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THE GOOD LIFE, COMMUNITY & MOUNTAIN DESERT LIVING

VOL. 32 NO. 13 AUGUST 15, 2025

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COVER by Sandee Caviness & Midjourney

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PINWOOD NEWS

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PINEWOOD

THE GOOD LIFE, COMMUNITY & DESERT MOUNTAIN LIVING

COMMUNITY CALENDAR

AA Meetings - Feel Better!

Munds Park Community Church

Every Monday, 6 pm

17670 S Munds Ranch Rd

Munds Park Community Church Services

Services Sunday, 10:45 am

17670 S Munds Ranch Rd

Munds Park Town Hall

All residents are encouraged to attend.

Stay informed. Your presence and participation is essential!

Thursday, September 18, 2025

6:30 pm • Pinewood Country Club

Pinewood Fire Department Auxiliary meeting

The Community is Welcome!

Tuesday, September 2

6:30 pm • 17670 S Munds Ranch Rd

Pinewood Fire District Board Meeting

Public Welcome

Tuesday, September 16

3 pm • 18075 Fairway Dr.

Pinewood Sanitary District Board Meeting

Public Welcome

Tuesday, September 11

3 pm • 18075 Fairway Dr



PACK IT IN
PACK IT OUT



LOCAL HIGHLIGHTS 7A

TOUGH HANDS BUILT BETTER JOBS 11A

A gripping account of the 1917 Bisbee Deportation, when over a thousand striking miners and suspected supporters were rounded up and left in the New Mexico desert.

AN EXCLUSIVE ARIZONA WINE CLUB 13A

D.A. Ranch in Cornville pours more than wine, offering a century of history, rugged land, and a taste of Arizona in every glass.

SHAKEN & STIRRED IN PINEWOOD 15A

Two fresh takes on peach season: a bold Bourbon Peach Smash for long afternoons and a sparkling Peach Bellini for lingering mornings.

THINGS TO DO 16A

Local events, activities, and outings to make the most of your time in the pines.

MAKE YOUR LABOR DAY BBQ LEGENDARY 18A

Sweet and Spicy Rum BBQ Sauce made for Labor Day grilling, with tips for the perfect glaze and where to buy the best Arizona meat.

FOUR 'OLD' GUYS GO CAMPING 20A

A misadventurous camping trip filled with mishaps, and a grueling haul.

TRAVEL 22A

A visit to the Port Chicago Naval Magazine National Memorial.

GARDENING IN THE PARK 5B

Fall is prime time for planting trees, shrubs, bulbs, and cool-season flowers.

UNDERSTANDING SHOULDER PAIN 9B

Healthy shoulders rely on both mobility and stability, so understanding their mechanics can help prevent pain and keep you active.

LOCAL LORE 13B

The Mogollon Monster has been part of Arizona lore for over a century, with eerie encounters reported all along the Mogollon Rim.

ARE YOU A TRUE MUNDS PARK LOCAL? 15B

Are you a true Munds Park local? Prove it with our quiz and see how well you really know the Park.



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LOCAL HIGHLIGHTS

E-BIKES CAUSE SAFETY CONCERNS AT 4TH OF JULY PARADE

BY LEN FRIEDLUND

The 2025 7/4 parade drew the largest viewing crowd ever in Munds Park. There were a couple of minor infractions committed by parade participants. This leads to the conclusion that the parade was a success. However, there is a new situation that must be dealt with as quickly as possible before next year's parade.

For years, walkers and bicyclists have been allowed to be in the parade without any form of registration because this has been a rather small group of participants, and the thought was: what kind of trouble could they possibly cause? This year, there was a new version of bicycles called E-Bikes—bikes propelled with electric motors. When a large number of these showed up, they were routinely gathered up with the other bicycles staged at the last condo driveway and Walapai. When the parade started, they were guided into the parade between the sponsor car and the fire engine, as in previous years. I have often joked that I put them there so if any got run over, the fire engine would have medical personnel to take care of them.

This position in the parade lasted until the turn at Pinewood Blvd. According to Craig Hochgraef, who was driving the Grand Marshal car, many of the bikes sped up and got right behind the color guard in front of Craig. They were speeding back and forth, doing wheelies, and performing other antics. One of my monitors reported that one bike, while trying to do tricks, laid the bike down very close to a woman who was holding a small child on the side of the road.

This cannot be condoned, and we must nip it in the bud, as they say. I can only imagine the future of our parade if we allow this kind of behavior and someone is injured! I have been thinking of different kinds of procedures we can employ to eliminate this action. I called the Sheriff's Office to find out what is being done about this kind of

performance and was told that they have no ordinances regarding E-Bikes. Every incident is dealt with on a case-by-case basis. E-Bikes do not require licenses, riders do not have to get licenses, and they can be of any age. I was shocked, and I am determined to control the situation on my own.

Next year, E-Bikes will be considered motorized vehicles and must conform to the established rules for them. All E-Bikes must have a license plate, and drivers must be at least 16 years of age and possess a driver's license. They will stage with the other motorized vehicles and must maintain their position in the parade. If they get in front of the vehicles ahead of them, this will be a violation, and the monitors will record the violation. After the parade, I will contact them and suspend them from next year's parade. If they cause a commotion with the monitor or me, their suspension will be lifetime.

It is a shame that the current trend of civil disobedience has found its way to Munds Park.



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★★★★★
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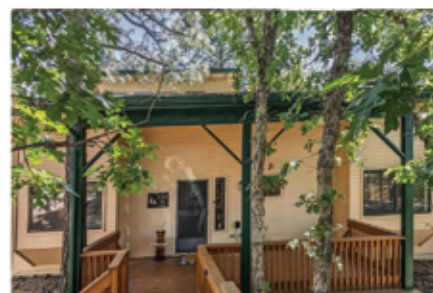
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PINEWOOD SANITARY
DISTRICT UPDATES

New Rates

PSD sincerely thanks our community for your understanding and continued support as we implement our new sewer service rates of \$85.00 a month. These adjustments are essential to maintaining and improving the infrastructure that serves Munds Park ensuring reliable and safe service. Your cooperation and engagement help us build a stronger, more sustainable community, and we are truly grateful for your partnership.

Keep It Flowing: What NOT to Flush

As a reminder, please DO NOT FLUSH the following items:

- “Flushable” wipes (They are NOT biodegradable)
- Grease or cooking oil
- Paper towels
- Cleaning and disinfecting wipes
- Clothing and rags

Odell Lift Station Construction

Construction has commenced and is going smoothly. Additional construction and potholing will occur prior to the replacement of the sewer line. Thank you for your patience.

RV Hookups

PSD would like to remind everyone, especially visiting families and RV owners, hooking up RVs to residential clean-outs is prohibited. We appreciate your assistance and compliance.



BUSINESS ALLIANCE REMEMBERS
MARTY CECCARELLI

Munds Park Business Alliance installed a memorial plaque in honor of Marty Ceccarelli, who passed away March 16, 2025. Marty and Tammy Ceccarelli are Business Alliance members who purchased and renovated the “Outpost” so that Munds Park could continue to have its own post office. Pictured are family and friends Ford and Robin Hornish, Becky Jone, and Marty’s wife and mother, Tammy Ceccarelli and Deanna Hornish. Munds Park Business Alliance Past Presidents Len Friedlund and Bill Spain were on hand to present the Ceccarelli family with Marty’s memorial plaque for the work done to keep the post office open and operating in Munds Park, ensuring that property owners would not have to go to Flagstaff to pick up mail.

AGEE’S BBQ 5TH ANNUAL
LABOR DAY FUNDRAISER SUPPORTING
OUR PINEWOOD FIRE DEPARTMENT

Thursday, August 28

6:00 pm – Kick off the weekend with a fun night of trivia.

Friday, August 29

11:00 am – Raffle items on display; ticket sales for Split the Pot and the raffle run all day.

4:00 pm – Corn Hole Tournament registration.

5:00 pm – Corn Hole games begin.

Saturday, August 30

9:00 am – Enjoy breakfast burritos made and served by our Pinewood firefighters.

Raffle items on display all day; tickets available until 6:00 pm for Split the Pot and raffle items.

11:00 am – Live music and dunk tank fun begin.

8:00 pm (approx.) – Split the Pot winner and Top 5 raffle prize winners announced.

Sunday, August 31

12:00 pm – Final raffle winners drawn and items ready for pick-up.

Support the heart of our community: The Pinewood Fire Department
Enjoy raffles, Agee’s BBQ, great music, and plenty of laughs with friends and neighbors. Come for the cause, stay for the fun!

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Munds Park

2/2 400 sq ft deck, split floor plan,
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plenty of storage & great yard space. .



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\$200,000

856 Hillside
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2/2 plus bonus addition. Great lot
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TOUGH HANDS BUILT BETTER JOBS

Looking Back this Labor Day

BY TEDDY JOHNSON

By 1917, America had a holiday for labor, but in Bisbee the men who tried to stand up for it got run out of town on a cattle train.

Bisbee, Arizona, 1917. Copper country. The kind of place where the mine whistle told you when to get up, when to eat, and when to quit. Phelps Dodge owned the mines, the payroll, the housing, and most of the town's say-so. The First World War had turned copper into gold, and the company wanted every last ounce pulled from the earth.

The men underground were running drills called widow makers. They chewed rock fast and lungs faster. Wages were not fair. If your last name or skin color marked you as different, you got less. The Industrial Workers of the World decided it was time to push back. Their strike was not about getting rich. They wanted two men on a drill, one fair pay scale for all, and a little less dying on the job.

Sheriff Harry C. Wheeler did not see it that way. A former Rough Rider, he was used to settling things on his terms. At dawn on July 12, he shut down roads into Bisbee and called up a posse of about two thousand men. Not deputies in uniform. Miners loyal to the company, shopkeepers, even ranch hands, all armed and ready to make a point. They went door to door with lists of names. Some men on those lists were not even striking. That did not matter. Anyone who might be trouble got marched two miles under rifle barrels to Warren Ballpark. Once there, Wheeler gave them a choice. Renounce the strike and walk away, or refuse and take a ride. About seven hundred men took the walk. The rest stood their ground.

By midmorning, 1,186 men were crammed into cattle cars that stank of manure. It was July in the Arizona desert. After a long run through



Striking miners and their supporters, under guard, are marched toward the cattle cars that would carry them out of Bisbee on July 12, 1917. In a single day, the company's word became the law, and more than a thousand men paid the price for standing together.

Photo from the Memory Project

the heat, the train stopped at Hermanas, New Mexico, near Columbus, a bare patch of nothing. Armed guards told them to start walking and never come back.

News spread fast. President Wilson's commission called the deportation "wholly illegal and without authority in law." But the law had no way to make kidnapping across state lines stick, and local juries were not about to convict their own. Not one man who carried out the deportation served a day in jail. The strike collapsed. Phelps Dodge kept its grip on Bisbee. Conditions changed little in the years that followed.

It would take nearly twenty years and a national change in labor law before miners in America could count on the right to organize without risking a one-

way ticket out of town. The Wagner Act of 1935 put those protections in writing. Federal mine safety laws arrived later, with real inspections and standards. By then, most of the men hauled out of Bisbee in 1917 were scattered, retired, or gone. They did not see the gains they fought for, but they started the fight that made them possible.

Here is what I want you to remember. Those miners did not win that day. Most never came home. But the fight they started lit a fire that shaped the rights we have now. Safer workplaces. Fairer pay. The idea that you can speak up without being run out of town.

And maybe that is the rub. They fought for a work ethic that built something solid. Today, plenty of jobs are still hard and honest, and that is the point. The ground is sturdier than it was because tougher hands laid it down. So when you clock in tomorrow, remember. Someone before you paid for that time with more than sweat.



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1235 E FOX PL

This chalet has it all—vaulted T&G ceilings, open floor plan, 3 beds/2 baths on the main level, loft, and oversized bonus room with private balcony. Wraparound deck, 2-car garage, storage, and mature trees. Ready for mountain living!



\$464,900

405 E CEDAR WOOD DRIVE

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AN EXCLUSIVE ARIZONA WINE CLUB ROOTED IN 100 YEARS OF HISTORY

BY Dick Trudeau

You ever drink something so good you want to know where it came from? Not the store. The dirt. The people. The stubborn history that put it in your glass. That's D.A. Ranch.

In 1910, Gertrude Gates bought 360 acres in Cornville, Arizona, and branded her Jersey cows "Delta Alpha Ranch," D.A. for short. She built a sandstone home with a library that was more than a dusty collection. She lined her shelves with books, records, and notes. It was a working room, a place for ideas and planning, maybe even the occasional whisky-fueled conversation about what to do with the herd.

Over time, the ranch changed hands. One owner was Vesto Slipher, an astronomer who discovered galaxies and probably counted stars from the front porch. Then came 2002. The Petznick family bought what was left of the ranch and began putting it back together. They planted Syrah, Cabernet Sauvignon, and Tannat, grapes tough enough for Cornville's rocky soil and blistering days. In 2008, they bottled their first wine and named it "Gertrude." Not to sell a story, but to honor one.

Today the ranch covers 170 acres along Oak Creek, with nine acres of vines set among oaks, pastures, ponds, and fruit trees. The tasting room is a converted bunkhouse, the kind of place where you lean back on the porch, look out at the vines with Sedona's red rocks beyond, and start rethinking your schedule.

This November, they are launching the Arizona Wine Club. Locals get in first, the rest of the country in February. The Homestead tier offers three bottles twice a year for \$150 per release. The Ranch tier gives you six bottles, including at least one Reserve, for \$300. The Estate tier is twelve bottles heavy



In front of Mrs. Gate's house on D.A. Ranch. Naquatsumi, Kawani, Miss. McClair, Eva, J.P. Girdner, William and a hired helper
Photo Courtesy of D.A. Ranch



Vineyard manager Elliot Stephens meticulously farms Syrah, Petite Sirah, Seyval Blanc, Tannat, Cabernet Sauvignon, Tempranillo, and Malvasia Bianca.
Photo Courtesy of D.A. Ranch

on Reserves, eight complimentary tastings, private event invitations, free shipping, and first rights on limited releases for \$550. All members get early event access, Wine Wednesdays with live music, and local discounts. By fall 2025, an upstairs Member Lounge will open. In 2026, they will release a club-only, small-batch wine that will not be repeated.

Cornville is not Napa. Its history is filled with grit and ambition still whispering through every vine and bottle. And if you ever find yourself here, with a glass of "Gertrude" in hand, you're not just tasting wine. You're tasting history and love of the land.

Not a Member?

Membership has its privileges, but D.A. Ranch has never been about keeping people out. The tasting room welcomes guests Wednesday through Sunday from 11 a.m. to 6 p.m., unless a private event is underway.

On Wine Wednesdays, from 2 to 5 in the afternoon, there's live music and the easy hum of conversation. It's a fine way to spend the afternoon.

From April through November, the Vineyard Walking Tour offers a closer look. For fifty dollars, you'll spend forty-five minutes among the vines, taste four distinct wines, take home a D.A. Ranch glass, and enjoy fifteen percent off any bottle or piece of merchandise you decide to carry out.

The wine club will always have its reserved tables and rare vintages. Yet the ranch remains a place where anyone can step onto the porch, glass in hand, and feel like they belong. Just as it should be.

D.A.Ranch

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


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PEACH SEASON, TWO WAYS TO POUR IT

The Bourbon Peach Smash

DICK TRUDEAU

There's a reason bourbon has lasted through wars, Prohibition, and more than a few questionable cocktail trends. It's honest. There's no mistaking that first inhale: caramel, oak, a whisper of smoke if you've chosen wisely. The good stuff doesn't need a gimmick, but it does enjoy a little company.

The Smash is an old American style of drink, dating back to the early 1800s, meant for warm weather and whatever fruit was in season. Back then, it was mint and maybe a lemon wedge, crushed with sugar and spirits in a heavy glass. You didn't need a bartender's playbook; you needed a sturdy hand and a decent muddler. It was the country cousin to the Julep, less ceremony and more "let's cool off after the game."

This version trades in tradition for peaches, which are hitting their peak right now. Soft-skinned, heavy with juice, and perfumed in a way that reminds you summer still has a few good weeks left. When you muddle them with mint and a little simple syrup, the glass blooms with color and scent. Add a high-rye bourbon and you have a drink that walks the line between sweet and heat. Finish with ginger beer if you like a little snap, or soda water if you prefer the bourbon to keep the spotlight.

This isn't a drink for sipping politely. It's meant for the porch, for a warm afternoon with good company and no reason to check the clock. The kind you finish, then reach for the muddler again, because like bourbon itself, it's that good.

Ingredients

- 1/2 to 1 ounce brown sugar simple syrup
- 1/2 large peach, diced (about 1/2 cup)
- 3 to 4 large fresh mint leaves
- 2 ounces good bourbon
- Splash ginger beer (preferred) or seltzer water, chilled
- Ice (Crystal ice from the store is best)
- Fresh mint and peach slices, for garnish

The Method

1. Add peaches, mint leaves, and simple syrup to the bottom of a cocktail shaker. Gently muddle to release the peach juices and mint oils. Avoid over-muddling the mint, which can make it bitter.
2. Add bourbon, fill the shaker with ice, and shake until well-chilled.
3. Strain into a rocks glass filled with fresh ice. Top with ginger beer or seltzer water. Garnish with fresh mint sprigs and a peach slice.

The Smash proves a good drink that only requires fresh peaches, good bourbon, and a glass that feels right in your hand. Make one, and before the ice settles, you'll already be thinking about the next.



Peach Bellini

BY VANITA DEE

Come on in, honey. Kick off your sandals, drop your bag on the counter, and grab a glass. We're doing Peach Bellinis, and yes, it's still morning. That's the whole point.

This isn't your run-of-the-mill mimosa. This is Italian summer in a flute, even if we're in the middle of mountain country with a hound stretched out in the doorway. Back in 1930s Venice, a very dapper bartender named Giuseppe Cipriani decided fresh white peach purée and sparkling wine needed to meet. The second they did, it was magic, the kind that makes you lose your train of thought. He named it after the painter Giovanni Bellini because the soft pink-gold color reminded him of the warm tones in Bellini's work. Art inspired it, glamour sealed it, and brunch claimed it forever.

What you'll need

- 2 ripe white peaches (yellow if that's what's rolling around the farmer's market this week)
- 4 oz chilled Prosecco (don't cheap out, she's the main character here)
- Simple syrup if the peaches are acting shy on sweetness

How to do it

1. Peel the peaches. Yes, peel them. We're going for smooth here. Toss them into a blender and whirl until you've got something that looks like a summer sunset. Strain if you want to feel extra bougie.
2. Pour the purée into a champagne flute, about a third full.
3. Top with cold Prosecco. Slowly, darling.
4. Give it one gentle swirl so it looks like they've been together forever.

And now, here's the rule. Once you start, you don't stop at one. This is a drink for lingering. For sitting around the table while the peaches are still fragrant in the bowl, the music's low, and everyone's telling stories they probably shouldn't.

Because mornings are better with bubbles.



If your Peach Bellini or Bourbon Peach Smash is going to be fabulous, start with the best fruit you can find. Viola's Flower Garden has Palisade peaches right now, grown in Colorado's Western Slope where warm days, cool nights, and rich soil create peaches that are unmatched for sweetness and juiciness. They have a short season, so get them while you can

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DJ RUBEN & KARAOKE



Time to grab the mic and steal the spotlight! Karaoke night is all about laughs, tunes, and maybe a little off-key magic.

Time: 8PM

Location: Pinewood Restaurant & Bar, Munds Park

EVERY MONDAY

BINGO AT PINEWOOD COUNTRY CLUB



Bingo at the Pinewood Country Club! This event is open to everyone—no membership required. Come enjoy a fun night with neighbors and prizes!

Time: 6:00 PM

Location: Pinewood Country Club, 395 Pinewood Blvd, Munds Park

ALMOST EVERY TUESDAY

PINEWOOD PLAYHOUSE MUSIC JAM NIGHT



Bring your instrument (or just your voice) and join fellow music lovers for a casual, come-as-you-are jam session. All levels welcome—from pros to kazoo dabblers. PA provided for singers. Free to attend, no RSVP needed, open to the community.

Date: check website at pinewoodplayers.com

Time: 6:00 PM – 10:00 PM

Location: Pinewood Playhouse, Pinewood Country Club, open to the community

AUGUST 29 THROUGH SEPTEMBER 2 COCONINO COUNTY FAIR



Ready for carnival rides, livestock shows, local food, music, and family fun at this end-of-summer tradition! A Labor Day weekend favorite, the fair celebrates the best of Northern Arizona.

Time: Check website for times

Location: Fort Tuthill County Park, Flagstaff

Info: www.coconinocountyfair.com

Admission: Check website for admission fees

SATURDAY, AUGUST 30

COUNTRY CLUB CRAFT FAIR



Join the Pinewood Country Club on Labor Day for their annual Craft Fair! All are welcome!

Time: 10AM - 2PM

Location: Pinewood Country Club

SEPTEMBER 4 - 7

YAVAPAI COUNTY FAIR



Four days of rides, livestock shows, arts & crafts, food and live entertainment at the historic Rodeo Grounds—fun for the whole family.

Location: Prescott Frontier Days Rodeo Grounds, 840 Rodeo Drive, Prescott

Time and Ticket Prices: yavapaifair.com



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SATURDAY, SEPTEMBER 20

FLAGSTAFF MUSIC FESTIVAL



Celebrate Flagstaff's local music scene downtown with community bands raising funds for the Haven Walker Music Scholarship. Local artists, community sing-along, and lots of live rhythm.

Time: Noon – 10 pm (bands from ~1 pm onward)

Location: Heritage Square, Downtown Flagstaff

Admission: Free

FRI & SAT, OCTOBER 10 & 11

PRESCOTT ANTIQUE SHOW & VINTAGE MARKET



Now in its 20th year, this treasure hunt is worth the drive. Shop antiques, vintage goods, clothing, furniture, and home décor across three packed buildings and outdoor booths at the

Prescott Rodeo Grounds.

Time: Friday 12–5 PM, Saturday: 8 AM–3 PM

Location: Prescott Rodeo Grounds, 840 Rodeo Drive, Prescott

Info: prescottantiqueshow.com

Admission: \$10 General Admission

FRIDAY-SATURDAY, OCTOBER 10-11 FALL IN PRESCOTT: THE BIG STING COUNTRY MUSIC FESTIVAL



Spend two days by Watson Lake enjoying live performances from top country artists, local food vendors, and the crisp autumn air. The festival pairs great music with Prescott's scenic beauty, making it a favorite fall tradition for fans near and far. Bring your boots, a blanket, and be ready for good tunes and good company.

Time: Gates open at 2 PM Friday, 12 PM Saturday

Location: Watson Lake Park, 3101 Watson Lake Park Rd, Prescott, AZ

Info: www.thebigsting.com

Admission: Tickets start at \$85

SATURDAY, OCTOBER 11 WINGS AND WHEELS: SEDONA AIRPORT DAY



See vintage and modern aircraft, classic cars, food trucks, and panoramic mesa views at Sedona's annual aviation celebration. Fun for all ages and free to attend.

Time: 9:00 AM–3:00 PM

Location: Sedona Airport, 235 Air Terminal Dr, Sedona, AZ 86336

Info: sedonaairport.org

Admission: Free

SATURDAY, OCTOBER 11 & 12 FORT VERDE DAYS



Step back in time and celebrate one of Arizona's longest-running traditions! Fort Verde Days returns for its 65th year with a lively parade down Main Street, food trucks, craft vendors, and old-fashioned fun at Fort Verde State Historic Park. Enjoy historic reenactments, live entertainment, kids' activities, and a full weekend of frontier spirit in the heart of Camp Verde.

Note: Service animals only.

Time: Saturday parade at 10AM, festival 11AM–7PM | Sunday 11AM–4PM

Location: Main Street & Fort Verde State Historic Park, Camp Verde

MONDAY, OCTOBER 20 - 26

SEDONA PLEIN AIR FESTIVAL



Watch master artists paint Sedona's dramatic red-rock landscapes in real time during this week-long celebration packed with public paint-outs and free events.

Time: Daily 8 am – 5 pm

Location: Sedona Arts Center

Contact: Sedona Arts Center, (928) 282-3809

Admission: Most public elements are free; workshops may require fees



Farmer's MARKETS

SEDONA COMMUNITY FARMERS MARKET

Join us every Sunday for a sunny marketplace experience! Discover a wide array of local fresh seasonal produce to unique artisan creations.

Date: Every Sunday

Time: 11 AM - 3 PM

Location: 2201 W SR 89A, West Sedona

PRESCOTT FARMERS MARKET

Support local farmers, enjoy seasonal flavors, and help grow a healthier, stronger local economy with every purchase.

Dates: Every Saturday, 7:30 AM - 12:00 PM

Location: 900 Iron Springs Road, Prescott,

OLD TOWN MUSIC & THE MARKET

Friday nights in the Verde Valley features locally grown fruits and vegetables, artisan foods, and handcrafted goods like pottery, jewelry, and soaps—all set to live local music. Bring a chair, grab a bite, and enjoy a relaxed evening under the trees with your community.

Dates: September 5, 12, 26

Time: 5 p.m. and continue until dark

Location: 187 E. Pima St., Cottonwood

VERDE VALLEY FARMERS MARKET

Discover real food from real farmers at the Verde Valley Farmers Market. Enjoy fresh, locally grown produce while supporting our community's farmers. Operated by local growers.

Date: Every Saturday & Friday from May 10 to October 4, 2025

Time: 8 AM - 11 AM

Location: 75 Hollamon St, Camp Verde

WINDMILL PARK FARMERS MARKET

Shop fresh and local every Thursday at Windmill Park! Find farm-to-table produce, sprouts, fruits, nuts, eggs, vegan organics, fresh bread, and honey—straight from local growers.

Date: Every Thursday

Time: 2:00 PM - 6:00 PM

Location: 9950 E Cornville Rd, Cornville, AZ



Community MARKETS

OLD TOWN MUSIC & THE MARKET

Shop locally grown fruits & vegetables, homemade items and more while listening to fabulous regional musicians.

Dates: September 5, 12, 26

Time: 5 PM Until Dark

Location: 187 E. Pima St., Cottonwood

FLAGSTAFF URBAN FLEA MARKET

Explore the eclectic and vibrant Flagstaff Urban Flea Market, a gathering of artisans and peddlers offering a unique variety of goods. Find everything from records, antiques, and books to handmade woodwork, ceramics, and vintage clothing. Plus, discover gems and minerals, soaps, used tools, comics, toys, jewelry, up-cycled goods, flowers, and other funky treasures.

Date: 2nd & 4th Saturdays, June 14th through October 25th

Time: 9 AM - 2 PM

Location: City Hall parking lot, 211 W. Aspen, Downtown Flagstaff on Historic Route 66

Admission: Free

PEDDLER'S PASS OLD-TIME FARMERS & FLEA MARKET

Visit Peddler's Pass Old-Time Farmers & Flea Market in Prescott Valley, a bustling open-air swap meet offering a diverse array of items. From seasonal farm produce and yard-sale secondhand goods to antiques, tools, collectibles, and rocks & gems, there's something for everyone. Known as "the best swap meet in Arizona," this family-friendly market features affordable finds and a wide variety of vendors.

Date: Every Saturday & Sunday, Year-Round

Time: 6 AM - 3 PM (Early morning is prime time for the best picks)

Location: 6201 E. State Route 69, Prescott Valley

Admission: Free

TWO COYOTES MARKET IN THE PINES

Enjoy a wide selection of fresh baked breads, pastries, pies, various food trucks and vendors selling wonderful crafts!

Operated by Munds Park Residents Susan & Bill Havermale

Date: Every Saturday, 9 AM - 1 PM

Location: 17620 N Munds Ranch Rd.



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MAKE YOUR LABOR DAY BBQ LEGENDARY

BY MARGARET IVEY



Sweet & Spicy Rum BBQ Sauce!

Ah, my dears, lean in. I'm about to show you how to make the kind of BBQ sauce that makes grown men guard the platter. Labor Day is coming and that means BBQ season at its best. We trade hard work for good food and better company. With napkins piled high and the smoky aroma drawing guests to the grill, summer's last big party is about to get delicious. What tips barbecue from good to great? Sauce. The sticky, messy, glorious kind you brush on as it cooks, layering flavor until a simple cut turns into a celebration.

So why fuss over sauce? Because it's the final touch that makes the barbecue unforgettable. It's finger-licking, plate-scraping good, and if you're doing it right, no one leaves the table clean or hungry. This Labor Day, while the coals glow and laughter drifts through the yard, remember that the best food isn't fancy. It's cooked with soul and shared with the people who matter most.

And if you really care, you won't insult your guests with bottled sauce off the production line. Only the freshest ingredients, a splash of rum, and the recipe below are worthy of sharing with good friends and family. Serve it up, watch them hum, and don't forget to pour yourself something strong. This is what real cooking looks like.

Ingredients

- ½ cup dark brown sugar (Dark brown sugar brings nearly twice as much molasses as light brown, but if that's all you have, regular brown sugar will do the job.)
- ½ cup rum
- 1 jalapeño, sliced thin (with seeds)
- 4–5 cloves garlic, chopped

- 5–6 fresh basil leaves, chopped
- 1 tablespoon apple cider vinegar
- 1 tablespoon fresh orange juice
- 2 tablespoons teriyaki sauce
- 1 cup ketchup
- 1 teaspoon chili paste or chili powder
- Dashes of fresh ground black pepper

How to Make Magic

Start by tossing all the ingredients into a sturdy cast-iron pan and stir.

Let the sauce simmer gently on low heat for 20 to 30 minutes, just until it thickens and begins to shine. Give it a taste and try not to eat it by the spoonful.

Pour the finished sauce into a dish and bring it to your grill station. This is where the real fun begins.

Here's the trick with barbecue sauce: most, including this recipe, is loaded with sugar, and sugar loves to burn if you're not careful. If you slap your sauce on too soon or cook over high heat, you'll end up with burnt char instead of that perfect sticky, amazing glaze.

The secret? Wait until the last ten minutes of grilling. Grab a brush and paint that sauce onto your meat. Give it a little time to caramelize and build a crust. If you like things extra sticky, go ahead and add another coat or two as you finish up.

Sure, you can use BBQ sauce as a condiment after the food is cooked, but you'll miss out on that magical crust and deep flavor that only comes from the heat of the grill.

Note: If you're cooking low and slow, like with a smoker, you can sauce as you please. Lower temps mean the sugar won't burn, and you'll get deep, smoky flavor with every bite.

Continued on the next page . . .

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“Cooking demands attention, patience, and above all, a respect for the gifts of the earth. It's a wonderful way of giving thanks.”

– Judith B. Jones



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FOUR 'OLD' GUYS GO CAMPING – WHAT COULD HAPPEN?

BY JACK CORSON

I considered titling this article 'The Camping Trip from Hell', however it has a very heartfelt ending which will reinforce your faith in the kindness of others. Read on and enjoy experiencing the plight of a camping trip gone badly wrong.

After meeting the week prior for a preplanning meeting us 'four old men' all in our mid to late sixties compiled a list of all of our camping gear, food, and items to last for a full three nights completely off the grid – no cell or internet service and miles from any basic facilities.

So, this past July 7th in two trucks we head out hauling all our gear and kayaks while towing a 12' skiff boat and a 10' supply boat. To our credit, we had done our research and knew the reservoir water level was way down to 20% capacity or over 50' below full water level. No problem, right? Wrong.

After a five-mile drive on rough dirt forest roads Tim, David, Doc and myself finally reach the boat ramp and are disheartened to discover that the top of the boat ramp is gated forcing us to walk around the stupid gate instead of simply backing our trucks and trailer down to the water with all our gear. Seriously?!!

We surveyed the task ahead and realized it's at least a 500' trek down the ramp on a very rocky 15-degree slope. Hauling our 700 lbs. of gear back up and out is NOT going to be fun but more on that later.

After over an hour and multiple trips up and down the dirt ramp from hell we finally load up and launch. What could happen, right?

We must have been a surreal sight as numerous kayakers stared at us cruising along at 3 mph in our little caravan led by the skiff towing our 10' supply barge – which was listing badly. After an hour or so we

reach an area that shows promise for the flat land high above to set up camp. The problem was, we would have to beach and haul the 700lbs of gear up the rocky slope. Our de facto 'captain' is undeterred and hikes

up to survey the situation leaving us grousing below 'no fucking way, dude!' He finally returns and surmises that this site 'may not be feasible.' Ya' think? So, that's strike one on finding a campsite.

Continuing on and not finding anything close to a suitable campsite we decide to motor out to the end of the reservoir for surely there will be flat land there, okay? Well, it was flat all right – and muddier than hell! As the frontman for the boat, I'm assigned to jump out and pull us onshore where I immediately sank up to my knees in the smelliest, nastiest mud you've ever seen! Picture MadJack trying to tow in these characters with all our gear as they command me to 'pull harder' while I'm sinking barefoot into the mud. Yes, I was cussing furiously. After a short while we humbly admitted that

there's no way this site will work especially for hauling hundreds of pounds of gear though knee deep mud, Oh wait, we were looking for an adventure! Shut up.

So that's strike two for finding a campsite. Running out of options, we decided to cruise all the way back to the other end of the reservoir, now a four hour / four-mile float with no shade and no access to our beer(!) as it was buried deep in the bowels of the supply barge. Duh!

Finally, we reach the other end where we beach and discover that the mud here is not up to our knees but rather is now up to our mid thighs! Strike three and out. This led to a quick and depressing decision to



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abandon any plans for finding a campsite anywhere. Which then leads us to the sad realization that we were going to have to pack out our boats and gear back up that horrific 500' rocky ramp to get back and head home before sundown.

Somewhat depressed, we cruise back but are interrupted by the sound of six folks laughing uproariously at us from high above on the forest road. Our captain hand signaled that we needed help hauling our gear up and out and that money would be paid. This made them all laugh even harder.

As we pull up on the ramp, those same six (four dudes and two women) greeted us and offered to assist. They had already packed out and walked all the way down to the ramp to help these exhausted four old guys, can you believe it? And so, for the next hour all ten of us hauled our crap up the ramp with these muscle-bound dudes carrying the heaviest loads. We offered them water, beer and even a \$50 bill but they absolutely refused suggesting we just pay it forward. We never even got their names, but I call them the Angels from Heaven sent down to help. Unbelievable for such a beautiful act of kindness, dontcha' think?

So now what? Its 5:30PM and no way we can get home before dark and, besides, we came for 'an adventure' right? To tuck tail home now without even setting up camp seemed pathetic, so we drove back out a few miles to a formal Forest Service campsite called Rock Crossing. Lo and behold there were open campsites, so we unloaded again(!) and quickly set up camp in the dying light. We partied hearty that night reliving our misfortunes when I again exclaimed 'what could happen?' Collectively, they yelled for me to shut the hell up.

The next morning, our bodies aching all over (and somewhat hungover) we slowly tore down camp when a rain drizzle started from a single small cloud high above. Whatever, we're real men! Except it turned into a torrent and just as we finished and jumped soaking wet back into our trucks a massive bolt of lightning and thunder clap blasted out. My buddy said: 'what the hell was that?' and I replied 'that was a signal from God to take your four sorry old man butts and get the hell out of here!'



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THEY CALLED THEM MUTINEERS

The Forgotten Story of the Port Chicago Disaster

A FORWARD FROM UNSTOPPABLE STACEY



Golden Gate National Cemetery

Photo by Stacey Wittig



Grave of Unknown Sailor killed at Port Chicago.

Photo by Stacey Wittig

This is a story not only of tragedy, but of a long-overdue reckoning. Visiting the Port Chicago Naval Magazine National Memorial in northern California gave me the chance to walk the grounds where injustice unfolded and where remembrance now stands in its place. The Port Chicago Disaster is not my history. It belongs to families who lived it, to the voices that rose up despite injustice, and to communities who have carried its weight for generations.

Nothing prepared me for what I experienced at the Port Chicago Memorial. I knew I had to carry it forward—as a witness, a writer and someone who believes travel should move your heart, not just your feet.

Port Chicago: The US's Largest WWII Homeland Disaster

It happened late at night on July 17, 1944, when most of America was asleep and the war was raging in the Pacific. At Port Chicago, a naval munitions base near Concord, California, young Black sailors loaded massive numbers of bombs onto ships.

They had no formal training. They were told the explosives weren't live. Safety procedures were brushed aside in the rush to meet quotas.

"It was an accident waiting to happen," reported Walt Bilofsky of the Treasure Island Museum.

Then, the unimaginable: an explosion equal to 2,000 tons of TNT. The Port Chicago Disaster killed 320 men instantly—202 of them Black. That single moment accounted for 15% of all Black casualties during WWII.

The Port Chicago Memorial now stands on that very site, a quiet place where the water meets broken piers, and history still echoes.

Just When You Think It Couldn't Get Worse...

The surviving sailors were transferred to nearby barracks. A few weeks later, 259 of them were marched back to other docks and ordered to resume loading munitions.

They stopped.

Fifty of them refused, fearing another disaster. For that, they were branded mutineers.

Today, the Port Chicago Memorial remembers both those who died and the 50 who said no. Their courage stood at the intersection of military duty and civil rights.



Marking the occasion by casting a flower into the bay.

Photo by Stacey Wittig

Was It Really Mutiny?

The trial was rushed. Just eight weeks after the Port Chicago Disaster, the Navy tried 50 men for mutiny—even though no direct orders had been disobeyed, and no conspiracy proven.

Thurgood Marshall, then attorney for the NAACP, attended the trial. "This is not 50 men on trial for mutiny," he said. "This is the Navy on trial for its whole vicious policy toward Negroes."

The 50 men, each of whom constitutionally should have had his own defender, were given only four attorneys. "A travesty of justice," said Jody Iorns of the Contra Costa Bar Association.

That injustice lit a spark that helped desegregate the Navy and later, the entire US military. But justice moved slowly.

A Long Road to Exoneration

In 2024—80 years after the blast—the US Navy finally exonerated the Port Chicago 50.

One year later, I stood on the very ground where the massive explosion—registering 3.4 on the Richter scale—took place. The 78th Secretary of the Navy, Carlos Del Toro, addressed the crowd: "We must always gather to pay tribute, because too many do not know their stories." He was the official who exonerated the Port Chicago 50 last year.

Sean Coffey, the now-retired Navy General Counsel who led the

exoneration investigation, followed him. “This is truly a sacred place... not only because of the lives lost, but because of the struggle for justice that went on for 80 years.”

Port Chicago Weekend: From Tragedy to Tribute

On Thursday, July 17, I joined a group headed to Golden Gate National Cemetery for the “Remember & Honor” event, part of the Port Chicago Weekend. Among the white headstones, I met Sherri Culpepper, who traveled from New York City with her granddaughter. Her uncle, Cyril Sheppard, had been one of the 50. She came to ensure the next generation knows this story.

Sandra Evers-Manly of the Black Hollywood Education and Resource Center also stood with us. “Through his eyes and voice, I learned about Port Chicago,” she said of her neighbor, a survivor. “Their sacrifice gives us the freedom we have today. Lay your hand on the gravestone and say thank you. I remember you.”

I did. That day, our group, which included young students, visited 43 graves. The Port Chicago Memorial Weekend ensures those men are never forgotten.

Saturday of the Port Chicago Memorial Weekend

The Commemoration Ceremony on Saturday brought together descendants, military leaders and others. Riding the bus, I met Vickisha Keys, great-granddaughter of survivor Alex White. “He could not stop talking about Port Chicago,” she said.

Carol Cherry displayed photos of her father, Cyril Sheppard. “I remember sitting in my Dad’s car and him telling me the story of Port Chicago,” said Spencer Sykes II, whose testimony helped with the exoneration. We spoke before the ceremony began. “He had to tell it to me over and over again to burn it in.”

Secretary Del Toro reminded us, “We must stand together in the struggle to reach the Promised Land.” Sean Coffey honored “ordinary, committed citizens who held our government to account.”

We stood for funeral honors. Taps played. Police boats dropped wreaths in the bay. The broken piers, remnants of the Port Chicago Disaster, seemed to watch like wooden sentinels.

Each visitor was handed a flower. Some tossed theirs into the water. Others took them home. I held mine longer than expected. When I finally let it go, it felt less like a goodbye—and more like a promise to carry their story forward.

Plan Your Visit

The Port Chicago Naval Magazine National Memorial is on an active base, so reservations are required.

Want to attend the next Port Chicago commemoration? Plan ahead. The 2025 event filled quickly.

“UNSTOPPABLE Stacey” Wittig is a Munds Park-based travel writer. Read more of this story at UnstoppableStaceyTravel.com.



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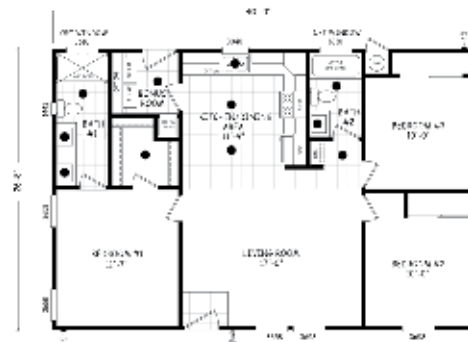


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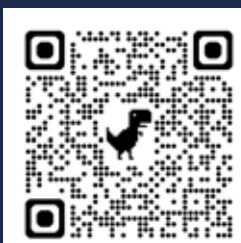


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GAME HIGHLIGHTS FROM PINEWOOD COUNTRY CLUB

The Stats

On July 19th the Pinewood Men's Golf Association held their Professional Cup Championship. The winners were Mike Barter and Brian Palumbo.

On July 26th the PMGA held a Two-Two Man Scramble Event. The winners were Brian Palumbo, Howard Weiner, Chuck Kubat and Bill Vogt.

On July 20th The Pinewood Country Club held the 2025 Couples Club Championship. The overall Champions were Lowell and Diane Peterson. The low Net Champions were Mike Rishling and Lisa Leach.

On August 2nd the Pinewood Men's Golf Association held their Member-Member/

Member-Guest event. This year's winners were John Corn and his guest Scott Dunnett.



Not a Country Club Member but Love Pickleball?

No problem. Grab your paddle and head to the Camp Verde Community Center Gym. Pickleball is free and open to the public four times a week: Sunday, Wednesday, and Friday mornings from 9:00 to 12:00, and Tuesday evenings from 5:00 to 8:00. The gym has three indoor wood courts with permanent lines and portable nets.

We know it's about a 40-minute drive from Munds Park, but the views along I-17 make it a scenic little escape. Plus, it's a great excuse to grab lunch in Camp Verde, swing by the local shops, or cross a few things off your grocery list while you're in town. Pickleball and errands? That's a win-win.

Location: 51 E Hollamon St, Camp Verde, AZ

Contact: (928) 554-0820 or visit campverde.az.gov

Join the fun!



The Pinewood Country Club Lady Niners hosted 120 women golfers from more than 22 clubs from around the state of Arizona at their annual invitational tournament on July 16.

This year's theme was Niners World Tour and tournament chairman Karen Pallanich delivered in so many ways! Every hole on the course and every dining table at the luncheon featured a different international golf course, so that the players really felt like they were taking a tour of links around the globe.

Players were divided into two flights; half of them played the front nine and half played the back. Winners of the first flight were Lisa Amann, Pat Tighe, Mary Newstead and Janet Sabatino. Winners of the second flight (below from left to right) were Nancy Cummings, Elyse Webber, Stacie Garlieb and Vy Armour.



The Pinewood Women's Golf Association's 2025 President's Cup winner is Becky Palumbo. Well done!

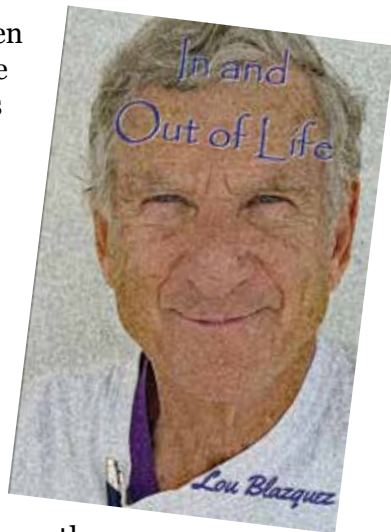
CELEBRATING OUR LOCAL STORYTELLERS

Local Author Lou Blazquez



I'm a retired seventh-grade math teacher from Flagstaff Middle School. I'm also a retired martial artist, although I still occasionally teach at our Tae Kwon Do club at DeMiguel Elementary in Flagstaff. Since 1985, I've been doing a family newsletter, the Life of Jamie Times. Jamie is my daughter. I've taken over 24 college-level courses to

improve my skills, including earning two certificates: Writer's and Computer Graphics. I also have a B.S. in physics and an M.A. in teaching. My friend since second grade, Patrick Fogarty, the president of the Central Arizona Writers in Prescott, inspired me to publish the stories I was generating for my class assignments. He did all the work and published my memoir and fictional stories on Amazon, "In and Out of Life." It contains brief essays about my life, from growing up in the Bronx to the present. When I saw the book, I realized that you don't make a book with your homework! Nevertheless, I checked off another item on my bucket list. I've lived in Munds Park since 1980.



Local Author Vy Armour

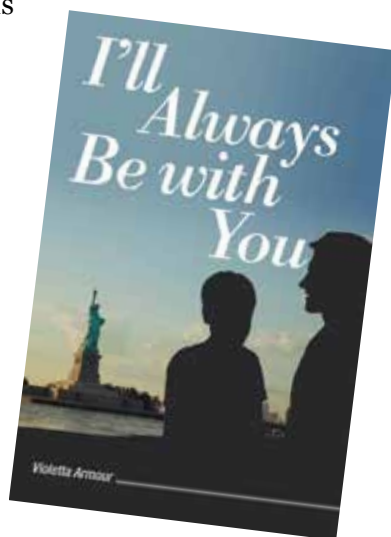


Summer Munds Park resident Violetta (Vy) Armour is a frequent contributor to the Chicken Soup for the Soul Series, having published five essays in their books since 2010. Her most recent story is entitled "Take Center Stage" in the Let It Go Collection—101 Stories of Forgiveness and Freedom.

Chicken Soup for the Soul books began in 1993 with Jack Canfield and Mark Victor Hansen, who compiled inspirational stories shared by their audiences into a book. The initial concept was to create a book that, like chicken soup, could offer comfort and healing, but for the soul. The first "Chicken Soup for the Soul," was released on June 28, 1993, and quickly gained popularity through word-of-mouth, eventually becoming a bestseller.

With more than 100 million copies sold in the U.S. and Canada, 400 titles, and translations into more than 40 languages, the phrase "chicken soup for the soul" is known worldwide. Their goal is to spread happiness, inspiration, hope and wellness across the globe through the 101 true, personal stories they publish in each new book. They publish 10 new titles each year, with stories written by people from all walks of life.

Vy has published three mysteries: A Mahjongg Mystery, A Pickleball Poison and S'mores Can Be Deadly as well as her award winning novel, I'll Always Be With You. A former English teacher and Univ. of Phx instructor, she owned a bookstore in the 90's in Ahwatukee. She currently resides in Sun Lakes in the winter months. Vy will be signing her books at the annual Craft Fair at Pinewood Country Club on Saturday, August 30.



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FALL PLANTING: A SECOND SEASON FOR GARDENERS

BY MISTI WARNER-ANDERSEN



As we prepare to bid farewell to another high-country summer, it might be tempting to think that the gardening season is winding down. But fall is a second season for gardeners in northern Arizona. It's the ideal time to plant trees, shrubs, and hardy flowers, plus it's your only window to get those spring-blooming bulbs in the ground.

So instead of putting your tools away, consider this your green light to keep growing.

Why Fall is Great for Trees and Shrubs

Many gardeners instinctively wait until spring to plant trees. And sure, it makes sense; longer days, warmer weather, and a flush of new growth. But in many ways, fall is actually better.

Here's why: while air temperatures are dropping, the soil stays warm well into October. That warmth encourages trees and shrubs to grow strong root systems without the stress of producing new foliage or summer's heat.

Our monsoon season also helps saturate the soil, encouraging deep root growth. That's essential for trees to become established and weather the dry conditions that can come with spring and early summer. That said, newly planted trees still need regular water.

Even if there's been rain, you'll want to soak your tree generously at planting, then daily for the first two weeks. After that, every other day should suffice until winter truly sets in. (During winter, water once a month.) A root stimulator like Fertilome's can help encourage vigorous growth. And don't forget to mulch! It helps retain moisture, suppress weeds, and regulate soil temperature.

Here are a few planting tips:

- Dig a hole twice as wide and as deep as the tree's root ball
- Amend the soil (we recommend Warner's Supreme Planting Mix)
- Water your tree thoroughly before planting
- Remove any wire or fold back burlap from the root ball
- Use mulch, but keep it a few inches away from the trunk
- Water deeply (drip irrigation systems are ideal, but a slow hose trickle works too)

Don't Forget the Fall Flowers

Fall isn't just about trees. It's also the perfect season for refreshing your planters and flower beds with cool-weather blooms that thrive in the crisp air, such as mums (the unofficial flower of fall), asters, and pansies and violas, which come back for a second season after their spring debut.

Fall flowers do well in containers, which makes them easier to water even if you've shut off your drip systems for the season. Just make sure to place containers in full sun, as shorter days mean less light, and these blooms still love their sunshine.

And here's a quick tip: deadheading your late-summer bloomers will encourage just a little more life from them before the first frost.

Bulbs Now, Blooms Later

Want daffodils, tulips, crocuses, and hyacinths next spring? You need to plant now. We always have folks come into the nursery in March asking for daffodil bulbs—and by then, it's too late.

To set yourself up for a beautiful spring, plant bulbs in late September through October when the nights are cool, but the soil is still workable.

Here's how:

- Choose a sunny spot with well-draining soil. If your soil is heavy with clay, amend it with planting mix.
- Plant bulbs three times as deep as their size: big bulbs (like daffodils) go in about 8 inches; smaller ones (like crocus) about 4 inches.
- Always plant with the "nose" or pointy end facing up.
- Water after planting, and then wait for nature to do the rest over winter.

Don't Stop Growing

Fall is a season of transition, but not of endings. You can still be harvesting cool-season veggies like kale, spinach, and arugula, or starting fast-growing crops like radishes and onions. Just be sure to factor in your local frost dates when starting from seed.

Whether you're extending your blooms with colorful containers, investing in long-term beauty with trees and shrubs, or planting bulbs for spring glory, fall is full of gardening potential.

At Warner's, we'll have a great selection of fall flowers, bulbs, and trees available starting in early September. Stop by and let us help you make the most of this beautiful season.

Happy Gardening, Misti Warner-Andersen

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ARIZONA CHILDREN'S THEATRE MADAGASCAR JR. BRINGS DOWN THE HOUSE

BY APRIL PLONSKI



Photos by Barbara Sherman

After weeks of rehearsals, singing, dancing, and countless moments of laughter, Arizona Children's Theatre has wrapped its production of Madagascar Jr. — and the verdict is in: the play and summer theatre camp were a tremendous success.

The three performances brought audiences to their feet as Alex the Lion, Marty the Zebra, Melman the Giraffe, and Gloria the Hippo took audiences on a hilarious adventure from the Central Park Zoo to the beaches of Madagascar. Colorful costumes, catchy songs, and high-energy performances kept audiences smiling from the opening curtain to the final bow.

But the magic wasn't just in the performances. For the children involved, the experience was transformative. The summer camp, which prepared the cast for the production, became a place where kids discovered their voices, learned teamwork, and built friendships that stretched beyond the stage.

Parents praised the program for creating a supportive and inclusive environment where children of all experience levels felt welcomed. First-time performers found the courage to step into the spotlight, while returning cast members refined their skills and embraced leadership roles.

The success of Madagascar Jr. has left the community buzzing — and has inspired many families to look ahead to upcoming productions. Arizona Children's Theatre is now enrolling for future camps and shows, giving more kids the chance to experience the same excitement and growth.

Families can learn more and register at www.arizonachildrenstheatre.com.



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CELEBRATING 35 YEARS OF ENTERTAINING MUNDS PARK!

BY CINDY SMITH

If you're a Pinewood Players member, get ready for a special celebration! This year marks our 35th anniversary of entertaining the Munds Park community, and we're throwing a party for members at the theater. Instead of our usual "It's a Wrap Party," we're serving up an "It's a Steak Banquet."

For details on the date, ticket price, and how to purchase your spot, see the advertisement below.

If you are not a Pinewood Players member, we are always accepting new members, and joining is easy. Just go to www.pinewoodplayers.com/membership, where you will find the membership application form.

For all the Munds Park musicians, music lovers, and those who love to listen in and sing along, Music Jam Night at the theater may be just the thing for you. Most Tuesdays, Fred Lloyd leads an open-mic style music jam from 7 to 9 PM at the Pinewood Playhouse. Just show up with or without an instrument. This event is open to the community!

Pinewood Players wish to thank the administrators of Drama Camp for the outstanding performances of Off Their Rockers and Willy Wonka Jr. Those performances, along with the successful adult plays The One Act Play That Goes Wrong and Airport Encounters, have provided the community with terrific entertainment this season.

Play selections for 2026 have not yet been announced, but are expected in the coming weeks. Watch the news and social media for scheduled auditions. We have welcomed a new member to the list of play Directors. Lisa Boser, a Canadian transplant, will be offering her considerable talents to Pinewood Players in 2026. Lisa owned and operated her own theater and production company and has enjoyed a long career as a dancer, singer, actress, teacher, and director. We are looking forward to all that Lisa can offer for Pinewood Players and the community.

PINEWOOD PLAYERS HONOR YOUTH LEADER WITH 2025 SCHOLARSHIP



June 28, 2025, Pinewood Players met for their first General Meeting of 2025 and awarded their \$2,000 scholarship to Angelina Rosacci. Angelina's family was in attendance to receive the award for her, as she was on a plane headed to a YMCA Youth in Government conference.

Miss Rosacci graduated from Chaparral High School this year with an impressive 3.89 GPA. She has been accepted to and will attend the University of Arizona's W.A. Franke Honors College in August. Angelina has a long and awe-inspiring list of extracurricular activities, such as editor of her school newspaper, graduate of the FBI Teen Academy, singing and dancing in many theater productions, National Honor Society, Girl Scouts, and the Chaparral Softball team, among others. Many in Munds Park have seen Angelina working at Kota's Coffee in 2022 and, currently, at the Youth Activity Center.

After pursuing a double major in Cellular and Molecular Biology and Biochemistry, with a minor in Criminal Justice, Angelina's goal is to work in a forensics unit. She hopes to continue using her talents in the performing arts as well. We wish her all the best—congratulations, Angelina, our 2025 Pinewood Players Scholarship recipient!

Join us for a STEAK BANQUET!

Pinewood Players Members 35th Anniversary Celebration!

August 28, 2025, from 5 to 7 pm.

Party at the Pinewood Players Playhouse

Tickets \$25 per person


Tickets are now available now via Zelle at playerspinewood@gmail.com, PayPal at administrator@pinewoodplayers.com, or buy your party ticket at the Playhouse Box Office from 10 am to noon on Saturdays. Deadline to purchase is August 20, 2025.

WORD SEARCH

Solution Page 18B



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UNDERSTANDING SHOULDER PAIN MECHANICS MANAGEMENT & MOVING FORWARD

BY CHRISTY SHAFT, PT – CERTIFIED YOGA INSTRUCTOR, ACTIVIDA, LLC

Shoulder pain can be highly debilitating, limiting both function and quality of life. Understanding the mechanics of the shoulder and how to care for it can empower you to stay active and pain-free.

“Mostability” Mobility + Stability

A healthy, functional shoulder is both mobile and stable, what we like to call “mostability.” While that may sound simple, it’s often easier said than done. Over time, chronic wear and tear, inflammation, or degenerative changes can reduce mobility in key areas, including:

- The glenohumeral joint (the main shoulder joint)
- The scapulothoracic joint (where the shoulder blade moves)
- The thoracic spine (your upper/mid back)

Even stiffness in seemingly unrelated areas like the hips can throw off shoulder mechanics, particularly during activities that involve rotation like golf or tennis.

Why Stability Matters Too

Stability is just as crucial. The rotator cuff, made up of four small muscles, acts like a pulley system that keeps the ball of the shoulder (humerus) centered in its socket. Weakness or imbalance in this system allows the humeral head to shift improperly, pinching tendons, irritating the bursa, or accelerating joint degeneration.

Poor posture contributes too. Rounded shoulders and a forward head position alter the alignment of the shoulder blade, setting the whole system up for dysfunction before you even move.

Common Causes of Shoulder Pain

- Osteoarthritis of the glenohumeral or acromioclavicular (AC) joints: causes stiffness, pain, and limited motion
- Rotator cuff tendonitis or tears: reduce joint stability and control
- Postural impingement: often due to weak upper back muscles and an exaggerated curve in the thoracic spine
- Faulty movement patterns: especially during activities like golf or pickleball. Limited hip mobility or poor core control can force the shoulders to compensate
- Systemic inflammation or hormonal imbalances: can also contribute to pain and restricted range of motion

Treatment: It’s Time to Get Active

Stretch Smart

Target the shoulders, neck, mid-back, and even hips to improve overall movement quality.

Strengthen Wisely

Focus on the rotator cuff and the muscles that stabilize the shoulder blade (especially the lower traps and rhomboids).

Avoid painful or high-load exercises that worsen symptoms.

Improve Your Posture

Counteract the effects of sitting and tech posture. Daily posture resets can go a long way in reducing stress on the joint.

Use Modalities as Needed

- Heat: Soothes arthritic joints before gentle mobility work
- Ice or topical analgesics: Reduce inflammation
- NSAIDs: May help short-term; consult your healthcare provider

Address Diet and Inflammation

Anti-inflammatory foods and supplements like turmeric, vitamin C, glucosamine/chondroitin, magnesium, and high-quality protein support tissue healing and joint health.

Know When to Seek Help

If pain persists beyond a few weeks or worsens, see your physician. You may benefit from physical therapy to guide you through targeted exercise and mobility strategies. In some cases, imaging (MRI) may be necessary to evaluate for tears or structural damage requiring surgical intervention.

Your shoulders are involved in nearly everything you do, from reaching and lifting to swinging a racket or hugging a loved one. Don’t ignore discomfort. Early attention can prevent chronic issues down the road.

Stay active. Stay strong. Live the life you love.



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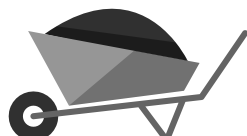
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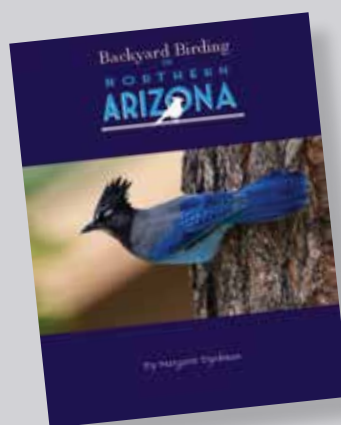
TURKEY VULTURES DOING THE DIRTY WORK FOR NATURE

BY MARGARET DYEKMAN

The Turkey Vulture is one of three large, almost completely black birds we see in Northern Arizona. The other two species are the Common Raven and the American Crow, both which live here year-round like many of us. But it is the Turkey Vulture that comes and goes with the weather, migrating hundreds of miles, usually in large flocks, to wintering grounds such as Costa Rica.

Turkey Vultures breed throughout the United States except for Alaska and Hawaii. An old nickname for them is “buzzards”, and some people consider them ugly birds because their heads are completely free of feathers and instead show only red, bare skin and a white beak. Turkey Vultures are beautiful in the air, however, barely beating their wings in flight as they glide through the skies seeking out their next meal – a dead animal. These birds have a keen sense of smell and while soaring can locate carrion more than a mile away. Turkey vultures play a critical role in keeping our environment safe: helping to prevent the spread of serious diseases like botulism and anthrax. You can consider them the winged vacuum cleaners of our planet.

Turkey Vultures are monogamous and monomorphic – the latter meaning both the male and females are similar to each other in size and look. They have a six-foot wingspan and a black body. When they are in flight, you can see that the front of their wings is completely black and their tail and the back wing feathers are gray. In spite of their appearance, Turkey Vultures have many human fans. At least five birding festivals in the U.S. specifically celebrate the return of the Turkey Vulture from their winter migration, including one in Bisbee, Arizona, in March.



You can reach me at margaretdyekman@cox.net or text 602-620-3210. For more on Backyard Birding in Northern Arizona, visit backyardbirdingaz.com to learn more, order a book, or get in touch. I welcome your questions, sightings, and suggestions for future articles.

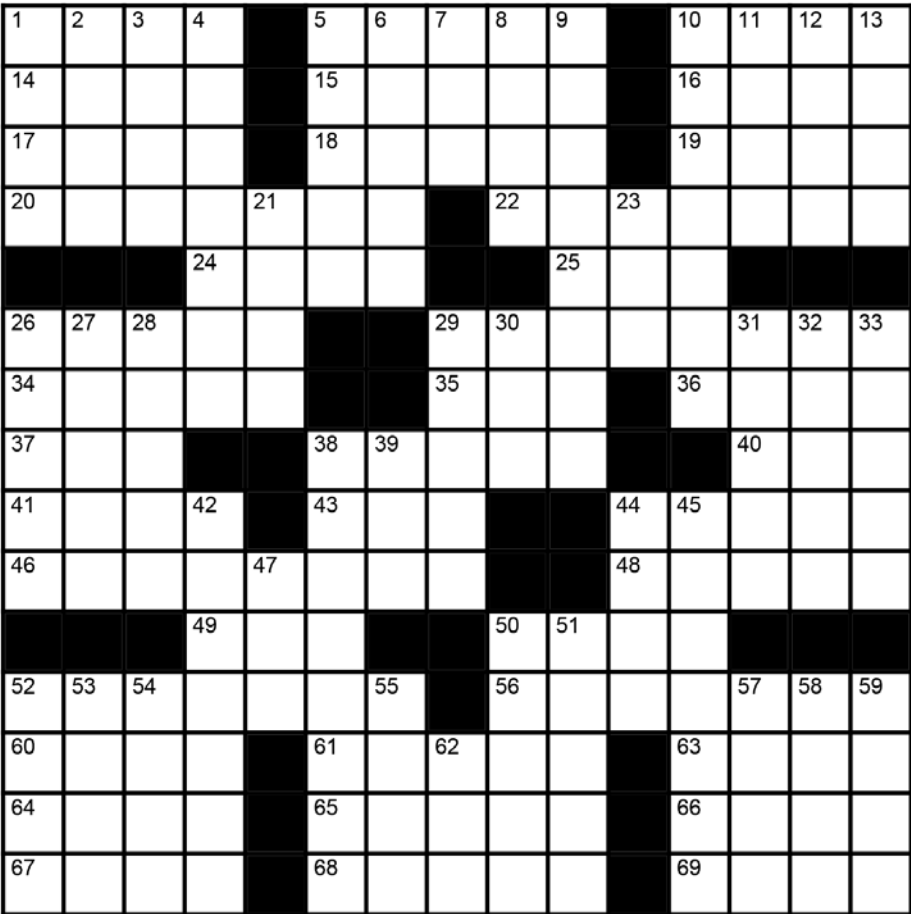
Be A Birdwatcher

They wake up early, go outside, walk quietly, and pay close attention to the world around them. They spot beauty in places others overlook. They're patient, curious, and notice things others miss. If you want a good life, slow down, look up, and appreciate what's in front of you.



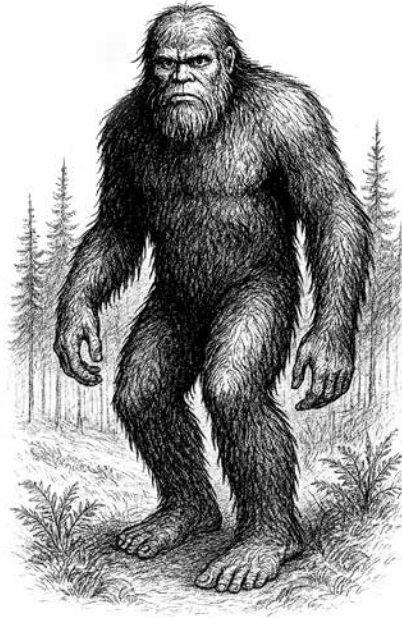
CROSSWORD PUZZLE

Created by Paul Mason • Solution Page 18B



THE MOGOLLON MONSTER WALKS THESE WOODS

BY LARRY JOHNSON



Spend enough time along Arizona's Mogollon Rim and you'll hear the name, usually after dark when the fire burns low and the forest seems a little too quiet. The Mogollon Monster has been part of Arizona lore for more than a century. Folks say he's seven feet tall, built like a barn door, covered in matted hair, with eyes that catch the light in a way that makes you wonder if you should put another log on the fire or start packing the truck. And then there's the smell that assaults you before you even see him, like the smell of a skunk mixed with a dead skunk. It's said to be that bad!

The first time the story appeared in print was back in 1903, when The Arizona Republican ran an account from a man named I.W. Stevens. The paper referred to the creature as a "wild man." Stevens swore he had seen it near the Grand Canyon, standing over the bodies of two cougars. According to him, it was not just standing there, it was drinking their blood. Whatever curiosity he had, vanished the moment it turned toward him. The thing let out what he called "the wildest, most unearthly screech" and chased him off.

In the mid-1940s, Don Davis, who later became a cryptozoologist, recalled being on a Boy Scout camping trip near Payson. One night he woke to find a massive figure just feet away from his tent. It had broad arms, a square jaw, and a face that gave nothing away. Davis could not make out every detail. The dark swallowed its features, but the smell rolled over him thick and foul, the kind that makes your eyes water and triggers your flight instincts.

From the 1980s into the 2000s, residents on the Fort Apache Indian Reservation started reporting more sightings. In 2006, White Mountain Apache tribal police lieutenant Ray Burnette told reporters the frequency had gone up and the witnesses were credible. One woman, Marjorie Grimes, described a tall, black figure striding through the woods with steps far too long to be human. She turned away for a second and it was gone, leaving only the sound of her own breath.

The legend has kept pace with the times. In 2015, a driver on State Route 260 reported a massive, dark-furred figure running across the road at twilight. It disappeared into the forest without so much as a snapped twig. Sightings like this keep trickling in, often just enough detail to keep the monster alive in conversation and just vague enough that you cannot quite pin it down.

Witnesses over the years have described the Mogollon Monster as seven feet tall, foul-smelling, with glowing red eyes and an unsettling knack for sound mimicry. Some say it whistles. Others claim it can imitate animal calls. And then there are the campfire storytellers who insist it has been known to pull the heads off deer before feeding.

Munds Park is not just a spectator in this tale. It sits right in the middle of the playground where the legend runs free. Better watch out!

Whether you believe it is a real creature, a misidentified bear, or the best prank the forest has ever played on people, the Mogollon Monster has a way of showing up when you least expect it. And if you are out in the pines one night and hear a whistle where there should not be one, run!

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WORD OF THE DAY SCRAFFLE

BY TESS LANGLEY

Nobody scraffles in a silk shirt. You scraffle in boots that still have last week's mud on them, sleeves shoved up, a hat with sweat stains you could map rivers on, and a look that says, "I don't know how yet, but this is getting done."

The word's old Scots-Irish, meaning to scramble, scuffle, or wrestle something into place. It's not neat work. You're going to sweat, maybe bleed a little, and there's a fair chance you'll be sore tomorrow.

A rancher scraffles when a calf decides it's not walking into the corral and the sky's already spitting rain. A farmer scraffles when the baler jams in the middle of second cutting and the forecast says hail by sundown. That's scraffling — solving the problem before the problem gets bigger.

It's not just for the ag crowd, either. Miners scraffled at the rock face to get their share before the whistle blew. Dockhands scraffled to clear cargo before the tide stranded them. Road crews scraffle every time a shovel hits rock in August heat.

Scraffling isn't only muscle. It's what happens when the "right" tool is three towns away and the store closed an hour ago. It's fence mending with baling wire and a piece of old bed frame because the cattle are eyeing the highway. It's getting a stuck truck out of the mud with nothing but chain, grit, and a prayer you'll still have all your fingers when it's over.

It's messy. The job always takes longer than you thought. You end up inventing a few words you wouldn't say in church. But when it's finished, there's that quiet satisfaction of knowing you didn't wait around for someone else to do it.

Labor Day is for the scrafflers. The people who keep going until the thing is done, no matter how ugly the process. Without them, the hay doesn't get in, the roof keeps leaking, and the gate stays swinging open.

So here's to the scrafflers. Pour them a drink, hand them a plate, and let them sit for a minute. Tomorrow, they'll be back at it.

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ARE YOU A TRUE MUNDIE PARK LOCAL?

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Circle the right answer. 18+ correct and you've earned your Pinecone Badge.

1. In Munds Park, when driving through the Park you are expected to:

- a. Ignore everyone unless you know them
- b. Wave at every car and walker
- c. Act like you are on the phone

2. If the power goes out in winter, you:

- a. File a complaint on Facebook
- b. A perfect excuse to day drink
- c. Move to Phoenix

3. The speed limit throughout the Park is:

- a. 15
- b. 25
- c. 30

4. Locals have been known to serve mimosas to hikers on which trail?

- a. Crystal Point Trail
- b. Janis Trail
- c. Iron Springs Trail Head

5. The proper spot for your trash can is:

- a. In the middle of the street
- b. On the edge of the street
- c. Dumped over in the street to feed local wildlife, because we care

6. Which of these is true about local gossip?

- 1. It's polite and understated
- 2. It could make Peyton Place blush
- 3. Nobody gossips here

7. Which Facebook group is where polite conversation goes to die?

- a. It's All About Munds Park
- b. What's Happening in Munds Park and Around the World
- c. Munds Park Community News and Events

8. The best option for cell service in Munds Park for spotty areas is:

- a. Smoke signals
- b. Nonexistent
- c. Tying your phone to a tree

9. What farm animal might wander through your yard?

- a. Cow
- b. Goat
- c. Chicken

10. Best bald eagle spotting spot in Munds Park:

- a. Pinewood Bar and Grill parking lot
- b. Lake Odell
- c. On Janis Trail

11. The proper way to stop at a STOP sign here is:

- a. Come to a full and complete stop
- b. Polite pause
- c. Pretend you didn't see it

12. When Agee's runs out of food:

- a. You smile for them and cry inside
- b. You drive away in tears
- c. You stop by Chevorn for a Hot Pocket

13. What do you put on your trash can lid when it's windy?

- a. Brick or rock
- b. Nothing, it's too full
- c. Duct tape

14. "Go Bag" in Munds Park is...

- a. The tote you grab with booze, snacks, and cards when your neighbor calls
- b. Your emergency backpack with supplies you should have ready for wildfire evacuation
- c. Plastic bags for your dog's poop during walks

15. You've helped a neighbor:

- a. Only during daylight hours
- b. Anytime, day or night
- c. Never, because you don't like to get involved

16. Preferred type of neighbor:

- a. An actual full- or part-time resident
- b. Short Term Rental guest
- c. Anyone who gives you a free cocktail

17. The summer holidays in Munds Park are:

- a. A chance to see your neighbors and 3,000 strangers
- b. A love/hate relationship
- c. A reason to hide indoors

18. If your neighbor's yard is lit up like Times Square, a true Munds Park local will:

- a. Post a photo of their house on Facebook and talk smack
- b. Politely remind them about our Dark Sky community
- c. Shoot their lights out with a BB gun
- d. All of the above is possible

BONUS QUESTION

In Munds Park, where volunteering is a way of life, helping a local organization means:

- a. Never — you're just here to party
- b. Only when Gail asks
- c. Whenever your schedule allows (and sometimes when it doesn't)

Answers found on page 18B

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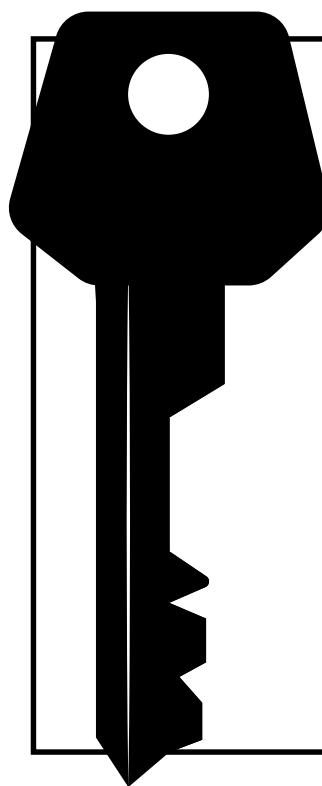


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ARE YOU A TRUE MUNDS PARK LOCAL?

Solutions from page 15B

Answer Key

- 1. Wave at every car and walker, and give side-eye to anyone who doesn't wave back.
- 2. A perfect excuse to day drink, and maybe call your friends over for a few games of poker.
- 3. 25 — everywhere, always, no exceptions.
- 4. Crystal Point Trail , because hiking is hard and champagne is lighter than beer.
- 5. By the edge of the street, not in the dirt. Bonus points if you shovel out a spot in the snow berm.
- 6. It could make Peyton Place blush, and you probably heard it on the golf course.
- 7. What's Happening in Munds Park and Around the World, enter at your own risk.
- 8. Nonexistent. And you've learned to love being unreachable.
- 9. Cow, and yes, you took a picture and sent it to five friends.
- 10. Lake Odell. A great place for bird watching.
- 11. Polite pause... extra points if you slow down enough to wave hello.

- 12. You smile for them and cry inside, because the mountains taught you that a slow roll is the best part of Munds Park.
- 13. Brick or rock. Bonus points if it's painted by Munds Park Rocks!
- 14. Your emergency backpack with supplies you should have ready for wildfire evacuation, and maybe a flask for the evacuation center.
- 15. Anytime, day or night because that's just how it's done here.
- 16. An actual full- or part-time resident — bonus if they make sourough bread and love to share.
- 17. A love/hate relationship because you love the parties but not the flatlanders who don't respect the Park and kill the vibe.
- 18. All of the above is possible, and you've thought about all three at least once. But B is best.

(Bonus Question) Whenever your schedule allows (and sometimes when it doesn't) because that's what true locals do.

Scoring: The "True Munds Park Local" Challenge

0 to 7 correct: You're a weekend visitor. Nice try!

8 to 14 correct: You're getting your pine legs. Keep practicing those polite pauses and waving at neighbors.

15 to 18 correct: You're a true Munds Park local. You're a good egg!

Bonus Question: Counts for bragging rights only, but gets you extra street cred with the locals.



J & W Excavating Services

A full-service civil contractor, J & W Excavating delivers top-tier results with the experience to back it up. Licensed, bonded, and insured—because peace of mind matters.

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- Hillside Lot Construction
- Building Pad Construction
- Grading and Drainage
- Concrete and Paving
- Operator-Assisted Equipment Rentals

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- Excavator
- Backhoe
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- Truck & Equipment Transportation

FREE ESTIMATES

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30 Years of Experience • 15-Year Munds Park Resident

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CROSSWORD

Solutions

F	I	L	M		B	L	I	S	S		J	A	M	S					
I	D	E	A		R	A	D	I	I		E	X	I	T					
B	L	O	C		A	M	O	N	G		R	I	T	E					
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			D	O	S	S			A	T	E								
A	S	I	A	N				D	E	L	A	Y	E	R	S				
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SUDOKU

Solutions

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

WORD SEARCH

Solutions

C	M	C	O	C	O	P	A	H	A	N	O	D	E	S
A	A	A	T	I	O	N	O	S	C	J	R	H	M	M
T	H	L	G	T	N	M	X	L	A	H	E	B	E	R
T	D	I	H	A	B	O	O	B	C	R	A	T	E	R
L	O	G	T	O	J	B	I	S	B	E	E	L	Y	S
E	C	N	A	C	E	S	I	H	C	O	C	U	J	I
A	A	E	T	U	I	A	P	P	R	R	M	M	E	A
S	M	M	B	O	Z	N	O	Y	N	A	C	I	R	P
U	O	N	E	B	A	N	L	V	U	E	A	O	A	V
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WHO HANDLES WHAT IN COCONINO COUNTY

BECAUSE GOOGLE DOESN'T ALWAYS KNOW THE MOUNTAIN WAY.

Spot an error or missing contact? Let us know: Hello@ThePinewoodNews.com.

Dark Sky Ordinance & Lighting Inspections

Coconino County offers Support for Keeping Our Sky's Dark

Lighting Inspection

Request an inspection of your exterior lighting. It includes a written report. Fees are \$55/hour plus mileage, two-hour minimum. Email Mark for details at mstento@coconino.az.gov.

Code Violation Report

Notice illegal lighting? File a report here at www.coconino.az.gov and search for Code Violations and Enforcement.

Fixture Review

Not sure if a light is compliant? Send it in for review at mstento@coconino.az.gov.

Still Have Questions?

Email or call Mark Stento, Code Enforcement Compliance Manager, at (928) 679-8856 or mstento@coconino.az.gov

Domestic Animal & Wildlife Services

Loose Dogs, Nuisance Complaints, or Dog Bites

Coconino County Animal Management (928) 679-4123

Rabies Concerns (Pets or Wildlife)

Coconino County Animal Management (928) 679-4123

Report sick or aggressive animals immediately—especially if foaming, staggering, or behaving unusually.

Found a Stray?

Do not approach if the animal appears aggressive. If safe, confine the animal and call Animal Management for pickup or next steps.

The Pinewood Fire Department has microchip scanners. You can bring the animal to the firehouse or call (928) 286-9885

High Country Humane (928) 526-0742

Note: Coconino County has leash laws. Dogs must be under control at all times—even in rural areas.

Injured or Dangerous Wildlife

Arizona Game & Fish (Flagstaff Region) (928) 774-5045

Weekends & after hours call 911

Don't feed wildlife. Keep trash secure. Report encounters with bears, mountain lions, or sick animals.

Loose Livestock

Department of Agriculture (press 1) (800) 294-0305



Environmental & Emergency Services

Illegal Dumping in Forests or Waterways

Environmental Quality Reporting Line (928) 679-8886
(press 1 to leave a message) Reports can be made anonymously.

Flooding Concerns

Coconino County Call Center: (928) 679-8525

Emergency Planning and Real-Time Updates

Coconino County Emergency Management (928) 679-8311

Email: emergencymanagement@coconino.az.gov

Fire-Related Concerns

Illegal Campfires on National Forest Land

Coconino National Forest Dispatch Center (928) 527-3552

Coconino County Sheriff's Non-Emergency Dispatch (928) 774-4523

(press option 1) Provide detailed location information, such as forest road numbers or GPS coordinates, when reporting.

Illegal Campfires (private property) during Fire Restrictions

Coconino County Sheriff's Non-Emergency Dispatch (928) 774-4523

(press option 1) Applicable to unincorporated areas of the county.

Fire Restrictions Information

www.coconino.az.gov/2595/Fire-Restriction-Information

Off-Highway Vehicles (OHVs)

Reckless Driving, Trespassing, or Noise Complaints

Coconino County Sheriff's Non-Emergency Dispatch (928) 774-4523

(press option 1) to report OHVs off designated routes, speeding near homes, or damaging property.

Short-Term Rental Questions & Complaints

Loud Parties, Parking Issues, Trash or Other Nuisances

Coconino County Sheriff's Non-Emergency Dispatch (928) 774-4523

(press option 1) For immediate issues with noise, trespassing, blocked roads, or safety concerns.

Ongoing STR Violations or Registration Questions

Coconino County Short-Term Rentals Compliance Officer,

Tristan Dowse (928) 853-5340

Know Your Rights: Short-Term Rental owners must give their contact details to Coconino County and provide them in writing to adjacent neighbors. If you live next door and never received this information, call the County STR Compliance Officer to confirm the property's registration. For unresponsive owners, recurring disturbances, or suspected unregistered rentals, report the issue to the County or the Sheriff's Office.



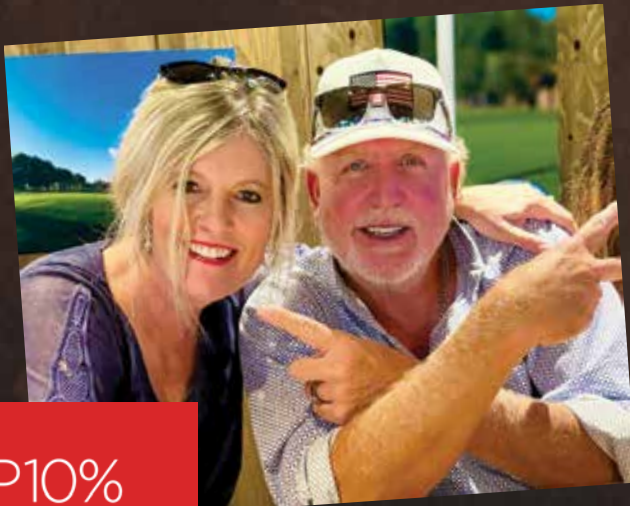
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