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

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.

> Letters: PO Box 18977, Munds Park, AZ 86017 email: Hello@ThePinewoodNews.com

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THE PINEWOOD NEWS

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COLDWELL BANKER NORTHLAND



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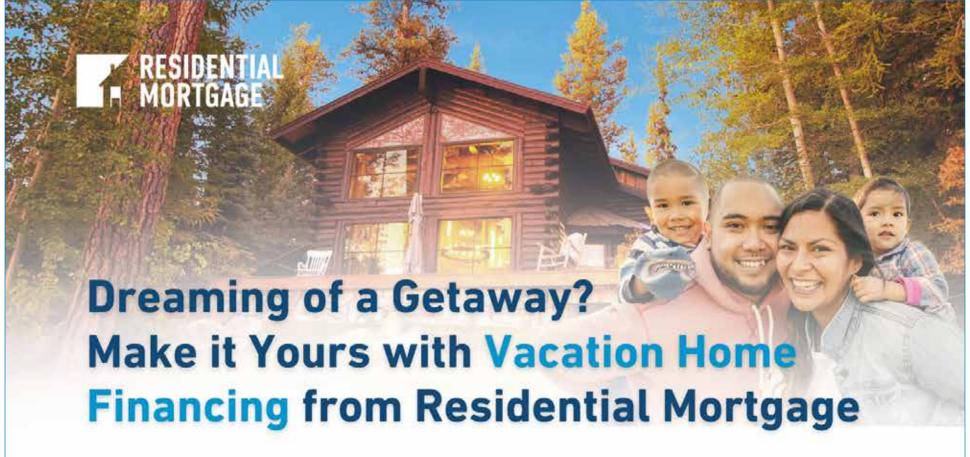


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IN REMEMBRANCE & GRATITUDE: MEMORIAL DAY 2024

As we gather with family and friends this Memorial Day, let us take a moment to honor and remember the brave men and women who made the ultimate sacrifice in service to our country. Their courage and dedication have safeguarded the freedoms we cherish today.

In their memory, let us also reaffirm our commitment to supporting our veterans and their families, recognizing their enduring contributions to our communities. Together, we can ensure that their legacy of bravery and service lives on through our actions and our dedication to building a better future.

On this day of reflection and gratitude, let us come together as a community to celebrate the values of freedom, honor, and unity that define our nation. We extend our deepest gratitude to those who have served and continue to serve, and we pledge to support and uplift each other as we move forward.

Wishing you a meaningful and reflective Memorial Day.

— Sandee & Genna





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REMEMBERING THE TRUE MEANING OF MEMORIAL DAY

A poll of our office staff revealed that out of the six of us, we are, collectively, connected with seven families who have lost an immediate family member who was actively serving in our military. At first I found this heartbreaking. Then, we asked our parents and their numbers were drastically higher. For those of you lucky enough to still have your grandparents from the World's Greatest Generation, what is their number? Memorial Day is upon us and we find ourselves surrounded by barbecues, sales, and an extra day off work.

Originally known as Decoration Day, the day our country decorated the graves of fallen soldiers, Memorial Day has become a time we display our gratitude by decorating... everything! I love the joy and excitement all the red, white, and blue brings from the beginning of summer and through July $4^{\rm th}$. It is essential to remember the true purpose of this holiday: to honor and remember the brave men and women who made the ultimate sacrifice for our country.

As a member of the Munds community, I'm reminded of the sacrifices our military families make every time I hear your stories and get to know each of you over coffee, smoked wings, or a Beef, Berg, & Blue salad. While we enjoy the long weekend with family and friends, let's take a moment to reflect on the sacrifices made by our servicemen and women. At 3 pm on Memorial day, pause with me for a minute to remember and honor the fallen and appreciate the beauty of those prideful poppies.

As we honor their memory, let's also remember to thank those who are currently serving in our armed forces knowing our children's number of connected families may grow as the nation we have fought for changes and passes into their hands.

Wishing you a meaningful Memorial Day.

IN FLANDERS FIELDS

By John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.
We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:

To you from failing hands we throw

The torch; be yours to hold it high.

If ye break faith with us who die

We shall not sleep, though poppies grow

In Flanders fields.

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\$225,000 1285 E Cougar

Lot 1/3 Acre Hillside with incredible views of the canyon. Owner Agent. Plans available.

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LOCAL HIGHLIGHTS

VISIT PAGE 31 FOR INFORMATION ON UPCOMING 4TH OF JULY PARADES!

SANITARY DISTRICT FACES CRITICISM OVER RATE HIKE

Pinewood Sanitary District board member Kass Kral addressed community concerns on Facebook about the recent increases in Operation and Maintenance (O&M) fees. Kral emphasized the need for community involvement and announced opportunities for residents to join as new board members. Despite economic challenges, the rate hike was necessary due to rising costs of diesel fuel, chemicals, and maintenance equipment. The increased fees will fund urgent repairs to the plant and collection system, supported by a WIFA loan. Previous meetings had low attendance, and Kral encourages residents to participate in future meetings and provide input via the district's website. He also urged residents to avoid flushing inappropriate items to prevent further damage and costs. Kral concluded with a call for continued community involvement and support for the district's ongoing efforts.

PINEWOOD PLAYERS SCHOLARSHIP OPPORTUNITY

Accepting Applications Now!

The Pinewood Players Scholarship Committee, chaired by Joy Stevens, is accepting applications for the 2024 Scholarship Award(s). Each year up to two \$2,000 scholarships are awarded to deserving students with strong ties to Munds Park who meet the program criteria.

For program information, instructions, and 2024 applications, visit www.pinewoodplayers.com and click the Scholarship tab to download the materials. If you know a deserving student, whether it's your child, grandchild or someone else, who may qualify for Pinewood Players Scholarship Award, please encourage them to apply.

The deadline for Scholarship applications is May 31, 2024

GOT A STORY TIP?

The Pinewood News wants to hear from you! Your tips help us cover the stories that truly matter to our readers. Share your insights and be a part of our community's voice.

LUCINDA ANDREANI HONORED WITH PHOENIX AWARD FOR LEADING POST-WILDFIRE RECOVERY

At the 2024 After the Flames Conference in Estes Park, Colorado, wildfire recovery experts from across the nation celebrated the exceptional efforts of Lucinda Andreani, Deputy Manager and Flood Control District Administrator for Coconino County, by awarding her the 2024 Community Phoenix Award. This prestigious accolade recognizes significant contributions to post-wildfire recovery and forest restoration.

Andreani's leadership in the flood response following wildfires in Coconino County earned her this recognition. Her commitment over many years has focused on innovative and solution-oriented strategies for managing wildfire impacts on both federal and non-federal lands.

Jonathon Bruno, the CEO of Coalitions and Collaboratives—the organization presenting the Phoenix Award—commended Andreani for her proactive approach in planning and responding to wildfire challenges in the U.S. He highlighted her dedication to community welfare, ecological restoration, and her efforts in communicating the community's needs to federal leaders.

During her acceptance speech, Andreani expressed her gratitude, stating, "I am grateful to accept this honor on behalf of the entire District Team." She emphasized the collective effort and the support from local leadership and federal senators, as well as the importance of the After the Flames Conference in enhancing collaboration and knowledge sharing among wildfire response professionals.

Following the 2022 Pipeline Fire, Andreani and her team have been pivotal in securing over \$160 million for flood mitigation, which has led to significant restoration and stabilization projects across the affected regions.

The Phoenix Award was initiated in 2019 to acknowledge individuals who demonstrate relentless dedication to helping communities rebound after wildfires. This year, the award was also presented to Cara Sponaugle of the U.S. Forest Service, underscoring the important roles both agency partners and community changemakers play in wildfire recovery.

Local Highlights Continued on page 9





885 E. Caribou

This is the definition of a true mountain log cabin. Upgrades include a newer roof, stain and chinking, insulated interior walls and crawlspace, wood burning stove insert, appliance package, water heater, windows, gutters, exterior door, remodeled bathroom, upgraded electrical, fence and dog run, drip irrigation system, regraded and graveled yard and the list goes on. This home has been meticulously maintained and lovingly cared for. Lots of room for parking and toys too.









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LOCAL HIGHLIGHTS

Continued from page 7

U.S. FOREST SERVICE IMPLEMENTS SHOOTING BAN NEAR COTTONWOOD DUE TO PUBLIC SAFETY RISKS

In response to a series of "near-miss" incidents and heightened safety risks, the U.S. Forest Service has imposed a ban on recreational shooting within the Black Canyon Recreational Area adjacent to Cottonwood. Citing an "extreme risk" to public health and safety, the Prescott National Forest officials announced the new regulation, which takes effect starting May 6. The decision to enforce this ban follows multiple reports of bullets straying into residential areas from the recreational site, posing serious risks to local inhabitants and increasing the likelihood of wildfires sparked by ricocheting bullets. The restricted zone spans from State Route 260 to the Verde River, just south of the Cottonwood-Verde Village housing development. Violators of the ban risk a penalty of up to \$5,000 or six months in prison. This measure will remain active until November 2, pending an earlier reassessment based on the area's safety status.

URANIUM TRANSPORT THROUGH COCONINO COUNTY RAISES CONCERNS

The Pinyon Plain Uranium Mine, located less than 10 miles from the Grand Canyon, has commenced operations, leading to uranium transport through Coconino County, Flagstaff, and the Navajo Nation. This has sparked safety and environmental concerns among local communities and activist groups. County supervisors and tribal leaders are particularly worried about potential contamination of groundwater and the sacred site of the Havasupai tribe. Despite assurances from Energy Fuel, the company owning the mine, about the low radiation levels and safety plans, there are fears about the effectiveness of emergency response measures in case of accidents, especially considering the region's harsh winds and weather conditions. Supervisor Patrice Horstman emphasized the need for comprehensive safety guidelines to protect residents and visitors in Northern Arizona.



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TRAVEL

THE CHALLENGE OF THE CAMINO



Crossing the Pyrenes Mountains into Spain Photo by Stacey Wittig:



Cafe Iruna, Hemingway's favorite restaurant in Pamplona, Spain | Photo by Stacey Wittig:



Pilgrims enjoy a communal meal at church in Granon Photo by Stacey Wittig:

By "Unstoppable Stacey" Wittig

"I came for a challenge," frowns Kat, the petite twenty-something blonde from suburban London. "But now that I have it, I don't want it," she halflaughs. "I thought the challenge of the Camino would be that it tired me. I didn't realize that the challenge would be actual pain."

The blue-eyed lass has been nursing a throbbing ankle for the past five days. She's already walked 348 km on the Camino Frances. From St Jean Pied du Port in France up and over the Pyrenes Mountains into Spain, under scorching 90°F sun. Over Romanesque bridges, the wind whipping her long straw-colored hair.

During the past two and a half weeks, she's slept in sizeable pilgrim accommodations like Maria y Jesus Albergue in Pamplona, famous for the running of the bulls. Or slept on mats on the floors of small, intimate medieval churches like the one in Grañón, where pilgrims help prepare the meal and later break bread together after Mass.

Then, before retiring, they go to the choir loft and sit in the tall wooden choir-stalls carved of dark wood in the 15th Century. In the candlelit room above the golden retablo, when a candle passes to them, they say a prayer or thought in their own language about what the Camino has meant to them up to this point. Or if they are shy or too moved, they can pass the candle without saying a word.

I'm now sitting with Kat at a small, family-run coffee bar in Hontanas, Spain. She seems quite grown up since we first crossed paths in Logrono on a Saturday night. She was running with Miles, another Brit and three young French guys from Bayonne. It was fin de semana, and the town was hopping. Thousands of people filled the streets of the medieval Old Town, crowding in and out of tapas and pintxos joints, eating and drinking. The merry pilgrim band of which Kat was a part, was quite lit and taking advantage of the local vibe.

One of the beautiful things about walking a Camino is stumbling upon the same people over and over again. We're all moving in the same direction—towards Santiago de Compostela in northwestern Spain, where the bones of St. James the Greater are laid to rest. In the Middle Ages, people walked from their homes all over Europe to Santiago to fulfill a vow, amend a crime, seek miraculous healing, or simply deepen their faith.

Today, there is a resurgence in pilgrimage along these ancient ways. I am walking one of them, the Camino Frances, along with thousands of other modern pilgrims. Since we each have individual paces and stop along the way at our choice of the many places established for pilgrim meals or lodging—called albergues or refugios—we are leapfrogging each other along

Continued on page 13



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participate in fun activities, and try your luck in two raffles. Free entry and parking!

10 am – 2 pm Museum of Northern Arizona 3101 N Fort Valley Rd, Flagstaff

Do you have an event you would like to advertise?

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Ages: K-6 grades, Must be 5 by August 31, 2024 Sign up your kiddos at the following link; vbspro.events/p/be6bec



FRIDAY, JUNE 21, 6 PM Munds Park Community Church is Hosting a

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Munds Park Community Church 17670 S Munds Ranch Rd, Munds Park

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TRAVEL

Continued from page 11

the 500-mile way. I might not see a pilgrim for three or four days, and then suddenly, they are again in the bunk next to you at the albergue or, as in this case, at the bar stool next to you sipping coffee or tea.

These serendipitous reunions can be like Old Home Week with high-fives and big smiles or more subdued like this one with Kat. Our bond is growing, and we share authentic concerns about each other's welfare and plans.

"I'm taking a few days off from walking," she confesses. "I've been watching YouTubes about stress fractures, tendonitis and other ankle problems. Today, I even had a bit of bruising on the top of my ankle.



Sleeping quarters in the ruins of Convent San Anton near Castrojerez | Photo by Stacey Wittig:

"But it's difficult to quit walking. I want to keep going," Kat says.

"I know the feeling. Once you get into that rhythm, you feel like you can't stop. It's taken so long to get into that head space," I agree. I, too, am forcing myself to slow down with ligament and muscle problems on the outer front lower leg. This is my 17th Camino, and I've never had such a problem before.

"What are you doing different?" my husband Dan asked during a phone conversation three days before. That helped me diagnose the problem: what was I doing differently?

"The major thing I've changed up is shipping my backpack ahead during some of the longer stages," I concluded. In the past, I'd only used the baggage transportation services at two points: when crossing the Pyrenes and later in the 30-day pilgrimage at O'Ceibreiro, another high pass in the western mountains. But on this pilgrimage, I decided that at 69 years old, I was slower and could keep my younger pace if I shipped ahead.

However, that seems to be the cause of my lower leg problems. Without my heavy pack, I was bounding down the steep declines in the manner taught to me by sherpas in Peru. They'd shown me their walking/jogging downhill technique to avoid knee joint injury. Yes, I avoided the impact on my knees, but my lower legs were taking the pounding. After four days of this I was walking like an old, bent peasant woman.

"I stayed an extra day in Burgos to see a physiotherapist," I share with Kat, taking another sip of my café con leche. "Her treatment made me feel quite better. She put some gel on my lower legs and attached electrodes for about 25 minutes of electrotherapy. Then, deep tissue sports massage. I think you would get some relief for your ankle if you found a good physio in Leon."

"It's interesting that of the thousands of pilgrims who are on the way every day, most of them have to be in pain," ascertains Jerry from Ireland the next day. "They struggle with leg, foot and ankle problems and sore backs from carrying too much."

We're sharing a meager breakfast at Convento San Anton, a rustic albergue inside the ruins of a 14th-century pilgrim hospitale. The huge Gothic church was destroyed in the Lisbon Earthquake of 1755. Today, its Gothic arches straddle the Camino and the country road that it follows.

You can stay in the ruins as a pilgrim, a phenomenal experience, but there is no Wi-Fi, electricity or hot water. It's for pilgrims seeking a challenge, but not for the faint of heart.

"The pilgrims feel the pain, but many return to do it all over again," says Jerry, shaking his head.

I get it. I love travel and pilgrimage because of the edginess. There's a bit of fear and a bit of pain, but that makes the experience real and authentic. That's what Kat is learning. She came for the challenge. And she is learning to embrace the pain that is often part of an authentic undertaking.

"UNSTOPPABLE Stacey" Wittig is a Munds Park travel writer corresponding from the Camino de Santiago in Spain. Be part of her authentic adventure at UnstoppableStaceyTravel.com.



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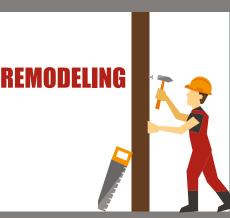
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3 bedroom 1.5 bath, tucked away among the towering pine trees of Munds Park, this charming A-frame cabin in the coveted "Animal Hill" neighborhood is a perfect retreat for those in search of a mountain living experience. The cabin was built in 1974 and features 3 bedrooms and 1.5 baths, exuding a rustic appeal. Upon arrival, you will be greeted by a spacious front deck, perfect for enjoying the fresh mountain air. Inside, the cozy and delightful A-frame cabin creates a nostalgic and comfortable ambiance.

CALL ELIZABETH HAUSMAN



17955 GOLDEN LAKE TRAIL

Charming log-sided cabin near National Forest features an open floor plan, 5 bedrooms, 4 baths, and proximity to Lake O'dell. Highlights include two large decks, central propane heat, two fireplaces (woodburning and propane), distressed wood flooring, and a fenced backyard. The primary suite on the main level boasts a fireplace, access to the covered deck, double sinks, and a walk-in closet. Includes a spacious loft, furnished interiors, and is ready for viewing.

CALL DEBI BRIGHT



1385 BIG BEAR TRAIL

Welcome to your mountain retreat in Munds Park, a picturesque community. This fully furnished chalet offers 3 bedrooms, 2 bathrooms, and a large bonus room ideal for an office or game room. It features a spacious living area with a stone fireplace, rustic wood details, and a well-equipped kitchen. Newly added air conditioning and a deck enhance your comfort. Located in the Animal Hill area, enjoy easy access to outdoor activities. A perfect turnkey paradise!

CALL ELIZABETH HAUSMAN



17810 S WALAPAI ROAD, 62

Explore this updated townhome with easy paved access, ideally located near the Country Club, park, and tennis courts. Enjoy a south-facing covered deck with views of the golf course and stunning sunsets. Features include a primary suite on the main level, updated kitchen and baths, newer carpet, and convenient main level washer and dryer. Upstairs, find another large bedroom and an extralarge loft with a skylight and walk-in closet. Sold mostly furnished: see exclusions list.

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HOMEMADE & WONDERFUL

SOUTHERN CHARM IN EVERY SPOONFUL

Discover the Ultimate Homemade Banana Pudding Recipe

By Sandee Caviness

In my mother's kitchen, the air was always filled with the aroma of something wonderful simmering or baking—a testament to her belief that cooking for her family and friends was an act of love. She learned the art of Southern cooking from her mother, embracing a philosophy that the best meals were made from scratch. To her, nothing said "I love you" quite like a spread of homemade, stick-to-your-ribs food that brought everyone together around the table.

One of her signature desserts was Banana Pudding—my brother's absolute favorite! Recently, I had the pleasure of making this dessert for our friends. Their response was just as enthusiastic as my brother's—they devoured it!

Below are my Mother's notes on how to make Bananna Pudding:

"Talk about 'comfort food'—this is the real thing.
Although it's just a matter of combining three
foods—bananas, cookies, and pudding—there
are a couple of particulars to keep in mind.
First, make a scratch pudding; boxed won't do.
Second, choose three large bananas just right for
eating; fruit that is too green provides little taste.
Purchase the smallest box of good vanilla wafers made
by one of the major companies; Keebler's has the edge.

Make the pudding in a microwave-safe bowl, combine:

- 3 cups milk (at least 2%)
- ½ cup sugar
- 4 tablespoons *cornstarch
- 1 teaspoon salt



*Mix cornstarch with a little of the milk prior to adding all of the milk.

Microwave on high, stirring frequently until the pudding is thickened. The pudding will not be overly thick. With a piece of waxed paper, cover the top of the pudding, pushing the paper down, touching the pudding, covering all of the top. This is done to prevent a 'skin' from forming as the pudding cools. Refrigerate the pudding, leaving it until completely cool. This is important; hot pudding poured onto bananas causes some cooking of the fruit, which then becomes 'woody" – A bad texture. When the pudding has cooled, remove the paper and stir in one teaspoon of pure vanilla. Build the pudding in a bowl (clear is nice) large enough to hold all the ingredients. Start with wafers, lining the bottom of the bowl. Slice bananas over these, then pour a layer of pudding. Repeat the process until the bananas are used, ending with pudding on the top. Seal all edges with the pudding to prevent air from reaching the bananas, which would turn brown if exposed to air. Finally, cover completely with wafers. Cover and refrigerate until ready to serve. It's best to make

several hours ahead so that the flavor can properly develop. Add a dollop of whipped topping when serving."

"In the childhood memories of every good cook, there's a large kitchen, a warm stove, a simmering pot and a mom."

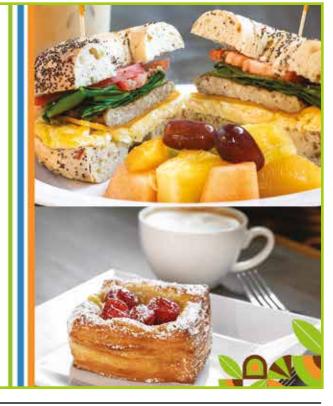
— Barbara Costikyan



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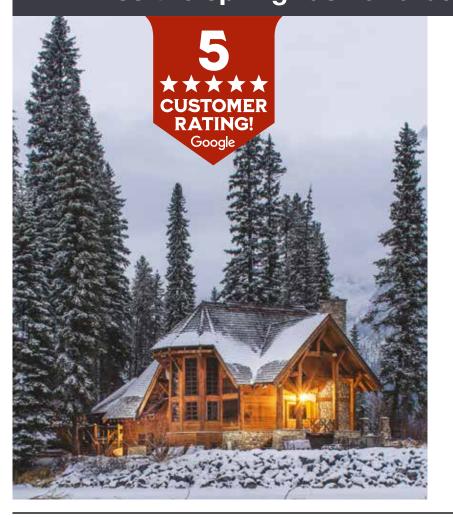
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LET'S GET REAL ABOUT WHEN TO CALL THE SHERIFF BECAUSE YOUR FACEBOOK RANT ISN'T GOING TO CUT IT!

ARIZON

By Sandee Caviness

Ah, living in a vacation town—where the drinks are flowing, the tourists are screaming down the road in their ATV, and your neighbor seems to think every night is party night. Let's talk turkey about when it's time to dial the sheriff:

For the Speed Demons & Mud-Slingers

See someone turning Pinewood Boulevard into their personal Daytona 500 or tearing up the forest with their off-road toys? That's a job for the sheriff.

Drunk Drivers & Kids Behind the Wheel of an ATV

Spot a driver who's weaving more than your grandma at her knitting club? Or is that a kid in the driver's seat of that ATV? Either way, it's time to ring up the law.

Party Animals Next Door

If your neighbors' party playlist is still thumping through your walls at 2 AM, the sheriff might need to crash their party. Don't let your sleep schedule be a casualty of their beer pong tournament.

Dogs with a Mean Streak

An off-leash Cujo in the Park? Nope, that's a hard pass. Sheriff to the rescue.

Boozy Shenanigans & Street Chaos

Full bars mean more spirited shenanigans. When things get too lively, it's sheriff time.

Trespassers Playing Explorer

Tourists found exploring your backyard instead of the local sights? A friendly sheriff reminder about property lines might just do the trick.

Using Facebook to vent about community issues feels good, but solving them feels even better. Post if needed, but let's keep our community charming by letting the professionals handle the real problems. Our sheriff has said it not once, but a thousand times: Call them. Don't think that posting grievances on Facebook will solve anything. Only they can, so ring them. It also helps them fully understand how much support the Park needs.

Coconino County Sheriff's Office

(928) 774-4523 As always, if it's an emergency, call 911
Put this number in your phone!

This article was written in response to numerous requests from local residents seeking relief from excessive partying and speeding off road vehicles.



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HEALTH & WELLNESS

MINDFULNESS

By Christy Shaft

I recently taught yoga at an ophthalmology retreat. As I was preparing for the class, I thought about creating a theme around vision or eyes. What I realized is that our eyes look, but it is our brain that really sees. Our visual perception can often be clouded by what our ego tells us. We often make things up in our minds to try to make sense of what we are truly experiencing. Practicing mindfulness can help us sort out what is really happening by bringing our focus and intention to the present. When we close our eyes, what do we really see?

Sometimes we just need to stop and smell the roses; take a breath and be in the moment. When we are mindful of our breathing, with a full inhale and a full exhale, we activate our body's relaxation response, which has a calming effect and allows us to be present.

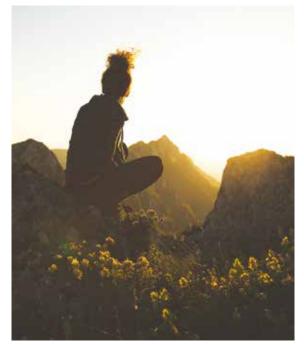
Mindfulness is a purposeful awareness of the present moment, which allows us to accept what

is happening right now. It allows us to fully experience what is, not what might be, or what we are clinging to in the past. Meditation is a practice of being mindful. When we are aware of our thoughts, feelings, and our body's physical responses, we are able to pause and react purposefully, rather than reacting on impulse. Mindfulness allows us to accept, for good or bad, the immediate situation. It provides the pause to see the goodness, or perhaps understand what is truly happening. It helps us regulate our emotional responses and soothe our nervous system. We can learn to redirect our thoughts and intentions with integrity, to have more peace at home and at work, and live a happier life.

There are many ways you can practice being mindful. Meditation is an intentional practice of mindfulness. It takes practice, something we must cultivate.

TIPS TO IMPROVE MINDFULNESS:

- Start small and be consistent! As a physical therapist, I teach people to stretch and strengthen. They get sore. I tell them they need to do it every day, and by the end of the week, they will be less sore, stronger, and more flexible. They listen, they feel better! Exercising the mind is the same! It might hurt at first. Our brain gets tired. With discipline and consistency, at the end of the week, it is easier, and our minds are stronger and more flexible.
- Practice in an organized, tidy area. Physical clutter causes brain clutter.
- Sit comfortably or even take a walk in the forest.
- Focus on breathing with a full inhale and full exhale. Start with a 4 count inhale, pause the breath at the top, and exhale for 4 full counts. Maybe start with 6 deep breaths. Work up to a 5-minute practice.
- Choose a mantra, a simple word or phrase, to focus on during your breathing. A positive mantra can be a healthy tool to keep us focused and release us from ineffective or unhealthy thinking patterns that can keep us trapped.
- If your mind wanders... It will! Be patient. Just notice and come back to your breath or your mantra. That's a good sign that you noticed your mind wandered. That's being mindful.
- Come join us in Yoga. Physical practice can clear our minds. When we work on our outside body, we work on our inside mind.



I will host a free, 60 min Mat Flow class on Saturday, May 25 from 9:30-10:30 am. The location is Pinewood Fire Station. This is for individuals who can get on/off the mat. Options will be given for different levels of experience.

Chair classes will be offered on Mondays and Fridays from 9-9:45. Classes begin on June 7th.

Mat Flow classes will be offered on Mondays and Fridays from 10-11 am, and on Saturdays from 9:30-10:30. Classes will begin on June 7th.

Join our Facebook group, "Yoga in the Park," for class dates and times, and to keep posted on weekly details. All classes will be held at the Pinewood Fire Station for a \$15 donation. If changes are necessary, class dates/times will be updated on the Facebook group site.

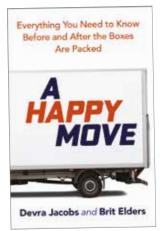
"Mindfulness is the energy that helps us recognize the conditions of happiness that are already present in our lives."

Thich Nhat Hanh



EXPLORING 'A HAPPY MOVE'

Insights into Stress-Free Relocation



We are pleased to share insights on a new release, 'A Happy Move: Everything You Need to Know Before and After the Boxes Are Packed,' co-authored by local writer Brit Elders. This book aims to alleviate the stresses of moving by providing guidance drawn from the authors' experience. Let's dig deeper into the story behind its creation and the practical wisdom it offers to anyone on the move.

About Brit Elders

Native Arizonans, my husband and I moved from Phoenix to Munds Park as full-time residents in 1984. After my husband passed, I stayed in the Park because, in my mind, there is no better place to live. As a writer and documentary film maker,

I may be a bit of a hermit, but I find peaceful inspiration in the natural surroundings of our community and the wonderful people who live here.

Discussions with newcomers to Northern Arizona brought to light the fact that moving, which I have not done in years, created a tremendous amount of anxiety. I mentioned this to my friend, Devra Jacobs who has moved across country and internationally 29 times in 40 years. When she told me some of the horror stories she had experienced, we decided that there had to be a way to make relocation easier on everyone involved.

Moving is a major life change and is considered one of the top ten stressors of life. It doesn't matter if it's across town or across the country, the notion of moving creates a mixed emotional mindset. There are so many things to take care of before, during and after a move that the whole event can be daunting. We wrote A Happy Move as a how-to guide to help relieve the stress and anxiety associated with relocating. We included valuable first-hand experience, recommendations and resources, and knowledge from moving and packing professionals like U-Haul®, the book has convenient fill-in lists that help you check off the items required before, during, and after a move to make the process easier, more cost-effective, and more fulfilling. It's a tool for anyone considering a location change, whether it's for work, school, military service, closeness to family and friends or just a change of scenery.

Reviewed by Vernita Naylor for Readers' Favorite

No matter what type of move or where, the task can be taxing, especially if you have accumulated a lot of stuff over the years. To make life easier, why not pick up a copy of A Happy Move: Everything You Need to Know Before and After the Boxes Are Packed by Devra Jacobs and Brit Elders and learn from the experiences of the authors on the methods and practices to use for a successful move. This guide will help you to navigate and organize the best way to move with minimal stress. There are tips for every type of move, from the military to abroad. Depending upon the situation or circumstances, from downsizing, job relocation, or moving an aging parent into the home, everything must be carefully planned and each step taken into consideration for optimal results. The authors put your mind at ease with this resource that takes you from thinking about the steps to take before you move, how to best prepare for the move, how to navigate during the move, and things to consider after the move. As an added feature after each chapter, there are tips from Devra, a checklist, and space to keep your moving notes for safekeeping. Having these resources all in one place is essential and beneficial for your move.

I found A Happy Move by Devra Jacobs and Brit Elders such an extensive resource that I wished I had a copy with me during my 10-15 moves over the years. I even saw some glimpses of things while reading this guide that will be instrumental for me soon when preparing for those long extended trips abroad. Prepping and planning for short trips or snowbirding for a few months requires some of the same types of processes. At the end of the day, a move is a move, whether it is for a short or long-term need. To help take some of the guesswork out of your moving experience, there is a plethora of resources in this guide to help you, from Landlord and Tenant Laws, how to check out your potential neighborhood, and moving pets to so much more. As an experienced mover, I highly recommend this book to help make the journey easier in your next move.

We encourage our readers to support local authors like Brit Elders. Supporting our local writers not only fosters community growth but also brings to light the wealth of knowledge and resources available right in our own backyard. Whether you are planning a move or know someone who is, this book will serve as a thoughtful resource.

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In the challenging climate of northern Arizona, cultivating garden-fresh tomatoes can be a rewarding endeavor as long as you approach it strategically. With the right approach, you can enjoy a bountiful yield of succulent red (or yellow or orange!) globes of goodness right from your own backyard or patio.

Choosing the Right Varieties

Begin your tomato-growing journey by selecting seeds or plants that thrive in cooler climates or have a shorter growth period. Among the top choices are varieties such as Early Girl and Siberian, known for their ability to produce early in the season and withstand colder temperatures. Additionally, full-size options like Better Boy, Celebrity, and Stupice are excellent choices for northern Arizona.

For those seeking quicker results, smaller "cherry" tomatoes are a favorable option, with varieties like Sungold and Sweet 100 being particularly notable for their rapid growth and exceptional flavor.

Tips for Successful Growth in Northern Arizona

Whether starting from seed or seedlings, it's crucial to provide your tomatoes with a strong start indoors before transplanting them outdoors.

Plant seeds about half an inch deep in a well-draining starting mix and maintain warmth to promote germination. Ensure the potting material remains moist but not waterlogged until seedlings emerge, then adjust watering to a moderate level.

Even if you start with seedlings, it's a good idea to keep them indoors initially to shield them from late frosts common in northern Arizona. You should also be vigilant after you plant, as our last frost can come as late as mid-June. Employing season extenders and frost cloth can help safeguard plants from unexpected cold spells.

To promote healthy and consistent can save water and

growth, tomatoes require regular fertilization watering. Installing a drip irrigation system provide an even moisture level.

You should also refrain from planting tomatoes in previously used soil to mitigate the risk of disease transmission.

Addressing Common Challenges

Tomato plants may encounter various issues throughout the growing season, ranging from nutrient deficiencies to pest infestations. Some problems, like phosphorus deficiency, often resolve as temperatures increase, while others, such as aphids and whiteflies, can be managed with insecticidal soap or manual removal.



Photo by Valentina Ivanova

However, certain ailments like early blight, caused by fungal infection, demand prompt attention and may require removing the affected plants to prevent further spread.

Despite the challenges, the effort invested in cultivation pays off with a supply of fresh tomatoes ideal for salads, sandwiches, and numerous culinary creations.

Join Us for Tomatopalooza!

Come celebrate the wonders of the tomato during Tomatopalooza, our annual event at Warner's Nursery over Memorial Day weekend. We'll have a wide selection of tomato plants and accessories for you to explore, and you can get guidance from our friendly staff on optimizing your tomato harvest. We look forward to welcoming you and sharing our passion for these delightful edibles at this celebration of all things tomato.





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DARK 'N' STORMY: BERMUDA'S BOLD BREW

By Dick Trudeau

As night fell over Bermuda, a roiling storm was the least of the worries for the sailors who staggered into a ramshackle tavern on the edge of the harbor. This wasn't just any refuge from the tempest; it was a sanctuary where tales of the sea were as plentiful as the rum that flowed from behind the bar. Here in this bastion of nautical lore. where the line between sea and sky was as blurred as the vision of its patrons, a



concoction as tempestuous as the weather itself was born: the Dark 'n' Stormy.

The bartender, a seasoned sailor himself, whose hands were more accustomed to the grip of a rope than the finesse of cocktail shakers, grabbed a bottle of Gosling's Black Seal Rum. He poured it heavy over ice, like the dark, rolling clouds overhead poured rain on the storm-tossed island. With a crackling pop, he topped it off with ginger beer, its fiery fizz as sharp as the lightning splitting the sky outside.

The clash of rum and ginger in the glass was like the crashing of waves against the rocks—a tempest in a glass, a battle of flavors that was bold, brash, and utterly unforgiving. The dark rum floated over the spicy brew beneath, creating a drink that looked as menacing as the stormy seas. A lime wedge was the only garnish, adding a bright slash of citrus to the brooding mix, like a lighthouse beam cutting through the fog.

RECIPE FOR THE DARK 'N' STORMY:

Ingredients:

- 2 oz Gosling's Black Seal Rum
- 3 oz ginger beer
- Lime wedge for garnish

Instructions:

- 1. Fill a highball glass with ice to the brim.
- 2. Pour ginger beer over the ice, leaving some room at the top.
- 3. Gently layer the dark rum on top, preserving its dark cloak over the fiery ginger.
- 4. Stir ever so slightly; just enough to start a storm in the glass.
- Squeeze the lime wedge over the drink and drop it in.

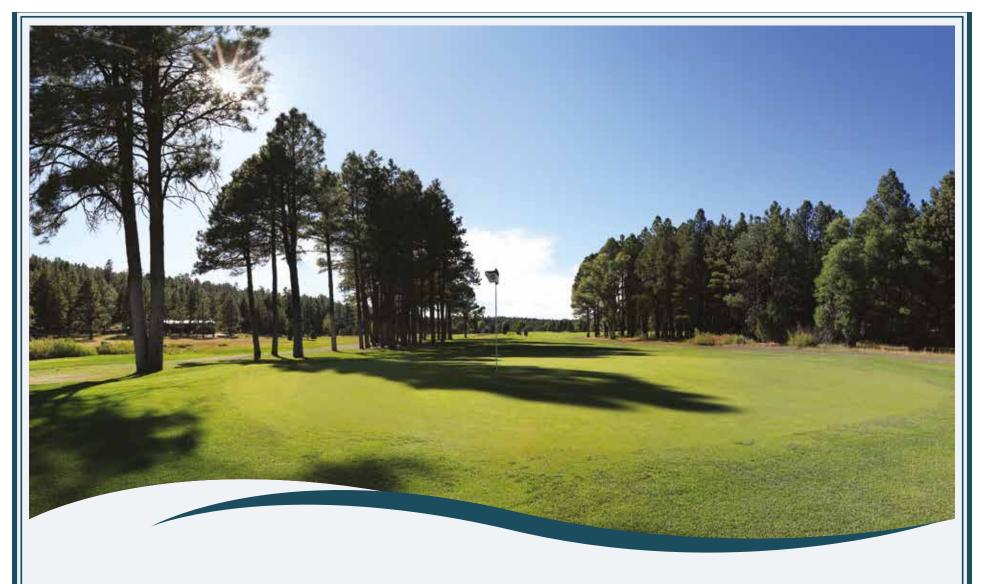
So as you sip this storied cocktail, think of those sailors, the storm outside, and the wild night in Bermuda that birthed the Dark 'n' Stormy. This isn't just a drink; it's a voyage into the heart of the island's tempestuous spirit, served with a side of history and a dash of danger. Every sip is a story—a bold reminder of nature's power and the human penchant for finding comfort in the midst of chaos.



Skip the trip to town and stock up on bottled spirits at our spot, the Pinewood Restaurant, where convenience meets delight. Discover our fun, little-known service—perfect for anyone valuing time and comfort. Swing by and see how easy it is to grab a bottle on the go!

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PICKLEBALL SEASON STARTS JUNE 4

While members started showing up on the courts in early May, the pickleball club at Pinewood Country Club officially kicks off its season on June 4. This year's activities and events will again be under the direction of head pro, Sharon Welsh Falor.

Group lessons, drills clinics, round robin play, ladies afternoon and other activities are all free and included for all club members. Members of PCC's pickleball club enjoy priority court time from 7-11 a.m. daily. A complete weekly schedule is available on the Pinewood Tennis & Pickleball Club Facebook page.

If you are new to pickleball, you will want to attend the weekend clinic June 14-15 which will cover all of the basics you need to know to start playing this popular sport. Register in advance by contacting Coach Sharon at 928-853-3474.

THE PINEWOOD MENS GOLF ASSOCIATION

May 4th Dr. Mark 2-man Trifecta event results:

1st Place: Andy Gulick and Justin Humpal 2nd Place: David Bagwell and John Billington 3rd Place: Mike Barter and Jon Stanley



RUMMAGE SALE VOLUNTEERS NEEDED!

The Pinewood Players Theater will be holding a community rummage sale, Saturday, May 25th, in the Country Club parking lot. All proceeds will go to the General Fund to help with the improvements. Clean out your closets, garages, and storage sheds to donate items for the sale. Bring your items to the parking lot from 6 to 8 am, where volunteers will help you unload. Then, shop for bargains from 8 am until noon. Some items cannot be accepted for donation including mattresses, box springs, damaged or torn furniture, non-working appliances, water heaters, CRT tube televisions, older computer monitors, opened paint, fireworks, fuel, or other hazardous materials.

If you'd like to volunteer to help out at the rummage sale, please email fred@qrz.com or text 602-793-6637









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BIRDS OF MUNDS PARK

MORE NESTS

Margaret Dyekman

My last column was about Western Bluebird nests and the nest box trail at Pinewood Country Club. If you missed it, find it in the on-line Pinewood News edition. Now let's take a look at other nesting activity happening in northern Arizona, because spring is the prime season for building nests, laying and hatching eggs, and getting those fledglings successfully out into the world.

Acorn Woodpeckers, Hairy Woodpeckers, and Northern Flickers excavate cavities in trees, which could be dead, decaying, or alive. I witnessed a Northern Flicker flying into a nest hole in a live Ponderosa Pine at Stallion and Lobo Lane last year. Other cavity nesters are Tree Swallows, Purple Martins, Mountain Chickadees, White-breasted and Pygmy Nuthatches, and House Wrens.

Other commons birds like Lesser Goldfinches, American Robins, and Dark-eyed Juncos build their nests into finely made cup-shaped structures, usually placed in a tree or bush. Dark-eyed Juncos are notorious for building their nests around humans, such as in planters, door wreaths, window ledges and beams, and hanging flower pots. Juncos often have two or more broods, so often you will find them nesting during both spring and summer months.

Steller's Jays make nests in bushes and trees but also use man-made structures like the top of an outdoor light fixture. Black-headed Grosbeaks will typically use Gamble Oak trees in an area dominated by Gamble Oaks, and their nests are an open cup, loosely constructed, with no mud or other cementing material. Season after season the parent Grosbeaks bring their young to our deck's sunflower feeders after they have fledged but are still begging to be fed.

Another common bird here is the Band-tailed Pigeon, which according to my research hasn't been studied as much as some of the other species reported here. But we do know they build a loosely constructed nest on a sturdy tree branch, and the nest is similar to that of a Mourning Dove.

If you find a baby bird that has fallen out of its nest, first figure out how young it is. If it is featherless, has its



Mountain Chickadee courtesy of Eric Gofreed

eyes closed, and is unable to sit up, try to find its nest and put it back into the nest. A fledgling bird has feathers, is generally smaller than the full-grown parents, and often you will see the parents flying nearby. Do not put food or water near the bird as that might attract predators. If the bird looks like it is in danger – for example, near cars, dogs, or pedestrians – shoo it away if you can into a bush or another place of safety. As a last resort you can gently pick it up and place it in a safer spot. If you think the bird is an orphan, you are probably wrong, as the parents are nearby and it might take a couple of hours for them to swoop down and feed the fledgling, something that you won't see if just watching the bird for a short time. Watch the baby bird from a distance, like from inside the house, because being too close will keep the parents away. Keep cats indoors at all times, as they wreak havoc on bird and small reptile populations, and life on the outside isn't very safe for the feline, either.

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 or get one directly from me. I welcome your questions, reports of sightings, and your suggestions for future articles.



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THE GREAT OUTDOORS

ANGLING TO CATCH A CATFISH?

Community Fishing Program waters teeming with scrappy fighters

By Arizona Game and Fish

It doesn't have to be Friday to enjoy a good, old-fashioned fish fry.

Cole slaw. French fries. Red beans and rice. Oh, and don't forget hush

puppies. All are perfect complements to a pile of fresh-caught catfish filets, fried in a savory cornmeal batter until crisp and golden-brown.

Whatever your choice of side dishes, leave the main course up to the Arizona Game and Fish Department (AZGFD), which is now stocking Community Fishing Program waters with tons of channel catfish just waiting to get caught.

And "tons" is not an exaggeration.

At more than 50 city park lakes and ponds across Arizona, AZGFD expects to stock between 210,000 and 220,000 pounds — more than 100 tons — of channel catfish in two-week intervals (approximately) over the course of the spring and fall seasons this year.

The lower elevation waters, located in metro Phoenix and Tucson, Yuma, and Safford, will be stocked through May. The higher elevation waters, in places like Prescott Valley, Ash Fork, Show

Low, and St. Johns, will receive fish from late May through mid-September.

Anglers who hook into one of these stockers can expect a tussle. AZGFD has a contract with an Arkansas-based supplier that ensures the fish being delivered mostly weigh between 1 ½ and 2 pounds apiece, with some tipping the scales up to 5 pounds or more.

One of those would make for quite the meal. Or even two.

"Catfish are an excellent species for stocking into recreational fishing waters, as they are scrappy, omnivores — which means they will eat almost anything," said Scott Gurtin, who manages the Community Fishing Program. "They're also exceptionally delicious when fried. If you haven't tried deep-fried catfish, give it a try."

In addition to channel catfish, Gurtin said there are plans to stock about 6,000 pounds of bluegills into the same waters over the course of the year.

The Community Fishing Program was established to provide fun, family-

friendly opportunities close to home for all anglers, hence the motto: "If people can't get to the fish, we'll bring fish to the people." It's estimated that more than four million Arizona residents live within 20 minutes of one of these stocked waters.

Anglers are advised that a valid license is still needed (for those 10 and older) to fish these waters. Valid licenses include general fishing, youth combination hunt and fish (10 to 17), combination hunt and fish (18 and over), or pioneer, blind, disabled veteran (one day), and youth group licenses.

Anglers also should know the difference between waters that have been designated as either a "lake" or a "pond," and have been named accordingly. Community "lakes" are larger bodies of water, generally over three acres, and have higher daily bag limits. Community "ponds" have daily bag limits that are only one-half that of lakes.

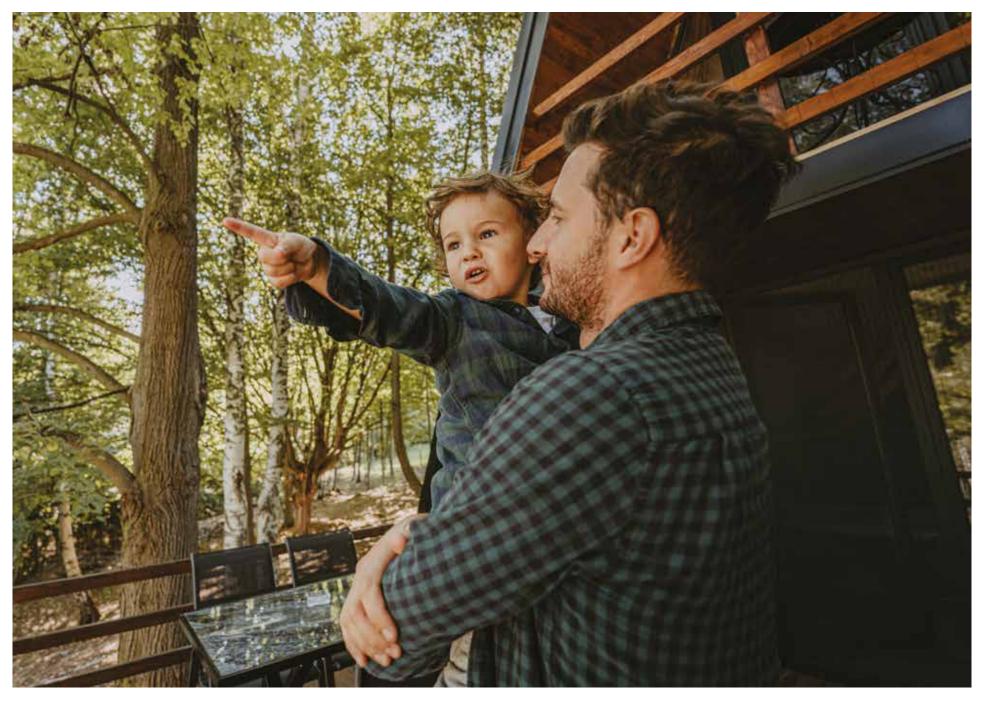
Limits are reduced at the smaller bodies of water to avoid overcrowding and overfishing, while still providing a quality angling experience. Once a daily bag limit is reached, an angler must stop fishing for that species.

The best method for channel catfish is to use a hook-and-sinker setup fished on the bottom. Anglers should use an 8- to 12-pound test line with a No. 2 to No. 6 baitholder hook. Typical baits include worms, stink baits, hotdogs, liver, and shrimp. Fish the deepest spots during the daytime and shallower areas after dark.

For more information about the Community Fishing Program, visit www. azgfd.gov/community.







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Providing you safe, reliable energy is our top priority. That's why we work year-round to prepare for wildfires. During elevated fire conditions, power outages may be extended until crews can perform visual inspections of lines and remove any potential hazards that could pose a fire risk. In the event of a wildfire or extreme wildfire risk, power lines may be temporarily taken out of service to protect your community and firefighters. Working together, we can be prepared. Here are some things you can do to be ready for wildfire season.

- Keep grass, weeds, trees and shrubs trimmed. Dispose of trimmings and trash properly.
- Get emergency alerts through local resources and visit ein.az.gov to create an emergency preparedness plan. Visit your county's website to get important information for your area.
- We care about your safety and want to keep you informed with alerts if there's an outage in your area. You can help us by making sure your contact information is up to date. Learn more about managing your alert preferences at aps.com/alerts.
- Have flashlights, batteries, a portable cell phone charger and water handy.

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For Information Call: Len Friedlund at (928) 600-3896

MUNDS PARK JULY 4TH ELECTRIC **LIGHT PARADE!**

Please join us for the 4th annual Electric Light Parade, July 3, 2024. Group assembles at 7 pm in the parking lot next to the Chevron and the parade begins at 8:pm.

All lighted motor vehicles are invited to attend. All vehicles must be street legal with licensed drivers. Parade route will be printed in the Pinewood News June 21 & July 3rd issue. Be sure and check the Munds Park Facebook groups and the Pinewood News for any late breaking updates.

Flashlight Volunteers: We request the assistance of flashlight volunteers to ensure smooth traffic flow and safety along the route. Spectator Safety: In the spirit of safety, we encourage all spectators to bring a flashlight or other lighted item. Let's illuminate the way together and make this event a shining success. Please remember to keep children and pets under close supervision throughout the evening. Get ready to be dazzled at the 4th Annual Electric Light Parade!



PINEWOOD NEWS 4TH OF JULY PARADE FLOAT CONTEST!

The winners of our 2nd Annual Pinewood News 4th of July Parade Float Contest will be showcased on the cover of Pinewood News and will enjoy a special feature story celebrating their creative masterpiece! Get ready to see your artistic talents highlighted in our community's favorite publication!



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ACT'S ARIZONA CHILDREN'S THEATRE

We extend our heartfelt thanks to the Munds Park Community for making the 2023 season our best ever! The children were phenomenal in Peter Pan, Jr. Now, let's look forward to an even more fantastic 2024 season for ACT at the Munds Park Community Church.

From June 24-28, ACT will once again host "Becoming A Star!" This week of creativity allows children to think outside the box by writing their own scripts, creating costumes, designing scenery, and more. On the final day, families are invited to the Grand Premiere, where campers will amaze us with their original productions. The cost is only \$100 per child.

Following the huge success of our 2023 production of Peter Pan, Jr., we are raising the bar for 2024 with Disney's Beauty and the Beast, Jr. Our three-week camp starts on July 1st, with performances on July 18, 19, 20, and 21. Each participant will receive a tote bag containing a script, pencil, highlighter, t-shirt, and daily snacks. We will also participate in the 4th of July Parade! Children ages 7-19 are invited to join this camp for just \$300 per child, and although our Director has never turned away children ages 4 and up, scholarships are also available.

Our Director, Lynn Rouyer, brings years of experience in theatre, including her own Mouse House Players, Lynn's Talent Center, and the "Lynn Hope and Friends" children's TV show. She has also directed plays and musicals for Pinewood Players, Coconino Community Theatre, and more, Our Music Director, Makenna Jones, and Choreographer, Laura Moore, are equally talented and experienced. Our vision is to help children be the best they can be!

For more information and applications, please contact Lynn Rouyer at lynnrouyer@gmail.com or 602-622-2543. You can also visit us on our website: arizonachildrenstheatre.com.



CROSSWORD PUZZLE

Created by Paul Mason • Solution pg. 38

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65					66					67				

- 1. Valuable violin, for short
- 6. Thunderstruck
- 10. Eminem's genre
- 13. Wipe clean
- 14. Within reach
- 15. Anatomical cavities
- 16. Full of zeal
- 18. Big name in skin care
- 19. Male sheep, in Britain
- 20. Like cotton candy
- 21. Winter follower
- 23. Mental deficiency
- 25. Plant known as
- "seer's sage" because of its
- 26. Weigh down
- 27. Loose overcoat
- 30. Gobbled up
- 31. Chair part
- 33. Toward sunrise
- 34. Shepherd's locale
- 35. Stiff hair
- 37. Sunburned
- 38. Reduced by
- 40. School transportation
- 41. Spawning fish
- 43. Swindle
- 44. Yoko
- 45. Ceremonial burner
- 47. Tennessee's state flower
- 51. Stellar
- 53. Emerging
- 55. "___ never believe it!"
- 56. Do some housecleaning
- 57. Sticker
- 58. Swamp
- 59. Software containing educational content, instruction, and instructional strategies
- 62. French cordial flavoring
- 63. Diarist Frank
- 64. Medieval stringed instruments
- 65. Big Apple inits.

- 66. Like some golf balls
- 67. Must-haves

- 1. Pertaining to a nasal membrane
- 2. Kind of center
- 3. Sounded hoarse
- 4. Pack animal
- 5. BelieverState cheer)
- 6. Yearly
- 7. Withdraw gradually
- 8. Wolf down
- 9. Puts on clothes
- 10. New presentations of old plays
- 11. Wolfsbane and monkshood
- 12. Ancient supercontinent
- 15. Director Reiner
- 17. Poppy product
- 22. Somewhat
- 24. Well-groomed
- 28. Gardener's purchase
- 29. Wee bit
- 32. Imp
- 35. Clear and bright
- 36. Secret
- 37. Took off
- 39. Sweeping story
- 40. Gondolier
- 42. One quick to get the claws out
- 43. Ground cover
- 46. Accustomed (to)
- 48. Money back
- 49. Accustomed
- 50. Emphasize
- 52. Sandwich breads 54. Back of a boat
- 56. Buggy terrain
- 60. Small bill
- 61. "____ is me!"

ENJOY EVERY DAY & MOMENT

MadJack here with a hearty welcome back to all of the Mundsies for the Summer of Love, 2024!

For this Memorial Day edition I wanted to focus on a more somber subject straight from the heart.

This past winter presented me a remarkable series of tragic events for my friends and relatives as they experienced the sudden loss or suffering of dear ones due to serious and sometimes fatal illnesses.

They shall remain anonymous but the point here is to encourage all of you to appreciate every day on earth because frankly we never know when our health and destiny may be suddenly threatened.

A few recent sad examples:

- Not long ago my brother's wife visited her doctor complaining of knee pain and was subsequently diagnosed with cancer which rapidly spread and took her life just four weeks later.
- Another dear friend's son experienced migraines which has led to a diagnosis of inoperable cancer resulting in his potentially limited life here on earth.
- Our esteemed publisher, Sandee Caviness, recently wrote a heartfelt article describing her bout with a life threatening heart condition which thankfully has been treated successfully. But it is was close.
- My very good friend and neighbor just lost his young daughter (38) to a vicious form of - yup you guessed it- cancer.
- Another close neighbor here in Munds Park has developed congestive heart disease and suffers with severely diminished capabilities and will likely never return to his cabin here.

I could provide more examples but the point is you just never know when your time comes so enjoy every precious day on earth. In all of these cases the victims had little to no warning and lived healthy clean lives. Life just doesn't seem fair sometimes. But sadly that is part of life so we are forced to accept it and move on the best we can.

Bottom line, enjoy every day and moment as if it was your last because you just never know....

MadJack.



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WORD SEARCH

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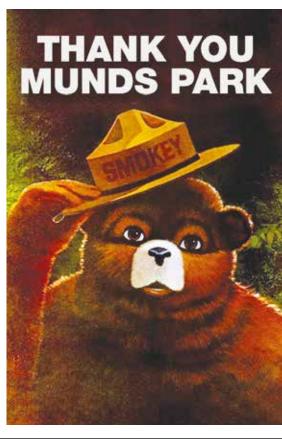
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- The Munds Park Trail Stewards (a.k.a. MUTS) are a group of volunteers working with the Coconino National Forest Service.
- We maintain the multi-user trails in the Coconino National Forest lands surrounding the Munds Park community.



- We help maintain the Pinewood and Iron Springs Trailheads.
- We educate forest users on the laws and safety.
- We assist the Coconino National Forest Service with any tasks that will benefit a healthy forest ecology and the forest users.
- We are not a political, social issues, or law enforcement organization. The Munds Park Trail Stewards is a non-profit organization operating with volunteers, grants, and donations.
- Everyone works at their own pace, and at the end of the volunteer event, there is a delicious free lunch served by the Trail Stewards volunteers.

Join us for our June 8th Volunteer Event.

Meet at the Iron Springs Trailhead at 8:15 a.m.

We will finish our trail work at 12 noon; afterward, a free lunch will be served.

Please R.S.V.P. prior to June 2nd, via email, if you plan on attending.

For more information, check out the Munds Park Trail Stewards website at www.mundsparktrailstewards.com or email: mundstrailstewards@hotmail.com



PINEWOOD PLAYERS

Congratulates Graduates!

Congratulations to all students who have or will survive their graduation. It takes bravery to walk across the stage, not to mention without tripping. Enjoy every minute because you deserve to celebrate your accomplishments. Graduation time reminds us that Pinewood Players are delighted to be able to offer scholarships to aid students who have a close connection to Munds Park, maintain high academic grade averages, and demonstrate leadership qualities. The Pinewood Players Scholarship intends to promote education in all fields related to Performing Arts: Theater, Music, Dance, Technical Fields such as lighting, sound, and scene design, and as an educator in any of these areas.

Students who attended at least two Pinewood Players Drama Camps can now apply for the Pinewood Players Scholarship to focus on disciplines other than the arts.

Pinewood Players will award up to two scholarships of \$2000 each to the most qualified applicants. Preference will be given to graduating high school seniors; however, college students can be considered.

Who is eligible?

- Applicants must have a parent or grandparent as a current member of Pinewood Players.
- Awards are at the discretion of the Scholarship Committee and the Board.

Qualifications

- Experience in high school drama or community theater productions, either onstage, backstage, or, attendance of two years or more of Pinewood Players Youth Drama Camp.
- Experience in other Performing Arts activities or attendance of two years or more of Pinewood Players Youth Drama Camp.
- Academic performance: maintenance of a 3.0 GPA on a 4.0 scale.

Requirements

A completed Pinewood Players Scholarship Program application is required.

How to Apply

- Obtain the Pinewood Players Scholarship Program application online at www. pinewoodplayers.com
- Collect the Required information and photo.
- Follow the mailing instructions on the application. The application deadline is May 31, 2024.

Questions: Contact Joy Stevens, Scholarship Committee Chair, at: joyls4869@gmail.com

MAY REMINDERS!

APPLICATIONS FOR Youth Drama Camps Due May 24

APPLICATIONS FOR
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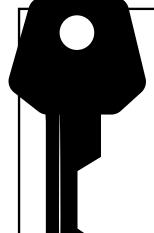
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MUNDS PARK COMMUNITY CHURCH

IT'S A PROCESS

By Steve Bowyer

All three of our kids played instruments. They started in fourth grade. The school was good about helping kids figure out what instrument they could be good with. Eventually, they were pretty good. But that first band concert of fourth graders; ouch! Pretty much every kid in that band made a mess of "Twinkle, Twinkle Little Star." Only parents and grandparents could appreciate that noise!

Our oldest was a percussionist. Our middle played the saxophone. And our youngest played the French Horn. Each was challenging in their own way. Playing percussion is more finesse than simply banging a drum. Reed instruments like the sax can produce more squeaks and squawks than an old wooden floor. And the French Horn mouth peace requires so much manual control, early on it can make hitting the right notes, in tune, only an occasional occurrence.

All three started out hopeful and excited about how they might sound one day. They bought into their promise and the possibility. And when they graduated high school, they were legitimate musicians. They progressed from kids with a new toy to young people who knew what they were doing with their musical tool. As parents listening to them, it was equal parts frustration and joy.

Jesus takes us through a similar process. Often, when we first consider Him, our life is a complex composition of missed notes. What dominates our beliefs is what He might do to fix what we mess up. Over time we discover the promise and extent of His abilities and try to figure out how to unlock and use them. Then, hopefully, we come to believe in Who He is as a Person and surrender our life to get His. Then, we can become a proficient participant in the symphony that is being played out around us.

There was a royal official from Cana whose son was sick and dying. He had faith in the power of what he had heard Jesus could do, so he came to him and begged Him to come and heal his son. He did not know much else about Jesus. But that was enough.

"The royal official said, 'Sir, come down before my child dies.' 'Go,' Jesus replied, 'your son will live." (John 4:49-50)

I am sure the man was at least a little put out by Jesus' response. He did not go with him to see his son. He just sent him away saying his son would be okay.

The father's faith in His power became faith in His promise that His son would live. Rather than argue with Jesus, he turned and headed for home. He had nothing to base this faith on other than Jesus' word. But he took it and left.

"While he was still on the way, his servants met him with the news that his boy was living. When he inquired as to the time when he got better, they said to him, 'Yesterday, at one in the afternoon, the fever left him.' Then the father realized that this was the exact time at which Jesus had said to him, 'Your son will live.' So, he and his whole household believed." (John 4:51-54)

The father progressed through the process of faith in Jesus' power and ability to fix his son, to faith in the promise of His word, to faith in His Person as his Savior.

Jesus will meet us in whatever place we are in. He will take us through the squeaks and squawks of the missed notes and faulty expectations and lead us into the classic symphonies of good relationships in life. I am sure his emotions must cover the gamut from frustration to joy as we progress. There must be times when He wants to plug His ears for the noise coming out of us.

At first, we may become enamored with the power that we hear Jesus has and hope He will do the things we want Him to do for us. Then, we read about the promise of a hopeful and positive future. We want to go to Heaven, but we also want tomorrow on earth to be better than today. Our faith progresses. And then, we come to a place where all we want is Him. We treasure our relationship with Him enough to not care so much about tomorrow but relish every moment we have with Him today.

We still are not perfect, hitting every note. But we will continue to go through the process and grow into who Jesus created us and saved us to be. Fortunately, Jesus is patient with us. We may start out honking, squeaking, squawking, and pounding everything like a big, bass drum. But Jesus can take that noise and turn it into something beautiful when we get to the point in our process where He is enough for today.

Church Services

Sunday, 10:45 am • 17670 S Munds Ranch Rd

Starting May 26, two services are offered at 9 & 10:45 am.

For more information about our church go to our website, mpcc.church.

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