the relationship gets restored to where it was before we exercised our capacity for stupidity. “Blessed are those who mourn, for they will be comforted.” Is there a better thing we could receive from anyone, anywhere than the blessing that produces that deep, consistent contentment and comfort knowing God, in His grace, has undeservedly forgiven us?

These are just the first two points of nine that Jesus made in that sermon that teach how to get what we so desperately want. In future articles I will address the rest.

Jesus knows what you are looking for. If wealth would do it, then rest assured you would get your turn to receive the mega-millions lottery numbers. He can do that. But He does not do that because wealth will not do for us what only He can do that will produce in us the contentment He offers.

Find deep and satisfying, consistent contentment in your daily life. It is possible when we recognize our spiritual poverty and mourn the things we do that hurt God and trouble us. Then, we get the kingdom, comforted, and forgiven. With all that comes what may be the most valuable gift we could receive. Be blessed.

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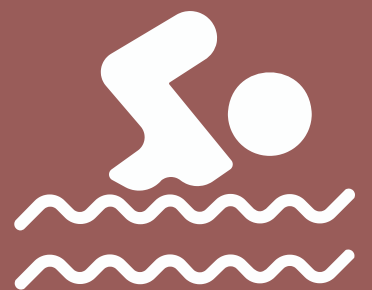
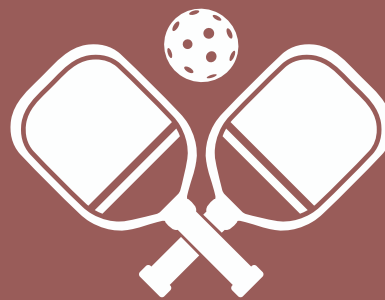
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