

PINEWOOD NEWS

THE HOMETOWN NEWSPAPER OF MUNDS PARK, ARIZONA SINCE 1993

VOL. 29 NO. 6

MAY 2, 2022

FREE!

BEFORE YOU BURN, ALWAYS CHECK THE
PINEWOOD FIRE DEPARTMENT WEBSITE AT PINEWOODFIRE.ORG FOR FIRE RESTRICTIONS!

MUNDS PARK BUSINESS ALLIANCE

A Time to Give Back to Our Community

By Bill Spain,

The Munds Park Business Alliance (MPBA) embarks on its 13th year with a slew of fresh plans to build upon its mission of building business partnerships for a stronger community. The MPBA executive committee, Bill Spain, President, Deanna Bascelli, Vice-President, Len Friedlund, Sec/Treasurer and Sandee Caviness, At-Large Director, met throughout the winter season to draft a calendar of events to present to the Alliance on April 21, 2022. Lots of exciting ventures await this season as the MPBA expands its presence in Munds Park.

The MPBA annual membership renewal is wrapping up with a May 15 cut-off date for businesses to renew or join. The group expects about thirty-five business members in 2022. Each business pays \$100-\$250 annually to join the Alliance, depending on the business size. Monies collected go towards operating and conducting the events MPBA sponsored each year. One of the benefits of membership includes advertising their business on the Post Office sign located on Pinewood Boulevard at the "Outpost." Only MPBA member businesses are invited to advertise on the Outpost Billboard.

MPBA general meetings occur every other month during the summer. However, group meetings for the various committees are held monthly, depending on the event or project. The next general meeting of MPBA is June 16 at 4:30 pm at the Munds Park Community Church. The next Executive Committee meeting is scheduled for May 18 at Provident Partners at 11 am.

Businesses interested in learning more about MPBA or joining can stop by the Provident Partners Office and pick up the application, speak with any executive officers for MPBA, or email Info@MundsParkBA.com.

MPBA has designated the 2022 season theme as "A Time To Give Back To Our Community," with the organization participating in or sponsoring dozens of events. Some events MPBA will participate in or sponsor include:

- New! The Holiday Business Corridor Lighting Festival
- Kota's Dog Adoption Event
- Agee's Labor Day Weekend Fundraiser benefiting the PFD
- Children's Independence Day Carnival
- The Fire Auxiliary Golf Tournament
- 4th of July Parade
- Family Safety Day
- Trunk or Treat
- Santa's Visit



Continued on page 11



SIGN HERE PLEASE!

*Call to Action for our
Fire Districts*

Our Fire Districts are wrangling with considerable cost increases in operations and fuel—Just like everyone today. To ensure our Fire Districts have proper funding, we're asking for your support by signing a petition to make certain the Arizona Fire District Safety Act gets on November's ballot.

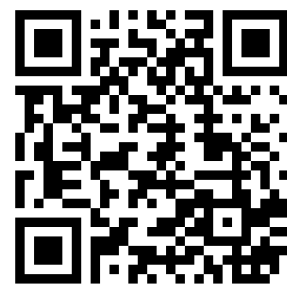
WHAT IS THE ARIZONA FIRE DISTRICT SAFETY ACT?

1. Our State is home to 144 fire districts, which provide fire, emergency medical, and associated emergency services to more than 1.5 million residents and tens of millions of travelers on Arizona roadways.
2. Many of these fire districts are located in rural parts of the State, with personnel serving as first responders in the event of emergencies or accidents on large stretches of widely traveled highways.
3. Our fire districts are critically underfunded, leading to personnel and equipment shortages and extremely long response times in many areas of the State.
4. To ensure that fire districts can provide prompt and effective emergency services throughout the State, we must solve this funding crisis. This Act would do so by imposing an additional sales and use tax increment of 1/10 of 1% - that is, just one penny for every \$10.00 you spend - for a period of 20 years.

As you can see, it's not a big ask. Even with today's inflation, it's safe to say we can afford one penny for every \$10 we spend to provide our first responders with the tools they need.

Join us in supporting this effort and stop by the Pinewood Fire Department or the Munds Park Community Church to say hello and sign the petition.

**SCAN TO SEE THINGS
TO DO IN THE PARK &
SURROUNDING AREAS!**





COMMUNITY CALENDAR

Sponsored by the Munds Park Business Alliance
Building Business Partnerships for a Stronger Community

DATE	EVENT	LOCATION	TIME
Every Sunday	Munds Park Community Church Services	17670 S Munds Ranch Rd	10:45 am
Every Monday	AA Meetings hosted at Munds Park Community Church	17670 S Munds Ranch Rd	7 pm
Every Thursday	Spread the Bread - Get some for your neighbors too!	17670 S Munds Ranch Rd	10 am
Tuesday, May 3	Pinewood Fire Department Auxiliary Members Meeting - Public Welcome!	475 E Pinewood Blvd	6:30 pm
Thursday, May 12	Pinewood Sanitary District Board Meeting - Public Welcome	18075 Fairway Dr.	3 pm
Tuesday, May 17	Pinewood Fire District Board Meeting - Public Welcome	475 E Pinewood Blvd	3 pm
Wednesday, May 18	Munds Park Community Watch Community Meeting	475 E Pinewood Blvd	6:60 pm
Thursday, June 16	Munds Park Business Alliance Members Meeting	17670 S Munds Ranch Rd	4:30 pm

THE NEXT EDITION OF THE PINEWOOD NEWS HITS NEWS STANDS MAY 16.





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Agee's BBQ Market
Bashas - Camp Verde
Candy's Creekside Cottage
Chevron
General Store RV Resort
Kota's Coffee House
Motel in the Pines
Mountaineer Tavern

Pinewood Country Club
Pinewood Bar & Grill
Pinewood News Office
Pinewood Realty
Provident Partners Realty
Shell Gas Station
The Outpost (Post Office)

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MAY 9, 2022





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\$839,000
210 BISON DR

AUTHENTIC LOG CABIN! Completely remodeled, New chinking, two bedroom, two bath down and one large loft/bedroom up. Massive Fireplace. Simply Beautiful.



\$599,900
17155 GRIZZLY RIDGE

3 bedrooms, two bathrooms, 2 car garage, sunroom.



\$479,000
17295 ZIA PL

3/bedroom and two full baths. New Remodel. Metal Roof, paver Driveway, new flooring, new appliances, new everything. Must see to APPRECIATE.



\$249,900
390 BARNWOOD TRAIL

8000 square foot lot, all cabin area, nice open place for new home build.



\$352,000
LOST BOULDERS ESTATES

HORSE PROPERTY! Gorgeous lot with meadow front and tree lined back. All utilities will be to the lot line including electricity, water and sewer.



\$489,500
1320 E QUAIL DR

Beautiful cabin with lots of ponderosa pine and mature oak trees. 6231 sq ft lot. Spacious front and rear decking. Large wood burning fireplace.



\$199,900
210 BISON DR 125

All cabin area lot currently being split from a two lot parcel to a 6000 sq ft lot, flat terrain, easy build. All utilities to lot. Stand of Ponderosa Pine trees sets the property apart from adjacent log cabin. Private, serene and ready for your dream cabin!



\$99,900
115 NAVAJO LOT

AN ACRE PLUS OF LAND. This heavily treed parcel is in Pinewood Country Club with golf course and forest views. Very secluded and has private sewer district and water run to the lot line. Electricity is available close to the lot.



\$450,000
90 CAMPFIRE PL

3 Bedroom, Two Bath, Shed, Workshop convert to one car garage. FIXER-UPPER, "AS-IS" Everything remains.



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Wednesday & Thursday 4 pm

MAY

06 Moonshine Voodoo

07 To Be Announced

13 Moonshine Voodoo

14 Mike Hilly

20 Tina Bailey Band

21 Tina Bailey Band

27 Big Chad

28 The Buddy Martel Band



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COMMUNITY

MUNDS PARK COMMUNITY WATCH

By Len Friedlund

Our next meeting will be hosted by the Pinewood Fire Department and is scheduled for Wednesday, May 18, 6:30 - 8 pm at the Pinewood Fire Department.

The Pinewood Fire Department, Chief Josh Tope, will discuss local topics, announcements, and future activities.

Other presenters may include representatives from:

- Coconino County Sheriff
- Coconino National Forest
- National Weather Service
- Coconino County Emergency Management Office
- Coconino County Public Works
- District 3 Representative

These meetings have excellent information for the entire Munds Park community. We look forward to seeing everyone!



MUNDS PARK FOURTH OF JULY PARADE

*Sponsored by the Pinewood Property
Owners' Association*

We are happy to announce we can once again enjoy our
Munds Park 4th of July Parade!

There is a 150 vehicle limit, so please pre-register!

2022 Munds Park Fourth of July Parade

Name: _____

Vehicle License: _____

Munds Park Address: _____

Phone Number: _____

Type of Entry: (check one)

☐ ATV ☐ Truck ☐ Truck w/trailer ☐ Other: _____

Approximate number of persons on vehicle/trailer: _____

Return form to Pinewood Fire Station at any time or Munds Park
Post Office during open hours.

You may also mail to PO Box
17011 here in the park or use
the electronic form on [www.
pinewoodppoa.org](http://www.pinewoodppoa.org).

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

Parade Rules:

- Observe the rules or be subject to suspension the following year.
- Any participation in the parade is strictly at your own risk.
- No alcohol.
- Vehicles must be in the staging area before 10:00 am.
- Licensed drivers only.
- Maintain a safe pace.
- Tossing candy or other items from vehicles is prohibited.
- Spraying water on parade spectators is prohibited.
- Vehicles must not stop on the parade route.
- Registration forms must be completed before the parade.
- License plates must be visible.

MUNDS PARK TRAIL STEWARDS



By Larry Metzler

Under sunny skies and calm winds, the Munds Park Trails Stewards held their first 2022 volunteer event. One crew tackled the down trees on the Crystal Point, Brad's, and the Mud Tank trails.

Another crew cleared out drainages on the Crystal Point

Trail. After the work was completed, the crew enjoyed a wonderful meal provided by the MUTS's volunteer lunch team.

It should be noted that the Coconino National Forest Service has designed the motorized OHV trails to be 62-inches wide. There are gates and several cattle guards that only allow vehicles 62-inches wide to pass through.

***Please help us maintain the trails and join us
at our next volunteer event!***

Date: May 21

Time: 8:15 a.m.

Where: Iron Spring Trailhead. Refer to our website for a map.

What to bring: Work gloves, sturdy shoes, dress for the weather, and a good sense of humor.

We provide the tools and water. In addition, a **FREE lunch** will be provided to the trail crew.

Please R.S.V.P., via email, before May 14 if you plan on attending the workday and lunch at mundstrailstewards@hotmail.com

Please visit our website for more information about the MUTS and the trails surrounding the Munds Park community.

www.mundsparktrailstewards.com

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PREPARE TO LEAVE!

How many times have we heard, “There was no time.”, “It happened too fast!” from victims of wildfires? Our friends in Flagstaff have already experienced evacuations, and the fire season has just begun. Wise people tell us all the time, don’t wait for wildfires to start, have a go-bag ready so you can evacuate at a moment’s notice with the essentials.

So don’t wait. Fire season is here. Get ready to go at a moment’s notice.

Below is a list of needed items, so if the time comes, all you have to worry about is grabbing your bag and hitting the road.

ITEMS FOR A GO BAG

- Money**
ATM & credit cards
Checkbook
Cash in small bills with change
Safe-deposit keys
- Personal belongings**
Clothing
Toys and games
Pet items
Cell phone
Chargers for all electronics
Small toiletry kit
- Medical Items**
Medical and dental records
Immunization cards
Glasses & contacts
Prescriptions
Medications
Small First Aid kit
- Food and water**
Snacks
Water

DOCUMENTATION

- Passport(s) & Visas

Marriage, birth, adoption and naturalization certificates

Social Security Card

Driver’s license

Auto insurance policies, registrations, and title, if applicable

Power of attorney & will

School records

Pet records
- Household effects inventory

List of emergency contact information

Current family photograph with contact information (in case members get separated)

Health insurance cards

Medical and immunization records

Home deed

Credit card and banking information

VALUABLES

Long before the need arises, go around your home and take digital photos of valuable items like art and antiques. Create an electronic record that can be stored in the cloud or on a flash drive in a waterproof container and keep in your go-bag.

PETS

Don’t forget about your fur loves—pack a go-bag for each of your pets. The bag should contain a leash, dry food, water, and a lightweight carrier.

This article was published at the request of one of our readers. We always appreciate it when the community tells us what they would like to read about or share with our community.

Share your thoughts and wishes at [Hello@ThePinewoodNews.com](mailto>Hello@ThePinewoodNews.com).



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On April 23, the MUTS volunteers and the Coconino National Forest trail crew cleared a two foot diameter log on the Crystal Point Trail.

(L to R) Nick Kowall, Mike Striegler, Kyle Schlotfelt and Forrest Saville.

Photo by Tom Eade

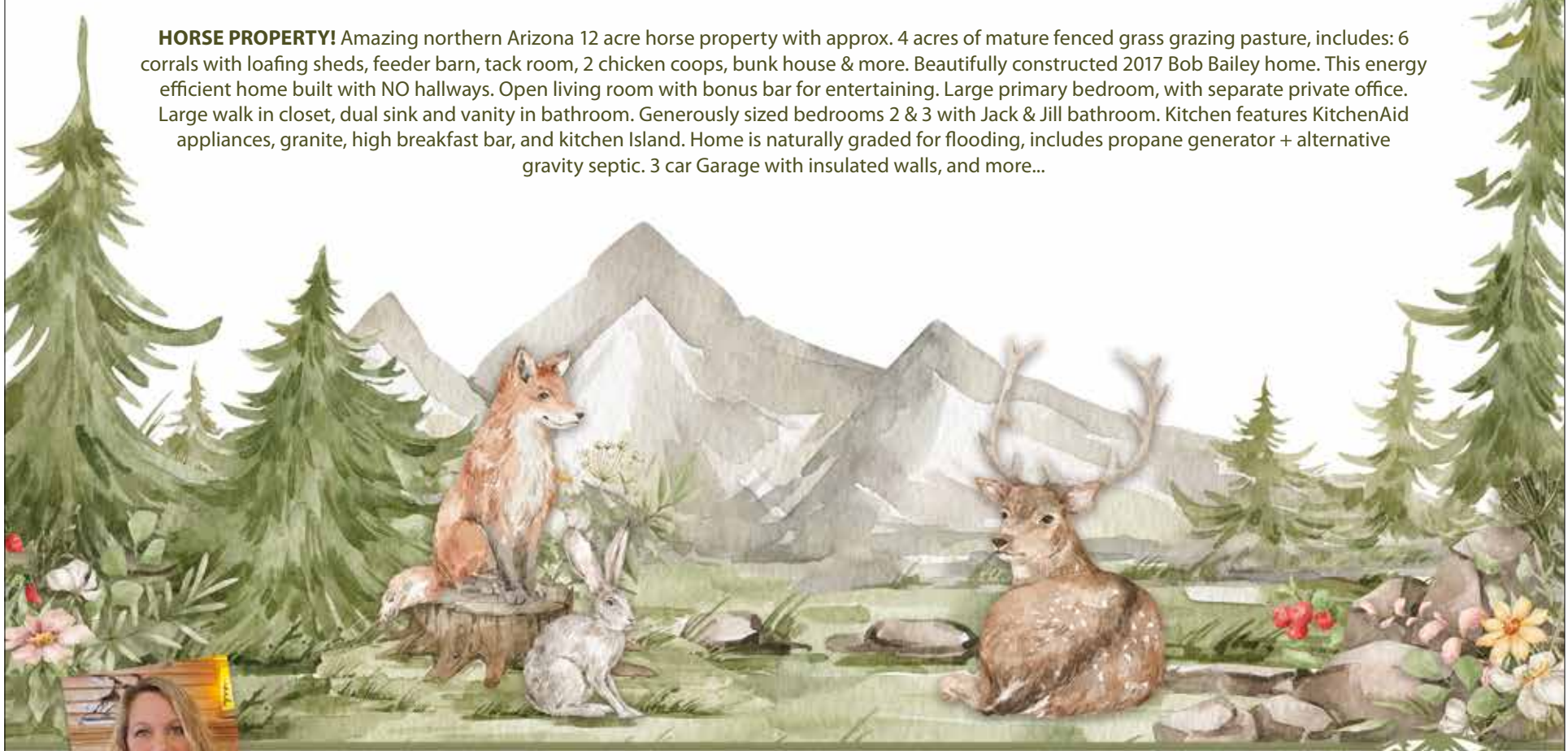


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This is not intended to solicit a currently listed home. Information is deemed reliable, but not guaranteed.



William Spain, Designated Broker
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FOOD

SMART TIPS FOR EMERGENCY FOOD STORAGE II



By
Sara Bowyer

Last month, in the April 4 edition of the paper, I wrote about ‘Smart Tips For Emergency Food Storage’ and listed some situations where having food storage might be helpful.

Situations like job loss, natural disasters, illness/death, and I talked about storing the food you actually eat. For example, if you don’t eat Spam, then by all means, don’t store a case of Spam!!! Further, buying in bulk always saves money! And you don’t have to have a large family to buy in bulk!

I listed three layers of food storage:

Layer one: your kitchen pantry.

Layer two: Short-term food storage.

Layer three: Long-term food storage.

Today, I’d like to focus on Layer two, short-term storage. Most of us, I’m sure, have a working pantry with the basics in it. But how do you store food to keep it fresh and safe from bugs and animals for six months or longer? Obviously, food bought in a can will store easily. I usually have a case of tuna or chicken in my short-term storage. However, what about food like pasta or rice that comes in a box or bag? How can you buy those items in bulk and keep rodents or bugs out? There are several ways you can store these items safely.

The first way is called dry canning. If you have a vacuum sealer like a Food Saver, you can purchase an attachment to seal a glass canning jar with dry ingredients inside. For example, I currently buy my rice and pasta in bulk through Azure Standard, then place them in a large 1/2 gallon canning jar and seal it with my Food Saver. This is a great way to make those items shelf-stable for a long time.

Putting an oxygen absorber inside just makes it that much safer. Why? Well, in case you didn’t know, most of your grains, flours, and rice come with minute bugs/larva. Gross, I know. But true. Putting those bags in the freezer for 48 hours will kill them. However, you don’t have to do that if using an oxygen absorber. If there is no oxygen in the jar, bugs cannot

survive!! And a rodent cannot eat through a glass jar. So when I use up a jar in my pantry, I just pop open one from my short-term storage.




Wallaby mylar bags.

The second way to store food safely is in Mylar bags and/or food-grade buckets. The best mylar bags I have found are Wallaby. They are guaranteed airtight, moisture-proof, and light-blocking. They are made with BPA-free, food-grade & food-safe materials, and a 100% money-back guarantee backs them. They come in all sizes and include oxygen absorbers and labels for the outside of your bag. Some come with a ziplock-like seal, but I also seal the top with a hair straightener/flat iron. You can find many instructional videos about this on YouTube. The heat melts the bag together and

seals it completely!! Here are just a few foods that store well in Mylar bags with an oxygen absorber, including how long you can store them:

- | | |
|---|---|
| Oats – up to 30 years | Ground coffee – 10-20 years |
| Potato flakes – up to 30 years | Powdered milk – up to 30 years |
| Dried beans – 10-30 years, depending on type of bean | Cocoa powder – 2-5 years |
| Pasta – up to 30 years | Popcorn – forever |
| Wheat berries - 10-30 years | Herbs – 2-10 years |
| Ground flour – 2-10 years | Corn starch - 2-10 years |
| White rice – up to 30 years | Bread crumbs – 2-5 years |
| Sugar – no oxygen absorber, infinite shelf life | Baking powder – no oxygen absorber, 2-5 years |
| Salt – no oxygen absorber, infinite shelf life | |
| Baking soda – no oxygen absorber, infinite shelf life | |

Continued on page 17



KOTA'S
COFFEE HOUSE



Specialty Coffees & Teas
House Made Pastries
Breakfast Bagels & Belgian Waffles
Sandwiches, Salads & More

HOURS: Thursday - Sunday, 7am-2pm
CLOSED: Mondays, Tuesdays & Wednesdays

Starting May 1: Thursday - Tuesday 7am -2pm
CLOSED: Wednesday

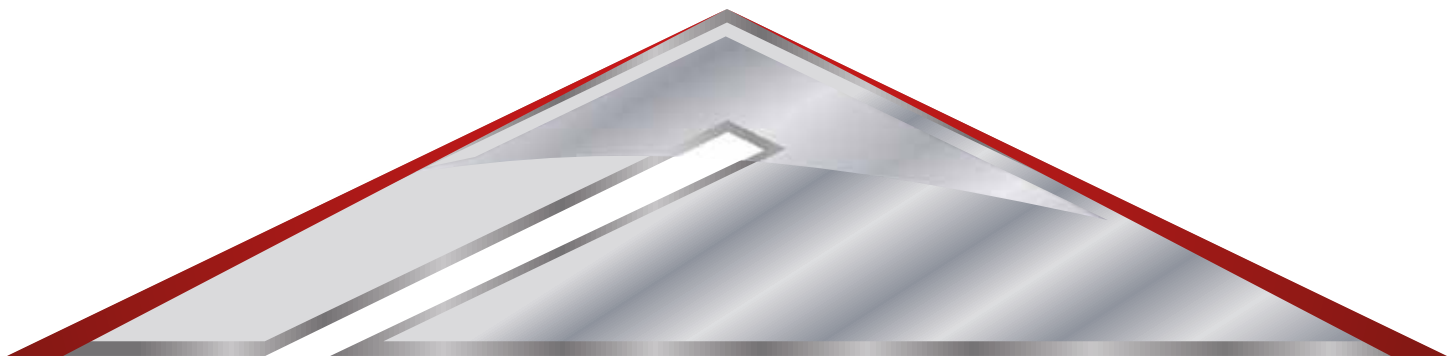
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MUNDS PARK BUSINESS ALLIANCE

Continued from page 1

In addition, MPBA is helping a new Farmers Market Group launch their market at the former Martino’s restaurant location, ensuring the continuation of a Farmers Market for MPBA. The new market, Two Coyotes Market in the Pines, launches Memorial Weekend and operates through Labor Day, every Saturday from 9 am - 2 pm. and will be run by local homeowners Bill and Sue Havermale. They will have twenty-five assorted vendors represented at the Market, including food vendors.

The MPBA would like to thank the PPOA for the grant assisting with launching the new Holiday Decorating and Lighting event. This exciting event launches this fall with more than a dozen businesses located on the east and west side of Munds Park decorating their buildings and specific trees with holiday lights.

Local contractor Herb Shepherd has agreed to oversee the installation of numerous holiday displays throughout the business district. The event launches on November 26 at Kota’s Coffee House and Munds Park Community Church with a special hour-long holiday show, ending with the official lighting of the Community Tree. The tree will be located on the west side of the Park. Once lit, the participating businesses will light up their displays. In addition, there will be special events that occur throughout the holiday season. This new business-led tradition is meant to expand business during the slow season for local businesses and provide entertainment and enjoyment for residents of Munds Park, initiating an annual tradition as Munds Park grows into the next decade and beyond.

As you can see, MPBA continues to expand and offer the local community a variety of inclusive events to broaden the Munds Park Experience and continue to build relationships to enhance the wonderful quality of life in Munds park!

Keep up with local happenings at www.thepinewoodnews.com/events!



PROUD MEMBERS

- Agee’s BBQ Market

Barbara Sherman Photography

Bill Spain, Provident Partners Realty

Borracho’s Saloon

Caviness Studio

Chevron

Coconino Community Theater

Dynamic Plumbing

Flagstaff Wholesale Flooring

French Connection Handyman and Landscaping

Goodfellas Junk Removal

Gotcha Covered Windows

Keep It Clean

Kota’s Coffee Shop

Regina Baily, Provident Partners Realty
- MC Development

Melody Riccobono, Provident Partners Realty

Munds Park Community Church

My Favorite Handyman

Nancy Sielman Farms

Pam Dunphy Property Management

Pine Country Window Cleaning

Pinewood Property Association (PPOA)

Rachel Drummond, Property Management Services

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The Pinewood News

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NEW
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\$899,900

735 E Turkey Trail

MLS#189313 Beautiful, 2,351 sq ft custom chalet on an oversized lot! This meticulous maintained home is in move in ready featuring: Extra large family room with wood T&G cathedral ceiling, fireplace, prow front, 3 bedrooms (one suite on main level) 2.5 bath, large game room, front and rear composite decks, central heat and AC, 2 paved driveways, landscaped yard and much more. For more information please see page 14 of the Pinewood News.

CALL DAVE



NEW
LISTING!

\$1,350,000

17975 Hopi Road

MLS#189002 Views, views, views! 4 bedroom, 4 bath custom home situated on over a 3/4 acre lot. Upgraded bathrooms and kitchens featuring Shaker cabinets and stone counter tops. This home has central heat, wood burning fireplace, and a 2 car garage. As a bonus there is an additional 1200 sq ft basement which has extra large game room, custom bar, poker room and laundry room.

CALL DAVE



NEW
LISTING!

\$859,000

1290 E Big Bear Trail

MLS 189213 Magnificent open floor plan. Perfect home for entertaining. Two level year round home. Covered front patio & back patio, fenced yard, large shed with power. Extra deep garage. Master suite on main level, with walk in closet and additional closet. Guest half bath. Floor to ceiling propane rock fireplace. Extra large kitchen. Dining room off to the back is large enough for a work out room, office or childrens play area. Upstairs is an additional bedroom and guest bedroom. Loft area. Log sided front, concrete drive. New air conditioner. This home is impeccably maintained.

CALL DEBI



SALE PENDING

\$439,000

17195 S Deer Run Road

TAKING BACKUPS MLS 189345 Brand new & ready for move in. Offers an open living room, kitchen and dining area. Kitchen island with storage, high cabinets, tall kitchen white cabinets thru out. Pantry room. Washer and dryer hook-up, This unit has 2 x 6 construction, 12 inch overhangs, 9' high ceilings. Walk in closets. Primary bath is a full size shower with double sinks. A separate water closet. Ceiling fans in all bedrooms and living area. Driveway will be new ABC rock from side property lines. Plenty of parking across the front. Mobile will be covered with a one year manufactured defect warranty.

CALL DEBI



NEW
LISTING!

\$569,000

17440 S Peyote Drive

MLS 189327 Updated and ready to move into. 3 beds, 2 bath, remodeled and updated kitchen and primary bath. Central electric heating/cooling. New kitchen that includes new appliances, granite counters and cabinets (self closing). Extra large skylight over the kitchen area. Newer carpet thru out, newer asphalt shingled roof. Covered front deck with an additional party deck off the back of the home. New double pane windows thru out. Propane fireplace in the living room. Large 7000 square foot lot. Plenty of room for off road parking including room the your RV.

CALL DEBI



NEW
LISTING!

\$674,000

90 W Pinewood Boulevard

MLS#188919 Beautiful two bedroom, one and 3/4 bath chalet located on a residential/commercial piece of land. Large wraparound deck. Open views. Great exposure to I-17. Zoned CG-10,000 Commercial General Zone. This zone is intended for the location of general retail and Wholesale commercial activities or the property could be used as residential/rental. Previously used as a Salon. Home is currently rented and all showings to be approved by tenants.

CALL DEBI



SALE PENDING




\$559,000

1395 E Lobo Lane

TAKING BACKUPS MLS 189359 A FRAME with two bedrooms on the main level (Primary on main), updated kitchen with propane cook stove, Large living room, woodburning stove. Ceiling fan, washer and dryer located in the bedroom closet. Large primary bedroom and bath. Double sinks in primary bath, new double pane sliding doors. Large front and back decks with easy access off the living room or out thru the back door. The home has an oversized garage that will fit a large ATV/Utv.

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\$950,000

17970 Golden Lane Trl

MLS# 186057: Beautiful Custom 4 BR, 3.5 BA Custom Chalet on a Gorgeous Cul de Sac lot with panoramic views of Lake O'Dell and the National Forest. Open Floor plan includes Great Room with T&G Wood Ceilings, Soaring Dual Pane Windows, three Gas Log Fireplaces and two furnaces and two AC units. En-suite with walk-in closet and full bath with walk-in shower and jetted tub plus two additional BR & 1 Ba and Loft upstairs. Guest Quarters on Lower Level with Full Kitchen and Bath. 4-Car oversized Garage and Huge Concrete Driveway and so much more with Home Warranty.

CALL BOB OR SAM



\$290,000

17080 S Pintail Place

SALE PENDING TAKING BACKUPS MLS# 189320: This 2 Bed; 2 Bath unfurnished double wide sits on a large 6116 sq ft treed lot and has much potential. The kitchen offers a built-in eating area, plenty of cabinet space and a propane stove. The Laundry is a separate room. This home had to be moved out of unexpectedly, therefore it requires some clean up but once finished it will be a treasure. The Metal Roof is 2 years old, and the exterior painted 1 year ago. Large Open Deck in front and a narrow covered deck on the side. There are 2 driveways, and 2 sheds.

CALL SAM OR BOB



\$745,000

1420 E Pinewood Blvd.

SALE PENDING TAKING BACKUPS MLS#188843: Beautiful T & G vaulted ceilings in the huge LR including an T & G push-out rm with ceiling to floor windows; a rock fireplace with propane insert & fan. The kitchen with 6 seat wood table under fan and light; Refrigerator; Dishwasher; Disposal; Microwave; Glass top Electric Stove which all convey. Separate Door to Laundry Room with W/D and Cabinets. W/D also convey. Bedroom and Separate Full Bath off the LR. Exit door to Large Covered Deck. Upstairs find a Loft, then Large Jack and Jill Bedrooms with Full Bath between. Exit Door out to an open deck. This home comes furnished with a western motif.

CALL SAM OR BOB



\$890,000

1425 Fishlake Dr

SALE PENDING TAKING BACKUPS MLS#189409: Stunning log sided 1-level mountain chalet plus garage on a wooded lot in the desirable Green Mountain section of Pinewood. Spacious great room with vaulted wood ceilings and Gas Log Rock Fireplace. 3 Beds and 2 1/2 Baths. Dual-pane vinyl windows and skylights. A large open kitchen with breakfast bar Island. The en-suite includes double sinks, a jetted tub, walk-in shower, plus a huge walk-in closet. Split floor plan. Walk-in closets, tons of cabinets, and storage closets throughout. Huge Laundry Room with sink and plenty of cabinets. Central Forced Air Furnace and A/C. Wrap-around covered redwood deck. Garage has workbench and ATV/Golf Cart door in rear. Comes with a First American 1-year home warranty.

CALL BOB OR SAM



\$699,900

1385 E Big Bear TRL

SALE PENDING TAKING BACKUPS MLS#188959: "ANIMAL HILL" is where you will find this Log Sided Cabin with Tongue & Groove throughout this 3BR; 2.5BA; 2-level Cabin. The Living Room offers a Wood Burning Rock Fireplace and open to the Kitchen/Dining Rm. Double Doors lead out to the front deck allowing plenty of light and easy access to the front deck. 2-BR's Downstairs. Master Suite has a door to the bath with a tub and shower with a door entering a second Bath with a toilet and sink which also has a door for Guests. 1-bedroom; one bath and a Loft upstairs. Great Windows off the Loft. Flooring consists of Carpet and Laminate. Dual Pane Windows. Central Propane Heat. Shed out behind the home will hold an ATV and Tools, etc. This home is being sold FURNISHED AS VIEWED.

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\$925,000

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MLS#187241: Beautiful Custom 5 BR; 3BA; 2409 sq ft; 4 Car Attached and Detached; RV Garage and too many extras to mention. Pride of Ownership is very obvious! First American one year Eagle Premier one year Home Warranty provided by Seller.

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TRAVEL

GROWTH THROUGH ADVERSITY

Walking through Spain and COVID



By
Stacey Wittig
Travel Writer
Unstoppable
Stacey

John Muir, known as Father of National Parks, said, “Don’t be scared to walk alone. Don’t be scared to like it.” Having just returned from a 455-mile solo trek across Spain, I can tell you, solitary walkers need to hear these sorts of assurances. Let’s face it, setting out

alone can be scary business. And if you stop to think about it, adversity is sure to come in various ways during long-distance trekking. However, just as Muir hints, those who overcome the hardships will enjoy the experience.

Psychologists call the phenomenon ‘growth through adversity.’ Or when walkers struggle with highly challenging life crises like illness, trauma or a global pandemic, it’s called ‘post-traumatic growth.’ While walking Via de la Plata—an ancient pilgrimage route—I thought about how my tough experiences in Spain paralleled our challenging journey through COVID here in our local communities.

Op-ed discussions and news articles now ponder how we can now leverage our past COVID experiences to a more positive ‘new normal.’ What have we learned about ourselves during this adversity that we can take with us to make our future lives better? The COVID question is the same that pilgrims ask themselves when they return home.



Pilgrim walks Via de la Plata in Spain under storm threat

Positive psychological change experienced as a result of struggle

Adversity can create positive psychological change. As with demanding long-distance walking, social distancing and quarantines gave us opportunity to look within and examine our hearts. Are there places of ourselves that would benefit from change? What are the areas in our lives that we ignore? Places where we could welcome change or conditions where change could be difficult but beneficial?

According to a 2004 study published by Psychological Inquiry, post-traumatic growth “is manifested in a variety of ways, including

- an increased appreciation for life in general,
- more meaningful interpersonal relationships,
- an increased sense of personal strength,
- changed priorities, and
- a richer existential and spiritual life.”

Increased Appreciation for Life

Overcoming obstacles like finding your way when lost in a hail storm or seeking a place to sleep when there is no room at the inn can give the pilgrim feelings of gratefulness for the most simple things in life. Likewise, those homebound or otherwise isolated by the pandemic have found increased appreciation for life. We might hear ourselves saying, “Well, at least I didn’t have the terrible experiences that others had during COVID.” Or, like I said, after a horrific accident left me with severe brain damage, “I grew so much through this, wouldn’t change a thing.” In what ways has the pandemic increased your appreciation for life? If it has not, consider writing a list of what you’re thankful for and adding to it each day.



COVID-19 sign in Gouda by Agaath via Creative Commons

Continued on page 33



Nancy Shelton
Associate Broker

928-856-0152

NancySheltonRealtor@gmail.com



570 Oak
\$539,900

Nestled on an ~12,000 sq ft lot, this home has been completely upgraded & remodeled. The backyard is a showstopper with grass, established fruit trees (apple, peach & plum) maples, ponderosas & over 100 other plants & wildflowers. Three bedrooms & two baths in the main house which is light, bright & impeccably maintained. Oversized kitchen with newer appliances, recessed lighting, generous sized living & dining area, large entryway with skylights, new fans throughout & walls of windows. Evaporative cooling & forced air heat. Extensive outdoor living area with a covered & one other oversized deck in the backyard. Two outbuildings & a she shed/man cave’ too. Comes fully furnished



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FOOD

Continued from page 9



Food-grade bucket with a gamma lid.

The third way to store food in your short-term storage is in a food-grade bucket with a gamma lid. The gamma lid twists off from the seal allowing for easier access. I store my bulk flour, salt, and sugar in 5-gallon food-grade buckets and dip into them when I need to refill my pantry. You can also keep your mylar bags in a food-grade bucket for extra protection from rodents and just for convenience. Food-grade buckets stack well and save space.

Besides food and water, there are some non-perishable items that you should keep on hand for an emergency. These include

things like batteries or rechargeable batteries, solar charger, medical first aid kit, crank and/or battery operated radio, fire flint, life straws that filter water, pocket knife, flashlights, and extra medications, to name a few.

With fire season on us, it is also a good idea to pack a 72-hour bag or a GO bag. This is a bag that you could grab quickly, and it would have all you need for 72 hours. You would pack one for each person in your home. In addition from the above, some things in the bag might be snacks, water, a change of clothes, and an emergency blanket. And for kids, you might add their favorite games, toy, snacks, and books.

There is so much to cover when talking about being prepared for emergencies. But I hope these last two articles have given you at least some food for thought (pun intended), if not, some ideas and ways to get started.

If you missed my first article on Smart Tips For Emergency Food Storage, you can read it online at www.thepinewoodnews.com/post/smart-tips-for-emergency-food-storage.

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WEEKLY DONATIONS PICK-UP
IN MUNDS PARK

Dear Readers of the Pinewood News,

If you are not familiar with the Assistance League, I would like to introduce you. The Assistance League is a non-profit national organization that works to meet the essential needs in our communities. The Association League's chapter in Flagstaff is the Cedar Closet Thrift Shop. Our mission is to transform the lives of children and adults through community projects. The Cedar Closet is located at 2919 N West Street. The shop is solely operated by volunteers. The Cedar Closet's revenue supports our ten philanthropic programs, which you can view on our website at AssistanceLeagueflag.org.



The Assistance League of Flagstaff (ALF) has been serving Flagstaff and surrounding areas for over 40 years. Last year, 2021, the Cedar Closet was named the #1 non-profit thrift store in Flagstaff. Since our programs are supported entirely by the Cedar Closet's revenue, donations are essential.

ALF would like to offer our complimentary donation pick-up service to Munds Park. We do request that only items that are in good resellable condition be donated. We can not take large appliances, mattresses, TV's, computers, pianos, organs, or pool tables. Pick-up is for furniture and extra-large donations only, please.

Ideally, we would like to include multiple site pick-ups in Munds Park per trip due to the distance and the current gas prices. Pick-ups are scheduled on Wednesdays and Saturdays. Donators can call us during shop hours from 10am-2pm Thursday, Friday and Saturday to schedule a pick-up.

Please stop into the non-profit Cedar Closet Shop and enjoy a truly unique thrift store shopping experience.

Best Regards, ALF member,
Sue Borst

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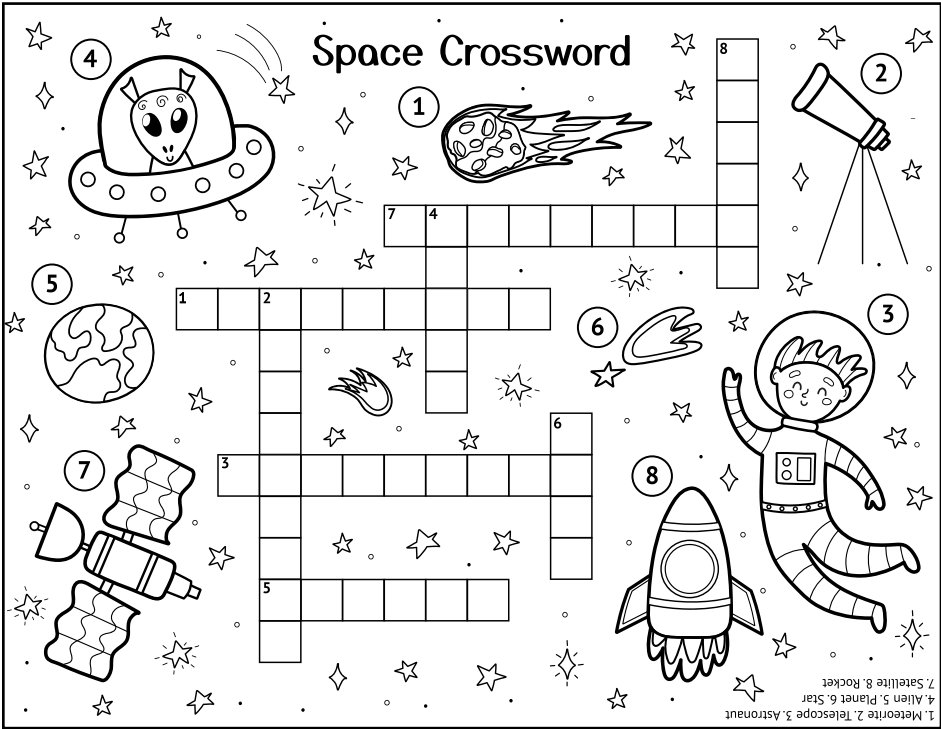
INTERESTED IN DRAMA CAMP?
Check out page 25! You have two camps to choose from :)

KIDS & TEENS WE WANT TO HEAR FROM YOU!

Send us your short stories, poetry, art, or photos for a chance to be published in the Pinewood News!

Email us at Hello@ThePinewoodNews.com or call us (928) 286-9827.

We can't wait to hear from you!



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Real Estate Strategist - Munds Park Resident

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LEARN ABOUT THE SUN & THE STARS!

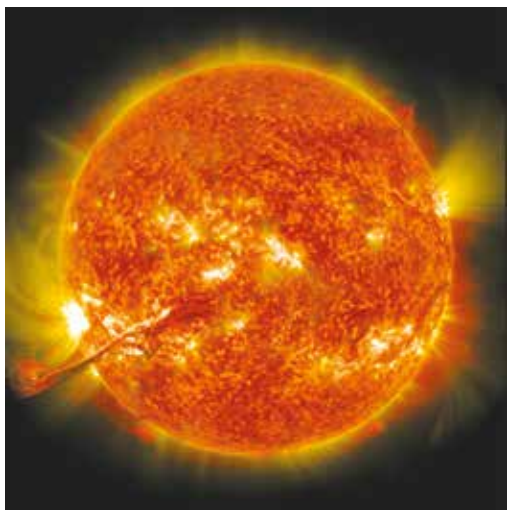
Did you know kids living in cities cannot see as many stars as you can in Munds Park? That's because we're a Dark Sky community and everyone who lives here does their very best to keep the lights out at night.

This city is filled with streetlights, lighted signs, and house lights, causing the night sky to be bright, keeping us from seeing the stars and planets. The brightening of the sky is called light pollution.

We're lucky to live in or visit Munds Park. The stars shine bright, and we can clearly see how beautiful the night sky is!

It's fun to learn about stars. Let's break it down to understand how our sun and stars work.

DEFINITION OF A STAR, AND HOW THEY SHINE!



The Sun

Image credit: Nasa

A star is an exploding ball of burning gas held together by gravity. Our sun is a star! It produces great amounts of energy in the form of light and heat that provide the perfect conditions for life on Earth.

When you look at the night sky, the dots of light you see are stars! They are millions of miles away. Billions of stars exist in the universe, but many are too far away from Earth to see, even with a telescope.

Stars are huge balls of burning gases, most of which are made of hydrogen. As the hydrogen gas in a star is squeezed due to gravity, it produces huge amounts of energy, which make it glow. The size, temperature, brightness, and color of stars vary.

The color of a star is determined by its temperature. Red stars are cooler in temperature, blue stars are hottest, and other stars like ours (which is yellow) are an in-between temperature.

STARS COME IN DIFFERENT SIZES AND DISTANCES FROM EARTH.

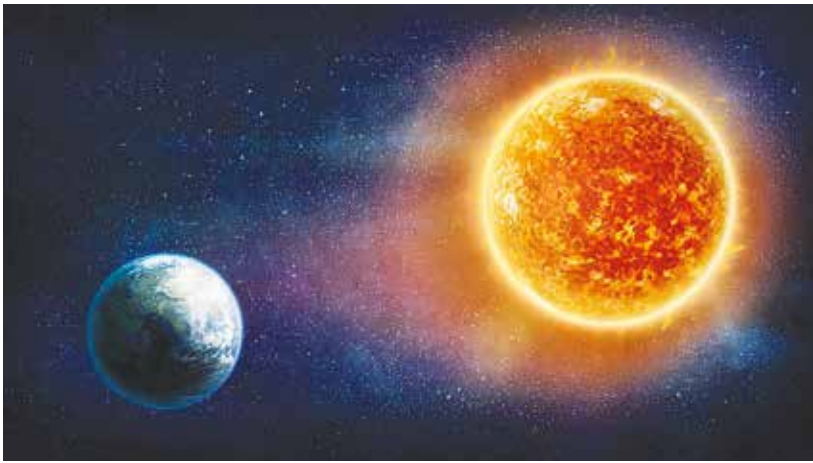
Stars are really far away from Earth. With a strong telescope, we can see stars that are millions of light years away.

A light year is how far light can travel in one year. Since light travels at 186,000 miles per second, it takes 8 minutes for light from the sun to reach the Earth.

The next closest star to Earth is Proxima Centauri, which is a little over 4 light years away from Earth. That is 250,000 times farther away than the sun!

The brightest star in the night sky is Sirius, located 500,000 times further away than the sun. Sirius is

also 20 times brighter than the sun, which is why it is so easy to see at night. Know what else? Sirius is 8.6 light years away. That means the light hitting your eye has been traveling for 8.6 years. Put another way: When you look at Sirius, you see it as it was 8.6 years ago!



Earth is the perfect distance from the sun.

Image credit: NASA

OUR SUN IS A MEDIUM STAR OF AVERAGE SIZE AND BRIGHTNESS.

Our star, the sun, is average in terms of size and brightness. However, our star is extraordinarily important! Earth is the perfect distance from the sun.

The sun provides heat and light to our planet, supporting life on Earth. Earth is in the safe zone of the sun. We are close enough to the sun to benefit from the light and heat but far enough away to prevent Earth from being too hot and vaporizing all the water.

The sun is much larger than Earth. By comparison, if the sun were the size of a basketball, the Earth would be the size of a pencil point.

STARS THAT ARE FARTHER AWAY APPEAR SMALLER AND DIMMER.

Because the sun is so much closer than other stars, it looks much bigger and brighter. Objects that are closer to you seem larger than objects that are farther away.

If you were to light two candles, hold one and have a friend hold the other on the opposite side of a room, the candle you are holding would appear brighter and bigger. The same is true of stars.

Tonight, get your parents or friend, step outside and enjoy the wonders and the beauty of the stars and planets!

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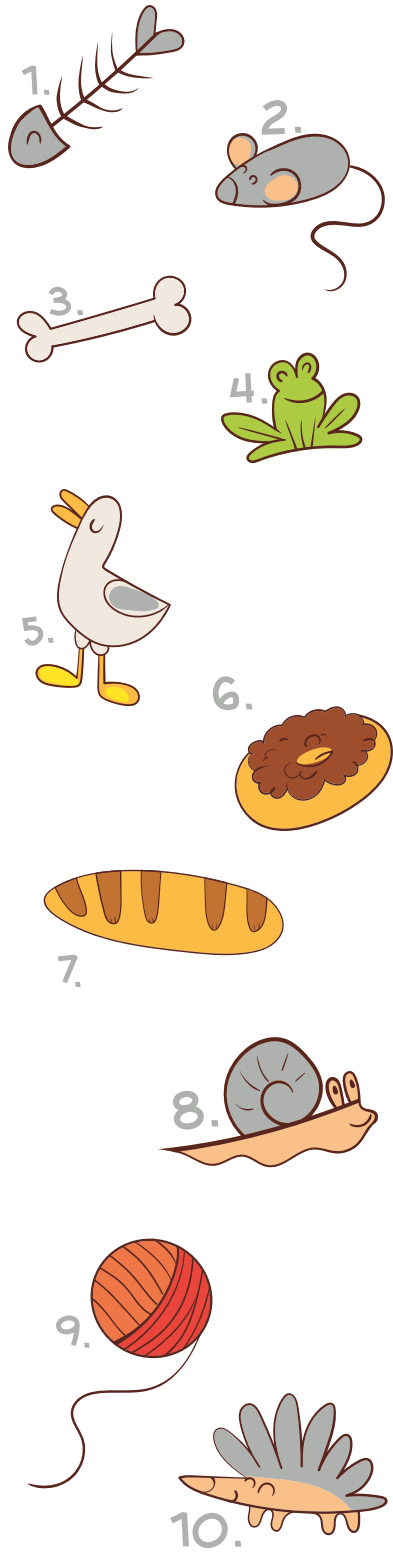


Sirius Star

Image credit: Hubble, ESA/ Akira Fujii)

FIND 10 HIDDEN PICTURES!

Answers on page 33



E R P S U B E A U T I F U L
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Y N N N E A T T R L W C G K
R U C E E O Y G R A V I T Y
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THE STARS AND THE MOON WORD SEARCH

Search up, down, forward, backward, and on the diagonal to find the hidden words. **Answers on page 33.**

- | | | |
|------------|-----------|---------|
| Star | Night Sky | Sirius |
| Energy | Telescope | Gravity |
| Sun | Hydrogen | Shine |
| Bright | Wonder | Earth |
| Moon | Dark Sky | |
| Light Year | Planet | |
| Universe | Glow | |
| Outside | Beautiful | |



ENJOY THE OUTDOORS KIDS, AND REMEMBER, ALWAYS BE RESPECTFUL OF OUR LAND AND ANIMALS!



real



Steve Valentine

Real Estate Strategist - Munds Park Resident

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Steve@valentinegroupaz.com

IG @SteveDValentine

KIDS & MEMORIES

I might be in my 40's, but I am still a kid at heart. I am honored to sponsor the kid section of the Pinewood News as a parent and one of the biggest kids you will ever meet. Well, Christian and Chase are no longer kids, now 17 and 19, working full time and occasionally driving to Munds for snowboarding or visiting friends at NAU. I didn't have this privilege when growing up, which was why Munds Park was a priority. For those of you who have littles, enjoy this time you have with them, especially in the Munds community. Our boys learned to drive, relax, and a few things about real estate while spending the weekends in Munds.

Memories: Your Munds Park home is an investment in memories because before you know it, your kids are spending time there without you. Wende and I have worked hard to make memories with our boys. I grew up in a workaholic family where the memories were great, but they were few and far between.

My version of memories with the boys:

- Indoor water fights, usually at the kitchen sink, but one time the 40ft hallway turned into an indoor slip n slide!
- There was the occasional crack the egg on the head at dinner.
- The chocolate syrup and ice cream war in the kitchen was pretty fun.

- Confetti Canyons – these are messy!
- Split the quarter with a piece of hair is a party favorite. (You fill a cookie sheet with water, throw a quarter in the middle, and get everyone really close, then smack the water getting everyone wet). This was my dad's party favorite.

Wende's rules when raising 2 kids and an adult

- Make a mess – clean it up
- Don't break anything
- Put the furniture back when you are done with the hose in the house
- Have fun!

House rules are meant to be broken in the name of memories. My kids will tell you they grew up in a fun-filled, unusual environment compared to many of their friends.

Go ahead, make a mess and make some memories.



REAL ESTATE AGENT OR REAL ESTATE STRATEGIST

You may be asking, what's the difference? Let me explain. "You don't know what you don't know!" When people want to move, buy a 2nd home, invest in real estate, or sell a house, they call a real estate agent and tell the realtor what they want to do. What if your agent could talk through all the possibilities of your property, or how to invest in real estate to create long-term wealth? Unfortunately, this is not a common service offered by agents. Why? Same as above, you don't know what you don't know. I have been creating long-term wealth-building strategies for my clients for several years. Real estate has so much potential if you know how the game is played and what to expect. How cool would it be to know your options? If you own a home, your options are: live in it, sell it, rent it out, lease option, seller financing, 1031 exchange, VRBO.

Many of these options scare most people because they are unsure how it all works. What if you talked to someone who not only sells real estate but can also assist you with your long-term goals and dreams and teach you specific real estate strategies? If you are curious, hit me up, and let's talk whether it's in Munds, Phoenix, or even out of state. Just think, you can choose your own adventure if you know your options.

FEATURED PROPERTIES



\$1,000,000
Payson

151 Majestic Elk Payson. This property is majestic, sitting on over an acre with a running creek, near 3000 sq ft of true log cabin. Huge detached workshop/garage.



\$795,000
Gilbert, AZ

Newport is over 3000 sq ft, 5 bdrm, 3 bath, pool, newly renovated 3 car garage, large lot open floor plan great location in the islands.



\$485,000
Phoenix

Blackhawk investment opportunity potential rent \$2,300 a month 1300 sq ft 3/2 near Desert Ridge. Renovated with new kitchen, paint and a great opportunity to build wealth.



1.2 million
Phoenix

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By Abbie
Communication
Expert

***Dear Abby, how do I impress a date in a small town
with limited dining and things to do?***

Signed, Wanting to impress.

Dear Wanting to Impress,

It's great that you're out there dating even if it's in a small town. When dating, make sure you are safe and that someone knows where and when you are meeting the person.

When you are wanting something to do together, ask yourself what do I like to do? What are your interests? Do you have an activity where you want to include your date? For example, if you hike, take your date on a favorite one. Do you like games? If so, find a new one and learn it together. You like food? Try all of the items on the menus of our local restaurants. Work on a project together. Cook together making a new recipe. Ask your date what their interests are. The planning doesn't have to fall on you. Alternate planning dates so that neither of you has to do all the leg work. Here are few ideas to get you started:

- Star gazing
- Bake something for our Pinewood fire fighters
- Watch a movie and have food that is similar in theme
- Enjoy the swings at the park
- Learn a new skill – cooking, painting, knitting, gardening, dancing, origami
- Research 20 questions to ask a date
- Once you get to know your date better, you can always explore Flagstaff as a tourist.

Good luck and have fun!

If you have a question about human communication that you'd like answered, please submit it via email to: letsaskabbie@gmail.com

**Please note, the advice in this column is meant to help everyday conversations in healthy relationships. This is not therapy. This is an offering of a different perspective on our communication within our interactions.*



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THEATER

PINEWOOD PLAYER’S YOUTH DRAMA CAMP



Ms. Sam & Ms. Jenn

Registration is now open for Pinewood Player’s Youth Drama Camp 2022. This is the 21st year that Pinewood Players has sponsored the camp. All Munds Park kids 7 through 18 years of age are welcome to attend. More information regarding the camp and registration forms are available to download at www.pinewoodplayers.com under the DRAMA CAMP and FORMS tabs in the main menu or you may contact our Administrators (contact information provided below).

This season Drama Camp 2022 will present Summer Camp: A Musical Caper. Welcome to Camp Runamok and the wackiest summer camp experience you could ever wish for! This musical has everything you love and fear about the summer camp experience from the morning routine to corny camp skits and the ultimate talent show. Sit back and allow this nostalgic romp to take you on a journey of finding a place to belong through the mighty highs and comic lows of Summer Camp!

Drama Camp 2022 will run from June 20 through July 10. Daily sessions will be held from 9 am to 12:30 pm weekdays. There will be no session on Monday, July 4, but a make-up session will be held on Saturday, July 25. Performances will be on July 8 at 7 pm, July 9 at 2:30 and 5:30 and July 10 at 2:30 pm.

Jennifer Adams and Samantha Isley are returning to co-direct the camp this year. “Ms. Jenn and Ms. Sam” were very popular with the kids and parents last season. They are both music professionals, each with a long list of credits for performing, directing and choreography in both adult and children’s theater. They are also educators with years of experience teaching kids about the performing arts.

Pinewood Players Youth Drama Camp Program provides the opportunity for kids to have fun, meet new friends and learn about the performing arts.

Continued on page 29

COCONINO Community THEATRE



Melanie Westmark

Presents

THE ODD COUPLE (female version)

By Neil Simon



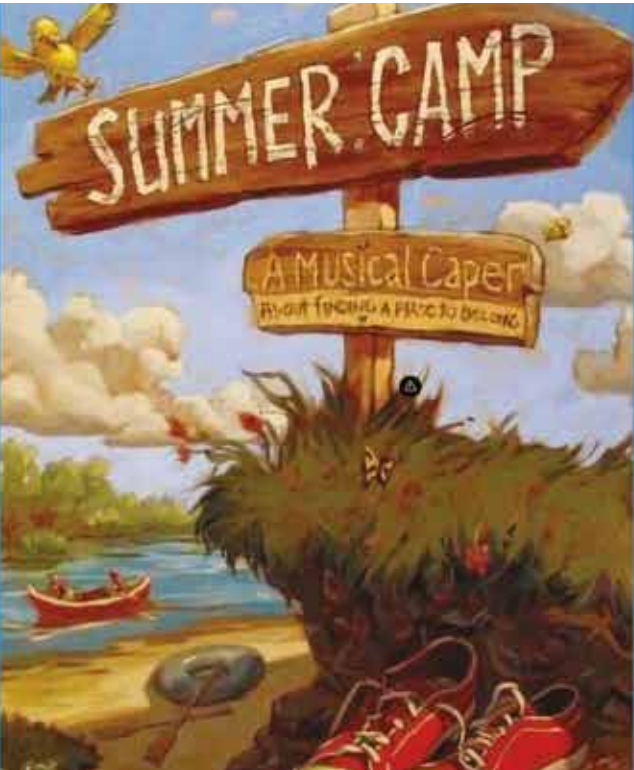
Cheryl Parker

What do Walter Matthau, Tony Randall, Jack Klugman, and Jack Lemmon have in common with Melanie Westmark and Cheryl Parker?

Well, for one thing, they are all actors. But more importantly, they all played---or will play---in The Odd Couple by Neil Simon. We’re not kidding!

Coconino Community Theatre has called its two most seasoned actresses into action for the hit comedy The Odd Couple to open its 2022 summer season. But there’s a twist. This will be the female version of the original show. Neil Simon wrote this one, too, and it’s just as hilarious as the male version. Just like the men, Melanie and Cheryl are opposites. Melanie is the neat freak, and Cheryl is a total slob. As you might imagine, they get on each other’s nerves like crazy! Cheryl, who plays Olive Madison, is hot to trot and convinces Melanie, who plays Florence Unger, to invite the two sexy Spaniards who live in the same apartment building over for dinner. The Spanish brothers, played by Bill Gibney and Bobby Jones, will have the audience rolling on the floor with their flirtatious attempts at romance while butchering the English language. Then there’s a group of women who will have you in stitches as they play Trivial Pursuit (rather than poker played in the men’s version.) You’ll recognize Nancy Del Duca who plays a New York cop, supported by Margy Simchak, Pamela Gunyuz, and Bess Jones. The play is so funny, the cast laughs ‘til they cry at almost every rehearsal. They promise an entertaining evening to everyone who attends.

Continued on page 29



Calling all Munds Park Kids!

Register for Pinewood Players
Kids Drama Camp

Ages 7-18 • June 20 through July 10

Register Now until May 15 Online at
www.PinewoodPlayers.com

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CROSSWORD PUZZLE

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- Across**

 - 1. Buddies
 - 5. Shapes and forms
 - 14. "Don't bet ____!"
 - 15. Extraterrestrial
 - 16. Iris holder
 - 17. Faux pas
 - 18. Bridal path
 - 19. Flamingo color
 - 20. Mum's mum
 - 23. Absorbed, as a cost
 - 24. Gung-ho
 - 25. Small, medium or large
 - 26. Material for whitesmith
 - 27. Barely get, with "out"
 - 28. Electrical unit
 - 31. Igloo dweller
 - 33. Bring up to date
 - 36. ____ a secret
 - 37. Make commonplace or less subtle or complex.
 - 40. Identifying mark
 - 42. Map information
 - 43. Mother
 - 46. Egg maker
 - 47. Cloak-and-dagger org.
 - 50. Clay, now
 - 51. "One of ____" (Willa Cather novel)
 - 54. Brings home
 - 56. Big bird of stories
 - 57. The property of an attractively thin person
 - 60. Cupid, to the Greeks
 - 62. Newton or Stern
 - 63. "Trick" joint
 - 64. Ascend
 - 65. Sit on it
 - 66. Grasslands
 - 67. Caught sight of
 - 68. Like dessert wines
 - 69. Classic street liners
- Down**


 - 1. Thin silky fabric
 - 2. Arctic jacket
 - 3. Amount of space in a newspaper
 - 4. Rock
 - 5. "Yes, ____"
 - 6. Hodgepodge
 - 7. Catalogs
 - 8. Indian metropolis
 - 9. Allergic reaction
 - 10. Part of a litter
 - 11. Upwardly mobile
 - 12. Peruvian coin
 - 13. Tackled
 - 21. Whimsical
 - 22. ____ publica
 - 29. Embrace
 - 30. Breakfast, lunch or dinner
 - 32. Warm-hearted
 - 33. Medical breakthrough
 - 34. Boiling blood
 - 35. Approaching
 - 37. Swollen, as veins
 - 38. Calzone's middle
 - 39. Baltimore's ____ Harbor
 - 40. Lenient ones
 - 41. Unit of heat
 - 44. Dissenting votes
 - 45. Dutch export
 - 47. Battlement opening
 - 48. Clothing line
 - 49. Size up
 - 52. Hem again
 - 53. Animal catcher
 - 58. Food fish
 - 59. Authentic
 - 61. Capitol Hill V.I.P.: Abbr.

SUDOKU


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PINEWOOD PLAYERS

Continued from page 25

But don't take our word for it. Here's what some of our 2021 campers had to say:

"My favorite thing about camp is being able to connect with everyone and have fun! It is also a great learning space for musical theater."
- Riley DeFusco

"Drama Camp was really fun last year. I really loved dancing and performing on stage."
- Caleb Johnson

"Drama Camp 2021 was very fun and exciting. Everyone including the teachers were very nice. This was my third experience doing drama camp. I always love learning new dances and songs. Every time I do the camp I always make new friends."
- Ashleigh Stevens

"I love drama camp, especially singing and dancing. Can't wait to do it again this year and years to come."
- Libby Johnson

Don't let your kids and grandkids miss out on this opportunity to make memories that will last a lifetime! What could be better than "Summer Camp" in the cool pines of Munds Park? Tuition assistance is available. Questions regarding the camp may be directed to:

Nancy Cummings email: ncummings67@me.com - phone: (623) 680-9022
or
Lu Cross email: lkcross6726@gmail.com - phone: (928)890-9877

COCONINO COMMUNITY THEATER

Continued from page 25

Co-Directors Jamie and Pamela Gunyuz are thrilled to have nabbed Rich and Bonnie Dahl to manage the stage. If you'd like to help out backstage or sell tickets, please call the CCT HOTLINE at 928-981-0000 or go online at www.cctfriends.org and we'll put you to work.

The Odd Couple Shows:
Theatrikos theatre in Flagstaff: June 9, 10, 11
Munds Park (location to be determined): June 12

Also, get ready for the kids' show, the **Disney hit MOANA**, coming up soon.

Kids Auditions at Munds Park Community Church
June 20, 21 at 1 pm and June 27, 28 at 1 pm

The Theatre camp begins July 5 at 1 pm.

Performances at Munds Park Community Church
July 21 and 22 at 6:30 pm
July 23 at 3 pm

For more information, call Lynn Rouyer at 602-622-2543.

CCT's final show of the season, Pistols or Poison, is an old western who-dunnit written and directed by Munds Park's own Ele Parrott. Mark your calendar for July 28 and 29 at 7 pm and July 30 at 2 pm. You can buy tickets online for all shows at www.cctfriends.org.

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WORD SEARCH

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- | | | | |
|---------|---------|-----------|--------|
| Birth | Gift | Meal | Tulips |
| Cake | Grandma | Mom | Warmth |
| Candy | Heart | Mother | Wife |
| Card | Honor | Offspring | Wisdom |
| Care | Hug | Parent | Wise |
| Cherish | Jewels | Present | Woman |
| Child | Kind | Quality | |
| Cookies | Kiss | Roses | |
| Daisy | Lady | Son | |
| Day | Love | Spouse | |
| Doting | Mamama | Sweet | |
| Family | May | Thanks | |



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TRAVEL

Continued from page 15



Father and son walk pilgrimage route in Spain

More meaningful interpersonal relationships

Although I left for Spain alone, I knew that I would walk with friends. I just hadn't met them yet. Still, trekking with people from other cultures and of disparate personality types can manifest inward discomfort and adversity when navigating meals, beds and opportunities for solitude. Those struggles could be similar to being cooped up with your spouse or family members during corona virus quarantines. Yet, many pilgrims report that overcoming adversity on the trail eventually brings them closer to fellow travelers. Many leave the path with lifelong friendships. Similarly, couples say their relationships are stronger after coming through the hardships of pandemic sequestering. Can you name people in your life with whom your relationship became more meaningful during COVID?



Close quarters in pilgrim albergues can manifest discomfort

Increased Sense of Personal Strength

"What doesn't kill you makes you stronger" is emblazoned on hikers' T-shirts in Spain. Musicians also sang the words in the US during COVID. Surviving the massive change to our daily lives brought on by the pandemic has given many increased confidence. What about your experiences in the past two years have made you stronger?

Changed Priorities

After carrying everything needed on their backs, many pilgrims return home from weeks of walking with a desire to live more simply. Some clean out their homes, donating unnecessary items to charity. Others, like me, decide to quit their corporate jobs to find more meaningful livelihoods. Being in adverse situations can make you reevaluate your life and make changes. How have your priorities changed in the last two years?



Pilgrim friends admire the Santiago Cathedral

Richer Existential and Spiritual Life

Over the past 17 years that I've walked Camino de Santiago routes, most people I meet declare that they are not walking for religious or spiritual reasons. They tell me how they left their parents' church and are now agnostics. Still, at the end of a long walk, some of these same folks report having spiritual experiences at the endpoint, the Santiago Cathedral. They are filled with feelings, which sometime they can't explain. I experience a deeper existential and spiritual life during and after times of hardship on the path. When my body breaks down from the hunger and exhaustion produced by weeks of walking, my emotions are apt to boil over. Pushing through and dealing with unleashed emotions helps me connect with God and the spiritual part of my being. Looking back, can you see where you've had a deeper existential and spiritual life since the first COVID outbreak?

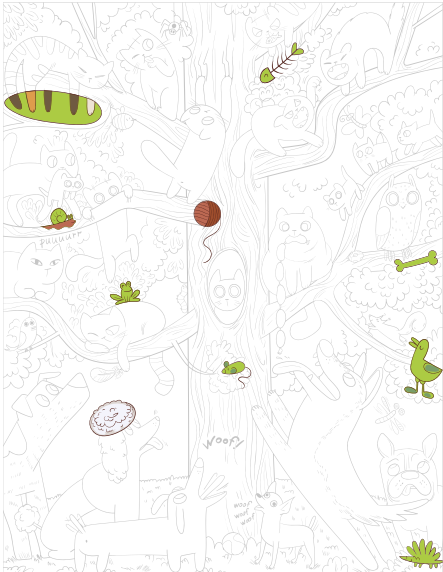
"UNSTOPPABLE Stacey" Wittig is a spiritual adventurer and travel writer based here in Munds Park. Follow her journeys by subscribing to her website unstoppablestaceytravel.com/subscribe



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WORDUKO

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Solution pg. 39

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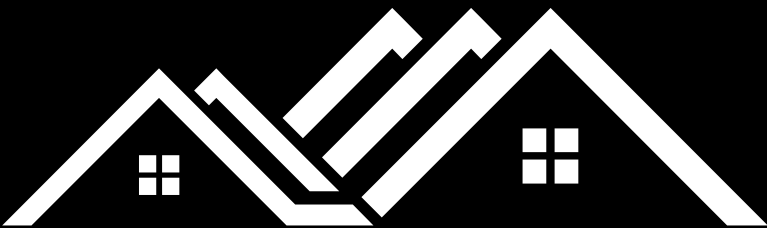
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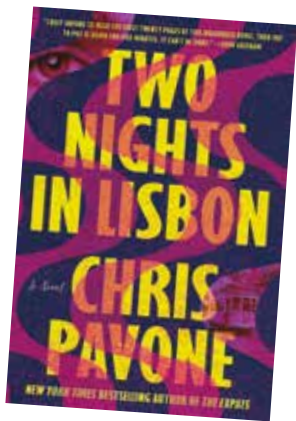
BOOK REVIEW



By Sandy Wright

- Two Nights in Lisbon
- By Chris Pavone
- Release Date: May 24, 2022, Farrar, Straus and Giroux

Want an international thriller with a strong heroine, an unreliable narrator, and lots of twists and turns?



Ariel Pryce wakes up in Lisbon, alone. Her husband is gone with no note and isn't answering his phone. Something is wrong.

She starts with hotel security, then the police, then the American embassy, each time confronted with a question she can't fully answer. What exactly is John doing in Lisbon, and how many times has he been here? Why did he drag her to his business trip this time?

Ariel knows so little about her new, and much younger, husband. But now the clock is ticking. She has received a ransom demand for 3 million euros.

There's only one person she can ask who has that kind of money, but her request is going to open a political can of worms. As she starts trying to raise the ransom money, it quickly becomes clear that there's more to Ariel's backstory—and husband John's--than what we're seeing.

Although the story kicked off quickly, you have to be patient and follow the twists and turns, because it's at this point when the book really gets interesting. It's also when I realized that I was dealing with an unreliable narrator, and it heightened my attention to the details as they unfolded.

We begin to learn more about Ariel's story—her life and abuse, her son, and how she came to meet and marry John. By now, we also have the police, the embassy, and the CIA interested in exactly who this third person is she's contacted and who would give her that kind of money.

The story takes place over just two days, and the pace is almost exhausting. It all leads to some surprising final revelations and an ending that feels satisfying.


It's sad that we still live in a world where women are considered "hysterical," and dismissed or gaslighted when they speak up and share factual information. The underlying bit of this story is how serious crimes against women are swept under the rug by rich male perpetrators who can silence those crimes by throwing money at them. I have such respect for Chris Pavone for writing a strong female protagonist's point of view and nailing it.

Thank you to NetGalley for providing an advance copy to read in exchange for an unbiased review.

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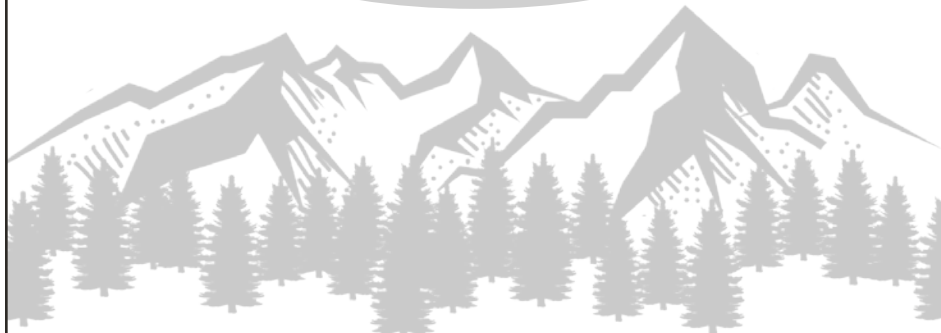
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MUNDS PARK COMMUNITY CHURCH

GOD’S WORD CHANGES EVERYTHING



By
Steve Bowyer
Pastor, Munds Park
Community Church

I used to tell people that my bible was just ground up tree pulp and some poor cow gave its life so I could have a nice cover. That does not work anymore because I use a bible on my iPad. In fact, I probably have about 100 bibles on my iPad. They are all

different translations, versions, and languages. And, they all say the same thing but do it in different ways.

The point I was making was this, as important as the written word is as you see it on the pages of your bible, more important is what it means to you and what it does to you. One of my seminary professors used to say, “It is not how much you are in your bible. It is how much of your bible is in you.” – Howard Hendricks.

There is power in God’s word. The spoken word as it is written in your bible has the ability to affect tangible changes in us and around us.

“In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made.” (John 1:1-3)

Jesus is the word of God. That is, God spoke, and it was written in the Old Testament that He would send His Son to the earth. Jesus is the manifestation of those words. God spoke, it happened just as He said.

“In the beginning God created the heavens and the earth...And God said, ‘Let there be light,’ and there was light.” (Genesis 1:1-3)

Jesus was there before creation, and He is the One who spoke at creation. At His spoken word, something that was not there, came to be. Six times, “And God said...” then something new existed. There were no raw materials

to work with. Jesus created everything out of nothing just by saying the word.

“He got up, rebuked the wind and said to the waves, “Quiet! Be still!” Then the wind died down and it was completely calm.” (Mark 4:39)

With three words He calmed a storm that was about to claim the lives of the men in the boat. With spoken words Jesus controls the climate.

“Then Jesus said to the centurion, ‘Go! Let it be done just as you believed it would.’ And his servant was healed at that moment.” (Matthew 8:13)

A Roman officer had come to Jesus because his treasured servant lay dying. He believed Jesus had the ability and authority to heal with a word without coming to his home to touch the man. He was right. Jesus healed the servant from long-distance.

The word of God has power when it gets into us.

“And we also thank God continually because, when you received the word of God, which you heard from us, you accepted it not as a

human word, but as it actually is, the word of God, which is indeed at work in you who believe.” (1 Thessalonians 2:13)

We have access to a resource that has the authority and ability to change everything. We can have peace where we once had anxiety. We can have self-control where we once gave into impulse. We can have order where we once had chaos. The word of God is at work in us facilitating necessary changes that make our lives better.

Let the Word into your life and let it do what it does best; change everything.

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

“It is not how much you are in your bible. It is how much of your bible is in you.”

– Howard Hendricks

CELEBRATION OF LIFE

Veronica Evaneshko

Please join us for a celebration of life memorial for Veronica (Roni) Evaneshko, who passed away on October 30, 2021.

We will meet in the forest at the north end of Big Sky at 1:30 on Saturday, May 21. Informal program starting at 2 pm. All friends of Roni’s are welcome.

Parking will be at a premium so anyone who can arrive via foot, quad, or golf cart will allow room for those from out of town. We will have as many chairs as possible, but seating will be limited. If possible, please bring a lightweight chair with you, it will guarantee you have a seat!

Roni was a very casual person, so the ‘dress code’ is casual. Open toed shoes & dress shoes are discouraged due to the uneven nature of the forest floor. Dress cool or warm based on the weather.

Come prepared to share your favorite Roni stories! Event will last as long as someone wants to share.

Light refreshments will be available. Please bring your own water. Restrooms are not available.

Please RSVP via text to (602) 616-1243 or by e-mail to barbarajenningsaz@msn.com by May 14.



THE ADVENTURES OF TUNA & THOMAS

— THE ULTIMATE BROMANCE —

By Sandee Caviness

My daughter is a veterinary technician at High Country Humane, and our conversations are often about the humorous and heartwarming tales from her workday.

One night, she shared the adventures of Tuna and Thomas, long-time residents of High Country Humane.

Thomas is a mischievous orange and white cat that has been up for adoption for 45+ days. Since his stay at High Country, Thomas has been adopted twice and brought back twice. Apparently, Thomas loves to sing at night— Loudly and often. Thomas argues he’s singing. His last owner called it screaming. Potayto potahto is Thomas’s thought on the matter. He not only loves to ‘sing,’ he enjoys late-night snacks, which consist of hard nibbles on his owners while they sleep. Living with Thomas proved to be too much for those who value a good night’s rest, and back he went.

Tuna is a fluffy gray cat with his own issues. He had a mysterious illness in his urinary tract that required a procedure and medication. He’s now on a special diet for the rest of his life. Tuna has been up for adoption for the past 45+ days too, with no family asking to take him home. Sometimes new pet owners are reluctant to take on special needs pets. So Tuna waits.

When Tuna and Thomas first met in the Community Cat Kitchen, they didn’t like each other and would brawl. The staff had to separate them, and out Tuna went. The Community Cat Kitchen is only for good kitties!

Later, when the staff discovered Tuna’s urinary issue, they began treatment and kept him in a private room for recovery. When Tuna started feeling better, they re-introduced him into the Community Cat Room for playtime. Surprisingly, Tuna and Thomas became best buds developing a solid bond.

Tuna and Thomas only saw each other during playtime. At night they were separated and placed in their rooms.

One morning, the staff made their rounds and discovered Tuna was gone. He was not only gone, but ceiling tiles were on the floor. Confused, the care team began looking for Tuna only to find him happy, fulfilled, and proud of himself in Thomas’s room.

Like Spiderman, Tuna scaled the wall in his room, broke through the ceiling, found his buddy, and moved in to be forever together.

They may not have their humans, but they have each other.

High Country Humane gave the two a private room with a patio where they bask in the sun, bird watch, wrestle, tell stories, and clean their butts. Tuna loves Thomas’s singing, and Thomas doesn’t mind eating Tuna’s special food. And because the two are inseparable, they now can only be adopted as a pair.

During the Tunnel Fire, Thomas and Tuna went to a foster home, and our daughter was hoping the two would capture the heart of their foster parent and be adopted. She said that the Tunnel Fire was tragic, but for some of the animals it was a blessing—Some families kept their fosters.

She said that if Sapphire and Pearl’s foster kept them, then Tuna and Thomas had a good chance. Sapphire and Pearl were bonded cats too but said they were ancient. One was missing

an eye, the other looked a little odd, and both had medical issues.

A few nights later, I asked about Thomas and Tuna hoping to hear they had a human of their own. Unfortunately, that hasn’t happened yet. The bonded pair are back at High Country Humane.

Are you that special someone?

Tuna and Thomas would be a perfect fit for a home without other kitties and maybe a friendly dog and older kids. Their humans should be hard of hearing and wear thick pajamas to bed. We think your ceilings will be fine as long as you don’t separate the two.

If you would like to meet Tuna and Thomas High Country Humane is open 7-days a week from 11 a.m. to 5 p.m.

11665 N. US Hwy 89 • Flagstaff, AZ 86004
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Tuna & Thomas

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WORDUKO

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